

ELECTION 2017

Local candidates answer questions from community

By ERIN ROSSELL, STAFF WRITER

CHELAN – Candidates vying for open seats in various offices in the Lake Chelan Valley took part in an open forum, co-hosted by Lake Chelan Chamber of Commerce, Thursday, Sept. 28 at Chelan High School Performing Arts Center.

Chelan City Council Position Six Candidates are Incumbent Skip Morehouse and challenger Tim Hollingsworth.

Question: How do you promote economic growth yet maintain our quality of life here in the Chelan Valley. Some Chelan residents feel a little threatened with the economic vitality that's happening right now.

Cameron "Skip" Morehouse: "We work with the Chamber of Commerce, we fund \$425,000 a year right now for marketing, which is handled primarily by the tourism promotion group ... we added about two and a half acres to Don Morse Park a few years ago. And so that greatly improved the park, and gave a lot more land space for people to use it."

Tim Hollingsworth: "I think it's important to try and diversify our economy. We have a lot of tourists; the tourist industry is where we're seeing a huge growth and causing a lot of the traffic ... I think we need to work with our planning and zoning codes to get some diversity in there to help maintain housing ...

diversifying the community, working with the Chamber, and trying to manage some of the impacts of the growth that we're seeing are going to be key.

Question: What are your feelings on the Three Fingers, and how does that tie in to overall lake access?

Tim: "How did I guess that that question was going to come up?" Hollingsworth joked, "My thoughts on the Three Fingers are that frankly they're not the prettiest piece of property on the lake and right now they are encumbered in a lawsuit ... if they stay, I think we should leverage our public interest on that easement to make the best use of a private development. If a community wants a park there, I'm open to the idea, but I don't think ... given the fiscal and logistical constraints, I think that would be a very expensive undertaking."

Skip: "The City owns the shoreline along that area ... I think ideally it would be great as a park. Having a discussion with our lawyer last night, he says the first phase right now may last as long as five more years, and he said, 'the city's been waiting,' and the city has to find out what the court's going to do first."

Position Seven Candidates are Rachael Goldie and Ty Witt

Question: What do you see the purpose of the Chelan City Council, what role does it play and how are you going

SEE CANDIDATES ON PAGE A3

Chelan City Council discusses Comp Plan options

Thrive Lake Chelan presents Fusion Program

By ERIN ROSSELL, STAFF WRITER

CHELAN – City Council commenced one of the last meetings including deliberation on Comprehensive Plans, Tuesday, Sept. 26. As the Comp Plan begins to come to a close, emotions began to seep through the cracks of a typically postured gathering.

During the citizen comment segment of the session, John Olson gave a direct comment on this thoughts and opinions from the previous meeting's conversation. "The last city council meeting on Sept. 12 was very enlightening and very disturbing," Olson began, directing his opinion on the Comprehensive Plan updates discussed at last week's meeting. "I apply the word disturbing to the following portions, among others," he said, then followed by explaining a couple members of the council's comments that he felt were less than favorable. "When I look at the Council, I see business people who are using their position to promote their businesses, or their jobs," he continued, "almost every one of you have official gains by being here, I do not see people working to promote the health, safety, and welfare ... of the public."

Next up at the podium for a brief speech was Steve Kline. "Goodfellow Bros, Inc.'s (GBI) most recent site plan proposal for the Three Fingers that was presented at the August 22 city council meeting would allow just 75 yards of public lake access," said Kline, "which the public already owns, with no onsite amenities. The result would be just another ineffective access point similar to the other street-ends around town ... GBI recognizes the



Photos by Erin Rossell
Councilman Ray Dobbs (left), Mayor Mike Cooney (center), and Councilman Guy Harper actively listen as the options and proposals for the 2017 Comprehensive Plan are presented, Tuesday, Sept. 26 in City Hall.

public ownership of Boulevard Avenue," he continued, referring to the implied road which runs horizontally through the bottom of each of the Three Fingers. "The entrance roads to the project cross public lands and in essence, the city is taking public lands without just compensation and giving it to GBI to enrich their project. There's no community benefit here," he said. Kline concluded his speech by voicing concern with parking availability for Sunset Marina, whether it is code abiding, and the possibility of the inadequate parking spaces adding to the already overcrowded streets in the W. Woodin Avenue area.

After receiving citizen comments, Mayor Mike Cooney supplied a comment of his own, in light of previous statements, "this is always a dicey thing when we allow public comment, and we ask that it's always civil. I will defend every councilmember as far as their service to the city, and I will do that as long as I am here. I know them to be good people and hardworking people ... when I say it's dicey, I mean that we can hear, but we cannot respond as a councilmember, so I'm going to do it for them."

Before moving on to other agendas, Cooney also took a moment to recognize Councilmem-

ber Guy Harper, as his term in nearing an end, "before we get to the last day of Mr. Harper's service here, I want to recognize him as he has served over 16 years for the City of Chelan ... he has served through thick and thin and we all applaud him."

Thrive Lake Chelan

A special presentation was provided by Thrive Lake Chelan Board Member Sarah Barnes. As she took the podium, beginning by introducing Thrive. "Thrive basically figures out any gaps for kids in our community, things that we might be able to figure out using community resources," she explained, "things like homelessness, poverty, trauma, lack of family support – we try to find solutions for these problems. Our mission is to raise awareness, advocate, and empower the community to provide programs and services that meet the needs of the Lake Chelan Valley youth." The program sets its aim at prevention of several serious issues in youths, including school dropout, hunger, and even suicide, offering multiple programs targeting the pre-teen and teenaged age groups. Some of the programs provided include the Teen Center, offering a warm meal and safe, supervised place on Friday and



Sarah Barnes

Saturday nights where teens can be off the streets; Helping Hands, which is a food need based program; Thrive Youth Advisory Board and Fusion Peer Mentoring. The mentoring program emphasizes on providing support and its success is reflected in the improvement in grades, behavior and overall mental wellness in students. After realizing the positive impact that the older classman could have on the younger classes, as well as input from adults in the community with the desire to help, the decision was made to expand the current peer mentoring program to include a new program which would resemble a big brother/big

SEE FUSION ON PAGE A2

Hydrofest roars into Manson



Photo by Erin Rossell

Hydrofest returned to Manson this past weekend with the racing of hydroplanes on Saturday and Sunday, Sept. 30 and Oct. 1. See page B3 for more photos.

This weekend on Saturday and Sunday, Oct. 7 and 8, locals and visitors alike can take in the Vintage Boat & Classic Car Show, Mahogany & Merlot, a family-friendly 'on-the-water' event at Don Morse Memorial Park and Lake Chelan Marina, featuring the Vintage Unlimited Hydroplanes and classic antique cars. Hours are 10 a.m. to 5 p.m. each day.

Veterans Appreciation Barbecue Sat., Oct. 7 in Manson

By LAKE CHELAN MIRROR STAFF

MANSON - The third annual Veteran's Appreciation Barbecue will be this this Saturday, Oct. 7, 3-7 p.m. at Champion Orchards, 2470 Totem Pole Road in Manson. Law enforcement and first responders are also welcome.

All veterans and their families are welcome, and there is no charge. On the menu: whole roasted pig, chicken, beans and salads. Meal starts around 4 p.m. when the pig is roasted. There will be a drawing at 4:30 p.m. Directions to Champion

Orchards: from Chelan take Highway 150 to Manson, take a right at the Manson Grange Hall on Totem Pole Road, go up the hill to the schools, turn left to stay on Totem Pole Road. Go approximately 1.1 miles to Champion Orchards. Barn is on the right. No need to worry about the weather. Barn is heated and has air conditioning, and the barn has lots of room.

For more information call Robert Serafini at (509) 679-4949. The barbecue is presented by the Veterans of Foreign Wars Post #6853 and the America Legion.

Taste of Chelan Friday, Oct. 6

By LAKE CHELAN MIRROR STAFF

CHELAN - The Five Star Club at Leadership Club at Chelan High School will hold their Taste of Chelan Restaurant Walk Friday, Oct. 6, 5-7 p.m. in downtown Chelan.

Participants will get eight different specialties from eight local businesses. The \$25 tickets buys one person 8 'tastes'. Tickets can be purchased at the Lake Chelan Chamber of

Commerce located at 216 E. Woodin Avenue.

Restaurants participating are: Campbell's Pub & Veranda, Green Dot Sub Shop, Local Myth Pizza, Marcela's Cocina Mexicana, Outlaw Steak House, Panda Chinese, Stormy Mountain Brewing and The Vogue.

Proceeds will benefit the club which assists with school and tourism events in the Chelan Valley.

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FUSION

CONTINUED FROM PAGE A1

sister program. This expanded program, Thrive One-on-One Mentoring Program “is going to help youth reach their full potential,” said Barnes. “All the mentoring that I do, and the kids do, in the Chelan schools is under the supervision of the school district. Now ... they will be meeting with kids and doing positive, enjoyable things, in public places,” she said, then provided examples of going for coffee, or going to a game. The program will still require the needed training and screening, but will allow the mentoring to take place outside the school environment. After working through the summer on building the foundation of the program, and receiving donations, the group was able to hire on Executive Director Tori Carpenter, who will be directing the program and matching up kids, among many other tasks.

“I feel so special to be part of this program because I was a mentor ... but more than that, I have been mentored, and in my experience, it has such an impact on the community.” She shared her experience with her mentor, and how it has greatly benefited her life, “she (Carpenter’s mentor) taught me that I could dream as big as I wanted to dream, and go as far as I wanted to go,” she explained, “now I can tell you with full assurance that I wouldn’t have this job if it wasn’t for her, and I wouldn’t be who I am today if it wasn’t for her.” Concluding the presentation, she provided statistics on the impact that mentoring programs have on a community, “young adults who have a mentor are 46 percent less likely to use illegal drugs,” she began, “81 percent more likely to participate regularly in sports and extracurricular



Lori Carpenter

activities ... and those who have the opportunity, and have mentors, are 55 percent more likely to go to college.

Zoning

The next presentation was given by Chelan Planning Director Craig Gildroy and Lisa Grueter of Berk Consulting. To start the meeting, conversation began on the areas surrounding the golf course, and rezoning of some undeveloped land in that area. “The only thing, as council, that I think would be good for us to consider is that that is undeveloped land, currently Single Family Residential,” stated Councilwoman Kelly Allen, “single family is currently serving our residents, those who live here on a long-term basis, but once it goes to Tourist Accommodation (T-A) it’s going to cater more to the tourism ... I want us to make sure we’ve given it careful consideration because once it leaves Single Family and goes to T-A, it’s not coming back.” T-A zoning and affordable housing were key topics of conversation during the meeting. Councilwoman Erin McCardle voiced her opinion in regard to density bonus availability in T-A zones. As of the current proposal, the density bonuses are only available in the T-A Overlay, Special Use District (SUD), and Single-Family Residential (R-L). This is an option that can be suggested

for addition to the Comp Plan amendments. “What we’re suggesting is that the City have a policy addition ... we were thinking about if you up-zone than you would also require affordable housing,” said Grueter, “that was one option, we also have been thinking about if there was a new resort that would increase the demand for workforce housing ... what we’re suggesting instead is to add a policy into the plan to all the city to require a housing mitigation plan, that would then get the City through the SEPA process to get that report and that would establish what we need to demand for housing as a result of a development, whether it was an up-zoned around or an already zoned area.”

Another zone discussed was the Northshore/Edgewater area. After some in depth conversation on safety concerns that up-zoning this area to T-A would create, including pedestrian and vehicle traffic, as well as line of sight, Council gave consensus to request the extraction of the rezoning of the R-L areas to T-A.

Other areas covered in the comp plan proposal included the inclusion of the wording “to live and work,” in the Vision Plan, so it effectively states, “City of Chelan aims to conserve the qualities that make Chelan a great place to live and work while embracing sensible growth and change.” This was a suggestion by Councilman Ray Dobbs. Housing Mitigation coding and policies were also discussed, including options of providing workforce housing for applicable new companies or an in-lieu fee when workforce housing cannot be provided.

The next city council meeting will be Tuesday, Oct. 9 at 6 p.m. in City Hall Council Chambers. For more information visit cityofchelan.us.

Thrive Chelan Valley appoints program director to oversee new Fusion program

Fusion aims to connect youth in the Lake Chelan Valley with caring mentors

SUBMITTED BY
THRIVE CHELAN VALLEY

CHELAN – Thrive Chelan Valley recently announced the appointment of Tori Carpenter to oversee the expansion of Fusion Mentoring to include a brand new program focused on one-on-one mentoring in the Lake Chelan Valley. Working with the Fusion Leadership Team, Tori will oversee the creation, development and implementation of the Fusion One-on-One Mentoring Program.

Tori is looking forward to building such a beneficial program from the ground up and watching it transform the lives of youth in the Lake Chelan Valley.

“My goal is to create a solid foundation, to be sure this incredible program can carry over from year to year for generations to come,” says Tori of the goal for her first six months in the position.

Tori comes to the Fusion program with both experience and a connection to the cause, having been both a mentee and a mentor. She is currently studying online at

Central Washington University to pursue a degree in public health administration and has been an integral part of the Lake Chelan community since moving here from Yakima in February 2017.

About Thrive Chelan Valley and Fusion Mentoring

Fusion is a program of Thrive Chelan Valley, a non-profit organization that works to help all Chelan Valley youth reach their full potential and empower the community to be part of this vision. The Fusion mentoring program connects youth in the Lake Chelan Valley with caring mentors to form positive mentoring relationships that inspire personal growth. The expansion of Fusion will add a brand-new program focused on one-on-one mentoring between adults and students to help kids have the opportunity to reach their full potential in life and in their middle/high school education. Fusion plans to have a pilot group of 25 mentor/mentee relationships in the 2017-2018 school year, with an initial focus on grades 7-9.

For more information contact Tori Carpenter, Fusion Mentoring Director, (509) 901-6155, email Tori at: fusion@thrivechelanvalley.com, Thrive Chelan Valley: www.thrivechelanvalley.com, Facebook: <https://www.facebook.com/ChelanFusion/>

NEW BRIEFS

Chelan, Entiat and Orondo fire districts awarded grant for volunteer recruitment

SUBMITTED BY
TIMOTHY W. LEMON, FIRE CHIEF,
CHELAN FIRE AND RESCUE

CHELAN - Chelan Fire and Rescue, along with Chelan County Fire District 8 and Douglas County Fire District 4 have been awarded a “2016 Department of Homeland Security (DHS) Federal Emergency Management Agency’s (FEMA) Grant Program”,

regional grant for a full-time Volunteer Firefighter Recruit and Retention Coordinator.

This is a fully positioned with equipment, training and recruitment funding for up to 20 new volunteer firefighter recruits each year for the next four years.

The Grant award per the website is for \$924,308.00 over the next four years.

Lake Chelan Community Choir Christmas Cantata Rehearsals to start Oct. 15

SUBMITTED BY MARCI HALE,
LAKE CHELAN COMMUNITY CHOIR

MANSON - Steve Sturtz is coming out of retirement to direct the Christmas selections from Handel’s Messiah in celebration of his 75th birthday. Sturtz was the music director at Chelan High School for many years. Rehearsals will be held at North Shore Bible Church, Manson on Sunday’s

1-3 p.m., starting Oct. 15.

If you are interested and need music, please call Marci at 687-3791 so a book will be reserved for you. Practice CD’s will be available as well. Performances will be Friday evening, Dec. 1 and Saturday afternoon, Dec. 2. Dress rehearsal, Wednesday, Nov. 29, times TBA.

This is your invitation to be a part of a very special event. Please. Come sing with us!

‘An afternoon of Music and Treats’ for women Oct. 28

SUBMITTED BY CLAUDIA SWENSON

CHELAN - Vegetable Soup Brigade presents “An Afternoon of Music and Treats” women’s event. Nicole Unser will sing country and gospel music. The event will be held Saturday, Oct. 28, 2-4 p.m., at the Chelan Senior Center, 534 E. Trow in Chelan.

Take some time to enjoy conversation, special music and fellowship with your friends. Desserts, “treats” and beverages will be provided.

Please RSVP by Oct. 21 to Amy Torres if possible at (509) 679-3498.

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CANDIDATES

CONTINUED FROM PAGE A1

to contribute to it?

Rachael Goldie: "I think that mainly the role of city council is to make sure we're spending our money wisely, that we're doing things that the citizens are voting for, that the citizens are telling us they need ... I think the council's role is just to work with the public and then work with what we have in the budget, and look at where we can go from there and use the resources available to get there."

Ty Witt: "I see the council's job as taking care of the citizens. And really the council oversees the administrators that run the whole infrastructure for our whole community ... but we also direct policies that are going to go on within the city ... I think the City Council needs to bring new ideas ... most importantly I think listening to the people that elected you."

Question: There are some, maybe many Chelan residents that feel maybe they're losing some of their quality of life in Chelan, maybe to tourism. Share your specific ideas for regaining the small town character of Chelan.

Ty: "I spoke to council and I stressed that ultimately tourism is valuable to our community but I saw our lake and our citizens, our locals, as much more important. If any time that the decision were to come up in front of me where there was choice between the tourists and the citizens, it was always going to be the citizens."

Rachael: "A few issues that I've been hearing, I think that vacation rentals is an issue that we need to seriously address, when we talk about quality of life in Chelan. We have a numerous amount of vacation rentals popping up and in order to manage how much that drives up the cost of living, and the nuisance - I've heard noise, garbage, illegal parking, things like that - I think we need to not only put structure in to that, but restrictions. We need to make sure that we're getting what we need out of it, so if that's more fees or what have you in order to do vacation rentals than that's what we'll do."

Lake Chelan Community Hospital Commissioners
Position One

Contestants are Incumbent Mary Signorelli and challenger Jeremy Jaech

Question: What new trends in healthcare do you foresee that our new hospital is going to have to accommodate or adapt to?

Mary Signorelli: "We are looking at changing demographics and merging within our small community, and that's in the form of patient needs and the integration and diversification of the caregivers. We have both of those things facing us, we have staffing of all levels, making sure we keep staff, then we manage the changes in medical payer systems emerging, the way in which the critical access hospitals and rural hospitals are reimbursed by federal and state government are going to be very crucial."

Jeremy Jaech: "Medicare is pushing small rural hospitals like ours toward emergency care and rehabilitative care and trying to move patients out that require more extensive care than you can provide at a primary or secondary hospital like ours ... and we have to

figure out how to become a part of a bigger network so we can move our patients that need that care up into the network, then bring them back home for their rehabilitative care."

Question: The design and construction of the new hospital is going to be a big challenge ... what background and experience will you bring to the commission to make sure that the project comes in on time, and hopefully within budget, meeting the design criteria?

Jeremy: "The UW builds essentially all of their buildings, with the exception of their stadium, using this GCCM (General Contractor Construction Manager) method ... I was chair of the finance and asset committee which reviewed all of the capital projects using this method, so I know the strengths and weaknesses using this method. There are many pitfalls in GCCM, I've seen them and I have the expertise to make sure the hospital management is paying attention to those issues as well."

Mary: "One of the things that's happened over the last few months is that I have been involved as the chair of the commission with the getting the GCCM approved by the state. I have been on the interview team for the contractors ... we have put together a team of professionals in order to oversee and work with us to make sure that things are done right with this committee ... we have put together a good quality program to make sure that we work with them, and they give us the right information and they help us oversee this whole project. We're not just going out there in the dark."

Position Five

Contestants are Incumbent Phyllis Gleasman and challenger Jerry Isenhardt

Question: What do you feel are the essential components to ensure financial viability for the hospital district?

Jerry Isenhardt: "I think the most important thing that we do ... have a business plan, that we've thought it out carefully. And we've asked the doctors and the staff for input to the probability as to the assumptions as we've put that plan together. Are these realistic and are they really likely to happen? You know, a lot is changing, the demographics of the valley are changing, and what can we really expect over the next five or 10 years in terms of population growth, property values? ... we really need to work on whatever it takes to build patronage and usage of the facility as well."

Phyllis Gleasman: "The main thing is oversight. We have to have a quality financial team on our administration, make them tuned in to what all the requirements are for making a viable hospital, stay on top of it. And yes, utilize everything that's available in that hospital. An empty room does not pay the bills. We have to provide the services that are applicable to today's constituents and provide the services that they need, and make them want to come to the hospital, rather than drive to another facility."

Question: Are you completely comfortable with the new hospital plan?

Phyllis: "You're never completely comfortable with a plan, but it's the best one we could have at this time. I'm comfortable with the team that's been put together, I feel that they'll do a great oversight with the project, and there's a good

communication going so that if there are any issues, they'll feel comfortable coming to us with the issues so we can resolve them."

Jerry: "I told Kevin Abel the other day that as I was looking through the minutes of the meetings and the activities going on, I sensed that there's a new energy level at the hospital that I haven't seen in a long time, I said 'Kevin you must be doing something right,' so I'm comfortable, but I'm not well enough inside the organization to really know that ... we always have to have a discerning eye."

Chelan Fire & Rescue District No. 7 Commissioner
One position
Candidates are Butch Sims and Phil Moller

Question: Chelan Fire and Rescue doesn't look anything like it did six years ago, you're running for a six-year term, what do you think it'll look like in six years? What are your

goals?

Butch Sims: "I think that Chelan Fire and Rescue is going to continue to do a lot of the same things, they're going to continue to look on the community as their focus and to do great things. But I think we're going to become more focused on Chelan's people in that we're going to hire more people from Chelan."

Phil Moller: "It's definitely changed a lot since I was with Chelan Fire and Rescue ... I think that in 10 years we're looking at a department that hasn't gone backward in any means. I'd like to see a stronger volunteer program, coordinated with the full-time folks. I think we need to look ... at what direction we're going with growth - I'd like to see a stronger coordination between the volunteers and full-time firefighters - see if we can't get some new programs going in the department, just to build that volunteer base to offset the need for full-time

firefighters."

Question: Some of the changes you've seen at Chelan Fire and Rescue are full-time firefighters. Now we have six that we've received through a grant program, administration has made it clear that if we want to maintain our current staffing levels that we're going to have to ask the voters to approve a levy lid lift. Are you in favor of that? If so, why?

Butch: "Are there tax payers in the audience? Do you support an additional tax?" he asked the audience, "one person does, the people have spoken ... no."

Phil: "If there is a way to retain that current level of participation within our ranks without having to go out to the public, I'd like to look at those avenues before having to go out asking for money to bring these employees on, or to bring these potential firefighters on."

Manson Parks and Recreation
Seat Three

Candidates are Lanny Armbruster and Ross Young

***Ross Young did not attend**

Question: Manson Parks has some ambitious plans for multiple capital projects ... Grants will probably cover most of the construction ... however it's going to take employees to maintain all of those improvements, how are you going to foot that bill?

Lanny Armbruster: "If we get the Grants and get them in, the maintenance that we have - we have two good people and they do a good job - on the new stuff that's coming in, maintenance wise, we're not adding any mowing or anything like that. The work they're doing is on Manson Bay, but that again shouldn't increase maintenance ... once we get the grants, you're actually going to have less lawn to take care of. I think the maintenance is very important, and the people we have I think are very efficient."

Tender Loving Care coordinator named



The Tender Loving Care (TLC) for Seniors program manager Kathy Miller (left) and Chelan Valley Hope Executive Director Sharon Lukacs (right) have recently announced the hiring of their Coordinator, Claudia Swenson, PharmD (middle). Claudia has over 40 years of experience in health care and is an active Chelan Valley Hope and Hospice volunteer. She will be orienting and training volunteers to meet the nonmedical needs of seniors in the Chelan/Manson area. The goal is to help seniors remain independent in their own homes. Claudia will meet with each senior, document their goals and needs, and pair them with a compatible TLC volunteer. They need more volunteers, as well as seniors to apply, as they begin this program. Please call Claudia at (509) 393-1256 or email: tlcprogram4@gmail.com. Applications for clients and volunteers are also available at: chelanvalleyseniorcare.com under the In Home Services tab.

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Congratulations, Sara Jones, on your 5th anniversary with Heritage Heights!



We appreciate all of your help covering in the kitchen. Residents and staff say you are easy going, flexible, helpful and you know how to make light of any situation. Everyone loves having you around! Thank you and happy anniversary from the staff, residents & families of Heritage Heights.



www.heritageheights.org

The POWER of Pink

4 ways to take back control from breast cancer

(BPT) It is no secret that dealing with breast cancer is hard. It can turn lives upside down, inspiring concerns on topics as wide-ranging as maintaining daily routines, paying for treatment and life expectancy. Underlying it all is its emotional toll. According to a survey by Ford Warriors in Pink, 44 percent of breast cancer patients report needing help maintaining a positive outlook, while 43 percent report needing help maintaining their self-confidence. As supporters, we want to alleviate the burdens on our loved ones, yet only 28 percent of Americans say they know how to best support a patient during and after treatment.

Although the emotional journey of cancer is complex and there is no one-size-fits-all solution, there are ways you can help those experiencing it feel more in control of their situation. Encourage your loved ones to engage in activities that nourish their spirit and support them in pursuing avenues for

self-care to help them maintain a positive outlook on life.

Expand your world

Many patients feel as though breast cancer takes hold of their life as its own. Remind your loved one that cancer is not the center of their world by encouraging them to pursue their passions. "Amidst chemo and radiation, you're constantly finishing battles. But when life is constantly pushing you down, you need more wins. So I decided to hike through the rainforest in Colombia immediately post radiation," says breast cancer survivor Lara Mehanna. Participating in new experiences - even those in your own hometown - can allow those who have been touched by breast cancer to refocus on their spirit. Treat your loved one to an experience that aligns with their interests, like a local pottery or cooking class, to provide a much-needed outlet as they continue their fight.

Create peace of mind

Mindful meditation is one



Photo by photographer Ryan Cordwell for Wanderlust Festival
Because yoga is a gentle exercise with a variety of modifications, it can be a manageable exercise for patients at different stages of their journey.

method of self-care that helps lower anxiety and stress. As part of her "integrated care" treatment plan, breast cancer survivor Ana Mostaccero practiced meditation and visualization exercises prior to surgery. "Doing these exercises helped me to not only reduce stress, but to begin practicing an all-around mindful life with height-

ened perspective and appreciation for what my mind and body were experiencing." Help your loved one tap into their own inner peace by making meditation easily accessible to them. Popular personal meditation app Headspace offers meditations specific to every phase of the cancer journey.

Channel your chi

Breast cancer often brings feelings of being betrayed by your body. "It took a long time to learn to trust my body again," says survivor Amber Tumbow. "For so long it felt like my own body turned against me in a constant state of battle. I began practicing yoga, and slowly but surely I was able to feel more in control." Because yoga is a gentle exercise with a variety of modifications, it can be a manageable exercise for patients at different stages of their journey. Start a regular yoga practice with your loved one to encourage regular activity, keep them motivated, and help them reconnect with their bodies. Look for programs like the Wanderlust 21-Day Challenge that can be done at home and are designed especially with breast cancer patients in mind.

Empower with community

Cancer can feel alienating. While patients undoubtedly appreciate the support of family and friends, they can also feel like no one understands

what they are going through. Connecting with others who have also experienced cancer can help patients feel less alone. "The greatest blessing was support from fellow survivors, the Models of Courage community," shares survivor Jessica Ayers. "Being diagnosed so young, I felt alone. Hearing the stories of those who had gone through the same thing as me, and seeing their strength as they offered support, advice and love completely changed my outlook on my disease. It turned me into a warrior."

No matter what you choose to do, it's important to let your loved ones know that you are there to support them, on days good and bad. By doing so, you can provide vital support for making your loved one's journey just a little bit easier. For free patient support resources such as Headspace meditations and the Wanderlust 21-day yoga challenge visit www.fordcares.com.

2017 risks for breast cancer

Personal history of breast cancer

A woman with cancer in one breast has a 3- to 4-fold increased risk of developing a new cancer in the other breast or in another part of the same breast. This is different from a recurrence (return) of the first cancer.

Dense breast tissue

Women with denser breast tissue (as seen on a mammogram) have more glandular tissue and less fatty tissue, and have a higher risk of breast cancer. Unfortunately, dense breast tissue can also make it harder for doctors to spot problems on mammograms.

Lifestyle-related factors

Not having children, or having them later in life.

Women who have not had children or who had their first child after age 30 have a slightly higher breast cancer risk. Having many pregnancies and becoming pregnant at an early age reduces breast cancer risk.

Pregnancy reduces a woman's total number of lifetime menstrual cycles, which may be the reason for this effect.

Alcohol

Consumption of alcohol is clearly linked to an increased risk of developing breast cancer. The risk increases with the amount of alcohol consumed. Compared with non-drinkers, women who consume 1 alcoholic drink a day have a very small increase in risk. Those who have 2 to 5 drinks daily have about 1½ times the risk of women who drink no alcohol. Excessive alcohol use is also known to increase the risk of developing cancers of the mouth, throat, esophagus, and liver. The American Cancer Society recommends that women limit their alcohol consumption to no more than 1 drink per day.

Being overweight or obese

Being overweight or obese has been found to increase breast cancer risk, especially for women after menopause.

Before menopause your ovaries produce most of your estrogen, and fat tissue produces a small amount of estrogen. 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 increase your estrogen levels and thereby increase your likelihood of developing breast cancer.

The connection between weight and breast cancer risk is complex, however. For example, 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.

The American Cancer Society recommends you maintain a healthy weight throughout your life by balancing your food intake with physical activity and avoiding excessive weight gain.

Lack of physical activity

Evidence is growing that physical activity in the form of exercise reduces breast cancer risk. The main question is how much exercise is needed. In one study from the Women's Health Initiative, as little as 1¼ to 2½ hours per week of brisk walking reduced a woman's risk by 18%. Walking 10 hours a week reduced the risk a little more. To reduce your risk of breast cancer, the American Cancer Society recommends 45 to 60 minutes of intentional physical

activity 5 or more days a week.

Factors with uncertain, controversial, or unproven effect on breast cancer risk.

High-fat diets

Studies of fat in the diet have not clearly shown that this is a breast cancer risk factor.

Most studies have found that breast cancer is less common in countries where the typical diet is low in total fat, low in polyunsaturated fat, and low in saturated fat.

On the other hand, many studies of women in the United States have not found breast cancer risk to be related to dietary fat intake. Researchers are still not sure how to explain this apparent disagreement. Studies comparing diet and breast cancer risk in different countries are complicated by other differences (such as activity level, intake of other nutrients, and genetic factors) that might also alter breast cancer risk.

More research is needed to better understand the effect of the types of fat eaten on breast cancer risk. But it is clear that calories do count, and fat is a major source of these. High-fat diets can lead to being overweight or obese, which is a breast cancer risk factor. A diet high in fat has also been shown to influence the risk of developing several other types of cancer, and intake of certain types of fat is clearly related to heart disease risk.

The American Cancer Society recommends eating a healthy diet with an emphasis on plant sources. This includes

eating 5 or more servings of vegetables and fruits each day, choosing whole grains over processed (refined) grains, and limiting consumption of processed and red meats.

Breast implants

Several studies have found that breast implants do not increase breast cancer risk, although silicone breast implants can cause scar tissue to form in the breast. Implants make it harder to see breast tissue on standard mammograms, but additional x-ray pictures called implant displacement views can be used to examine the breast tissue more completely.

Chemicals in the environment

A great deal of research has been reported and more is being done to understand possible environmental influences on breast cancer risk.

Of special interest are compounds in the environment that have been found in lab studies to have estrogen-like properties, which could in theory affect breast cancer risk. For example, substances found in some plastics, certain cosmetics and personal care products, pesticides (such as DDE), and PCBs (polychlorinated biphenyls) seem to have such properties.

Although this issue understandably invokes a great deal of public concern, at this time research does not show a clear link between breast cancer risk and exposure to these substances. Unfortunately, studying such effects in humans is difficult. More research is needed to

better define the possible health effects of these and similar substances.

Tobacco smoke

Most studies have found no link between cigarette smoking and breast cancer. Although some studies have suggested smoking increases the risk of breast cancer, this remains controversial.

An active focus of research is whether secondhand smoke increases the risk of breast cancer. Both mainstream and secondhand smoke contain chemicals that, in high concentrations, cause breast cancer in rodents. Chemicals in tobacco smoke reach breast tissue and are found in breast milk.

The evidence on secondhand smoke and breast cancer risk in human studies is controversial, at least in part because smokers have not been shown to be at increased risk. One possible explanation for this is that tobacco smoke may have different effects on breast cancer risk in smokers compared to those who are just exposed to secondhand smoke.

A report from the California Environmental Protection Agency in 2005 concluded that the evidence about secondhand smoke and breast cancer is "consistent with a causal association" in younger, mainly pre-menopausal women. The 2006 US Surgeon General's report, The Health Consequences of Involuntary Exposure to Tobacco Smoke, concluded that there is "suggestive but not sufficient" evidence of a link at this point. In any case, this possible link to breast cancer is yet another reason to avoid secondhand smoke.

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Linda DeLeon Is retired and likes to sew. She is a 46 year survivor.



Joyce Steele Is a housewife and loves candy making. She is a 36 year survivor.



Carol L. Forhan Survivor: 27 years. NCW Media, co-owner, ad manager, ordained Episcopal Deacon, ALFA past Royal Lady, 2017 First Lady, and board member. Interests: Photography, church, loving my 5 grandchildren!



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 24 year, 10 month survivor.



Barbara Rist Blankenship Is retired, She likes gardening, reading, yard work, her grandkids, Chelan Senior Center. She is a 20 year, 1 month survivor.



Suzanne Newby Is retired from Safeway. Her Interests include cooking, crafts, and camping. She is a 20 1/2 year survivor.



Sandi Gruenberg Interests are family, Soroptimist of Chelan, Chelan Chase, raising money for Breast Cancer Research. She is a 18 year, 2 month survivor.



Nancy Baum Is retired and loves kayaking, biking, golfing and boating. She is a 17 year, 10 month survivor



Vicki Hoffman Is a music assistant with the with Lake Chelan School District; and likes being with her family, especially her 4 month old granddaughter. She is a 17 year, 4 month survivor.



Karen Gordon Interests include singing, music, reading and walking. She is 16 year, 8 month survivor.



Carol Simpson Is retired and her interests include walking, yoga/pilates, knitting and reading. She is 16 year, 2 month survivor.



Lynda Kennedy Is the owner/operator of Yogachelan Yoga Studio. Her interests include yoga, golf, hiking and gardening. She is a 14 year survivor.



Pat Batdorf Is retired and is a Food Bank volunteer and a member of Lake Chelan Hospital Guild B. She is a 14 year survivor.



Karen Webb Is a retired LPN and medical transcriptionist. Her interests including scrap booking. She is a 13 year survivor.



Anne Brooks Is a school bus driver. Interest includes electric vehicles, being outside and quilting. She is a 12 year, 6 month survivor.



Teresa Flores Beason Is retired and likes camping with family, cross stitching and crocheting. She is a 12 year survivor.



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



Heather Smith Is a Office Manager and her interests include snowmobiling, reading and camping. She is a 7 1/2 year survivor.

Dear Readers: Over the years we have had a lot of women's faces and stories, including my own, on these special October BCA pages. I started this "Tribute of Hope" many years ago and honor those who support the cause. These special pages have inspired other communities to show the "face of cancer". Our newspapers have also won top awards from newspaper groups in the U.S. and Canada. We hope you take the time to read the articles and information about breast cancer. One other fact, is that men can also get breast cancer, it is rare but yes it does happen. Please

check out all statistics on the American Cancer Society's website. We want to continue to show you faces and names of those who have been there, to give Hope to those who are newly diagnosed or who are still struggling. Cancer of any kind is not a individual disease, it is a family disease, everyone is involved when a loved one, a friend, a neighbor has been diagnosed. No one wants cancer and IT is scary. October is also National Mammography Month, please get a mammogram- it can save your life. it did mine. Whether you as a survivor have or had cancer(s), and do not want to talk about it, we

still honor and want to support YOU! We also want to remember those who fought the battle(s) and lost. No woman is immune from this dreaded disease, one in eight will be diagnosed this year and every year until we find a CURE. Pray for a Cure! My doctor's written reports said that I may survive maybe five years, I am now a 27-year survivor, I am Blessed. **Carol L. Forhan** Thank you and please support the business sponsors seen in these pages.



Mildred Reece Is a grandmother of 10, and great-grandmother. Her interests include reading, camping, drawing, taking care of her cat. She is a 7 year survivor.



In metastatic breast cancer, attitude and knowledge are power

(BPT) - A diagnosis of metastatic breast cancer (MBC) can turn a woman's life upside down. The disease, also known as Stage IV breast cancer, occurs when cancer has spread beyond the breast to other parts of the body, including the bones, liver, lungs or brain. MBC is not just one disease - there are many different subtypes and treatment options can vary depending on the subtype of each patient. "Having an open, honest dialogue with my oncologist about my treatment plan and having a positive attitude have helped me feel empowered," says Libby, a nurse manager and MBC patient from Ashland,

KY. As someone who has cared for others throughout her career - and for her own husband battling dementia - Libby was devastated to learn in 2015 that the breast cancer she beat 16 years prior had spread to her lungs and become metastatic. She appreciated her oncologist's approach because he stayed focused on what they could do as a team to treat the cancer. She discussed her diagnosis and the risks and benefits of treatment options with her oncologist, who prescribed an oral medicine called IBRANCE[®] (palbociclib) along with hormonal therapy called letrozole. IBRANCE

in combination with an aromatase inhibitor, such as letrozole, is approved by the U.S. Food and Drug Administration (FDA) for women like Libby who have not received prior treatment for their metastatic disease, are postmenopausal and have a specific type of metastatic breast cancer that is estrogen receptor-positive (ER+) and human epidermal growth factor 2-negative (HER2-). "Patients often face challenges upon receiving a metastatic breast cancer diagnosis. It's important for both patients and caregivers to find support and understand the treatment options available

to them," said Julia Perkins Smith, Senior Medical Director for Pfizer Oncology, the company that developed IBRANCE. For more stories about women living with MBC and to learn more about IBRANCE, please visit MBC-together.com. Libby offers the following insights to other women facing MBC: Choose to make the most of today! Find an oncologist/healthcare team who can fuel your own positive thinking. Always talk to your doctor about which treatments may be right for your individual situation have a support system, including family, friends and co-workers". Tomorrow is

not guaranteed and life does not come with a promise of good health or happiness. So, instead, I choose to focus on making the most of today. After all, it's up to us how we spend our time on this earth," says Libby. IBRANCE[®] (palbociclib) is a prescription medicine used to treat hormone receptor-positive (HR+), human epidermal growth factor receptor 2-negative (HER2-) breast cancer that has spread to other parts of the body (metastatic) in combination with: an aromatase inhibitor as the first hormonal based therapy in women who have gone through menopause,

orfulvestrant in women with disease progression following hormonal therapy. National Cancer Institute. What you need to know about breast cancer. http://www.cancer.gov/publications/patient-education/WYNTK_breast.pdf. Updated August 2012. Accessed October 12, 2016. American Cancer Society. Breast Cancer. <http://www.cancer.org/acs/groups/cid/documents/webcontent/003090.pdf>. Accessed October 12, 2016. IBRANCE (palbociclib) Prescribing Information. 2017. Pfizer Inc, New York, NY. PP-IBR-USA-0995-© 2017 Pfizer Inc. All rights reserved. May 2017

Some basic breast cancer facts and figures

In 2017, according to the The American Cancer Society, an estimated 252,710 new cases of invasive breast cancer were expected to be diagnosed among U.S. women, as well as an estimated 63,410 additional cases of in situ (earliest form) of breast cancer. This year, approximately 40,610 US women were expected to die from breast cancer. Only lung cancer accounts for more cancer deaths in women. However, these decreases are believed to be the result of finding breast cancer earlier through screening and increased awareness, as well

as better treatments. **Higher risk** Women whose close blood relatives have breast cancer have a higher risk for this disease. Having one, first-degree relative, (mother, sister, or daughter) with breast cancer almost doubles a woman's risk. Having a 2nd first-degree relatives increases her risk about 5-fold. Although the exact risk is not known, women with a family history of breast cancer in a father or brother also have an increased risk of breast cancer. Overall, about 20% to 30% of women with breast cancer have a family member

with this disease. (This means that 70% to 80% of women who get breast cancer do not have a family history of this disease.) **Race and ethnicity** White women are slightly more likely to develop breast cancer than are African-American women. However, African-American women are more likely to die of this cancer. At least part of this seems to be because African-American women tend to have more aggressive tumors, although the reasons for this are not known. Asian, Hispanic, and Native American women have a lower

risk of developing and dying from breast cancer. Cancer statistics such as these are presented in an updated edition of the American Cancer Society's Breast Cancer Facts and Figures. The publication provides updated cancer research facts about breast cancer, including incidence, mortality, and survival trends for breast cancer, as well as information on early detection, treatment, and factors that influence risk and survival. Visit the American Cancer Society's Cancer Statistics Center for more key statistics.

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.
Pink Ribbon Classic - Golf Scramble, Oct. 22
CHELAN - The Pink Ribbon Classic Golf Scramble will be held Sunday, Oct. 22 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 for entry forms or go to Lake Chelan Ladies Facebook page, <https://www.facebook.com/Lake-Chelan-Golf-Club-Ladies-Division>.

THINK PINK
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OBITUARY

Robert "Bob" Llewellyn Parlette

Robert Llewellyn Parlette (Bob), 76, of Wenatchee, Washington passed away of acute myeloid leukemia at his home on September 26. He was surrounded by his loving family while looking out his window towards the sunset.

Bob was born in Toledo, Ohio on August 11, 1941 to William and Althea (Hopf) Parlette. Bob is survived by his wife of 31 years Linda (O'Neal) Evans Parlette. Children: Brooke Parlette Lucy (Sam), Peter and Andrew Parlette, Guy and Lucas Evans; grandchildren Larkin and Mariah Lucy, and Jessie Evans. Bob was preceded in death by his parents and his brother William Parlette. He is survived by siblings Wilthea (Parlette) Patzer, Carl



(Jim) Parlette and several nieces and nephews.

Bob Parlette is a 1959 graduate of DeVilbiss High School, Toledo, Ohio. He graduated from the U.S. Air Force Academy, Colorado Springs, CO in 1963. He was assigned pilot training at Williams AFB, AZ and awarded his wings in 1964.

After a short stint at Larson AFB in Moses Lake, Wash., Bob moved stations to Fairchild AFB in Spokane, flying the KC-135 air refueling tanker in

the Strategic Air Command. He served temporary duty assignments in Southeast Asia at U Tapao AFB, Thailand, CCK Air Base, Taiwan, Kadena AB, Okinawa, Clark AFB, Philippines and Andersen AFB, Guam.

Bob married Elizabeth Ambrose of Seattle in 1967 and resigned from the U.S. Air Force as a Captain in 1968. He entered UW Law School in 1969, graduating in 1972 in the top 10% of his class. He moved to Wenatchee and began work at Davis, Arneil Law Firm where he remained for 44 years specializing in mediation, civil litigation, and consumer law.

During those years he bought a cherry orchard on Wenatchee Heights and began building his home and raising his family. From that time forward, Bob was involved in numerous community activities and projects. Of these, he was most proud of the completion of the Apple Capital Loop

Trail. And more recently, the acquisition of the Peshastin Mill property which preserves public access to a beautiful river corridor and invites all to envision his ultimate dream of a trail linking Leavenworth to Wenatchee.

Bob served as interim president of Wenatchee Valley College and served 9 years on the Washington State Interagency Committee for Outdoor Recreation. In 1989, with his wife Linda, he organized the Washington State Centennial Winter Games. He went on to spearhead many other community activities and philanthropic organizations including the Young Adult Consumer Education Trust and Consumer Jungle website promoting financial literacy in young adults.

The reason Bob was often late was because he was always trying to finish something. He was universally known as a "doer" - never compromised by bureaucracy

- and he loved flying because it helped him accomplish more in a shorter time frame!

Bob truly enjoyed people and their stories. Young, old, rich, poor, no matter the race, Bob was always interested in people's lives. His ability to study and appreciate people made him an effective attorney and advocate because he knew most accounts had at least two sides. More than once, Bob chose to support the less predictable one.

Besides his family, what Bob loved most of all was the outdoors. He loved cross-country skiing, hiking, horseback riding, whitewater rafting, and biking. His passion for adventure fit well with a love of flying and one of his great joys was heading north to Canada each summer along with other pilot friends ("The Coldfish Squadron") in their small airplanes. He flew to a number of remote areas over the years, always returning home - not always safely!

- to his own alfalfa strip on Wenatchee Heights. ("The Abandon Airforce!")

A big part of Bob's legacy is his advocacy for the environment, protection of the wild places he so enjoyed, and tenacious support of public access to nature so that everyone can enjoy the great outdoors and beauty of the Wenatchee Valley.

Bob was an avid reader, an accomplished photographer, painter and most of all, a great gatherer of people. Throughout his life and final days, he brought people together with ideas and humor, instilling meaning and hope for the future.

A Celebration of Life will be held at a later date.

In lieu of flowers please send donations in Bob Parlette's name to: Complete the Loop Coalition (P.O. Box 1192, Wenatchee 98807) or The Evergreen Mountain Bike Alliance (25 N Wenatchee Ave, Suite 109, Wenatchee, 98801).

BULLETIN BOARD - UPCOMING EVENTS / MEETINGS

FARMERS MARKETS

Oct. 5

Farmers Market Harvest Festival

CHELAN - Thursday Evening Farmers market is open 4-7 p.m. every Thursday, on the corner of S. Emerson and Wapato Streets, between the Riverwalk Inn and Riverwalk Park. This week come down for the Harvest Festival, 4-6 p.m. Bring the whole family down to Riverwalk Park to celebrate the end of Chelan Farmers Market's season with a Harvest Festival. For more information, visit ChelanFarmersMarket.org.

Monday-Friday every week

Chelan/Manson Senior Center Events

Coffee Klatch, Monday-Thursday, 10-11:30 a.m. Free Exercise Class: Monday, Wednesday, Friday, 1-2 p.m., any age welcome, sponsored by LCC. Wii Bowling, Tuesdays, 1-3 p.m. Game Day, Thursdays, 1-5 p.m., cards and board games. Senior Meals, Monday-Thursday, call 509-888-4440. Meals on Wheels 509-470-0522. For information Chelan Senior Center, 682-2712. MANSON: Manson Senior Lunch, Friday, Kathy 687-3377.

Upcoming events at the Chelan Senior Center: Oct. 14: Baked Potato and Bingo. Oct. 31: Halloween Candy Give Out (downtown Chelan). Nov. 4: Holiday Boutique. Nov. 11: Karaoke. Dec. 8: Holiday Members Dinner

EVENTS / MEETINGS

Oct. 4

Story time Manson / Chelan Libraries

CHELAN - Story time is every Wednesday at 11 a.m. at the Chelan Public Library located on Emerson Street. Join them for singing, dancing, clapping, music making as well as reading. It's both fun and educational!

MANSON - Every Wednesday at 11 a.m. the Manson Community Library offers a story time for children ages 2 to 5 and their caregivers. Join the group for a half hour of stories, rhymes, songs, finger plays and other activities. For more information call the library at 687-3420.

Oct. 4

NCSC to meet

CHELAN - The next meeting of the North Cascades Sportsman Club board will be held on Wednesday, Oct. 4. 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

Bilingual story time

CHELAN - Bilingual story time is the first Thursday of each month at 6:30 p.m. at the Chelan Library. A fun half hour of stories in Spanish and English for families. The Chelan Library is located at the corner of Emerson and Chelan. For information 682-5131.

Oct. 5

Aging & Adult Services board meeting

EAST WENATCHEE - The 2017 meeting schedule for the Columbia River Council of Governments, governing body of Aging and Adult Care of Central Washington, scheduled to meet at 50 Simon Street S.E.: Oct. 5; Nov. 2; and Dec. 7. All meetings begin at 1:30 p.m. Grant County Commissioner Cindy Carter is chair of the council, composed of one county commissioner from Adams, Chelan, Douglas, Grant, Lincoln, and Okanogan Counties. For information, 509-860-8108.

Oct. 5

Celebrate Recovery

CHELAN - Lake Chelan Celebrate Recovery Meets every Thursday at Living Stone Church, (formerly Little Stone Church), 2133 W. Woodin Avenue. Dinner is at 6 p.m., cost is \$3. Group meeting at 6:30 p.m., followed by gender-specific small groups. Celebrate Recovery is a confidential, Biblically-based twelve step program for anyone struggling with addiction, co-dependency, gambling, relationships and other life issues.

Oct. 6

Community 'Soup' Kitchen

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

Baby rhymin' time

CHELAN - Baby rhymin' time is every Friday at 10 a.m., at the Chelan Public Library on Emerson Street, for ages 0-3 years. Join

them for singing, dancing, nursery rhymes, musical instruments, and story telling for babies, waddlers and toddlers.

Oct. 7

Friends of the Library Book Sale

CHELAN - The Chelan Friends of the Public Library will hold their annual Book Sale on Saturday, Oct. 7, 9 a.m.-4 p.m. at the Chelan Public Library, located at 218 N. Emerson Street. Prices will be \$2.00 - Hardbacks; \$2.00 - Trade Paperbacks; \$1.00 - Paperbacks; \$0.50 - Kids books; \$2.00 - DVD's; \$0.50 - VHS videos; \$2.00 - Audio-books; \$1.00 - Music CD's; and \$2.00 Fill-A-Bag Sale from 2-4 p.m.

Oct. 6-8

Vintage Boat & Classic Car Show

CHELAN - Mahogany & Merlot is a family-friendly 'on-the-water' event at Don Morse Memorial Park and Lake Chelan Marina, featuring the Vintage Unlimited Hydroplanes, and classic antique cars. For information Jon at (425)999-2920, chelanvintagebots@yahoo.com

Oct. 9

Chelan Friends of the Public Library

CHELAN - Chelan Friends of the Public Library will have their monthly member meeting Monday, Oct. 9, (always the second Monday of each month) at 7 p.m., in the Chelan Public Library meeting room, 218 N. Emerson Street. Any and all interested persons are welcome.

Oct. 10

Al-Anon

CHELAN - Al-Anon meets every Tuesday, 12 p.m. in the Apple Cup Cafe Banquet Room. This is an open meeting.

Oct. 10

Manson Fire District meeting

MANSON - The Chelan County Fire District 5 Commissioners will hold their monthly meeting Tuesday, Oct. 10, at 4:30 p.m. at Station 51 located at 250 W. Manson Blvd.

Heritage Heights board meeting

CHELAN - The Heritage Heights Assisted Living monthly board meeting will be held Oct. 10, (second Tuesday of every month), at 5 p.m. in the activity room at Heritage Heights. Community members are welcome to attend. The meeting lasts approximately one hour. For information Heritage Heights at 682-1998.

Oct. 10, 25

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.

More Events/Meetings

at

www.lakechelanmirror.com

OBITUARY & MEMORIAL POLICIES

NCW MEDIA, INC.

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

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

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

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

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

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

CHURCH GUIDE

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



• CHELAN

BEREA 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.

• 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 11 am
682-2241
Corner of Johnson & Emerson

• CHELAN

LIVING STONE CHURCH

GATHERING IN OUR UNIQUENESS,
UNITED IN OUR PURPOSE
SUNDAY SERVICES
the 9:00 am Gathering • the 10:30 am Gathering
Adult Bible Study, Children's Church, Nursery 10:30 am
the Exchange - Middle & High School Youth Service
WEDNESDAYS

Kids ROCK 6:10-7:40 pm (4 years thru 5th grade)
Oct-April (except school breaks & holidays)
Prayer Time 7:00 pm
Scott Morris, Senior Pastor
Jeffrey Chambers, Youth Pastor
2133 W. Woodin Avenue, Chelan • 509-682-5953
For more information visit www.lscchelan.org

• RIVERWALK ASSEMBLY

Worship 10:30 am
Bible Study Wednesday 6:30 pm
682-2610 • Emerson & Okanogan

• 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 • 682-2851 • 120 E. Woodin Ave.
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 9 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
TNT (Thursday Night Together) resumes Sept. 21
687-3636 • 123 Wapato Point Parkway
www.northshorebc.org
Craig Rayment, Sr. Pastor

• BREWSTER

CHURCH OF CHRIST BREWSTER CONGREGATION

Sunday Bible Study 9 am
Sunday Worship Service 10 am
Brewster Grange Hall, Hwy 97
509-682-4709 • 509-449-3085

• 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

CHELAN AND MANSON SPORT SHORTS

Chelan

**Football at Zillah
Friday, Sept. 29**

SUBMITTED BY
COACH TRAVIS DOMSER
Defensively we created some turnovers and played them tough in the first half.

Offensively we did some good things and put some scores together early. They did a good job stopping our run game.

As a team we were scrappy, but could not hold the level of a very big, athletic, and physical Zillah football team. We got better this week and the score does not represent how hard our kids played, it does represent that we need to keep working. We are excited to start league this week. GOGOATS!!

**Soccer at Brewster
Saturday, Sept. 30**

SUBMITTED BY
COACH MICHAEL TUCKER
Chelan headed up to Brewster Saturday morning. We are struggling to find our identity as a team. It showed. Brewster can out strong and punished us. Going up 3-0 before we were able to

counter with pressure. Wendy Mendez was fouled in the box but Giselle Lara was unable to convert. Wendy made a great run on a through ball but was fouled in the box again. Wendy converted the penalty to make it 3-1. Brewster came back and again went up by three to take half 4-1.

The second half we didn't fair much better. Brewster scored two more before Ashley Sams had to leave the game when a Brewster player fell on her as she attempted to save a deflected ball in the box. Wendy was able to get one more back for us but we gave up two more goals to finish 8-2 in Brewster's favor. We face Okanogan on the road Tuesday.

**Volleyball
Versus Cashmere Thurs-
day, Sept. 28**

SUBMITTED BY COACH
JENIFER RAINVILLE
Chelan hosted Cashmere in our first home league match. We struggled to get going in the first set and dug ourselves a hole. We were down 10-3 and

had to work at earning a point at a time. Cashmere is a good defensive team they made us work for each and every point. We ended up winning in three; 25-20, 25-13, 25-17

Lexie Gleasman 9 kills, 1 block, 10/13 serving w/ 2 aces, 10 digs

Emma McLaren 9 kills, 1 assist, 1 block, 17/17 serving w/ 2 aces, 5 digs

Sydney Hawkins 5 kills, 1 block

Azzia MacDonald 4 kills, 2 blocks, 1 dig

Elly Collins 4 kills, 11/13 serving w/ 2 aces, 1 dig

Sierra Rothlisberger 3 kills

Katie Rainville 2 kills, 1 block

Taylor Boykin 19 assists, 2 digs

Xitlali Cruz 13 assists, 9/12 serving w/ 1 ace

Ava Dickes 3/6 serving, 5 digs

Leanna Garfoot 2/2 serving

At Omak Tuesday, Sept. 26

SUBMITTED BY
COACH JENIFER RAINVILLE

Chelan traveled to Omak for

the first league match of our season. We won in three. I was very pleased with how both my middles played tonight. Lexie and Azzia combined for 26 kills.

Scores: 25-16, 25-11, 25-18

Lexie Gleasman 18 kills, 13/15 serving, 1 block and 5 digs

Azzia MacDonald 8 kills, 2 blocks, 1 assist

Emma McLaren 6 kills, 8/9 serving, 1 block, 2 digs

Sydney Hawkins 5 kills

Elly Collins 3 kills, 5/5 serving, 2 digs

Sierra Rothlisberger 2 kills

Katie Rainville 1 kill

Molly Oswald 1 kill, 5/5 serving

Taylor Boykin 15/15 serving, 1 dig and 24 assists

Xitlali Cruz 11/13 serving, 1 dig and 16 assists

Ava Dickes 5/5 serving, 4 digs

Ashley Oswald 2/3 serving

Manson

**Football at Tonasket
Friday, Sept. 29**

SUBMITTED BY ATHLETIC

DIRECTOR ERIC SIVERTSON

Score: 14-3

Passing Stats: Avery Thompson 3 completions on 11 attempts, 29 yards, 1 INT

Rushing Stats:

Eduardo Escalera 13 carries for 150 yards, 1 TD and 185 yard punt return for TD

Joe Strecker 9 carries for 39 yards

Caden Beazley 15 carries for 69 yards

Marco Sanchez 4 carries for 6 yards

Receiving Stats

Eduardo Escalera 3 receptions for 29 yards

Recap:

The Manson Trojans fought hard Friday night for another win on the road. The Trojans and the Tonasket Tigers played a scoreless 1st quarter. Then Eduardo Escalera sparked the Trojans with an 85 yard punt return for a touchdown to take the lead at half 7-0. The run game was working all night for the Trojans who racked up 250 yards on the ground, however untimely penalties and one lost fumble stopped the score from showing the dominant performance. 2 Touchdowns were called back in the game. The players stayed composed through the whole game and had a sense they would come out on top if they weathered the storm.

The defense was tough again and only allowed 1 field goal. Joe Strecker had a huge presence at inside linebacker and was in the backfield all night. Many times Joe would pull the quarterback down before he could even hand the ball off. The defense plays with a lot of speed and does a great job of gang tackling.

Offensively, Eduardo Escalera had another big night. Even when teams key on him he is able to break through. He had a couple of fumbles tonight, but that's mostly because he was trying a little too hard to fight for extra yardage. The surprise tonight was Caden Beazley at fullback. The freshman ran for 69 yards and put the team on his back when they needed a first down. Caden and Eduardo were a great 1, 2 punch tonight.

Overall, the players have an attitude where they never settle for what they've accomplished already this season. They continue to get better every practice and every game.

The Trojans are now in sole position of 1st place in the Central Washington 2B league at 5-0.

Next Friday we will host Waterville for our Homecoming game. Again, I am very proud to coach these young men at Manson High School and it is a huge accomplishment to be 5-0 and first place in the CWB league. Go Trojans!

**Volleyball at Waterville-
Mansfield Thursday, Sept. 28**

SUBMITTED BY ATHLETIC
DIRECTOR ERIC SIVERTSON

Manson hosted Waterville-Mansfield on Thursday in a make up game- marking the first league match of the season for both teams.

The Trojans walked away with the win after a tough fought 5 set match.

Set scores were 22-25, 25-12, 13-25, 26-24 and 15-13.

Leading the way for the Trojans behind the service line was Trojan Senior Libero, Sandra Diaz with 26/26 serves and 3 aces.

Kassie Macias served 18/18,

Briseyda Landa added 15/16 with 4 aces and Celina Mendoza served 13/14 with 3 aces.

Celina Mendoza and Megan Clausen each had 13 kills.

Sandra Diaz played solid defense all night, leading the team in digs adding a fantastic serve receive night to help the Trojans.

Junior setter, Devyn Smith, also played great- with 30 assists on the night

Kendall Petre added 5 kills and Kassie Macias had 4.

Celina Mendoza had an incredible 11 blocks- and had an over all superb performance.

The win puts Manson's league record at 1-0.

(Overall record: 2-6)

The Trojans play their next league match at Liberty Bell on Tuesday, October 3- JV starts at 5 pm- Varsity to follow (usually 6:30-ish).

**Cross Country at
Tonasket,
Thursday, Sept 28**

SUBMITTED BY ATHLETIC
DIRECTOR ERIC SIVERTSON

Trojans proved once again their tenacity and diligence of working hard meeting 7 schools at Tonasket High School this Thursday, September 28th.

Manson field a solid middle school team including Eli Willard, Rex Torgesen, Jesus Portillo, Hugo Lopez, Kate England, and Emely Valencia. With 13 entries for the middle school, Manson was well represented.

On the high school side, the girls were down two runners due to scheduling conflicts, but Libbey Ireland and Grace Cullison performed their best with finishes placing well. On the boy's side, Eddie Sarmiento lead the pack placing 3rd, followed by Connor Torgesen, Jonathon Sarmiento and Jose Vazquez.

Manson has two meets next week traveling to Chelan's Invite, Tuesday, October 3rd and Saturday, October 7th to Leavenworth.

**Soccer at Bridgeport
Thursday, Sept. 28**

SUBMITTED BY ATHLETIC DIRECTOR ERIC SIVERTSON

A huge win for the Lady Trojans of Manson as they beat the Fillies of Bridgeport by a score of 1-0 in overtime. The game marks the first win for the Manson girls soccer program in four seasons and comes as the Lady Trojans continue to improve from year to year and from game to game. It was no more than what the Manson girls soccer team deserved as they have worked incredibly hard over the entire season and through trials in previous seasons to get where they are today. The win came after a tough battle with a physical Bridgeport team who turned up the heat in the second half after a first half display that saw the Lady Trojans dominate. Manson goalkeeper Evelyn DeJesus once again made 16 important saves including a game-saving stop in overtime to keep the Lady Trojans in it. Only minutes afterwards Jasmine Valdovinos ran open down the right side of the field and fired a shot that hit the post before sophomore Nadia Verduco poked the ball in the net for the huge Manson win! Manson next travels to Mabton on Saturday for a non-league game before returning home for a game against Tonasket at Singleton Park.

Team ropers fill their loops at Jones Arena



Photo by Mike Maltais

Prize winners at the annual 2017 Team Roping competition last Saturday, Sept. 16 at the Mike Jones Arena in Malott include, from left, Bill Byrd, Chelan (champion heeler), Diane Winn, Chelan (champion header), Kelly Knapp, Brewster, Mike Jones, Malott, Ron Stevens, Okanogan, and Cass Gebbers, Brewster. Around 50 spectators and competitors attended the event that included a pig roast Saturday afternoon and breakfast Sunday morning.

Reach 1 Trail to Chelan River will close Oct. 9-10 for fresh gravel

SUBMITTED BY KIMBERLEE CRAIG,
CHELAN COUNTY PUD

CHELAN - The much-used and well-loved Reach 1 Trail to the Chelan River will be closed Oct. 9 and 10 so a contractor for Chelan PUD can safely refresh the gravel path by regrading a few sections, compacting the base and adding a 2-inch topcoat of new gravel.

Signs are out to let trail users know the closure is coming. There will be barricades at the Chelan Butte trailhead starting Monday, Oct. 9 through Tuesday, Oct. 10 when the work is finished. (See attached map). Dump trucks will travel up and down the trail to place gravel.

MOE Asphalt of Wenatchee will do the work estimated at \$62,000.



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LIC# 2144

1954 Chelan Goats Football players return for reunion

Recognized as recipients of Mythical State Championship

By ERIN ROSSELL, STAFF WRITER

CHELAN – Saturday, Sept. 9, the 1954 Chelan Goats Football team were recognized and attributed for their hard work and dedication in receiving the Mythical State Championship, at Sargeant Field during the Goats game versus Ephrata. This championship was voted on by Washington State Sport Writers and the title then given to a team based on season record and league standings. Recipients of the championship were typically voted on by coach polls and media ballots, as there was no Bowl Championship Series to assign status at that time in High School sports.

The 1954 Goats ended the season with a record of 8-0 with three shut outs. They began that season taking on the previous state champions, Tonasket. With a little over half the players that Tonasket had, the Goats defeated them with a final score of 26-7. They went on to compete and win games against other teams in the Independent B Division, including Grand Coulee, Manson, Quincy, and Leavenworth, as well as three A league teams, ending the season undefeated with 271 total points scored and allowing only 46 points scored against them.

“We had a good offense and a good defense,” explained Jack Holmes, a member of the '54 Goats, “we had some good athletes to be able to run the type of formation that had been changed from my Sophomore to Junior year.” Holmes explained that in previous years, the team had run a single-wing formation, where the Quarterback would be in the backfield, and the T-formation that is most frequently seen now was transitioned to during Holmes' Junior year.

The 1954 Chelan Goats Football team was selected for honoring as part of current Coach Travis Domser's efforts to make the players aware of “the idea that there were players and teas before them ... to understand and appreciate the legacy that they are inheriting,” according to a letter sent out to the players of 1954.

Twelve members of the Goats of 1954 returned for a team dinner hosted at Lakeside Resort, Thursday, Sept. 7, where they shared stories, successes and struggles with this season's team. “We told funny stories, and we tried to inspire them,” he



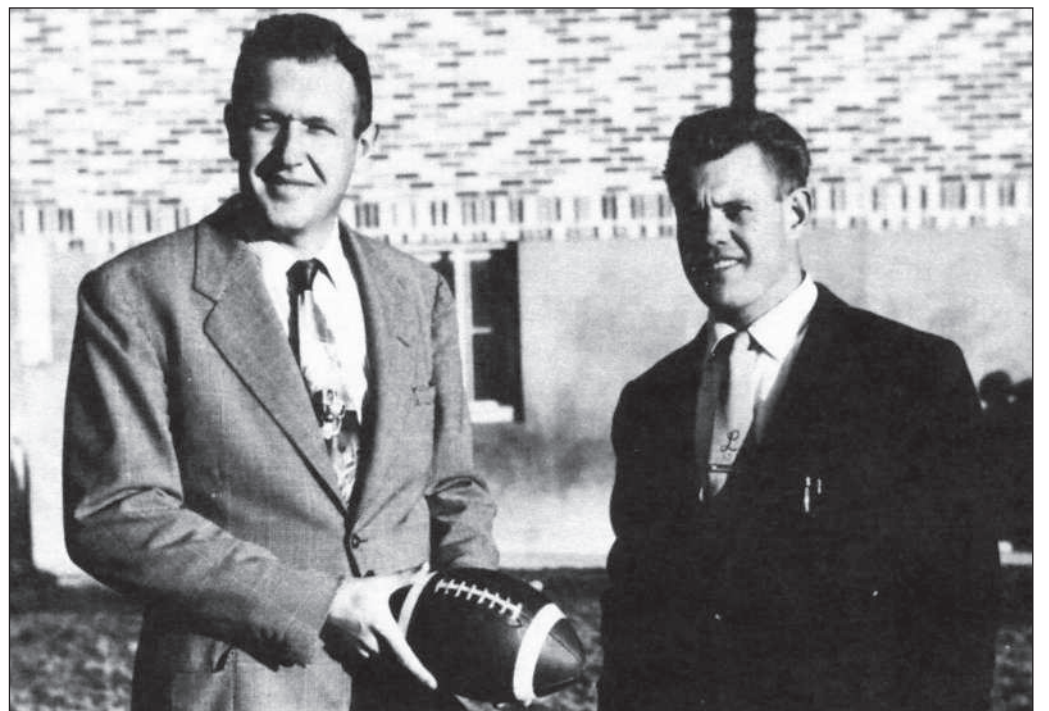
Left to right: Charlie Card, Jack Holmes, Dean Conaway, Jack Caddy, Carl Kjobech, and Ray Foster.

Photo by Erin Rossell

explained, “we told him stories of why we were a championship team.” The following day, Friday, Sept. 8, the Mythical Champions did a brief interview, and toured the Chelan High School and Community Gym. Due to smoke levels in the air, the night's game had been rescheduled for the following evening, Saturday, Sept. 9. During halftime of the Goats versus Ephrata Tigers game, six members of the championship team took the field, as their achievements were announced and applauded throughout the fan-filled bleachers.

Photos courtesy of 1954 CHS football team:

Front row, left to right: D. Louk, H. Pitt, P. Bryant, R. Foster, R. Oules, R. Vogler, J. Caddy. Second row, left to right: Coach B. Richards, M. Tester, C. Card, S. Boyd, T. Arnold, B. Summer, J. Holmes, Asst. Coach B. Lippincott. Third row, left to right: R. Ross, B. Watson, B. Lish, M. Finnigan, W. Louk, D. St. Luise, C. Kjobech. Fourth row, left to right: Mgr. J. Crill, J. Camp, J. Moyer, J. Gaukroger, D. Davis, J. Koch, D. Conaway, B. Boyd, Mgr. J. Franklin.



Coach Bill Richards (left) and Bill Lippincott.

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Hydrofest: Racing around the bay



Photos by Erin Rossell

After making a turn, a racer picks up momentum ...



Closes the gap ...



And passes a fellow racer, taking the lead.



Some of the smaller hydroplanes lined up along one of the docks at Manson Bay, ready to launch off at the start of the race.



Hydrofest returned to Manson kicking off with hydroplanes displayed downtown, Friday, Sept. 29, with racing the following two days, Saturday, Sept. 30 and Sunday, Oct. 1. Fifty boats distributed through 10 classes took over the waterfront along Pedoi Street over the weekend, battling for first place.



Forest assessing burned areas for flooding risk from Naches to Methow Valley

SUBMITTED BY HOLLY KRAKE, USFS

WENATCHEE — High above the community of Mazama, US Forest Service Hydrologist Molly Hanson takes dozens of aerial photos of areas burned in the Diamond Creek Fire. She knows that under certain burn conditions, some soils may now absorb less water, potentially producing runoff and erosion.

“Time is of the essence in burned area emergency response” said Hanson. “A team of soil scientists, hydrologists, and other experts are already starting to assess unacceptable risks to life, property and watersheds from exposed soil, runoff or possible flooding.”

With over 240,000 acres burned on the Forest this year, BAER efforts will largely focus on human life and safety concerns including potential downstream impacts to communities including Cle Elum and Mazama as well as others. Emergency

stabilization work on the Forest may include installation of erosion control devices, mulching, road or trail drainage improvements and more. Corresponding work is also happening with other federal, state, county, and local agencies to help private landowners plan and prepare.

“We don’t leave when the fire is over” added Hanson. “The Forest Service and the Natural Resources Conservation Service (NRCS) work together and coordinate with local agencies and counties that assist landowners with preparing for potential runoff.”

It is important that landowners work directly with NRCS and other agencies to determine appropriate actions needed to protect their property. Even after prescribed treatments are implemented to minimize the post-fire threats, the burned areas may still pose a risk to adjacent areas from potential mudslides and flooding. Residents living

near burned areas need to monitor weather reports and public safety bulletins, and be aware of current weather conditions and forecasts. BAER information available is at: centralwashingtonfirerecovery.info

Get the latest forest news and alerts by texting ‘follow OkaWenNF’ to 40404, ‘liking’ us on facebook or following us on twitter @OkaWenNF. The mission of the USDA Forest Service is to sustain the health, diversity, and productivity of the nation’s forests and grasslands to meet the needs of present and future generations.

Photo courtesy of USFS
Aerial photograph showing areas of low, moderate, and high intensity fire effects from the Jolly Mountain Fire north of Cle Elum, Wash. on September 19, 2017.



Burn ban lifted in all areas of North Cascades National Park Service Complex

Submitted by Denise M. Shultz, North Cascades National Park Service Complex

SEDRO WOOLLEY - Effective immediately, the burn ban on all lands within North Cascades National Park Service Complex is lifted. This includes all National Park Service lands and campgrounds in Stehekin, along State Route 20 and the Ross Lake area.

Campfires are allowed in designated areas only in both front country and backcountry campsites.

The burn ban lift compliments similar burn ban lifts in Chelan, Skagit, and Whatcom counties.

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By MIKE MALTAIS
STAFF WRITER

CHELAN – High school senior Cameron Quinn is not only a young man in a hurry, but also one who knows where he wants to go and how to get there. The 16-year-old will graduate with both his high school diploma and an Associate in Arts (AA) degree from Wenatchee Valley College.

But that's not all.

While a full-time student at Pateros High School, Quinn has also found time to pursue his extracurricular activity of choice, training in the student cadet corps of the U.S. Air Force Auxiliary Civil Air Patrol (CAP) at the Northern Desert Composite Squadron in Omak.

"I became interested in the CAP because of its emphasis on aerospace education, such as in piloting and...the engineering aspect as well," said Quinn. "I was also interested in its emphasis on military traditions."

Quinn joined the CAP at its Pangborn Composite Squadron in Wenatchee when he was 13. He transferred to the Omak Desert Composite Squadron "because the fires made it uneconomical to drive all the way down to Wenatchee when my family lived in Mazama" said Quinn. "After moving back to Chelan last summer, I just continued to attend meetings at Omak."

The CAP was founded on Dec. 1, 1941, to help protect United States shorelines from invading German submarines. From that beginning the CAP evolved into a public service organization. As an auxiliary of the U.S. Air Force the CAP is a first-responder for search and locate missions for missing planes and persons and is available in times of emergencies, such as the current Hurricane Harvey aftermath in Texas.

The CAP's 56,000 members promote aerospace education through the STEM (Science, Technology, Engineering and Mathematics) program to recruit and shape future leaders. That's where the student cadet



While a full-time student at Pateros High School, Cameron Quinn (left) has also found time to pursue his extracurricular activity of choice, training in the student cadet corps of the U.S. Air Force Auxiliary Civil Air Patrol (CAP) at the Northern Desert Composite Squadron in Omak. He lives in Chelan with his parents.

program comes in.

Cadet candidates for CAP must be 12 years of age or older. The cadet program is a year-round commitment where cadets with an interest in the military, aviation or space get hands-on training in flight and its related fields while developing leadership skills.

"My parents thought it was best for me to attend a smaller school for my first year of high school in 2014," said Quinn. "After attending Liberty Bell High School for a year due to the fires, I returned to Pateros as it was easier just to enroll there again."

Prior to 2006 when the family moved to Chelan, Quinn's father, Todd, was a Seattle-area contractor and his mother, Marilen, managed an accounting department. Both have since retired. Younger brother, Colton, is a PHS freshman this year and a CAP cadet.

Preceding his senior year at PHS, Quinn competed on the Knowledge Bowl teams

for both the Billygoats and Liberty Bell.

"I will likely not be competing this year in Pateros due to my school schedule in attending Wenatchee Valley College through the Running Start program," Quinn said.

Running Start allows junior and senior high school students to take college level courses at the state's 34 community and technical colleges where they earn both high school and college credits.

Following high school and WVC, Quinn said he wants to attend a four-year university and major in computer science with a minor in math. Future plans also call for a master's degree in business with perhaps a second master's in computer science and a doctorate in economics.

Quinn said military-related service also figures into his future.

"I would like to eventually serve in the military or at least the DOD (Department of De-



Photos courtesy of Cameron Quinn

Civil Air Patrol Cadet First Lieutenant Cameron Quinn, dressed in his fatigue uniform, stands at Pikes Peak near Colorado Springs during a CAP cadet course he attended this summer. Cameron Quinn, right, poses with fellow CAP cadets on Pikes Peak earlier this summer.

fense)," said Quinn and mentioned the Air Force, Defense Advanced Research Projects Agency (DARPA)

"I don't necessarily want to make the military my career," said Quinn, "but I do definitely want to serve for a duration of time, maybe 4-8 years."

Quinn's interest in aviation started at an early age, no doubt due to the number of family members who were actively engaged in the field.

"My father, who used to fly helicopters for recreational purposes, would frequently take me to the Museum of Flight (at Boeing Field in Seattle) to help me learn more and develop further interest in the subject," said Quinn. "My great grandfather (Cecil P. Jones) was a pioneer of aviation."

Quinn wrote an essay for college last year about his ancestor's involvement in several

famous aviation ventures.

Cecil B. Jones started his aviation career as an engineer on Charles Lindbergh's Spirit of St. Louis.

He was the last living member of the crew that build the plane," Quinn said.

Jones then signed on with Boeing as head chief engineer on the B-series bombers and served as Northrup's representative to Boeing.

"He also worked with his friend, Howard Hughes on the Spruce Goose (H-4 Hercules)," Quinn said.

Jones eventually founded his own contracting company to produce airplane parts and worked on the B-2 Spirit, the strategic stealth bomber.

Quinn's uncle, also an avid pilot, "has helped educate me on the subject as well as offer me flights in his plane," Quinn said.

The family owns a Cessna

172 hanged at the Chelan Airport and Quinn said he hopes to start working through the pilot licensing process next summer.

As for his CAP goals, Quinn said he wants to earn the Spaatz Award, the CAP's highest cadet honor and named after Air Force general Carl A. Spaatz, the first Chief of Staff of the Air Force and first Chairman of the CAP National Board. He achieved the rank of Cadet First Lieutenant last July.

"I attended the 2016 summer basic encampment at Camp Casey, Wash., and a NCSA (National Cadet Special Activity) – Space Command Familiarization Course - this summer in Colorado Springs," Quinn said.

For more information on the CAP's purpose and many programs, visit www.gocivilairpatrol.com online.

...With Liberty And Justice for all

In their rush to complain about societal imperfections the NFL protesters have lost sight of some fundamental American values. Values that have found little official expression in the rest of the world. Expressions like the headline of this column that comes from the end of our pledge of allegiance.

The controversy that has been sparked by the NFL is a classic example of a protest that is doing more harm to our collective lives than actually solving any great societal ill.

Commenting on the players refusing to stand for the national anthem, American Legion National Commander Denise Rohan said, "It wasn't political when it was written and it shouldn't be political today. Having a right to do something does not make it the right thing to do."

The issue here is there are certain symbols of our shared heritage that are sacred. Among them are our flag our national anthem our pledge of allegiance and the founding documents that form the basis of our



IN MY
OPINION
Bill Forhan
Publisher

national values.

There is no doubt that as human beings we often fall short of achieving the perfect execution of our shared principles. It is true that in our history we have had to address the shortcomings of our human frailty. But it's the principles and values expressed in those sacred symbols, words and documents that have often called on each one of us to strive for a more perfect union.

Throughout our history, great leaders have used our sacred symbols not to divide us but to call on us to work to become more perfect masters of the values we purport to share.

Abraham Lincoln used the Declaration of Independence to call attention to the evils of slavery when he

campaigned for President pointing out that "all men are created equal."

Martin Luther King challenged our nation to address issues of racism in his famous I have a dream speech.

We have made great strides in addressing the issues of racism and intolerance thanks to those great leaders. And it wasn't without great sacrifice or pain that real change has been forged.

Too many today have forgotten that thousands of white young men died under the flag in a great civil war to end slavery.

Too many today have forgotten that it was conservative white men that worked to pass the legislation abolishing slavery and passing civil rights legislation.

Too many young black men today have been taught they have a right to disrespect authority because all law enforcement people are inherently racist.

Unfortunately, we have lost site of the ways we have established to insure we continue to strive to improve our society while respecting the rights of all Americans. Instead we have begun to accept the rule of the angry mob. Perceived injustice is met with howls of, "no justice no peace."

Martin Luther King was right when he said, "...little children will one day live in a nation where they will not be judged by the color of their skin but by the content

of their character."

The NFL players have gotten their protest all wrong. Their complaint is about the content of our national character not the symbols that call us to live as a more tolerant people.

As Commander Rohan has pointed out, they may have the right to do it but it is the wrong thing to do. Disrespecting our flag and national anthem is disrespecting the sacrifice of all of those brave Americans who have fought and died to preserve our freedom and the values we profess to hold dear.

Attacking our sacred symbols is an attack on our nation and our national character not on our individual character flaws.

The NFL and the players should not be surprised at the visceral reaction they have encountered as a result of the exercise of their "free speech." President Trump and the American people also have the right to respond to their protest.

NFL Commissioner, Roger Goodell needs to resign and the owners need to enforce the contract with their players that calls for them all to stand during the anthem. Otherwise the stadiums where these teams play should be shut down. They were paid for with taxpayer funds. Taxpayers have a right to refuse service to those who cannot respect all of our people or our symbols of American unity.

Professor John Buchanan to speak at Wenatchee Valley Erratics Chapter



Photo courtesy of Wenatchee Valley Erratics

Professor John Buchanan of Eastern Washington U

SUBMITTED BY WENATCHEE VALLEYERRATICS CHAPTER

WENTCHEE - Wenatchee Valley Erratics Chapter of the Ice Age Floods Institute will meet at 7 p.m., Tuesday, Oct. 10 at the Wenatchee Valley Museum, 127 South Mission, Wenatchee.

Topic will be: Big, bigger, biggest: Catastrophic flooding on Earth and Mars. The Wenatchee Valley Erratics go to Mars, two meetings in a row. Dr. John Buchanan, EWU professor of geology, will talk about catastrophic outburst flooding that have been occurring on Earth and Mars through geologic time.

Dr. Buchanan will examine how the "Ice Age Floods" in

eastern Washington compare with the filling of the Mediterranean (Pliocene), the Altai and Black/Caspian Sea floods in Russia (Pleistocene), floods in the English Channel (Pleistocene), the dumping of Lake Bonneville (Pleistocene), the recent failure of the Hubbard Glacier in Alaska (2002), and ancient floods on the red planet, Mars.

The program is free and open to the public.

For overviews of the Ice Age Floods and more information on the Ice Age Floods Institute, please see our website: <http://www.iafi.org>; <http://www.hugefloods.com>; and quadricopter videos of Ice Age features, <http://www.brucebjornstad.com>.

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Nice wooden TV/ Stereo cabinet, with extra lined drawer.
 Had some water damage on the bottom needs a handyman to fix. You haul away. Call Bill to see 670-1837 or 548-0848.

LOST & FOUND

FOUND ITEMS

On Saturday, September 23, during Autumn Leaf Festival. Items were left at the school admin room used for the out of town royalty and guests. prescription glasses, 2 blankets, one jacket, one sweater, and a coffee mug. Please call ALFA board member Carol 509-670-1723 and describe the item(s) so I can return to you or the owner.

LOST & FOUND



Found at bottom of Union Valley hill, in Chelan, in the "s" curves. Blue dog collar with gray bones. Male, 8 or 9 weeks old. 509-630-9513.

HELP WANTED

Okanogan County Public Works

has 7 Temporary Winter Season positions available. 5 - M2 Truck Drivers and 2 - Snow Groomer Operators. For more information and to apply, please go to www.okanogancounty.org
 EOE

Cashier/ Clerk

Peshastin Market is now hiring for part-time Cashier/ Clerk from 9 a. m. to 1 p.m. Must be 21 or older and dependable. Please apply at 10170 Main St., Peshastin, WA. or call 509-548-7327.

Dynamic Executive Director

sought for Tierra Village in Leavenworth, WA. Tierra Village seeks an energetic, self-motivated, Executive Director who will bring fresh perspective and new ideas to the table. The organization recognizes itself at an important strategic juncture, where the new Executive will help its transition from the start-up to the ground-and-grow stage, developing the trajectory for future programs and services. The Executive will define and execute a forward-looking agenda that advances the mission of Tierra Village, anchors core programs, and sets the stage for future growth by inspiring others to support its future. To learn more about the position and application process, please explore the position profile on our website at: <http://www.tierravillage.org/sites/village/files/TVpositionprofilefinal.pdf>.


HELP WANTED

Manson School District

is seeking applicants for the following positions for the 2017-2018 school year.

- 3 hour Para Educator for the 2017-2018 school year only
- Middle School Boys' Basketball Coach
- Assistant High School Boys' Basketball Coach
- High School Girls' Softball Coach
- Substitute Bus Driver
- Substitute Asst. Cook
- Substitute Custodian
- Substitute Para Educator
- Substitute Teacher

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



THREE RIVERS HOSPITAL

Materials Manager Full-time


Three Rivers Hospital is seeking a Materials Manager for the Purchasing dept. This position provides the procurement and distribution of all equipment, supplies, and furnishings. Plans, organizes, and directs receiving, storage and distribution. Oversees the Central Supply Sterilization department. Candidate should have at least 5 years' experience in a hospital setting. Must have a working knowledge of statistics, management, contract management, ethics and basic accounting. Must have the ability to organize and prioritize daily duties, work well under pressure, attention to details and have a strong ability to learn. Proficient with Excel, Word, and Outlook. Good interpersonal and customer service skills, good communication, and knowledge of medical terminology is required.

Three Rivers Hospital
 Anita Fisk, Director of Human Resources
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 Brewster, WA 98812
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 EOE




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CASCADE SCHOOL DISTRICT

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

- **Icicle River Middle School 7th Grade Assistant Boys Basketball Coach**
- **Cascade High School Assistant Tennis Coach**

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

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B6

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CROSSWORD PUZZLE

THEME: FAMOUS POETS


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ACROSS

1. Skilled practice
9. Golf hazard
13. Saint _____ of the Caribbean
14. Placeholder surname
15. Strapping
16. Whatsoever
17. Ever, to a poet
18. Tree common to Pacific Northwest
19. "O Captain! my Captain! our fearful trip is done..."
21. "Come live with me and be my love..."
23. Center of activity
24. Romanov ruler
25. It's wheels go round and round
28. Place for a hero
30. Between hexad and octad
35. Like a hand-me-down
37. Be inclined
39. Muralist Rivera
40. Hold sway
41. Strongboxes
43. F.B.I. operative
44. One who names
46. Justice's garb
47. "Wheel of Fortune" choice
48. Swell or very good
50. Antonym of "is"
52. Next to nothing
53. Metal leaf
55. Ship pronoun
57. "Twas brillig, and the slithy toves..."
61. Study of rocks
65. Bye, to FranAois Hollande
66. Electric swimmer
68. _____Goldwyn-Mayer
69. "Pablo Neruda had two: _____ a pen and a given
70. Tiny guitar
72. "Star _____"
74. Feed the fire

DOWN

1. Eagle's talons
2. _____Bader Ginsburg
3. Berry high in antioxidants
4. Foul matter
5. Ancient rabbinic writings
6. Port in Yemen
7. "Once upon a midnight dreary, while I pondered, weak and weary..."
8. 4 in a school year
9. "Dickinson: "Tell all the truth but _____ it slant"
10. Make over
11. Not many
12. Cremation pile
15. Like prison cell windows
20. Aids and _____
22. Expression of pleasure
24. Kitchen cover
25. "O my Luv is like a red, red rose..."
26. Nothing out of the ordinary
27. Alabama civil rights site
29. "The Owl and the Pussy-cat went to sea in a beautiful pea-green boat..."
31. Never, or when these fly
32. Dancer's beat
33. "Encore!"
34. "Death, be not proud, though some have called thee mighty and dreadful..."
36. Adele's "Rolling in the _____"
38. Young socialites, for short
42. Common thing
45. Brownish red
49. Campaign pro
51. "Do not go gentle into that good night..."
54. Intestinal obstruction
56. Choose a president
57. Not in optimist's vocabulary?
58. Month of Purim
59. Ice on a window
60. Smell badly
61. High school musical club
62. "The Simpsons" palindrome
63. Get the picture
64. Of long ago
67. _____ out a living



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The Lake Chelan Mirror is looking for an outgoing person to serve as a receptionist/ administrative assistant, full-time, Monday-Friday in our Chelan office. This qualified individual will: Answer phones, take orders for classified and legal ads. Keep circulation records up to date. Prepare the daily cash receipts journal, make deposits. Prepare affidavits and tear sheets for advertisers and assist with other administrative activities as needed. Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, with good math skills and the ability to use a ten key adding machine --a big plus. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan communities this job is for you. Dependability and dedication are important work skills for this rare opportunity. Interested applicants can send their resume to:
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PUBLIC NOTICES

City of Chelan PUBLIC NOTICE

The City of Chelan Office of Community Development is currently accepting applications for the 2018 Comprehensive Plan map & text amendments. The application deadline is October 31st, 2017 by 5:00 pm. Application materials may be obtained from the Office of Community Development by calling (509) 682-8017.

Published in the Lake Chelan Mirror October 4, 2017. #79877

LCRD HAS TWO BOARD OF DIRECTOR POSITIONS OPEN

The Lake Chelan Reclamation District has **Petitions of Nomination** available for individuals who are interested in filing for a director position with the District.

There are two (2) positions open, both are three-year, beginning January 1, 2018. Petitions for the director positions must be returned to the Lake Chelan Reclamation District office by 5:00 p.m., Monday, November 6, 2017.

Published in the Lake Chelan Mirror October 4, 11, 18, 25, 2017. #79938

SUPERIOR COURT OF WASHINGTON, COUNTY OF CHELAN, CITIFINANCIAL SERVICING LLC v UNKNOWN HEIRS, ASSIGNS, OR DEVISEES OF FRANCISCO ARCEO, SR., AND ALL OTHER PARTIES UNKNOWN WITH ANY RIGHT, TITLE, LIEN OR INTEREST IN THE REAL PROPERTY COMMONLY KNOWN AS 816 S. CHELAN AVE., WENATCHEE, WA 98801. Case No.: 15-2-00175-7 A lawsuit has been started against you in the above-entitled Court by Citifinancial Servicing LLC (Plaintiff). You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 30th day of August, 2017 and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff CITIFINANCIAL SERVICING LLC, and serve a copy of your answer upon the undersigned attorneys for the plaintiff, Aldridge Pite LLP, at the office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. The complaint is for judicial foreclosure and alleges that one of the record owners of the property, FRANCISCO ARCEO, SR., is deceased and that his Heirs, Assigns, and Devisees are unknown. ALDRIDGE PITE, LLP: Attn: Julia A. Phillips Plaintiff's Attorneys, 9311 S.E. 36th St., Suite 100, Mercer Island, WA 98040. Tel: (206) 232-2752, Fax: (206) 232-2655, Email: jphillips@aldridgepite.com

Published in the Lake Chelan Mirror August 30, September 6, 13, 20, 27 and October 4, 2017. #79590



PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY BANK OF AMERICA, N.A., a national association, Plaintiff,

vs.
MANDY BUSH, as potential heir to the ESTATES OF BETTY TYLER, a deceased individual; ALL UNKNOWN HEIRS AND DEVISEES OF BETTY TYLER, a deceased individual; WORLD-WIDE ASSET PURCHASING II, LLC, a limited liability company; Ben Carson, solely in his capacity as Secretary for UNITED STATES DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT; DOES 1 through 10, inclusive, and ROES 1 through 10, inclusive.
Defendants.
Case No.: 17-2-00355-1
DEPT. no.:
SUMMONS FOR PUBLICATION (60 DAYS)

THE STATE OF WASHINGTON TO THE DEFENDANT/RESPONDENT(S) ALL UNKNOWN HEIRS AND DEVISEES OF BETTY TYLER, a deceased individual:

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 27th day of September, 2017, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff BANK OF AMERICA, N.A., a national association, and serve a copy of your answer upon the undersigned attorneys for plaintiff, ZIEVE, BRODNAX & STEELE, LLP, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. This is a Complaint for Judicial Foreclosure of Deed of Trust.

DATED: September 22, 2017
ZIEVE, BRODNAX & STEELE LLP.
By: *Leslie M. Klott*
Scott D. Crawford,
WSBA# 34978
Leslie M. Klott, WSBA # 51897
Attorneys for Plaintiff
BANK OF AMERICA, N.A.
6100 219th St. SW #480
Mountlake Terrace, WA 98043
206-866-5345
scrawford@zbslaw.com
lklott@zbslaw.com

Published in the Lake Chelan Mirror September 27, October 4, 11, 18, 25 and November 1, 2017. #79878

IN THE SUPERIOR COURT OF WASHINGTON COUNTY OF CHELAN Estate of HARTLEY L. BLANKENSHIP, Deceased. NO. 17-4-00259-5 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 27, 2017
PERSONAL REPRESENTATIVE: Barbara A. Blankenship and Harvey Lee Blankenship
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. 17-4-00259-5
Published in the Lake Chelan Mirror September 27, October 4 and 11, 2017. #79863

PUBLIC NOTICES

In The Superior Court Of The State Of Washington

County of Chelan

Sage Rentals, LLC,
a Washington limited liability company,

Plaintiff,

vs.

Bonnie Laws, an unmarried woman; and **Anthony Hiatt,** an unmarried man,

Defendants.

NO. 17-2-00234-2

Summons By Publication

The State of Washington To the Defendant:
Anthony Hiatt, an unmarried man

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 4th day of October, 2017, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff, SAGE RENTALS, LLC, and serve a copy of your answer upon the undersigned attorneys for plaintiff, Jeffers, Danielson, Sonn & Aylward, P.S., at its office below stated; and in case of your failure to do so, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. The Complaint seeks damages and injunctive relief regarding breach of contract, misappropriation of trade secrets, and tortious interference with contractual relations.

Dated this 25th day of September, 2017.

Jeffers, Danielson, Sonn & Aylward, P.S.

By */s/ Matthew S. Hitchcock*
Clay M. Gatens,
WSBA #34102
Matthew S. Hitchcock,
WSBA # 51492
Attorneys for Plaintiff
P.O. Box 1688
Wenatchee, WA 98807-1688
(509) 662-3685 / (509) 662-2452
FAX

Published in the Lake Chelan Mirror on October 4, 11, 18, 25, and November 1, and 8, 2017. # 79896.

PUBLIC NOTICE TO WAVE TV CUSTOMERS

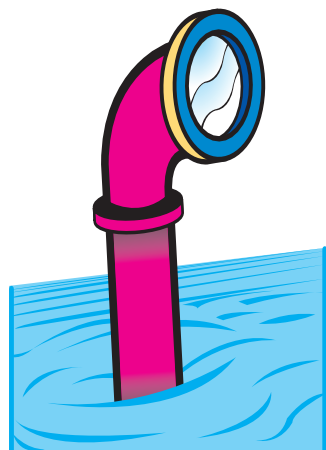
Due to programming cost increases from TV networks owned by A&E Networks, AMC Networks, CBS Corporation, Discovery Communications, Disney/ESPN, FOX Networks, NBCUniversal, Scripps Networks Interactive, Turner Networks, Viacom, regional sports programmers, independent channel providers, and your local broadcast channel providers, Wave's Cable TV rates will be adjusted in November.

At Wave, we offer our Expanded Content TV programming tier to customers at a subscription price equal to the cost we pay for the content included. When network owners increase their monthly fees to us, we pass through the new rate to those customers that subscribe to that tier of service. To make it easy to understand the passed-through programming costs paid to cable networks, this information is detailed on each customer's bill.

At Wave, our number one goal is creating happy, long-term customers. We work diligently on our customers' behalf to manage TV programming costs, while seeking more choices. Unfortunately, cable television networks continue to increase their fees and require us to bundle their channels together which limits your choice in selecting the programming you want to watch. For more information on the costs associated with TV programming, please visit www.wavehome.com/content.

Further details, including alternate entertainment options, will be included in each customer's November bill statement. Thank you for choosing Wave.
1-866-WAVE-123
Published in the Lake Chelan Mirror October 4, 2017. #79936

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