



Courtesy nfrexperience.com

Alexandria (Allie) Burgett

Burgett advances to NFR anthem finals

By MIKE MALTAIS
STAFF WRITER

BREWSTER – Gonzaga University alumnus Alexandria (Allie) Burgett of Brewster, a past performer of the National Anthem at the annual Wrangler National Finals Rodeo in Las Vegas, is once again in the running to be one of the top two finalists at this year's NFR in December.

Burgett, who sang the anthem at the 2016 NFR was among the top 30 nominees voted by fans online to advance to the final round of voting. The final 30 were selected during a voting period from August 30 through Sept. 12. The final round of voting began on Sept. 26 and ends Thursday, Oct. 3. The winners will be announced on Friday, Oct. 4. The winners will perform at the Wrangler NFR from Dec. 5-14.

Burgett's last performance at the Thomas and Mack Center was Dec. 9, 2016, as a 22-year-old Gonzaga senior appearing before 20,000 NFR rodeo fans.

Burgett graduated Gonzaga in May 2017 with a major in Political Science and minor in Criminal Justice. She joined the firm of Thomason Law & Justice, PS in Pateros as a legal assistant in August 2017. She is also a licensed Washington State Notary.

Smoke & Reflections exhibit opens for first two October weekends

By MIKE MALTAIS
STAFF WRITER

PATEROS -- The Smoke & Reflections exhibit, a compilation of videos, articles, photos, written accounts and artifacts housed at Pateros Mall will open for the public during the first two weekends of October.

The exhibit compiled by the Okanogan County Long Term Recovery Group (OCLTRG) and documents the Firestorm Nationally Declared Disasters of 2014 and 2015 that included the 2014 Carlton Complex wildfire and the 2015 Okanogan Complex wildfire.

"The Carlton Complex Long Term Recovery is a 501(c)3 non-profit that was formed in fall 2014 in response to the nationally declared Carlton Complex firestorm disaster," said an OCLTRG media release. "In 2015, following the worst fire season in Washington State history, the CCLTR expanded its recovery efforts



Courtesy OCLTRG
OCLTRG Logo

to include Chelan, Douglas, Ferry and Stevens counties and began doing business as the Okanogan County Long Term Recovery Group."

The Smoke & Reflections exhibit covers the fires, the response, the relief, recovery, lessons learned and the work that continues toward future preparedness. The exhibit at 180 Pateros Mall will be open during the first two weekends of October on the following days and times:

- Friday, Oct. 4: 4 p.m. - 7 p.m.
- Saturday, Oct. 5: 10 a.m. - 6 p.m.
- Friday, Oct. 11: 4 p.m. - 7 p.m.
- Saturday, Oct. 12: 10 a.m. - 6 p.m.

Okanogan PUD sets conservation loan application deadline - Oct. 31

By MIKE MALTAIS
STAFF WRITER

OKANOGAN – The Okanogan County board of PUD commissioners has set a final application deadline for a program that the agency began almost 25 years ago but has voted to discontinue because of declining customer participation.

Customers have until Oct. 31 to submit applications for the PUD's conservation loan program that provides loans of up to \$10,000 for energy-saving

additions such as insulation, upgraded doors or windows and heating/air conditioning projects.

The commissioners received little customer feedback over canceling the loan program at their Sept. 23 meeting. As a result, they had originally set Sept. 30 as the termination date but decided to extend that by a month to allow those customers who might be interested to still take advantage of the opportunity.

The commissioners are agreeable to revisit the pro-

gram and partner with a lending institution should there be sufficient customer interest to offer a similar program again.

"The end of the conservation loan program does not affect any of the incentive programs through the PUD or Okanogan County Community Action Council," wrote community relations coordinator Sheila Corson in a PUD media release.

In related business the commissioners received an update about the Sunny Okanogan

Community Solar project that is gaining customer appeal.

"Participants can buy units in the project, which could be as large as 74.4 kilowatts, and share the cost and benefits of solar," wrote Corson, "including an annual state incentive and credit on their power bill relative to their portion of the project's production."

More information about Sunny Okanogan Community Solar is on the district website, okanoganpud.org or at facebook.com/OkanoganPUD.

Columbia Post 97 hosts first annual golf tournament

By MIKE MALTAIS
STAFF WRITER

ALTA LAKE – Brewster's Columbia Post 97 held its first annual American Legion Gold Tournament at the Alta Lake Golf Course on Sunday, Sept. 22.

"The tournament format was a four-man team scramble," said spokesman Dan Smith, Legion treasurer. "The entry fee included greens fees, golf carts and a luncheon after."

Prize money was awarded to the winning teams.

The winners included first place Team Hinton shooting an 11 under par 61; second place Team Wigg, 65; third place Team Twisp, 68; and fourth place Team Lewis, 72.

Sam Wigg won honors for longest drive with a 275-yard effort. Jeff Lewis won closest to the pin with a shot that came within eight feet of the target.

"The weather was cool and near-perfect," said Smith. "The course was in great condition and was adorned with sponsorship signs and American flags on every tee box."

Lunch featured pulled pork sandwiches, coleslaw, fruit, potato chips and complimentary soft drinks.

"The Legion would like to thank our Auxiliary members who wish to remain anonymous," said Smith. "They did a wonderful job



Courtesy Dan Smith, Columbia Post 97

ABOVE: Lining up a drive from the BTO Construction tee. BELOW: Golf carts were included in the entry fee.

and had many compliments from the golfers."

The tournament sponsors were: Alta Lake Golf Course, Chelan Printing, KOZI radio, Sweet River Bakery, BTO Construction, Brewster Harvest Foods, Howards on the River, Les Schwab Chelan, Kodi's Noon Saloon, Varrelman Auto Glass, Brewster

SEE GOLF ON PAGE A2



Douglas PUD agrees to increase chinook salmon numbers

By MIKE MALTAIS
STAFF WRITER

WENATCHEE – Douglas County PUD commissioners approved an agreement to increase chinook salmon numbers during their regular meeting at the district's office on Sept. 23.

Commissioners Ronald E. Skagen, Molly Simpson and Aaron J. Viebrock authorized an interagency agreement with the Washington Department of Fish and Wildlife (WDFW) to increase chinook salmon abundance through the Wells Hatchery.

The District submitted a proposal to WDFW to rear and release 500,000 summer chinook salmon at the Wells Hatchery for two years at a cost of \$175,000 per year," wrote PUD Public Information Officer Meaghan Vibbert. "Southern resident orca populations feed primarily on chinook salmon."

WDFW has been working to increase the number of hatchery salmon in an effort the reverse the declining numbers of these killer whales, classified as endan-



Photo by Mike Maltais

Chinook salmon like this one being released in the Columbia River are the primary food source of southern resident orca whales.

SEE SALMON ON PAGE A2



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Artists to have paint-in on Oct. 7

OKANOGAN - The Okanogan County Artists Association will have a paint-in on Monday, October 7 at 10 a.m. in the Presbyterian Church, 429 W. Oak St., Okanogan. Across the street from the Grainger Building.

Bring a work in progress, a work you'd like help with, or just come socialize. They are also having a frame sale, if you need any.

Contact Karyl Hubbard, 826-3385 or Tina Tharp tharp49@gmail.com for further information.

DOUGLAS COUNTY SHERIFF

Sept. 24
Alarm at 62 Bailey Way in Brewster.
Welfare check at 700 Fairview Ave. in Bridgeport.
Attempt to locate/attempt to contact at Fourth Street and Jefferson Avenue in Bridgeport.
Civil incident at 120 Fir Ave. on Bridgeport Bar.
Domestic disturbance at 637 State Route 173 on Bridgeport Bar.
Harassment/threat at 38 Morrow St. in Mansfield.
Alarm at R&R Complex, 744 State Route 173 in Bridgeport.

Sept. 25
Public assistance at 106 Arden Ave. on Bridgeport Bar.

Sept. 27
Civil incident at 312 E. first Ave. in Mansfield.
Welfare check at 105 Arden Ave. on Bridgeport Bar.

Civil incident at 307 E. Railroad Ave. in Mansfield.
Child protective services/adult protective services at 105 Arden Ave. on Bridgeport Bar.
Parking/abandoned vehicle at 1419 Tacoma Ave. in Bridgeport.
Civil incident at 1106 Columbia Ave. in Bridgeport.
Vehicle theft at 2405 Monroe Ave. in Bridgeport.

Sept. 28
Domestic disturbance at 14 Arden Ave. on Bridgeport Bar.
Traffic offense at Quik-E-Mart, 2606 Foster Creek Ave. in Bridgeport.

Sept. 30
Agency assistance at 41A Indian Ave. in Brewster.
Civil incident at 196 Rd 18 N.E. in Mansfield.
Unknown accident at 2606 Foster Creek Ave. in Bridgeport.
Commercial alarm at 1400 Tacoma Ave. in Bridgeport.

SALMON

CONTINUED FROM PAGE A1

gered by both the U.S. and Canadian governments, whose numbers have fallen from 98 in 1995 to 74 last year. The orcas are threatened on three fronts according to WDFW studies:

1. lack of prey species; 2. toxic contaminants; and 3. vessel traffic and noise.
Last May, Gov. Jay Inslee signed several bills to help the species recover. The enacted bills relate to vessel traffic controls, habitat recovery, forage fish reduction, and increased salmon production.

County public works applies for Methow gravel pit CUP

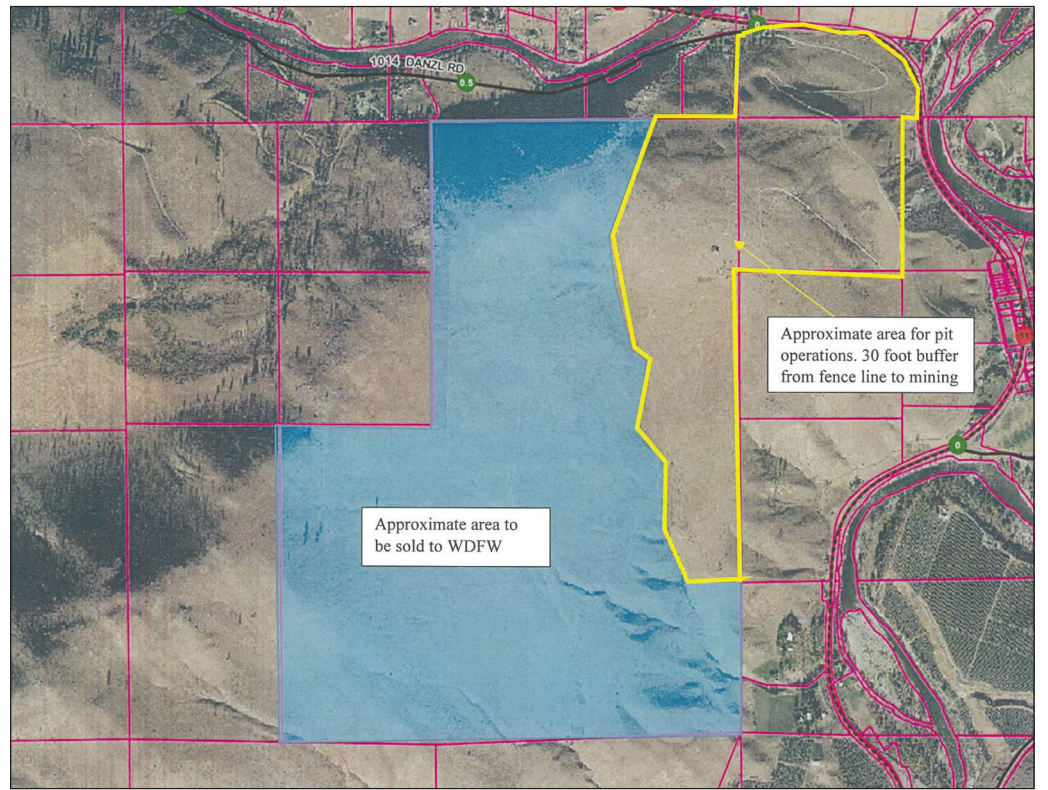
By MIKE MALTAIS
STAFF WRITER

METHOW - Okanogan County Public Works has applied for a conditional use permit (CUP) to allow surface mining for a gravel pit on property at 1175 Highway 153 in Methow.

The site property owned by Winthrop resident Claude Miller comprises 148.66 of 539.92 acres over three parcels "to be used for screening, crushing, cold mix asphalt batching, blasting, and stockpiling," according to the project summary included in the State Environmental Policy Act (SEPA) Threshold Mitigated Determination of Non-Significance (MDNS) issued by Okanogan County Planning & Development.

"Mining will not exceed a depth of 60 feet," the summary continues. "The hours of operation will be 6 a.m. to 8 p.m. with the exception of every 4-5 years when crushing activity will operate 24 hours for 5-10 weeks."

The summary added that water for dust abatement will come from an existing permit exempt well on the parcels and public works will pave the intersection of Highway 153 and Danzl Road. The entrance to the proposed pit is 140



Courtesy Okanogan County Planning & Development

The parcel outlined in yellow comprises the proposed site for the county gravel pit. The shaded blue area signifies property that would be sold to WDFW.

feet from the intersection of Highway 153 and Danzl Road and approximately .65 miles north and west of the town of Methow.

The legal publication date for the application was Aug. 28, with a comment period that expired on Sept. 12.

On the Land Use Application for the project titled Miller Pit, P4-27 submitted with the CUP county sources advise that the county "is in need of new sources of gravel for road maintenance activities. The... location is well suited for both the Methow and Brewster

area maintenance shops." The county said it intends to sell the remaining 391.26 acres of the unused parcel to the Washington Department of Fish and Wildlife. Failing that the county "will still not mine that acreage as the material is not suitable."

Sip & Paint and Pateros, Bridgeport libraries

By MIKE MALTAIS
STAFF WRITER

PATEROS/BRIDGEPORT - Does sipping a warm cup of tea while creating an art piece float your boat? Then, be sure to take in the Sip & Paint workshops that will be hosted by the libraries at Pateros and Bridgeport on Saturday, Oct. 12.

A regional artist will lead both workshops at the two North Central Regional Library branches, said NCRL

Communications Manager Michelle McNeil.

"All supplies will be provided to create an autumn love birds art piece," said McNeil. "The artist will guide you through each step, so no art experience is necessary."

Tea will be provided for sipping. Sip & Paint at the Pateros Library, 174 Pateros Mall, will be from 1-2:30 p.m., and at the Bridgeport Library, 1206 Columbia Ave., from 4-5:30 p.m.

"Being creative as an adult is proven to be beneficial to the mind, spirit and health," said McNeil. "So, come have some fun and learn to paint at the library."



Courtesy NCRL

Sip tea and create an autumn love birds art piece at the Pateros and Bridgeport libraries on Oct. 12.



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GOLF

CONTINUED FROM PAGE A1

Veterinary clinic, Eagle Rock Physical Therapy, Hog Wild Ranch, Lightning Pine RV Park, Boesel Construction, Stackhouse Plumbing, The Land Company, Webster's Furniture, Hay Stack Caps., Blue Water Sanitation, Denny Pittman, Washington Tractor, The Legion Riders, O'Connell Drilling, Erlandsen Engineering, NorthWest Wholesale.

Next year's tournament will be even bigger and better and scheduled in late June or July," said Smith. "Once we have the date finalized be sure to sign up early as we will be limiting it to 22 teams."

Valley Venturers 4-H and Pateros FFA would like to thank the following sponsors for donating to our fair program. This wouldn't be possible without you. A huge thank you to all!



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Confluence Gallery hosts Oil & Water Plein Aire exhibit



Painting by Margaret Kingston

Artist Margaret Kingston says of her work, **Methow Awakening**: “The dramatic landscape of the Methow Valley and North Cascade mountain range are the source of my painting inspiration. I find it effortless to choose images to paint from my surroundings and see endless possibilities.”

By MIKE MALTAIS
STAFF WRITER

TWISP—An art form that can be traced its origins to prehistory but still attracts those who prefer taking the elements of nature firsthand will be on display for more than a month at the Confluence Gallery and Art Center starting this week.

Oil & Water Plein Aire, a free

event, opens at the Confluence Gallery and Art Center, 104 Glover Street South with an artist reception from 5-7 p.m., Saturday, Oct. 5.

Plein-air is defined as “denoting or in the manner of a 19th-century style of painting outdoors, or with a strong sense of the open air, that became a central feature of French impressionism.”

In a Confluence Gallery media release, curator Caryl Campbell writes: “The tradition of plein aire painting goes back centuries, and really you can consider cave art to plein aire.”

Campbell explains that the plein aire style, popular in the 19th century was represented by such famous impressionists as Van Gogh, Monet, Cezanne,



Courtesy Donna Keyser

An easel, canvas and supplies placed along the bank of a picturesque river imply the hazards of wind and weather to the artist who is willing to risk the vagaries of the outdoors to capture the true essence of raw nature.

Renoir and Cassatt.

“Of all the artistic practices, plein aire comes with a unique set of hazards,” writes Campbell. “all of the challenges of painting outside gives the work a fresh presence, the bugs in the paint and the wind blowing dust on things...adds life to the work.”

Oil & Water: A Plein Aire Exhibit will run through Nov. 16. Featured artists, in alphabetical order, include John Adams, Dan Brown, Michael Caldwell, Caryl Campbell, Paula Christen, Jan Cook Mack, Rich Davis, Susan Donohue, Anna Dooley, Laurie Fry, Jackie Iddings, Donna Keyser, Michael Kirshner,

Mary Lou McCollum, Jennifer Molesworth, Anne Peck, Mary Powell, Ginger Reddington, Rod Weagant, Kim Weaton, Cheryl Wrangle and Patty Yates.

For further information about the Confluence Gallery exhibit contact sarahjo@confluencegallery.com or call 509-997-2787.



Meandering moose munches many morsels

Mike Maltais/QCH

A young bull moose with a deformed left antler browsed the bushes as he strolled among the wheat fields and lava boulders on the south end of the Colville Reservation on a sunny afternoon last week.

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OBITUARIES

Walter F. Peckham

6/10/1926—9/27/2019

Walter Peckham died peacefully in his sleep with family at his side.

He is survived by his wife, Paula Laurie Conger Peckham at the family home in Bridgeport. He is also survived by two daughters, Donna Bausch (Michael) of Tonasket, Marilyn Redfield of Spokane, and five grandchildren; Quinn, Addison, Weston, Joel, and Candace. Walt is also survived by his cousin, Ralph Rigg of Dyer Hill with whom he assisted in the wheatfields for many years.

Walt was born in Pateros, Washington on June 10, 1926 to



Nellie and Frank Peckham.

He lived in Pateros until he entered the U.S. Navy in 1944 serving in WWII. His basic training was at Farragut,

Idaho. There he volunteered for the Armed Guard Volunteer gun crew program for duty aboard the U.S. Merchant Ships. He entered gunnery school in San Diego in 1944 transferring to New Orleans and volunteered for duty aboard the Liberty Ship SS Pontus H. Ross enroute to the Pacific. The Ross was damaged by Japanese torpedo off Hollandia, New Guinea. After repair, he helped transport Australian Army troops from Queensland, Australia to Morotai Island, south of New Guinea. In September 1945, he was assigned to the Bremerton Navy Yard and in February of 1946, he served aboard the victory ship, SS Lavaca and finally discharged July 20, 1946 at the rank of Seaman

First Class.

Walt's awards and decorations include Navy Combat Action Ribbon, American Campaign Medal, Asiatic Pacific Campaign Medal with two battle stars, WWII Victory Medal, Philippine Liberation Medal, Merchant Marine Defense Medal and Merchant Marine Victory Medal.

After discharge from the Navy, Walt went into the trucking business on the West Coast and later worked as a plumber in Oregon, Idaho and Washington.

Following the war he married Janelle French, the mother of his two daughters.

In his retirement years, Walt and Paula married following a Pateros all-school reunion where they had been in the

same third grade class. During their 23 years together in Bridgeport, they enjoyed many cross-country trips in their RV visiting family and attending military reunions.

In most recent years, Walt was very active in the Brewster, Bridgeport, Pateros Senior Center. As a member of the American Legion, he enjoyed participating in the local parades and was also a member of the Bridgeport Eagles Club.

Walt was very proud of his service to his country and enjoyed wearing his cap everywhere.

He was selected to participate in an honor flight in Washington D.C. to view the war memorial several years ago, a trip he thoroughly enjoyed.

Walt was always offering assistance to his family members and friends in the many areas of skill he had with plumbing, electrical and building.

Walt was very involved in the lives of Paula's six children and was very loved by them.

Walt will be sadly missed by his loving wife and family.

The Funeral Service will be held at Barnes Chapel 510 W. Indian Ave. Brewster, scheduled for 10 a.m. October 4, 2019. Graveside flag presentation at Pateros Cemetery followed by a reception at the American Legion in Brewster.

Please leave any thoughts and memories for the family at barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

COMMUNITY BULLETIN BOARD

Tuesday, Wednesday, Thursday

Brewster Senior Center Rummage Room

BREWSTER - Hours at the Brewster-Pateros-Bridgeport Senior Center are 8 to 12:45 a.m. Tuesday through Thursday. Donations will be accepted during store hours at the back door for the Rummage Room. No children's clothing. They will take "small pieces of furniture and sometimes larger items."

Tuesday, Wednesday, Thursday

Senior meals

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$8.50. All diners are welcome.

Tuesday, Oct. 8

Chicken Salad Croissant, Cottage Cheese, Potato Soup, Fruit Tray and Dessert

Wednesday, Oct. 9

Meatloaf, Mashed Potatoes & Gravy, Green Beans, Green Salad, Chilled Pears, Biscuit and Dessert

Thursday, Oct. 10

Lemon Baked Fish, Garden Rice, Glazed Carrots, Coleslaw, Peaches, Cornbread and Dessert

Wednesdays

Bingo is back at Brewster Senior Center

BREWSTER - Bingo is back at 10:15 a.m. every Wednesday morning at the Brewster-Pateros-Bridgeport Senior Center at 109 S. Bridge St. Cost is 25 cents per card.

Thursdays

S.A.I.L. classes

BREWSTER - S.A.I.L. (Stay Active and Independent for Life) classes are Thursday, 10-11 a.m. at the Brewster-Pateros-Bridgeport Senior Center.

Oct. 4

Farmers Market

BREWSTER - The Brewster Farmers Market is held every Friday, 2-5 p.m. at the Brewster Grange Hall, located at the corner of Highway 97 and Grange Road in Brewster. The market will continue thru mid-October.

Oct. 5

Okanogan County Democrats to meet

OMAK - The October meeting of the Okanogan County Democrats is Saturday, Oct. 5, 12-2:30 p.m. at the Twelve Tribes Casino in Omak, with a simulcast at the Methow Valley Citizens Council, in Twisp. Gina McCoy of the nonprofit C6 Forest to Farm will make a presentation on biochar, which moves carbon from our forests to our farms. Gina will talk about why and how her group is encouraging this activity and why it is significant in the fight against climate change.

Oct. 7

Study Group for Citizenship / Grupo de estudio para la ciudadanía

BRIDGEPORT - Join us at the library as we study materials and practice answering citizenship test questions on Mondays 1-2 p.m. at the Bridgeport Public Library. / Los lunes unase a nosotros en la biblioteca de Bridgeport de 1-2 p.m. para repasar materiales y practicar a contestar las preguntas del examen de la ciudadanía. For additional information about this event, contact Ana Trejo at (509) 686-7281 or email atrejo@ncrl.org.

Oct. 7

TOPS meeting

BREWSTER - TOPS (Take Off Pounds Sensibly) meets Mondays, 10 a.m., Brewster Boys and Girls Club, 601 Cliff Ave W. Preteens, teens, adults - male, female welcome. First meeting is free. TOPS Club, Inc. @ is an affordable, nonprofit, weight-loss support and wellness education organization. Learn about nutrition, portion control, food planning, exercise, and motivation. For info: Joyce Anderson, Coordinator, (509) 922-8820, visit www.tops.org, call TOPS Headquarters, (800) 932-8677.

Oct. 8

Citizenship Study Group / Grupo de estudio para la ciudadanía

BREWSTER - Join us at the library as we study materials and practice



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answering citizenship test questions on Tuesdays 1-2 p.m. at the Brewster Public Library. / Los martes unase a nosotros en la biblioteca de Brewster de 1-2 p.m. para repasar materiales y practicar a contestar las preguntas del examen de la ciudadanía. For additional information about this event, contact Ana Trejo at (509) 689-4046 or email atrejo@ncrl.org.

Oct. 8

Cancer Support Group

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

Oct. 9

Toddlers & Waddlers Storytime for Little Ones

BREWSTER - Looking for an exciting way to start off the day for your little ones? Join us at the Brewster Public Library for rhymes, stories and playtime every Wednesday at 11 a.m. For more information, Rebecca Zion at (509) 689-4046, email brewster@ncrl.org

Oct. 9

Lilac Services for the Blind meetings

WENATCHEE - The Wenatchee Valley Chapter of the Lilac Services For the Blind meets every second Wednesday of the month at 4 Kittitas St. across the street from the bus station in Wenatchee, second floor, at noon. All with sight impairment are welcome. For information: Rae Hail, (509) 888-7597. On Mondays and Tuesdays call (509) 423-5178.

Oct. 11, 18

Brewster area monthly bus trips to Omak and Wenatchee

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is Oct. 11. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc.

On the third Friday of each month, Oct. 18, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

Oct. 15

Help available for Douglas County veterans

BRIDGEPORT - Sarah Simonson the Veterans Service Officer for Douglas County, sets up an outreach/satellite office in Bridgeport once a month on the third Tuesday of the month, in the town office's conference room 10 a.m. to 2 p.m. You can find her on Facebook at: <https://www.facebook.com/douglascountyvso/>

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- Matthew 19:26

Pateros Billygoats lose to state champs

BY MIKE MALTAIS
STAFF WRITER

PATEROS – Playing the defending state football champion is always a tall order for an opponent. The best things about it are it is both a learning experience and it's behind you. That was the case for the Billygoats varsity football team last Friday, Sept. 27, when it took on the Odessa Tigers on the road.

Odessa wasted little time on its home field to punch into the Pateros end zone five times in the first quarter to jump out to a

40-0 lead. The Tigers went light on their passing game connecting on five for eight for three of their 10 game TDs. Pateros was three for 26 yards passing.

Odessa added three more scores in the second period and one each in the third and fourth to seal the game 79-0.

The Billygoats were held to 18 yards rushing and gave up three fumbles.

With an earlier win over Republic on the road, Pateros will take its game to Liberty Bell on Friday, Oct. 4, before hosting Bridgeport on Oct. 11.

Lady Bears win two, drop two in soccer week

BY MIKE MALTAIS
STAFF WRITER

BREWSTER – The Lady Bears varsity soccer team split their four games played over the past week from Saturday, Sept. 21, to Saturday Sept. 28, between wins against St. Georges and Okanogan, and losses to Chelan and Tonasket.

Brewster handed its state nemesis St. Georges a 3-1 loss on Saturday, Sept. 21.

Head Coach Alex Sanchez said freshman midfielder Perla Perez scored for the Lady Bears in the 25th minute off an assist from junior teammate Halle Aparicio. With a 1-0 lead going into the second half, senior midfielder Kelsey Ochoa put Brewster ahead 2-0 with a goal in the 54th minute and six minutes later hit another in the 60th minute, one of those assisted by Perez, Sanchez said.

The Lady Dragons got their only score in the 75th minute and seven other attempts blocked by Lady Bears goalkeeper Alexia Hurtado.

“We played very good de-

fense,” said Sanchez, “and overall the team had a great game.”

The Chelan Lady Goats of the 1A Caribou Trail League edged Brewster, 2-1, on their home field on Sept. 24. Brewster got on the board first with a goal by sophomore forward Aliya Guzman assisted by Perez in the 30th minute of the first half.

Chelan found its range in the second half, scoring in the 70th and 75 minutes to take the 2-1 lead that they would hold to the buzzer.

“We didn't play well at all,” said Sanchez. “Our energy level was low from start to finish. We had a few opportunities to score but missed wide.”

Brewster rebounded with a narrow win over a tough Bridgeport team, 1-0, in a right defensive battle on Sept. 26. A road game at Tonasket last Saturday, Sept. 28, went mostly the Tigers' way with a 6-1 win over the Lady Bears.

Brewster was scheduled to host Manson, Tuesday, Oct. 1, and will face Tonasket at home next Tuesday, Oct. 8 at 4:30 p.m.

Bears in the hunt for first league win

BY MIKE MALTAIS
STAFF WRITER

BREWSTER – The Bears varsity football team is looking for its first win of the season as Brewster prepares to host Manson for its Central Washington 2B league opener at 7 p.m. this Friday, Oct. 4.

The Bears lost a close battle, 18-14, on the road at Tonasket last Friday, Sept. 27, and will be in the hunt to even their league record 1-1 by week's end.

“We were having trouble getting into a groove on offense,” said head coach Jake Johanson of the tangle with the Tigers. “Tonasket played us well and kept us from being able to run the ball early on.”

Johanson credited sophomore linebacker Arnie Arevalo with helping the Bears get a touchdown with a pass interception that helped set up the score. Arevalo also made 10 tackles on the night.

“Adaih Najera continues to do a good job for on both sides of the ball,” the coach said of the sophomore wide receiver and defensive back.



Mike Maltais/QCH

Brewster wide receiver Adaih Najera, 25, encounters Chelan tacklers during an earlier game.

“He has had to step in for hurt players.”

Johanson also praised senior kicker Javier Rosario for connecting on both extra point efforts.

Kelson Gebbers held down

the quarterback position against the Tigers and the 6'4" freshman connected on 13 or 24 passes for 98 yards and rushed for one touchdown. He was intercepted once.

Najera rushed for 142 yards

and one TD on 14 carries.

Senior Mason Kelly caught five passes for 56 yards, junior Cade Gebbers pulled down three for 38 yards, and freshman Nico Maldonado grabbed one pass for five yards.

Fillies varsity, JV teams host Soap Lake, Liberty Bell



Courtesy Brad Skiff, Bridgeport School District

ABOVE: Yareli Palacio executes a classic dig against an Eagle's serve. RIGHT: Junior Verania Valezquez tips the ball over the net against Soap Lake.

BY MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – The Fillies varsity and JV volleyball teams hosted two strong Central Washington 2B opponents this week as the Bridgeport JV won both of its matches, but the varsity was not as fortunate.

Against the Soap Lake Lady Eagles last Tuesday, Sept. 25, the Bridgeport varsity lost 3-1, as the Lady Eagles took sets 1, 3, and 4 by scores of 16-25,

18-25, and 19-25. The Fillies won the third set, 25-14.

The JV swept the JV Eagles 25-16, 25-11, and 25-14.

Liberty Bell, that traveled to Bridgeport on Thursday, Sept. 26, was 3-1 against CW2B opponents with wins over Soap Lake, Tonasket and Oroville. The Lady Mountain Lions swept the Fillies varsity in three sets, 13-25, 3-25, and 5-25.

The Fillies' JV put up a stiff resistance against Liberty Bell girls and won the first, fourth



and fifth sets, 26-24, 25-16, and 26-24, to edge out a 3-2 match victory.

Bridgeport was scheduled

to travel to Omak on Tuesday, Oct. 1, for a game against the 1A Lady Pioneers of the Caribou Trail League.

Mustangs lose on road to ACH

BY MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – It was a tough week for the Mustangs varsity football team as the gridiron group fell to Almira-Coulee-Hartline on the road at Coulee City, 72-6.

The Warriors were last year's state champion runners-up and showed that they still have what it takes to make another serious run at the state title this year.

Bridgeport head coach John

McDougal said senior tailback Gilberto Padilla scored the Mustangs' only touchdown on a three-yard run. Padilla got the Mustangs close a second time with an 80-yard kickoff return but a solid Warriors' s goal line stand kept Bridgeport out of the end zone.

The Mustangs will be on the road again this Friday, Oct. 4 for a game against Wilbur-Creston. The following week Bridgeport is closer to home at Pateros on Oct. 11.

Have a Community or Sports Story idea?
Contact Mike Maltais
at 360-333-8483 or qchreporter@gmail.com

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Breast Cancer Awareness Month

Lifestyle-related Breast Cancer risk factors

INFORMATION COURTESY OF AMERICAN CANCER SOCIETY

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

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

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

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

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

Still, the link between weight and breast cancer risk is

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

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

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

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

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

certain type of breast cancer known as triple-negative, pregnancy seems to increase risk. Some studies suggest that breastfeeding may slightly lower breast cancer risk, especially if it's continued for 1½ to 2 years. But this has been hard to study, especially in countries like the United States, where breastfeeding for this long is uncommon.

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

Resource guide

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

- worth, 548-5815.
 - * Confluence Health/Wenatchee Valley Medical, 663-8711.
 - * Confluence Health, Breast, Cervical and Colon Cancer Health Program, 664-3415.
 - * EASE Cancer Foundation, Cashmere: 860-1322 or www.easecancer.org
 - * Seattle Cancer Alliance, 800-804-8824, www.seattlecca.org
- NATIONAL SUPPORT:**
- * American Cancer Society, (ACS) 800ACS-2345, www.cancer.org. Programs include: I Can Cope, Look Good, Feel Better, LookGoodFeelBetter.

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

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

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

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

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5 Great Ways to Relieve Stress

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

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

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Honoring Breast Cancer Survivors



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



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



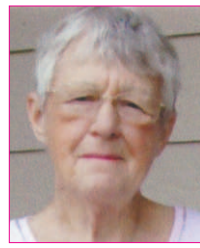
Carol L. Forhan Survivor: 29 years Occupation: NCW Media, co-owner, and ad manager, ordained Episcopal Deacon. Interests: Being with my 5 grandchildren and family. Photography.



Orlanna Keegan Is a retired United States Postal Clerk, (Lake Chelan Post Office). Her interests include church, time with family, travel, and Disney. She is a 26 year, 10 month survivor.



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



Suzanne Newby Is retired from Safeway. Her interests include cooking, crafts, and camping. She is a 22 1/2 year survivor.



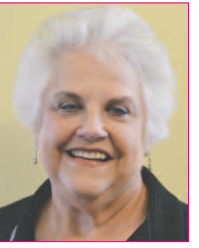
Sandi Gruenberg Is retired. Interests are family, playing with her grandchildren, Chelan Chase, and raising money for Breast Cancer Research. She is a 20 year, 2 month survivor.



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



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



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



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



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



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



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



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



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

In memory of those who lost the battle.



5K Chelan Chase to be held Oct. 19

CHEL - Registration is for the 2019 Chase on October 19th. This community event benefits Lake Chelan Community Hospital providing



AN - Register now Chelan Saturday, Oct. 19. Plan walk in community event benefits Lake Chelan Community Hospital providing

program screening and evaluation for uninsured or underinsured women with demonstrated financial need. A portion of the proceeds also go to Wellness Place, an outreach program of Confluence Health which offers resources for all types of cancer patients and their families in North Central Washington.

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

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

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

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

Cancer Support Group

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

Pink Ribbon Classic - Golf Scramble, Oct. 20

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

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

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

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

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

The Self-Breast Exam

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

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

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

HOW TO LOOK

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

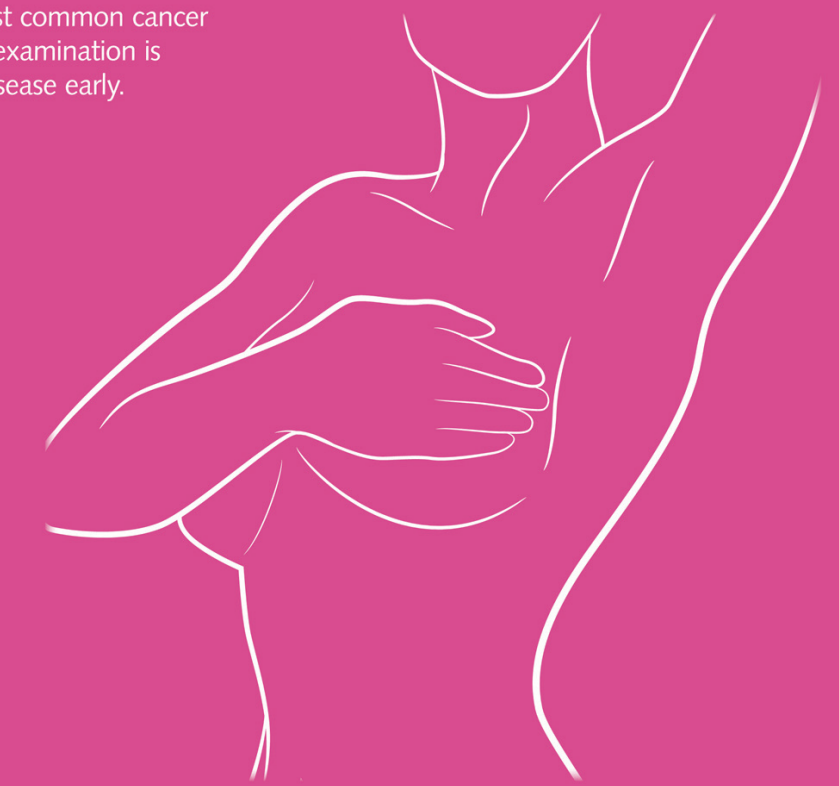
Check for dents, pulls and any sort of odd coloring. Be sure to check your breasts standing straight ahead with your arms resting at your sides, again straight ahead with your arms raised above your head, and again leaning slightly forward with your hands on your hips.

HOW TO FEEL

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

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

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



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

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

and perform the same movements as in the shower.

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

Breast Cancer Awareness

#ThinkPink



Proud to Support All Breast Cancer Survivors of North Central Washington

Two locations one number, East Wenatchee, and Cashmere



(509) 470-6702

www.HeritageMemorialChapel.com

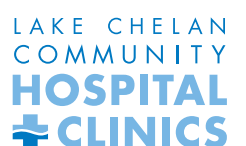


It's Breast Cancer Awareness Month!

3D Mammography coming to Chelan

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

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



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BUSINESS JOURNAL
ECHO RECORD MIRROR HERALD

**PUBLISHER'S NOTICE**

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

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

**HOMES FOR SALE**

17th Fairway Chelan. House For Sale By Owner. 815 Golf Course Drive. 3 bedrooms, 2.5 baths. Great yard. Views front and back. \$398,000. Call 509-683-2120 for more info or appointment.

WATERFRONT PROPERTY FOR SALE

Must Sell!
Wapato Point
Timeshare in Manson:
\$99.00



All closing expenses paid by seller. Nequelin 416-G, ground floor, one bedroom. Four weeks each year, super location on the water.
580-504-1682

ORCHARDS & FARMS

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

509-669-4500
information@nwi.net

**BUSINESS OPPORTUNITY**

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

FOR RENT

Chelan. One bedroom duplex. Year around. No pets. \$650/ month. All utilities paid. Deposit. References.
509-682-2460.

HELP WANTED**Pateros School District registered nurse**

This .8 FTE position commences immediately. \$33.00 hour plus benefits, four days a week. Only qualified applicants will be considered and must favorably pass background check. Position open until filled. All applications processed through

FAST TRACK:
www.pateros.org
Our District
Employment.

Position descriptions available online. Contact employment@pateros.org or the district office at 509-923-2751 x 4 for more information. For initial consideration application deadline is 9/23/2019. EOE

Full and Part-Time Breakfast Catering Staff

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



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

Substitute:
Teachers
Para Educators
Custodians
Food Service Cashiers

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

Sales person to help customers learn about their Sir Name and Family Coat of Arms. Retail sales experience would be nice, but not required. Part or full-time position available. Your Family Name 509-293-6776 See ad information also on NCWMarket.com

Wanted: News Reporter if you love to write and can take photos.

Join our team at The Leavenworth Echo-Cashmere Valley Record. We do Local! Local sports. Local community events. Willing to work flexible hours. Pay DOE. Call Publisher Bill for an interview. 509-548-5286. or drop off or mail your resume to Publisher The Leavenworth Echo 215-14th St. Leavenworth, 9-5 Monday-Friday. EOE.

**HELP WANTED**

Administrative Assistant Full-time

Three Rivers Hospital is seeking an Administrative Assistant to provide administrative support to the Executive Team and Board of Directors. AA Degree preferred; High School Diploma required. At least three years of advanced clerical office experience preferred. Strong skills using Microsoft Office Suite. Strong organizational skills, excellent customer service, time management abilities and professionalism. Interested Candidates may apply in person or by mailing their resume to:
Three Rivers Hospital
Human Resources Dept.
PO Box 577
Brewster, WA 98812
(509) 689-2517
www.threerivershospital.net
net
opportunity@trhospital.net
EOE



OR CIRCULATOR/
PAR RN
Per Diem

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

Three Rivers Hospital
Anita Fisk, Director of Human Resources
PO Box 577
Brewster, WA 98812
(509) 689-2517 x 3343
www.threerivershospital.net
afisk@trhospital.net
EOE

**Part-time Equipment Mechanic**

Have you had a successful career as an Equipment Mechanic? Are you looking to put your years of experience to work in a dynamic construction environment? This post offers flexible hours in a part-time position adding to your supplemental income. The ideal candidate will have a broad range of experience, solid work ethic, and a self-propelled approach to a job well done. You'll diagnose, troubleshoot, repair, and maintain diesel/ gas engines and equipment.

Anderson Landscaping,
www.landscapemyanderson.com, is a design-build landscape contractor in Wenatchee. Competitive wages DOE. Part-time, seasonal with flex hours. Contact Jed 509-665-4916 or jed@landscapemyanderson.com

HELP WANTED**Journalist Wanted The Lake Chelan Mirror**

Is looking for a talented writer/ photographer to report on the news of the Lake Chelan Valley. Qualified applicants will cover city council, local school boards, high school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love to attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to:

Publisher
NCW Media, Inc
PO Box 39
Leavenworth, WA 98826
or email to
Publisher@
leavenworthecho.com

**City of Brewster Employment Opportunity**

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

Full and Part-Time Bedmaker, Laundry and Housekeeping

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

LIVESTOCK & POULTRY

Home grown, grass fed, corn grained beef. \$3/ lb. hanging weight. Call 509-885-5845.

ESTATE SALES

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

MOVING SALE

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

GENERAL MERCHANDISE

ALJU Stove & Fireplace, Omak
can take all your stress out of installing our wood, pellet and gas stoves, fireplace inserts, and fireplaces. Chimneys, hearthpads, chimney relining, gas venting, gas piping, repair and complete, code installation and advice year-around. 45+ years. Experience. Call Al Bosco, 509-826-2736 aljust*055om

TRUCKS & VANS

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

BOATS & TRAILERS

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

GARAGE & YARD SALE**CLEAR SOME SPACE WITH A**

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

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

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

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

PUBLIC NOTICES**NOTICE OF PUBLIC HEARING PROPOSED ANNEXATION**

The Board of Commissioners of Douglas-Okanogan County Fire District #15 will hold a public hearing on Monday, October 14, 2019, at 7:00 p.m., at the EMS Station, 412 W Indian Ave. Brewster, WA to consider: Annexation of territory located at 2480 St. Hwy 17, parcel numbers 29253510003 and 29253510004 and territory located at 13355 SR 17, parcel numbers 29253510006 and 29253510007, located in Douglas County, Washington State. The public hearing is for all persons interested in the above proposed annexations. At said time and place all such persons shall have the right to appear and be heard. Of all said matters and things, all persons interested in the things and matters herein mentioned, will take notice. Anyone wishing more information on annexations can contact Douglas Okanogan County Fire District 15 District Chief at 509-689-0216.

Published in the Quad City Herald October 3 and October 10, 2019.

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of

GARY L. DENNIS, Deceased.
No. 19-4-00307-04
PROBATE NOTICE TO CREDITORS
RCW 11.40.030

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: September 26, 2019
Personal Representative: Nancy J. Dennis
Attorney for the Personal Representative: David J. Bentsen
Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881
Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 19-4-00307-04

Published in the Quad City Herald Sept. 26, Oct. 3 and 10, 2019. #86185