

THE LEAVENWORTH ECHO

AN NCW MEDIA PUBLICATION.



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UPPER VALLEY NEWS SINCE 1904

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Chelan Public Utilities Discuss plans for 2020

SUBMITTED BY
KIMBERLEE CRAIG
CHELAN COUNTY PUD

It takes a big "to do" list to accomplish the four big-picture priorities laid out in Chelan County-PUD's new strategic plan.

On Monday, PUD commissioners and senior managers went through the list of work that will start by the end of March.

For the year, there are 218 performance measures being tracked at the District level.

"The Board and our customer-owners gave us great direction during strategic planning on the added value you expect to see by 2024," said General Manager Steve Wright. "Now it's up to us to get the job done."

The performance plan for 2020 – the "to do" list – puts the focus on the four strategic priorities in the strategic plan:

- Invest in assets and people and seek industry top-quartile performance for hydro generation, retail reliability and safety while improving customer service technology
 - Sustain excellent financial resiliency while mitigating the risk of large rate increases
 - Enhance the quality of life in Chelan County through programs that distribute the benefits of public power
 - Engage in county-wide growth planning and job creation while ensuring the District's rates and policies are stable and predictable
- The plan also calls for increased emphasis on

innovation and resiliency.

This year's tasks range from continuing to modernize hydro units and other equipment and starting construction of the new Service Center to construction and/or upgrades at substations and new technology initiatives.

The 2020 budget has \$170 million earmarked for capital projects.

In addition, the plan lays out efforts to help employees strengthen skills and to develop "technology roadmaps" to bring in 21st-century tools to meet rapidly evolving challenges and to provide customers with top-notch service.

Wright said the plan is intentionally ambitious.

Tasks are prioritized in case trade-off decisions are needed later in the year.

He added that these are the priorities now, and other efforts may come up during the year.

Senior managers will report on progress to PUD commissioners each quarter.

Commissioner Steve McKenna thanked staff for the detailed review.

"It's exciting as a commissioner to have a vision and then see how staff are getting to work to establish a plan to bring it to reality," McKenna said.

In other business, commissioners:

- Reviewed plans to further discussions with customers on five-year rate changes outlined

SEE CHELAN PUD ON PAGE 4

Upper Valley Empty Bowls



File photo

SUBMITTED BY DIANE PRIEBE

Help support our local Community Cupboard food bank by participating in the 24th annual Upper Valley Empty Bowls Festival.

The events get started with the Glazing Days, beginning on January 17 and 18, 12 p.m. - 8 p.m. and Tuesday January 21, 10 a.m. to 8 p.m. in the Woodpecker Room at the Sleeping Lady Mountain Resort. All ages are welcome, no experience is necessary, and volunteers are on hand to offer advice. While at the glazing days, be sure to visit the table of local artists at work decorating beautiful bowls for the Empty Bowls Artist Bowl Auction in March.

The Upper Valley Empty Bowls Festival is the most important yearly fundraiser for Leavenworth's Community Cupboard food bank.

All proceeds from the Upper Valley Empty Bowls

Festival are donated, which total over \$15,000 each year.

This donation funds over 50 percent of the food bank's budget each year, helping to stock its food shelves and provide food boxes to over 1000 local households annually. This translates into around 2500 people from around our area receiving food each year, about a quarter of which are children. It is one of the few food banks in the state that are open six days a week.

Events include the community bowl glazing and soup supper, artist bowl auction, and artist reception and gala.

In addition to donating funds for the food bank, the Upper Valley Empty Bowls Festival also awards a small art grant to support local youth arts programs.

Work for the festival is a labor of love by a small army of volunteers and

begins months in advance, when local potters begin to throw handmade ceramic bowls.

The public is then invited to paint bowls during the glazing days, after which the potters fire each piece.

Local artists also contribute their talents to decorate bowls that are unveiled at the Artist Showcase and Gala Reception on March 1, then auctioned online March 11-18.

The final event of the Upper Valley Empty Bowls Festival is the community soup supper in the Leavenworth Festhalle on Thursday, March 19.

The soup supper brings over 700 members of the community together to collect their finished bowls and enjoy a simple meal with family and friends.

Food for this event is donated by local restaurants, bakeries and grocery stores in our community.

Prices are \$20 for a handmade bowl thrown by local potters, or \$15 for a pre-made bowl, and include a ticket for the soup supper. Family rates are also available.

Tickets to the soup supper usually sell out during Glazing Days week, so don't delay purchasing your tickets to this amazing community event.

The Empty Bowls Festival committee is blessed to have so many local potters, artists and community members as active participants and supporters of this annual event.

Please join us as we help feed our community's hunger, strengthen community and celebrate the arts through the Upper Valley Empty Bowls Festival!

For more information, go to www.uvemptybowls.org, or call the UVMEND office at 548-0408.

Survey provides opportunity to help shape key initiatives for local land and habitat conservation

Chelan-Douglas Land Trust Seeks Community Input

SUBMITTED BY KATHY PEVEN

WENATCHEE – The Chelan-Douglas Land Trust (Land Trust) is asking the community to help shape its next five-year Strategic Plan by taking a ten-minute online survey.

The survey is available in English and Spanish on the Land Trust website at www.cdlandtrust.org.

"The current strategic plan adopted in 2015 relied heavily on survey responses received from both Land Trust members and com-

munity members," said Board President Suzanne Hartman.

"The 2020 survey builds on the information we received five years ago. It also reflects the changes we see occurring in our community, the region and statewide."

Since adoption of the 2016-2020 Strategic Plan, the Land Trust has seen membership growth of 30% and an increase in lands protected – from 7,000 acres to 21,000 acres.

This includes land in the Wenatchee Foothills, on Nason Ridge near Lake Wenatchee, in Douglas County and the Cashmere Canyons Preserve, plus land along the Wenatchee, White and Entiat Rivers, and Nason Creek.

As the population in Chelan and Douglas Counties continues to increase, desire for access to recreational lands has also increased.

Likewise, the need to protect and preserve wild-

life habitat, provide for resiliency in the face of wildfire threats and better understand the potential impacts of climate change on the rivers and lakes in our region mean that efforts by the Land Trust, local governments and other conservation groups are essential.

"We are asking our greater Chelan-Douglas communities and our dedicated members to help us

SEE SURVEY ON PAGE 2

A Message from the Leavenworth Senior Center Board of Directors

As we usher in the 2020 New Year and a new decade, we realize this is truly a time of reflection upon the challenges and successes brought to us at the Leavenworth Senior Center this past year. Thank you to the pro-active Board, activity leaders, volunteers, and members who have served selflessly throughout 2019.

We are so proud to reach out to our nearly three hundred Senior Center annual and lifetime members with diverse activities year round.

These activities include weekly Bingo, Arts and Crafts, Saturday Music Nights, and energetic exercise classes led by our valuable instructors, Cascade Medical Physical Therapy group.

Additionally, more weekly and committed activities include special programs and educational workshops, gardening, weekly card games, Mill Bay Casino trips, annual summer BBQ, Square Dancing, youth special needs projects, special

SEE LSCBD MESSAGE ON PAGE 4

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Inside The ECHO this week

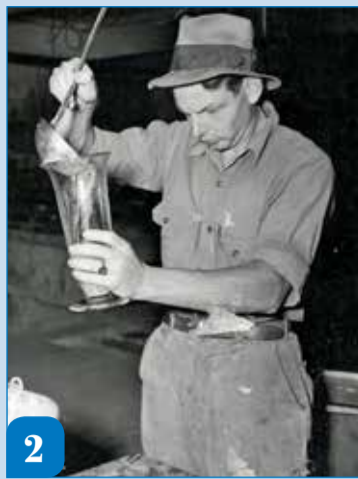
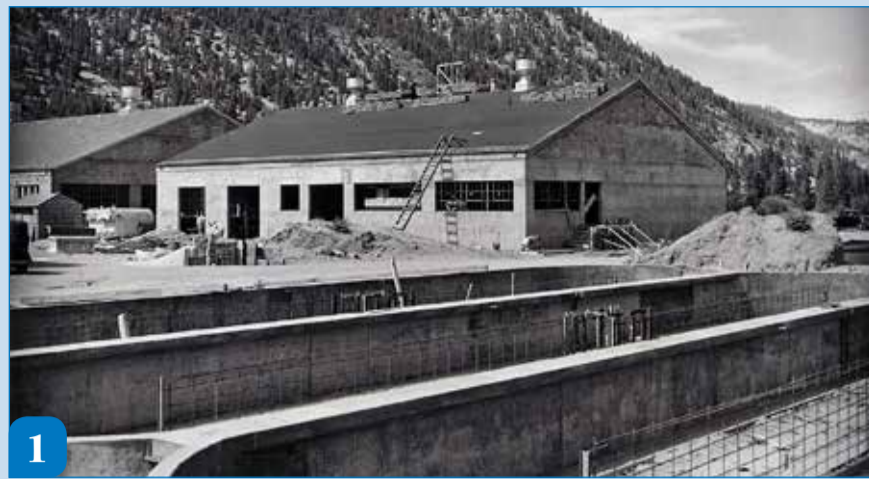
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Phone: 509-548-5286
www.leavenworthecho.com



Community News



1. A number of state and county hatcheries preceded construction of Leavenworth National Fish Hatchery in 1940. 2. Leavenworth NFH was a place for research right from the beginning. Data were carefully collected to help guide fish production. 3. Salmon to supply hatcheries were often caught using weirs on local creeks and the Wenatchee River. Credit photos USFWS

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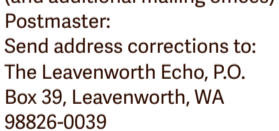
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Letters policy

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness.

No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to echo@leavenworthecho.com.

Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

Local Newspapers Valuable Archives of History

SUBMITTED BY JULIA PINNIX
LEAVENWORTH NATIONAL
FISH HATCHERY

The role of newspapers in our current society is precarious.

The ready flow of information available on the Internet gives an illusion that we are in touch with everything that is happening and we no longer need journalists to tell our stories. But newspapers can preserve precious records for the future. The Leavenworth Echo, for example, captured information about hatcheries and fishery activities for which there are scant public records.

In 2010, Mark Nelson, a biologist for the Mid-Columbia River Fishery Resource Office (now called the Mid-Columbia Fish & Wildlife Conservation Office, or MCFWCO), discovered that copies of the Echo from 1904 to 1922 had been scanned and archived on-line by the Library of Congress. He scoured them for any mention of local fish hatcheries and fish releases, discovering a trove of information.

Records of fishery activity in the early 1900s can be spotty.

The Echo's articles offer clues for a biologist keen to discover where trout and salmon may have been stocked in our area.

At least four fish hatcheries were located in the Wenatchee River Basin before Leavenworth National Fish Hatchery (NFH) opened in 1940. And fish from hatcheries as far away as Spokane were brought to the area for release. Brook, Mackinaw, silver, Dolly Varden, rainbow, and cutthroat trout by the tens and hundreds of thousands were put into local rivers; and perch and black bass into Fish and Wenatchee lakes.

Salmon and steelhead fry were released into the Wenatchee River, even as adult salmon were jammed up at Dryden Dam and unable to pass upstream – a clue about the problems migrating fish faced.

On May 2, 1913, 60,000 eastern brook trout were released into the Icicle River; hauled eight miles by horseback upstream in cans.

Another 140,000 were released into the Wenatchee and Chiwawa rivers and Nason Creek.

Brook trout are native to the east coast, not the west. They are voracious feeders on other fish, and will interbreed with local bull trout, which were listed in 1998 as threatened on the endangered species list.

Non-native fish stocking in local streams and

lakes has forever altered the ecosystem throughout the country, as it was a common practice in the 1900s.

The first hatchery in Leavenworth was fought for by local residents, eager to create jobs. In a December 19, 1913 article, plans were announced.

“As it is proposed to propagate both brook trout and salmon the plant will be quite large and give employment to from five to ten men constantly, beside the superintendent.

“J. B. Adams generously donated the site for the [state] hatchery, which embraces nearly two acres located on the south side of the Wenatchee river (sic) between the Wenatchee river bridge and the city's pipe line just below the dam.

“When the land across the river from the present town site is taken into the corporation the fish hatchery will be right in town. The present policy of the state is to make these hatcheries show places for the people.”

Today's national hatchery is on land sold by the Bullitt family, farther south from the original site of the state hatchery.

Views of hatcheries have changed over time, as well as our understanding of the fish raised in them. In a June 23, 1911 article, the writer

stated, “the propagation of fish has been of great benefit to the fishing industry in the state, and the packs of salmon are increasing every year, though the streams are no longer crowded with salmon on their way to the spawning ground, which in former years died by the thousands and added nothing to the wealth, comfort or prosperity of the people.”

In fact, the death of salmon after spawning, which seemed so extravagantly wasteful then, we now know brings a critical injection of valuable nutrients into our streams, supporting insect populations which then feed young fish, among other benefits.

And while hatcheries may have seemed a great solution to reverse the decline of salmon, it has not proved so simple given the radically altered environment the fish must deal with.

Biologists at the MCFWCO research native fish, monitor and evaluate hatchery activities, and restore habitat, building our understanding of aquatic ecosystems and helping to improve management of our natural resources.

Looking into the past

helps shape current understanding. We owe a debt to the journalists who reported on local activities more than a century ago.

The mission of the U.S. Fish and Wildlife Service is working with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. We are both a leader and trusted partner in fish and wildlife conservation, known for our scientific excellence, stewardship of lands and natural resources, dedicated professionals and commitment to public service. For more information on our work and the people who make it happen, visit “http://www.fws.gov” www.fws.gov

Publishers note: The Leavenworth Echo and Cashmere Valley Record have always been available through the state library on micro fiche. Recently, a group in Cashmere has initiated a project with the state library and Cashmere Museum to digitize past editions of the Record and make them available on line. It is an expensive project. If you would like to contribute to the effort contact the museum at 509-782-3230.

CONTINUED FROM PAGE 1

Chelan-Douglas Land Trust Seeks Community Input

shape the future for the Land Trust during the next five years and beyond,” added Curt Soper, Land Trust executive director.

“The results we receive from the survey are essential to our planning and for how our resources are used most effectively and efficiently.

“North Central Washington communities show time and again how important quality of life is to them and they are willing to invest their time and

resources in protecting the natural places that enrich our lives.

“We want to make sure that we continue to hear what they have to say,” added Soper.

The online survey is available now through Feb. 10. The results of the survey will be used during the Land Trust's strategic planning process.

The Land Trust Board of Directors will keep the community involved with the goal of adopting a final

five-year plan by sometime in the fall of 2020.

The Chelan-Douglas Land Trust is a local non-profit working to conserve our land, our water, and our access to natural areas.

The Land Trust has a 35-year record of working collaboratively with property owners and communities to identify and protect the region's most important natural landscapes forever.

For more information: www.cdlandtrust.org

ICICLE CREEK THIS WEEK

STRANGE NEGOTIATIONS

MASON ELLIOTT

The Icicle Creek Center for the Arts is excited for the Timbrrr! Music Festival which is coming to Leavenworth on the 24th and 25 of January! In order to kick the weekend off right, we decided to pair with them to screen, *Strange Negotiations*. This film documents the life of the festival's headlining band, Pedro the Lion, lead singer David Bazan!

We are screening this film on Thursday, January 23rd at 7 p.m. in our Snowy Owl Theater.

“A documentary exploring the spiritual, artistic, and personal turmoil of musician David Bazan.”

STRANGE NEGOTIATIONS



As always, make sure to check out icicle.org for information about events and everything happening on campus. And, make sure to follow us on both Facebook and Instagram for up to date information and what goes on here on campus! We hope to see you soon!

Education. Entertainment. Inspiration.

Jan. 23
7 PM



TICKETS AND INFO: ICICLE.ORG OR (509) 548-6347

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featuring DOWN NORTH



The expansive Numerica PAC stage is turned into an intimate, black box theater experience featuring Seattle funk rock band DOWN NORTH.
Tickets \$22 (limited capacity of tickets available)

FRIDAY, JANUARY 31
at 7:30 PM

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number.
What: Items pertaining to local events that are free or **maximum charge of \$100 fee.**
Where: Email to: reporter@leavenworthecho.com or reporter@cashmerevalleyrecord.com
 Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com

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AA Meeting Schedule

Information numbers for AA:
509-548-1627, 548-4522, 664-6469, 425-773-7527, 1-206-719-3379
Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St.
Sunday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, noon, First Baptist Church, 429 Evans St.
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Thursday, noon, First Baptist Church, 429 Evans, Leavenworth
Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain
Information number for Alanon: 509-548-7939
Alanon Meeting Schedule: Monday, 7 p.m., United Methodist Church, 418 Evans St.
Celebrate Recovery
Friday, dinner 5:30 p.m., meeting 6:15 p.m. Leavenworth Church of the Nazarene, 111 Ski Hill Drive.
 Please contact us for questions. Dave and Nancy Bartholomew 509-596-1510

Sheriff/Fire/EMS



The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

Leavenworth

January 3

01:25 Welfare check, 9th & Front Streets
 03:51 Agency assist, US Hwy. 97, MP 176, Peshastin
 09:12 Malicious mischief, 300 Enchantment Park Way
 09:53 Malicious mischief, 10190 Chumstick Hwy., Cascade HS
 10:03 Public assist, 7000 Blk. Icicle Rd.
 10:35 Traffic offense, Eagle Creek Rd., MP 3
 10:44 Harass/threat, 8950 E. Leavenworth Rd.
 12:19 Traffic offense, 14400 Chiwawa Loop Rd., Lake Wenatchee
 14:03 Parking/abandon, Pine & Orchard Streets
 15:03 Extra patrol, Main St., Peshastin
 16:41 911, 190 US Hwy. 2, Der Ritterhof
 22:44 Accident/ no injuries, 7200 Blk. Deadman Hill Rd., Dryden

January 4

13:34 Public assist, 817 Commercial St.
 14:28 Water rescue, Red Bridge
 16:24 Property, 228 Chumstick Hwy.
 17:48 Accident/ no injuries, 9292 E. Leavenworth Rd.
 20:12 Injury accident, 16876 Brown Rd., Lake Wenatchee
 23:03 Suspicious, 15190 Martin Christensen, Dryden

January 5

00:50 Public assist, 922 Commercial St.
 08:17 Accident/no injuries, 9191 Icicle Rd.
 08:33 Accident/no injuries, 190 US Hwy. 2, Der Ritterhof
 08:33 Traffic offense, Chumstick Hwy., MP 9
 10:15 Recreational Stolen Vehicle, 21318 SR 207, Headwaters Pub
 10:59 Alarm, 10895 Titus Rd.
 11:05 911, 6250 Campbell Rd., Peshastin
 15:24 Civil, 116 River Bend Dr., Safeway
 16:48 Attempt to Locate, 12069 Chumstick Hwy.
 17:12 Public assist, 3rd Ave. & Gill Creek Rd.
 17:20 Accident/no injuries, SR 207 & Cedar Brae Rd., Lake Wenatchee
 20:56 Suspicious, 16750 Fir Dr., Lake Wenatchee
 22:38 Disturbance, 505 US Hwy. 2, Icicle Village Resort

January 6

07:58 Accident/no injuries, 14400 Chiwawa Loop Rd.
 08:13 Accident/no injuries, Chumstick Hwy., & North Rd.
 09:55 Agency assist, 19115 Chiwawa Loop Rd.

10:03 Assault, 423 Evans St., Senior Center
 10:38 Agency assist, 86 Eagle Pl.
 11:02 Theft, 5787 Campbell Rd., Peshastin
 13:12 Welfare check, 86 Eagle Pl.
 13:25 Miscellaneous, 10791 US Hwy. 2, Peshastin
 14:50 Hazard, Beaver Valley Rd., MP 18
 15:32 Suspicious, 1537 Alpensee Strasse
 16:11 Hazard, Allen Rd. & S. Shugart Flats
 18:05 Domestic disturbance, 820 Front St., Gazebo Park
 18:51 Public assist, 18990 US Hwy. 2, Lake Wenatchee
 22:57 DUI, 11756 US Hwy. 2

January 7

05:53 Hazard, 16690 River Rd., Plain
 07:59 Suspicious, 6800 Blk., Campbell Rd.
 13:56 Accident/no injuries, 10190 Chumstick Hwy.
 14:35 Traffic offense, 1329 US Hwy. 2, Dan's Food Market
 16:01 Traffic offense, US Hwy. 2 & 12th St.
 16:53 911, 100 Enchantment Park Way
 17:29 Hazard, 10395 Chumstick Hwy.

January 8

07:05 Court order violation, 10085 US Hwy.2, Peshastin
 10:20 Theft, 7306 US Hwy. 97, Peshastin
 11:03 Public assist, 8384 Main St., Peshastin
 14:55 Scam, 75 Rosie Ridge Ln.
 16:24 Court Order violation, 235 Prospect St., #B
 16:37 Traffic offense, 9753 Nibelink Rd., Peshastin
 19:12 911, 100 Enchantment Park Way
 20:15 Civil, 15251 A US Hwy. 2, Squirrel Tree
 21:10 Public assist, 305 - 8th St., Blackbird Lodge

January 9

10:10 Suspicious, US Hwy. 2, and Icicle Rd.
 13:59 Parking/abandon, 227 Whitman St.
 16:51 Trespass, 5607 Mountain Lane Rd., Peshastin
 16:54 911 call, 22744 Lake Wenatchee Hwy.
 18:05 Weapons violation, 36 Amass Place, Peshastin
 23:01 Suspicious, 7780 Blewett Cutoff Rd., Peshastin

Senior Center Events

Leavenworth Senior Center, 423 Evans St., Leavenworth
 Monday, Wednesday, and Friday 10:00 a.m., Gentle Exercise
 Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council Board meeting
 Tuesday, 1:00-3:00 p.m., Crafts
 Thursday, 1:00-3:00 p.m., Square Dancing
 Thursday, 6:30-7:30 p.m., Bavarian Dancing
 Friday, 6:00 p.m., Bingo
 Saturday 6:30-9:00 p.m., Music, Public Welcome, No cover charge

City Council Meetings

7 p.m., Leavenworth Planning Commission at City Hall contact Lilith Vespier, 549-5275. (1st Wed.)
8 a.m., Leavenworth City Council study session, City Hall, 548-5275. (2nd Tues.)
3 p.m., Design Review Board, City Hall, Sue Cragun 548-5275 (2nd & 4th Tues.)
6:30 p.m., Leavenworth City Council meeting, City Hall, 548-5275 (2nd & 4th Tues.)

Community Calendar

Wednesday

Peshastin Water District, 5:30 p.m. at the Leavenworth PUD office, Contact Steve Keene, 548-5266. (2nd Wed.)
Prostate Cancer Awareness & Support Group, 8:30 a.m. Kristall's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.)
Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 548-5292.

Thursday

Leavenworth Chamber of Commerce, 8 a.m. Kristall's Restaurant, President Grant Strobner. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st & 3rd Thurs.)
Leavenworth Lions Club, Kristall's Restaurant, President, Conrad Delury, call or text, 509-387-5051. (1st Thurs. at 6:30 p.m. & 3rd Thurs.at Noon)
Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991. (2nd Thurs.)

Friday

Chelan County Veteran Service Officer, WorkSource, and SSVF, coffee and organizational information, 10 a.m.-1 p.m., Kristall's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri.)
Leavenworth Rotary Club, 11:45 a.m. Kristall's Restaurant. President, Ken Grosse. 509-763-2753.

Saturday

No Events Scheduled.

Sunday

See Church schedule.

Monday

Chumstick Grange Hall, 2 p.m., Helen Kensrud, 782-4086. (2nd & 4th Mon.)
Upper Valley Free Clinic, 6:30 p.m., evaluates urgent health needs; dental consultation is available the 1st Mon. of the month. Contact Upper Valley MEND, 548-0408.
Young Life Club, 6:30 p.m. All high school age students welcome. TJ Kaapuni, 509-679-3247. (2nd & 4th Mon.)
Cascade School board meetings, 7 p.m., District Office board room. Call 548-5885. (2nd & 4th Mon.)

Tuesday

I.P.I.D. Meeting, 8 a.m., Anthony "Toni" Jantzer, 782-2561, meeting at Wescott Dr. in Cashmere. (2nd Tues.)
Icicle Valley Chapter of Trout Unlimited, 6:30 p.m., Icicle Village Resort, 505 Hwy. 2, in the Lake Wenatchee Room. Call Dave, 548-0903. (2nd Tues.)
Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 548-5815. (4th Tues.)
Leavenworth People with Parkinson's Disease Support Group, 11 a.m. Church of Jesus Christ of Latter Day Saints, 10170 Titus Road. Call Katherine (206) 356-4288 or Judi (425) 870-2089. (2nd Tues.)
Buns, Book and Tea, Peshastin Book Club, 1 p.m., Peshastin Library. Call Kathy Springer, 509-433-1345. (3rd Tues.)
Cascade Education Foundation, 1 p.m., Boardroom at Cascade District office. Call Ken West, 670-1729.
LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 548-5477. (1st. Tues.)
Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)
Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 662-7706. (3rd Tues.)

Ongoing events

Leavenworth Public Library: 548-7923.
 Mon., Tues., Wed., open 9 a.m. - 6 p.m.
 Thurs., 9 a.m. - 8 p.m. and Fri., 9 a.m. - 6 p.m.
 Closed on weekends and Holidays.
Special events:
 Tues., 11:30 a.m., Baby story time
 Wed., 1:30 p.m., Preschool story time
Peshastin Public Library: 548-7821.
 Closed Sunday and Monday
 Tuesday: 3-8 p.m.
 Wednesday: 2-7 p.m.
 Thursday: 2-7 p.m.
 Friday: 11 a.m.-4 p.m.
 Saturday: 12-5 p.m.
Special events:
 Thurs., 2:30, Bilingual Story time
 Sat., Crafts: 2 p.m.
Upper Valley Museum: 548-0728
Leavenworth Fish Hatchery, 548-7641. 8 a.m.-3:30 p.m. 12790 Fish Hatchery Road (Daily).

Regional events

SCORE (small business counseling), 1 - 4 p.m. Wenatchee Chamber of Commerce. Call for appointment, 888-2900. (Tues. & Thurs.)
Cascadia Conservation District Board Meeting. 3:30 p.m., Upstairs Conference Room, Wenatchee World Building, 14 N. Mission St., Wenatchee. 509-436-1601.
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

leavenworthecho.com

To see Sheriff's Report: leavenworthecho.com

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 This announcement sponsored by The Leavenworth Echo

Senior Center Menus

Leavenworth Senior Center, 423 Evans St., Leavenworth
 Please call 548-6666, 24 hours in advance to reserve a meal. Meals are served at noon.
January 16, Thursday: Ham and Cheese quiche, steamed broccoli, garden salad, fresh fruit, English muffin, dessert.
January 17, Friday: Chicken and rice bake, roasted vegetables, kale salad, tropical fruit, whole wheat roll, dessert
January 18, Saturday and January 19, Sunday: No lunch.
January 20, Monday, Martin Luther King, Jr. Day: No lunch.
January 21, Tuesday: Chili, 1/2 baked potato, tossed green salad, apple, celery salad, cornbread, dessert.
January 22, Wednesday: BBQ country ribs, Mac & Cheese, mixed vegetables, carrot, raisin salad, pineapple tidbits, cornbread, dessert.

Leavenworth

Leavenworth Library Events

Read to a Dog
 January 16, 3:30-4 p.m. - Fireside Room.

Sledding Day at Camp Zanika Lache

All families are welcome on January 18, 10 a.m. - 4 p.m. for a free sledding day at Camp Zanika Lache at 16400 Cedar Brae Road, Lake Wenatchee. Parents must accompany their children if under the age of 18. Overnight lodging is free for Camp Fire members. To R.S.V.P. or questions, contact Camp Fire 509- 663-1609 or email campfirencw@gmail.com. (er 3).

Library closed on January 20. All Locations.

Art Reception

On January 23, 6:30-7:30 p.m. at the Leavenworth Library for a reception for the Cascade High School art class art displays in the library's Fireweed Room until January 31. The student artists are Kendra Emry, Stella Johnson, Katie O'Connor, Liz Scadden, Britni Harris, Estefany Vazquez, Jacky Olguin Ramos, Emma Kampen-Palmer, and Kohl Turner. Come meet the students and their teacher, Teara Dillon, and join us for refreshments. (e 3).

Peshastin

Peshastin Library Events

January 15, Read around the World: Chinese New Year, 4-5 p.m.
 January 17, Fiber Friday meet in the children's area, 1-3 p.m.

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Neighbors

CONTINUED FROM PAGE 1

Chelan Public Utilities Discuss plans for 2020

in the 2020-2024 strategic plan.

The proposal reflects customer-owner preference heard during strategic planning for smaller, predictable rate changes to reduce the risk of larger increases in the future.

A 3-percent annual change in residential electric rates – about \$1.75/month each year – is proposed to focus on the customer, or “basic” charge.

Discounts for low-income senior and disabled customers are proposed to increase at the same time.

Commercial and industrial rate changes are proposed at 3 percent across

the board.

The strategic plan called for 4-percent, per year, changes for water and wastewater rates to help move the systems toward sustainability.

Wholesale Fiber rates would go up 3 percent a year through 2024. Staff also recommended the board create a fund to hold revenue from the electric rate changes to help manage the need for future increases.

Residential power rates have been the same for eight years and only increased 9 percent since 2000. Inflation for the same time was more than 40

percent.

Per the strategic plan, options for adjusting the low-income assistance and energy efficiency programs will be discussed at future board meetings.

A hearing on the proposal is set for 1 p.m. at the Feb. 3 board meeting. Discussion will continue at the Jan. 20 board meeting.

- Adopted an opt-out program for customers who decide against receiving the benefits offered by advanced meters.

The new policy sets a \$25 monthly fee to cover costs of manually reading and maintaining non-standard meters.

Qualified low-income disabled and low-income senior customers who opt out will receive a 50-percent discount on the monthly fee.

Four customers spoke at the meeting of safety, privacy and health concerns about advanced meters and the fairness of an opt-out charge.

Commissioner Ann Congdon voted against the fee.

Upcoming events:

- Jan. 18 – Multicultural Festival, 10 a.m., Wenatchee Valley Museum and Cultural Center

- Jan. 20 – Commission meeting, 10 a.m.

- Jan. 20 – Office lobbies closed for annual staff training

- Feb. 4 – Commission meeting, 10 a.m.

The next regular PUD

commission meeting is at 10 a.m. on Monday, Jan. 20, in the boardroom at 327 N. Wenatchee Ave.

Chelan PUD records most commission meetings, and a link to the audio

is available on the PUD's home page at www.chelanpud.org.

Find us at Facebook.

[com/ChelanPUD](https://www.facebook.com/ChelanPUD) and follow us on Twitter @ChelanPUD.

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CONTINUED FROM PAGE 1

A Message from the Leavenworth Senior Center Board of Directors

events such as the recent successful Christmas Bazaar, City of Leavenworth restroom monitoring and closing by dedicated Center members, Nason Creek Rest Area hosting, major fundraising, and operations of a weekday high production Senior Congregate and Mobile Meals program with both, Aging and Adult Care of Central Washington and Okanogan County Transport and Nutrition.

Many have worked tirelessly this past year on

several issues regarding our Meals program and staffing, and fundraising.

A “High Five” to all for raising over \$37,000 to achieve and contract the full replacement of our 1914 Senior Center Building's roof, none of which could have been achieved without the financial assistance from our members, significant financial grants, and Leavenworth Rotary Club, Lions Club, WARM Foundation, local businesses, personal commu-

nity friends, Bingo special account, daily money jar contributions, and secret anonymous supporters.

On behalf of the entire Board of Directors of the Leavenworth Senior Center, I thank you deeply for “hanging in there” with us during the inconvenient meal day closures that occurred this past year caused by situations ad challenges that included floor replacement, kitchen appliance repair and replacement, and unfortunate plumbing and safety problems.

We truly are grateful for each and every one of you and your membership, ideas and conversation, and friendship.

Without you, the Leavenworth Senior Center would not be thriving and moving forward as it is. We look ahead with positive attitudes and “get ‘er done” ambitions to this upcoming year.

Our Board meets the second Tuesday of every month at the Senior Center beginning at 9 a.m.

Please call ahead if you plan to attend. Please join us also, for the annual Membership Meeting and Board elections to be held on March 10, 2020.

Corky Broaddus

Leavenworth Senior Center President
(509) 548-6666

Board Members include:

Vice President Cliff Hassel, Secretary Donna Whalen, Treasurer Fran Dunphy, Membership Chairwoman Karen Brennick, Board Members at large Sue Rich, Toveann Delte, Rick Chappell. Thank you to Eleanor Dowd for completing her position after her move to Florida.

Please contact any one of our Board members for information on upcoming elections.

Subscription expired?

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Pastor Bob Bauer

Find us on Facebook at Cashmere Baptist Church



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www.cashmerepres.org



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10:00 a.m. - 1:00 p.m.
Pastor Lilia Felicitas - Malana

CHRIST CENTER

Cashmere Assembly of God • 509-782-2825
Worship Celebration & Sunday School 10 a.m.
Meeting at The Conservatory, back entrance of Apple Annie's
Underground High School Group, Sundays, 6 p.m.
Junior High, Wednesdays, 6:30 p.m.
Meet at - 206 Vine Street
Lead Pastor, Steve Haney
Children's Pastor, Andy Robinson
Congregation Care Pastor, Joyce Williams
Pastor Ian Ross, Director of Operations
Stephanie Haney, High School Director
christcentercashmere.com



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Worship 10:30 a.m.
Pastor Robert Gohl

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5th Sunday Morning Prayer 9 a.m.
Deacon Carol Forhan - 670-1723
Vicar Rob Gohl - Cell - 860-0736

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5837 Evergreen Drive • 782-1662
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Evening Service - 6:00 p.m.
Pastor John Smith www.christforcashmere.org

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Sunday School 9:30 a.m. • Worship 10:45 a.m.
Pastor Steve Bergland

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info@leavenworthbaptist.com

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Youth Pastor, Kent Wright
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HORTICULTURE 2020

74TH LAKE CHELAN HORTICULTURE DAY JANUARY 20

Lake Chelan Horticulture Day to feature nine different topics



Hort Show vendors visit with attendees at the 2017 annual Horticulture Day held at Chelan High School. This years show will be held Jan. 20, 9 a.m. to 3 p.m.

Co-sponsored by
WSU Extension
and Chelan High
School FFA

BY LAKE CHELAN
MIRROR STAFF

CHELAN - The 74th Lake Chelan Horticulture Day will be held on Monday, Jan. 20. Chelan Future Farmers of America (FFA) and Washington State

University Extension will be co-sponsoring the event, which will begin at 9 a.m.

Attendees will have the opportunity to network and to learn by listening to nine different presentations offered throughout day.

Lunch will be served by the Chelan FFA from 11:30 a.m. to 1 p.m.

The Chelan FFA Chapter has 180 members. Twenty to 30 of those members will be helping in some form

**Trade Show
part of
Lake Chelan Hort
Day
See page 6 for
agenda**

with setting up, tearing down, and throughout the event. The Chelan FFA Chapter is one of the nine charter members of the Washington State FFA Association and have been around since the spring

SEE 74TH HORT ON PAGE 6

WSU conference brings Women in Agriculture together to network, learn

SUBMITTED BY WASHINGTON STATE UNIVERSITY EXTENSION

WENATCHEE/WINTHROP/NESPELEM - On Saturday, Jan. 25, the 2020 Women in Agriculture Conference will offer women in Washington, Idaho, Oregon, Montana, Alaska and Hawaii an unique opportunity to gather in 34 different locations for a one-day event featuring knowledgeable speakers, inspiring stories, networking with other producers and practical advice for learning new skills.

This year's event, "Healthy Farms" covers the topic of cultivating personal resiliency to handle all the "ups and downs" as a women farmer. It is no secret that things can be tough for farmers, whether it is things that can be controlled or issues farmers try to control when they can't, according to WSU Douglas & Chelan County Extension Director and chair of the conference, Margaret Viebrock. The stress in farming has always existed, but the levels soar during times of high costs and low returns.

Locally, the conference

will be held at Confluence Technology Center in Wenatchee, Colville Reservation WSU Extension Learning center in Nespelem and 3 Bears Quilt Shop in Winthrop. Each location will have a local panel of women farmers who will explain how they have developed their own self-care plan to deal with day-to-day events and make mindful decisions that helped them be successful in farming.

Visit the website at www.womeninag.wsu.edu for details about the conference and registration.

This interactive and engaging conference will motivate women in agriculture to develop a self-care plan and realize the connection between a healthy person and a healthy farm. The format of this conference enables us to offer our headline speakers at all locations, while still tailoring the conference content for each region, Viebrock added.

"Last year, nearly 500 women attended," said Viebrock. "Many attendees reported it is the best conference for women

producers because it presents practical information they can use right away."

The lineup for the day includes Brenda Mack, a third generation farmer in Minnesota who is also a behavior and wellness professor with Bemidji State University and Shauna Reitmeier, also a third generation farmer who specializes in behavioral health with the Northwest Mental Health Center in Minnesota. Together they will help women farmers strengthen their personal health care to reduce the effects of stress, worry and exhaustion.

Sue Schneider, Colorado State University Extension, will teach women how to make mindful farming and personal decisions without reacting to negative thoughts, emotions and judgements.

Gabrielle McNally, who represents the Women for the Land: American Farmland Trust's Initiative will explain their program that engages women farmers on topics of conservation, farmland preservation and land access. A partnership with this Initiative can implement

SEE WOMEN ON PAGE 6

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Washington State Soil Health Survey

Consider participating

By WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

NCW - Scientists from the Washington State Department of Agriculture (WSDA) and Washington State University (WSU) are collaborating to survey the soil health of seven specialty crops grown in our state. Researchers will assess the baseline soil health and develop a state-specific

soil health index.

We are seeking participation from farmers growing potatoes, onions, sweet corn, pulses, tree fruit, wine grapes, and hops during the 2020 and 2021 growing seasons.

Eligible participants will:

- Identify and describe their "best" and "worst" sites.
- Complete an online soil management survey.
- Allow project staff to collect "best" and "worst" soil samples.

The project will use in-

field measurements and soil samples to analyze field and lab indicators of soil health. The management practices survey will provide background on practices that may affect soil health.

Participants will receive a soil health report of their "best" and "worst" sites, including comparisons to regional soil health data and other soil health indices.

We will select eligible participants for the first year of the study in January 2020. Sampling will begin in the spring. WSU staff will

lead the field sampling effort and will communicate directly with farmers to arrange for convenient field access.

Please contact us if you want to participate or have any questions: Rachel Seman-Varner, 360-584-3414, rseman-varner@agr.wa.gov; Deirdre Griffin LaHue, 360-848-6127, d.griffin@wsu.edu or Leslie Michel, 509-731-9895, lmichel@agr.wa.gov

The project is funded through the WSDA Specialty Crop Block Grant Program.

74th HORT

CONTINUED FROM PAGE 5

of 1930.

Three pesticide education credits will be awarded for program attendance and is dependent on WSDA approval.

HortDay at Chelan High

School is free of charge and open to the public.

Anyone interested in participating in the trade show can contact Chelan FFA Advisor Bailey Dezzillum at dezellemb@chelanschools.org or 509-860-1950. Proceeds benefit the Future Farmers of America Scholarship.

74th Annual Lake Chelan Horticultural Meeting

January 20 • Chelan High School

Co-sponsored by:

WSU Extension & Chelan High School FFA

- 9-9:20 a.m. **How to Establish a Successful Planting***
Site selection, soil preparation and fumigation, rootstock decisions, tree care.
- 9:20-10 a.m. **Cosmic Crisp® Release** – Kathryn Grandy, Tyler Brandt, Provar Variety Management; Carolina Torres, WSU; Ines Hanrahan, Tree Fruit Research Commission
Marketing update, volumes, prices and projections. Harvest report, harvest criteria, color grades, defects.
- 10-10:20 a.m. **Break**
- 10:20-10:45 a.m. **Strategies to Minimize Bitter Pit** Bernardita Sallato, WSU Extension. A review of bitter pit physiology and management strategies including crop load management, maintenance of healthy roots, water and soil calcium, supplemental calcium sprays.
- 10:50-11:15 a.m. **Changing Chilling Conditions for Tree Fruit.** Lee Kalscits, WSU Horticulture
- 11:20-11:50 a.m. **Setting up Your Orchard for Consistent Quality and Packout: Refining and Planning your Thinning Strategy***
Tory Schmidt
- 11:50 a.m.- 1 p.m. **Lunch**
- 1-1:30 p.m. **Achieving Successful Cherry Powdery Mildew Control in the Face of Resistance*** Gary Grove, WSU Pathology
- 1:30-2 p.m. **Five Most Important Things to Prep your Sprayer this Winter***
Gwen Hoheisel, WSU Extension
- 2-2:30 p.m. **Beating the Psylla Battle***
Louis Nottingham, WSU Entomology
- 2:30-3 p.m. **Fire Blight Management – Reminders and New Research***
Tianna DuPont, WSU Extension

* 3 pesticide education credits will be awarded for program attendance – WSDA approved.

* Extension programs and employment are available without discrimination. Evidence of noncompliance may be reported through your local Extension office.

* If you are interested in joining our trade show contact: Bailey Dezzillum dezellemb@chelanschools.org 509-860-1950. Proceeds benefit the Future Farmers of America Scholarship.

Dr. Bolivar-Medina joins WSU Tree Fruit Research Center

By WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

WENATCHEE - Dr. Jenny Bolivar-Medina recently joined WSU as a Tree Fruit Extension Information Technology Specialist (ITT). As an integral member of the Tree Fruit Extension Team, Jenny's program will focus on tree fruit horticultural issues including apple rootstock evaluation, abiotic stress outreach programs and emerging industry needs. The position is made possible through the Tree Fruit Industry Endowment.

Dr. Bolivar-Medina



Dr. Jenny Bolivar-Medina

completed her Ph.D. in Plant Breeding and Plant Genetics at the University of Wisconsin – Madison (UW). She earned her M.S. in Biology at the University of Puerto

Rico – Mayaguez and her B.S. in Biology at the Universidad Pedagógica y Tecnológica de Colombia. Through her academic formation, Jenny acquired skills in in vitro plant tissue culture of ornamental, forest, fruit, and crop species important for farmers in Colombia, Puerto Rico and USA. Her Ph.D. research and work as Research Associate at UW were focused on physiological and genetic aspects of reproductive buds of cranberry. Specifically, she studied the formation and development of floral meristems in reproductive buds of cranberry through the growing season and dormancy, and its implications in fruit

production. These studies were funded by the Wisconsin State Cranberry Growers Association. Other aspects complementing her professional formation includes her experience in optical and electron microscopy, designing and performing field experiments, teaching, and participation in cranberry extension programs.

As a mother of three, she enjoys spending time with them in outdoor activities, reading, watching movies and crafting.

Jenny is located at the WSU Tree Fruit Research and Extension Center in Wenatchee. She can be reached at 509-333-8813 or j.bolivarmedina@wsu.edu

WOMEN

CONTINUED FROM PAGE 5

peer-to-peer learning circles in local areas.

This conference is designed for women who are farming, as well as new and aspiring farmers. Supporting spouses, students, interns or people who own an agriculture-related business are also welcome.

The conference reg-

istration fee is \$35, but people who register between now and January 17 will receive the early bird special of \$30. The conference registration fee includes the workshop, light breakfast, lunch and conference materials.

Persons with a disability requiring special accommodations while participating in this program may contact Margaret Viebrock at 509-745-8531 or viebrock@wsu.edu



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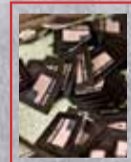
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Produce Safety Alliance Grower training

BY WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

MANSON/MOSES LAKE - The Produce Safety Alliance (PSA) was tasked with developing the standardized national produce safety training program to prepare fresh produce growers to meet the regulatory requirements in the U.S. Food and Drug Administration's (FDA) Food Safety Modernization Act (FSMA) Produce Safety Rule.

The PSA Grower Training Curriculum was created through a four-year nationwide development process. The seven module PSA Grower Training Course was designed to be delivered in one day.

Who should attend

Fruit and vegetable growers and others interested in learning about produce safety, the Food Safety Modernization Act (FSMA) Produce Safety Rule, Good Agricultural Practices (GAPs), and co-management of natural resources and food safety. The PSA Grower Training Course is one way to satisfy the FSMA Produce Safety Rule requirement outlined in § 112.22(c) that requires 'At least one supervisor or responsible party for your farm must have successfully completed food safety training at least equivalent to that received under standardized curriculum recognized as adequate by the Food and Drug Administration.'

What to expect

The trainers will spend approximately seven hours of instruction time covering

content contained in these seven modules:

- Introduction to Produce Safety
- Worker Health, Hygiene, and Training
- Soil Amendments
- Wildlife, Domesticated Animals, and Land Use
- Agricultural Water (Part I: Production Water; Part II: Postharvest Water)
- Postharvest Handling and Sanitation
- How to Develop a Farm Food Safety Plan

In addition to learning about produce safety best practices, key parts of the FSMA Produce Safety Rule requirements are outlined within each module. There will be time for questions and discussion, so participants should come prepared to share their experiences and produce safety questions.

Benefits of attending the course

The course will provide a foundation of Good Agricultural Practices (GAPs) and co-management information, FSMA Produce Safety Rule requirements, and details on how to develop a farm food safety plan. Individuals who participate in this course are expected to gain a basic understanding of:

- Microorganisms relevant to produce safety and where they may be found on the farm
- How to identify microbial risks, practices that reduce risks, and how to begin implementing produce safety practices on the farm
- Parts of a farm food safety plan and how to begin writing one
- Requirements in the

FSMA Produce Safety Rule and how to meet them.

After attending the entire course, participants will be eligible to receive a certificate from the Association of Food and Drug Officials (AFDO) that verifies they have completed the training course. To receive an AFDO certificate, a participant must be present for the entire training and submit the appropriate paperwork to their trainer at the end of the course.

Visit this website for the latest Train the Trainer Information: <https://producersafetyalliance.cornell.edu/training/train-trainer-course/>.

Costs to Attend

Total costs to attend the PSA Grower Training Course is \$50. Includes materials, certificate, lunches and refreshments.

Dr. Faith Critzer is lead trainer.

Additional Information

For questions related to registering for the course, please contact: Cathy Blood, Events Coordinator, blood@wsu.edu, 509-335-2845

For any other questions, please contact: Faith Critzer, Produce Safety Extension Specialist faith.critzer@wsu.edu, 509-786-9203

Payments: No checks, only credit cards or debit cards.

Register for PSA GT

Moses Lake • Feb. 11
Grant County Fairgrounds, Huck Fuller Building, 3953 Airway Dr. N.E. Class size limited to 30 people. Fee: \$50/ per person

Register for PSA GT

Manson, Feb. 16
Manson Grange, 157 E. Wapato Way. Class size limited to 30 people. Fee: \$50/person

NCW Tree Fruit Days January 20, 27-29 in Chelan, Wenatchee, February 11 in Omak

BY WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

NCW - Join us for WSU Tree Fruit Extension Programs in North Central Washington on January 20, 27, 28, 29, February 11, 2020. Co-sponsored by Northwest Cherries, Pear Bureau Northwest, NCW Fieldmen's Association, Chelan Future Farmers of America and the Okanogan Horticultural Association. These events provide the latest research-based information on horticulture, pest and disease management. We hope you will join us to network and learn this winter. For agendas and additional information visit treefruit.wsu.edu/events. Pesticide update credits will be awarded for program attendance: 2-3 credits per session dependent on WSDA approval. Pre-registration is not necessary for event attendance.

Networking lunch available this year. Pre-registration required for lunch. Networking lunch provides an opportunity to learn and network with your peers and visiting speakers. Register for lunch at https://treefruitdays_networkinglunch.eventbrite.com Thank you to lunch sponsors FMC and Orchard and Vineyard Supply.

Lake Chelan Horticultural Day
Monday January 20 • 9:00 a.m.-3 p.m.
Chelan High School
See Agenda page 6

North Central Washington Apple Day
Monday January 27 • 8:45 a.m.-3:30 p.m.
Wenatchee Convention Center

Co-Sponsored by WSU Extension and NCW Fieldmen's Association

Topics include: Strategies to Minimize Bitter Pit; Extending Post Harvest Storability; Cropload Management; Bringing Economics to the Table; WSU Pesticide Spray Evaluator: A New Tool to Optimize Codling Moth Spray Timings; Mass Trapping for Codling Moth Control; Sterile Insect Release for Codling Moth Control; Entomopathogenic Nematodes. Agenda at <http://treefruit.wsu.edu/event/ncw-apple-day-2/>

Manejo de Frutales
Wednesday January 27 • 1-3:30 pm
Wenatchee Convention Center

Co-Sponsored by WSU Extension and NCW Fieldmen's Association

Topics include: Identificación y eliminación de la nueva enfermedad de la cereza: Little Cherry and X Disease (Identificación and elimination of the new cherry disease: Little Cherry Disease and X Disease); Prácticas seguras de uso de pesticidas (Safe Pesticide Application Practices); Manejo de Fuego Bacteriana (Fire Blight); Entrenamiento Para el Uso de Paraquat (Paraquat Herbicide Training); Prevención de Podredumbre Gris (Grey Mold Prevention). Agenda at <http://treefruit.wsu.edu/event/manejo-de-frutales/>

North Central Washington Pear Day
Tuesday January 28 • 8:45 a.m.-3:30 p.m.
Wenatchee Convention Center

Co-sponsored by WSU Extension and Pear Bureau Northwest

Topics include: Irrigation for Fruit Quality; How Can we Make Mature Canopies More Efficient?; Marketing and Promotion Updates; Pesticide and Water Quality; Native Psyllids in WA and OR - How Might They Impact Pear Psylla? Adding Natural Enemies to the IPM Toolbox; Singing Psyllids. Agenda at <http://treefruit.wsu.edu/event/ncw-pear-day-2020/>

North Central Washington Stone Fruit Day
Wednesday January 29 • 8:30 a.m.-3:30 p.m.
Wenatchee Convention Center

Co-Sponsored by WSU Extension and NW Cherries
Topics include: Cherry Markey; Blue Orchard Bees for Improving Pollination; New Rootstocks and Varieties; Horticultural Updates; Western X and Little Cherry Virus Symptoms, Vectors, and Management; Dangers of Dagger and Root Lesion Nematodes in WA; Cherry Powdery Mildew Management and Fungicide Resistance. Agenda at <http://treefruit.wsu.edu/event/ncw-stone-fruit-day/>

Okanogan Horticultural Society Meeting
Tuesday, February 11

8:45 a.m.-2:45 p.m. English Session
2:45 pm to 4:45 pm Spanish Session

Agriplex, Omak

Co-Sponsored by Okanogan Horticultural Society
Topics include: Successful Codling Moth Management: Don't Forget the Basics; Hitting the Target: Using the New WSU Spray Evaluator to Optimize Spray Timings; Adding SIR to the Codling Moth Toolbox; Mass Trapping to Massively Reduce Your Codling Moth Problem - Does it Work?; Thinking Forward - Marketing Trends, Looking at the Dollars, Tips to Stay Relevant and Continue Farming in the Current Market; Cosmic Crisp® Release; X Disease and Little Cherry Virus: A Looming Threat - Be Ready; Psylla Management; Afternoon Spanish Session: Identificación y eliminación de la nueva enfermedad de la cereza: Little Cherry and X Disease (Identification and elimination of the new cherry disease: Little Cherry Disease and X Disease); Prácticas seguras de uso de pesticidas (Safe Pesticide Application Practices); Actualización de los requisitos para usar Paraquat, licencias de pesticidas y nueva página de Internet de WSDA. (New requirement for Paraquat users, Licensing and WSDA website updates). Agenda at <http://treefruit.wsu.edu/event/okanogan-horticultural-meeting/>

Pre- and Post-harvest Disease Management workshop

BY WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

Storage Rots Management: from Orchard to Packing
March 4

8:30 a.m.-3:00 p.m. Confluence Technology Center in Wenatchee
WENATCHEE - Join us to learn about best management practices to fight pre and postharvest pathogens which cause rots and continue to challenge the pome fruit industry. This event is targeted towards pome fruit growers, packers, field and warehouse workers, extension specialists, industry representatives, consultants and others interested in learning about best management practices in orchards and packing-houses to reduce the impact of postharvest rots and increase pack-out.

The event includes presentations, activities, quizzes, and networking opportunities. For agendas and additional information, visit <http://treefruit.wsu.edu/event/postharvest-workshop/>. The Pre- and Post-harvest Disease Management Workshop is sponsored by Washington State University Extension with support from the Washington Tree Fruit Research Commission, Syngenta Crop Protection, and Pace International.

Six hours of training and



Ashour Amiri, Pome Fruit Postharvest Pathologist, WSU Tree Fruit Research and Extension Center

interactive activities will include introduction to pre and postharvest rot pathogens and their occurrence in the PNW; timeline of infections from bloom to

packing; best management practices in conventional systems, cultural control and fungicide resistance occurrence and mitigation. Participants will build a foundation for best management practices of major postharvest rots; learn the latest research-based information for effective management; understand how and when major pathogens infect flowers and fruit; better understand the risks of fungicide resistance and how to minimize its effect on disease management.

For more information: Ashour Amiri, Pome Fruit Postharvest Pathologist, WSU Tree Fruit Research and Extension Center, 509-293-8752, email: a.amiri@wsu.edu

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January 25, 2020
women in agriculture Conference
WomenInAg.wsu.edu

women in agriculture Conference

SATURDAY
January 25, 2020
8:00 a.m.

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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.

HELP WANTED

Bridgeport School District
is accepting applications for the following substitute positions: Teacher, Secretary, Food Service, Paraprofessional, Custodian, Bus Driver. Apply online at
<https://bridgeportjobs.hrmlplus.net>
For further information or assistance with the application process contact the HR Dept. at 509-686-5656. Applications will close January 31, 2020.



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

Cascade High School Head Volleyball Coach
Cascade High School Fall Cheer Advisor
Fast Track application process and information can be found on our website at: www.cascadesed.org 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.
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The Cascade School District is seeking qualified applicants for the following position:

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Apply in person.
590 Hwy. 2
Leavenworth.

Manson School District

is seeking applicants for the following positions.

- High School Tennis Coach
- Assistant Middle School Volleyball Coach

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



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

Food Service Transporter/Server

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Deadline Tuesday at noon for the paper **Quad City Herald**

PUBLIC NOTICES

Superior Court of Washington For Chelan County

In the matter of the estate of **Ronald Wayne Cline, Deceased.**
No. 19-4-00408-04
Notice To Creditors
(RCW 11.40.030)

The person 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 his 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 this 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: January 1, 2020.
ROBERT D. CLINE, Personal Representative
Representative: Joseph C. Brown, Jr., WSBA# 17991
Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509)782-1111
Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 19-4-00408-04
Published in the Cashmere Valley Record/ The Leavenworth Echo on January 1, 8, 15, 2020. #86922.

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9. Greek portico
13. She turned to stone, mythology
14. Loud noise
15. "Like many football fans"
16. At full speed
17. VHS successor
18. Omit
19. "Miami"
21. "They won their first two Super Bowl appearances"
23. Time division
24. Do like phoenix
25. "Swan Lake" steps
28. It often follows tooth or back
30. What oars do
35. Part of a jousting outfit
37. Dickens!
39. Donkey in Mexico
40. Glazier's unit
41. "Like Bud at a party"
43. Farm structure
44. Fraternal letter
46. Miso bean
47. Make wet
48. Unmoved
50. Agitate
52. Tasseled hat
53. Colloquial approval
55. Opposite of paleo
57. "Tonowanda", shortest-lived team in NFL history
60. "Hard Rock"
64. In the buff
65. Rapsallion
67. It's common?
68. What time does
69. Lawyers' league
70. Load carrier
71. Extend credit

72. Nonclerical
73. Roommate annoyance
DOWN

1. Angler's enemy
2. Type of cotton fiber
3. Sound of pride
4. Do like a good citizen
5. Family subdivisions
6. Contributes
7. *54
8. Lemur from Madagascar
9. The only one
10. "Ronde to Tiki or Maurkice to Mike"
11. "Gambling"
12. Pirate's "yes"
15. Echo
20. "Popular stadium snack"
22. Nile reptile
24. Clergy house
25. "Halftime show sponsor"
26. "Encore!"
27. "What halftime performer does"
29. 43 Across residents
31. "That hurts!"
32. Measure of alcohol
33. Jagged, as a leaf's edge
34. "Halftime performer"
36. Highway hauler
38. Boxer's last blow
42. House coat
45. Not seeing eye to eye
49. Tiny Tim's guitar
51. To the lowest degree, pl.
54. Relating to axis
56. Theater to Socrates
57. Leafy green
58. Similar
59. "Hall of Famers Ed or Andre"
60. Neuter
61. Division word
62. agreement
63. BEBE's mother
64. "Super Bowl owner"
66. Wharton degree

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PUBLIC NOTICES

ADVERTISEMENT FOR BIDS CITY OF LEAVENWORTH WASTEWATER TREATMENT PLANT IMPROVEMENTS PROJECT

Separate sealed bids will be received by the City of Leavenworth at the City Hall, located at 700 Highway 2 / PO Box 287, Leavenworth, WA 98826, until 2:00 PM, January 29, 2020, and publicly opened and read aloud at that time.

The CONTRACT DOCUMENTS may be examined at the following locations.

City of Leavenworth, 700 Highway 2/ PO Box 287, Leavenworth, WA 98826 (509) 548-5275

Varela & Associates, Inc., 601 W. Mallon Ave Ste A, Spokane, WA 99201 (509) 328-6066

Various plan centers - call Varela & Associates or visit www.varela-engr.com for list.

This work is for construction of improvements to the City of Leavenworth's wastewater treatment plant. Major elements of work include: new tertiary treatment system for phosphorus reduction consisting of new pre-engineered metal building, flocculation tanks, disc filters, and associated site and electrical improvements; equipment replacements including headworks screening system, clarifier mechanism, centrifuge sludge dewatering system, in-vessel UV system; electrical and controls upgrades; process piping, earthwork, site improvements, and associated work. See Contract Documents for project requirements and specifications.

The project is located within the City of Leavenworth city limits, rights-of-way and easements. See Bidders Qualifications requirements in the Bid Documents.

A nonmandatory PREBID CONFERENCE is scheduled for 10:30 AM on January 9th, 2020 at City of Leavenworth City Hall followed by a site visit. The purpose of the conference is to familiarize prospective bidders with the project and answer questions.

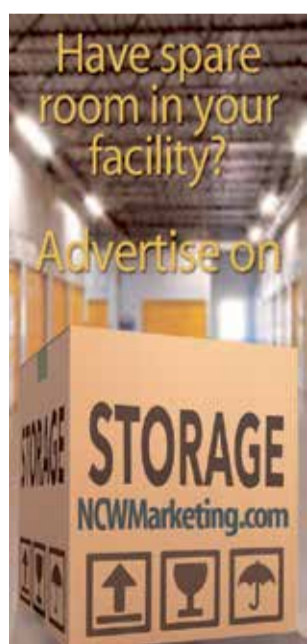
Proposals must be submitted on the forms provided in the Contract Documents. Bid bonds in an amount not less than 5% of the amount bid are to be made payable to the City of Leavenworth. 100% performance and payment bonds will be required from the successful bidder.

The City of Leavenworth is an equal opportunity and affirmative action employer. Disadvantaged, tribal-, minority- and women-owned businesses are encouraged to submit bids. All work performed on this project will be subject to prevailing state wage rates. The project is funded by a grant/ loan from the United States Department of Agriculture Rural Development program. Section 746 of Title VII of the Consolidated Appropriations Act of 2017 (Division A - Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations Act, 2017) and subsequent statutes mandating domestic preference applies an American Iron and Steel requirement to this project. All listed iron and steel products used in this project must be produced in the United States. The term "iron and steel products" means the following products made primarily of iron or steel: lined or unlined pipes and fittings, manhole covers and other municipal castings, hydrants, tanks, flanges, pipe clamps and restraints, valves, structural steel, reinforced precast concrete, and construction materials. The deminimis and minor components waiver apply to this contract.

The City of Leavenworth reserves the right to reject any and all bids, to waive technicalities, and in its sole judgement, accept the bid which it deems is in its best interest. Additional bid acceptance and contract award provisions are specified in the Contract Documents.

Copies of the CONTRACT DOCUMENTS may be purchased at the office of Varela & Associates, Inc., here after referred to as the Issuing Agent, for \$100 per set (non-refundable, see address above). For additional information regarding this project, contact Daniel Cowger, P.E., at Varela & Associates, Inc., at (509) 328-6066 or danielc@varela-engr.com.

Published in The Leavenworth Echo/ Cashmere Valley Record on Dec. 11, 2019, and Jan. 15, and 22, 2020. #86799



2020 brings new vision for Wellness Place

SUBMITTED BY
JULIE LINDHOLM,
WELLNESS PLACE DIRECTOR

WENATCHEE - After ringing in the new decade, Wellness Place is starting 2020 with a new vision, including exciting changes and additions to the organization. Moving forward, Wellness Place will focus their primary efforts on providing cancer support resources to the communities of North Central Washington.

To support this renewed vision, the Board of Directors is pleased to announce a new home for the healthy aging programs, S.A.I.L. (Stay Active and Independent for Life) and Matter of Balance. These vital and vibrant healthy aging programs will transition to the capable leadership of Erin Cass, Master Trainer and owner of Healthy Aging, LLC.

S.A.I.L is a strength, balance and fitness evidence based program for adults 65 and older. Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. Please visit www.sailfitness.org for more information about the S.A.I.L program, classes, instructor trainings and more.

Wellness Place Board Secretary and S.A.I.L Master Trainer Linette Gahringer, Wellness Place Board Secretary and S.A.I.L Master says "I am thrilled knowing the SAIL and Matter of Balance programs will continue under the enthusiastic and conscientious leadership of Erin Cass. I'm honored to continue working with Erin as a Master Trainer and look forward to a very bright



Julie Lindholm, Wellness Place director

future for evidenced based healthy aging programs in our communities."

With the primary focus of cancer support and services, Wellness Place will implement additional cancer support groups and educational classes. The Board of Directors and staff are currently finalizing their 2020 planning and will release updated programming information throughout the year.

"In the past few months

we have welcomed suggestions from Confluence Health, our supporter and partner, and listened to the needs of cancer patients in our community to plan our new programs," said Executive Director Julie Lindholm.

One of the anticipated new programs currently in the planning state is a Young Adult Cancer Support Group. "We have had an increase in younger adults diagnosed with cancer in our service area, and at Wellness Place we recognize the need for cancer education and fellowship in this age group."

Wellness Place is grateful for the opportunity to support the vulnerable community members in Chelan, Douglas, Grant and Okanogan counties, and looks forward to assisting cancer patients and their families/support systems in navigating their

journey.

"Here at Wellness Place, we witness every single day that cancer does not discriminate; not based on age, race, income or status. We embrace the need for additional cancer programs, and we are excited to implement these programs in 2020," said Lindholm.

Wellness Place is a 501(c)3 nonprofit organization in North Central Washington offering free support and services for cancer patients and survivors in Chelan, Douglas, Okanogan and Grant counties. For more information visit www.wellnessplace-wenatchee.org. 509-888-9933, 609 Okanogan Ave, Wenatchee, WA 98801

Hours of Operation: Tuesday and Thursday. 9:30 a.m.-2:30 p.m., Friday, 9:30 a.m.-12:30 p.m. Closed Monday and Wednesdays.

Why do we get that printed info with our prescriptions

Q: We always get a sheet of printed information with our prescription medicines, and my husband throws his away still stapled to the bag, complaining, that the print is too small and I can't understand half of it, anyway. Why do we get these?

The Food and Drug Administration (FDA) wants you to be informed about important facts about your medicines so you can take them more safely. Each time a pharmacist dispenses a new or refill prescription he or she is required to provide written information to you about each of your medicines and also to ensure that you receive it, which is why it's included either inside the bag with your pills or stapled to it.

Written information is considered one of the best ways to provide information to you about your medicine. That's because you can hold the paper in your hand and read it at your own speed instead of only hearing it once from your doctor or pharmacist and risking forgetting it by the time you arrive home. Written information can also be stored where you take your medicines, in case you have

a future question about one of your medicines.

There are 3 types of printed consumer information given out with prescription medicines: consumer medication information sheets (CMI), Medication Guides (MedGuides), and Patient Package Inserts (PPIs).

Every time you get a new or refilled medicine, you are supposed to receive a CMI. Each CMI is computer-generated and designed to travel home with you, either stapled to or placed inside the bag holding your prescription. Although the FDA has published guidelines about what type of information they feel should be included in a CMI, they don't directly regulate or control what form a CMI takes.

The FDA recommends specific elements they would prefer pharmacies to use in their CMI handouts but it's completely up to the pharmacy to pick which elements to use. For example, the CMI you receive for your blood pressure medicine at one pharmacy could be very different from the CMI for the same medicine from another drugstore. Some leaflets give only a few



sentences of information, while others covering the same medicine can go on for several pages. One reason for this variation is how the printers used by each pharmacy limit the length and format of the CMI printouts. Long or short, what most people notice most about a CMI is how small the print seems.

In a study published in 2010 by the University of Florida College of Pharmacy, professional shoppers filled prescriptions for two common medications in a sampling of 365 pharmacies across the country. 94% of the pharmacies in the study dispensed a CMI with each prescription, but less than 50% of the CMIs provided by the pharmacies were considered easy to read or understand. Sound familiar?

A collaborative workgroup including the FDA and other stakeholders has been developing and promoting a more consumer friendly format called a Patient Medication Infor-

mation sheet (PMI). PMIs have bold print, bigger fonts and a lot more white space.

Here are the 4 types of written information for consumers about medications:

1. The Consumer Medication Information sheet (CMI)

Required by the FDA to be given to each patient with every new prescription and refill. According to FDA guidelines, a CMI should include 8 criteria: the drug name and what it's used for; any contraindications and what to do about them; specific directions about how to use it, how to monitor your progress and get the most benefit; any special precautions and how to avoid harm while using it; symptoms of serious or frequent side effects and what to do if they happen; and encouragement to ask questions. It also needs to be up to date and scientifically accurate, easily understandable and legible, with print large enough to read easily by most people.

2. Patient Medication Information sheet (PMI)

New and improved CMI with larger fonts and sepa-

rate boxes or bubbles for key topics such as "Uses," "Important Safety Information," "How to Take," "Get emergency help if you have," and "Possible side effects."

3. Medication Guide (MedGuide)

MedGuides explain about medicines that carry an increased risk of side effects or adverse reactions, including all non-steroidal anti-inflammatory agents, blood thinners and antidepressants. MedGuides focus on explaining how to take these medicines and what side effects to look out for.

4. Patient Package Insert (PPI)

Similar to MedGuides but come from the manufacturer. PPIs are required for products containing estrogen, like birth control pills, patches and vaginal creams.

Dr. Louise Achey, Doctor of Pharmacy is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely. 2020 Louise Achey

Tips to protect your winter wardrobe

STATEPOINT - If you are like many people, your winter wardrobe requires a bit of extra care. Between fine cashmere sweaters, favorite woolen outerwear and your snazziest cocktail attire, your special care garments should look as crisp at the end of the season as they do today.

Unfortunately, winter often brings with it slush, mud, salt and other threats to fabrics.

To protect your winter wear affordably, consider the following tips:

- Be smart about footwear: On wet or slushy days, tuck pants into durable, waterproof boots. Any delicate footwear should be brought along in a waterproof bag and changed into at your destination -- or protected by waterproof shoe covers.
- Use at-home dry cleaning: Many winter items carry tags that say "dry clean only" or will shrink when washed. Slash dry



iStock via Getty Images Plus/(c) golubovy

Winter often brings with it slush, mud, salt and other threats to fabrics.

cleaning expenses up to 90 percent and skip the hassle and harsh chemicals by opting for at-home dry cleaning. Using your own dryer and the right product, you can safely and thoroughly clean your special care clothes at home without experienc-

ing fading, shrinking or stretching.

In the case of Dryel -- which works in as little as 15 minutes for a quick refresh and in 30 minutes for a deep clean -- the heat of the dryer activates a cleaning solution that removes body soils and

odors from clothes, and a fabric protection bag maintains the optimal balance of cleaning agents and heat, allowing the steam to work through the clothes, and then slowly vent vapors out of the bag and dryer. This is a convenient, cost-effective

way to treat such gear as sweaters, jeans, hats, suits and more.

• Fight stains immediately: The more quickly you deal with stains, the better, so be prepared with a stain pen wherever you go, and, try to launder items that have been soiled as soon as possible. A stain pen, such as the kind provided by Dryel, can also be used at home to pre-treat garments before cleaning them.

• Know when to hang vs. fold: A big part of keeping winter clothes looking good as new is knowing how to store each item. While suit jackets, most dresses and anything that wrinkles easily should be hung (never on wire hangers), sweaters and knitwear, as well as anything stretchy that could lose its shape should be folded.

With proper care, you can protect your clothing from all of winter's most common wardrobe woes.

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



Schools & Sports



Photos by Bill Forhan



CASCADE SCOREBOARD

Boys Basketball	
Jan 7	Cascade 50 vs Cashmere 57
Jan 8	Cascade 48 vs Cle Elum 54
Jan 10	Cascade 47 vs Highland 19
Girls Basketball	
Jan. 7	Cascade 8 vs Cashmere 58
Jan. 8	Cascade 27 vs Cle Elum 60
Jan. 10	Cascade 32 vs Highland 34

CASCADE SCHEDULE

Boys Basketball	
Jan. 17	Cascade vs Omak 7:15 p.m.
Girls Basketball	
Jan. 17	Cascade vs Omak 5:45 p.m.

For the Best Performance choose



10171 Chumstick Hwy, Suites 1 and 2, Leavenworth

Kodiak Cubs – Love, Laughter and Learning

BY MARLENE FARRELL

Lindsay Camp has been at the helm of Kodiak Cubs, the Cascade School District's preschool, for six years. The preschool has evolved immensely during her tenure.

"Initially the program acted as an early intervention program, chiefly aimed at serving students with special needs," Camp explained.

"This program was housed at PeshastinDryden Elementary and was limited in scope mainly by space and somewhat by staffing. When I was hired, the idea was to grow the program to be able to serve as many preschool students as possible."

Now the preschool is nestled at the end of the sixth-grade wing of Icicle River Middle School, and Camp and her staff live by the premise of "making preschool a joyful place, full of laughter, love, and learning."

Comfort and joy were evident during a recent afternoon pre-K class. The students, in small groups, were immersed in three stations. At one station they played a board game, flicking a spinner and counting steps to reach the correct farm animal on the board. Another station was a sand table. Some children buried plastic animals while others "cooked," filling cups and bowls with sand.

The final station involved detective work. Camp gave each child a clipboard, and they walked around the classroom in search of N words – nails, noodles, nuts,

a nun! A couple kids finished early, grabbed a book from a revolving bookcase, flopped down on their bellies and read.

After stations, the students eagerly took turns using the bathroom sinks to wash their hands, knowing snack time was next. Camp chose this time to enter the next room over, where another group of pre-K students were also starting snack time.

They chatted with friends as they nibbled goldfish and sipped orange juice. When high school students from the Child Development II (CD II) class came in, little friends shouted:

"Sit by me!"

"No, sit by me!"

Yes, these high schoolers are popular here. "They work as student assistants in the program on a daily basis, helping set up and run centers, manage free choice and recess time and prepare activities," Camp said. "They are the arms and legs of the program. The best part of having them participate in the program is the relationships they build with the little kids."

Career and Technology Education (CTE) classes, such as CDII, allow high schoolers to do hands-on work. Camp said, "It helps them know what to expect and find out what kind of work they like. The academic track isn't for all students. They can do tech prep as another pathway to graduation. Some students have

really blossomed in classes like this."

Additionally, the CD program has made the preschool better. "Having them here takes the preschool to the next level," raved Camp. "I get to have more one-on-one time with kids who need it. And it's a chance for me to inspire the next generation of teachers, which is awesome."

Parents understand the value, because Kodiak Cubs is full to capacity. Camp said, "Currently we have one full-time general ed teacher, one full-time bilingual para-educator, one part-time para-educator, a sign language interpreter, two full preschool classes and 3 full Pre-K classes, and we just hired another half-time special ed teacher."

Three days a week there are two full afternoon classes of pre-K kids. Kodiak Cubs expanded specifically to help the children who had been attending the long-standing co-op preschool, which closed its doors last spring.

Working alongside Camp, Rocio Vizcaino brings another skillset to bear; she is a bilingual. Her presence is especially essential for helping Spanish speaking children and their parents feel understood and connected. She said, "We want the children to feel comfortable in a school setting. There are primarily Spanish-speaking students. They and the English speakers learn from each other."

After snack, a teenager's

lap was a favorite spot for one boy to listen to story time. Camp loves story time, because she is a pro storyteller. This day, with fat snowflakes falling outside, was a good time to read a book about snow. In a hushed voice, she began. The preschoolers, after being chatty over crackers, grew quiet. "Puppy's following her," Camp whispered. She swung the open book in a wide slow arc, making sure everyone got a good look at each picture. "Through the woods," she said, giving them time to point out animals hidden in the picture – a bear, a deer, a fox.



Photos by Kevin Farrell

At the end of the story, it was time for their own snow adventure.

The children pulled snow clothes off hooks and gravitated back into Camp's orbit. She and the high schoolers were kept busy, pulling mittens out of backpacks and zipping up coats.

There was no rush, no stress. They lined up, all bundled, for snow play at the end of a well-paced school day, having fun, feeling accepted and loved, learning fundamental literacy and math skills, but, chief of all, learning kindness and

sharing.

Camp loves her job and mentioned another favorite part. "Sometimes I see my little peeps sitting on the carpet sharing a book with friends, and they are "reading" it the same way I do: holding the book to the side, showing the pictures to everyone, asking a lot of questions. I often say I am sprouting little seedling teachers!"

There's a chance some will, in fact, grow into high schoolers who take CDII and give back by assisting Camp in Kodiak Cubs.



Lindsay Camp shares the excitement of a good book with her pre-K class.

RATE PLANNING

Based on what customer-owners told us during strategic planning, Chelan PUD is discussing five-year rate changes.

The proposal reflects your preference for smaller predictable rate changes to reduce the risk of larger increases in the future.

- 3-percent electric rate change – about \$1.75/month each year for residential customers
- 4-percent water and wastewater change per year to move the systems toward sustainability
- 3-percent per year wholesale Fiber rate change

Join us at 1 p.m. for details on **Jan. 20** and a **hearing at the Feb. 3** commission meeting.

More information at chelanpud.org under "Rates Planning." Send questions and comments to contactus@chelanpud.org