# Lake Chelan



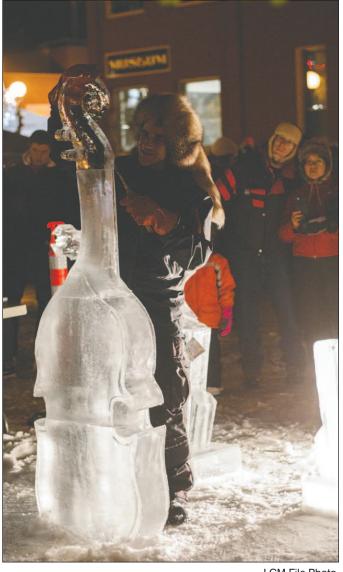
AN NCW MEDIA PUBLICATION 129 years - 1891-2021

January 13, 2021 • Volume 130 No. 2

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# Lake Chelan Winterfest kicks off Friday



LCM File Photo

2021 Lake Chelan Winterfest will be this weekend Friday, Jan. 15 thru Monday, Jan. 18 in the Lake Chelan Valley. It begins on Friday, with the Installation of 22 ice sculptures around the valley. A driving map showing the location of the sculptures and Winterfest buttons are available at the Lake Chelan Chamber of Commerce in downtown Chelan. Saturday activities include: Driving tour of ice sculptures, Button offers available around the Lake Chelan Valley (offers good through February), Neon Winterfest Selfie Station in downtown Chelan, Find Tsilly in downtown Chelan, Hot cider/cocoa in downtown Manson, Mitten Walk in downtown Manson, Wine Barrel Rides in downtown Manson, Apple Bin Rides in Downtown Chelan, Olaf Appearance in Downtown Manson, Lady of the Lake Boat Tour and fireworks show and Simultaneous Firework shows in downtown Chelan and Manson. Sunday and Monday: Driving Tour of ice sculptures.

# **Heritage Heights arrests COVID-19 virus spread**

Editor's Note: After this press release was received from Heritage Heights, Amanda Ballou, CEO, let the LCM know that their Dose 1 vaccination date will be Jan. 25.

SUBMITTED BY HERITAGE HEIGHTS AT LAKE CHELAN

CHELAN - "Test results for the last week of December have all come in negative," announces Amanda Ballou, CEO. "We have had no new positive cases." Residents and staff have all completed their 14day quarantine periods. "We believe that the use of disposable gowns made a tremendous difference in slowing the spread," said Ballou. A fresh, unused gown was donned on entry to an infected apartment and doffed before leaving that apartment. "It made for a lot of quick changes," Ballou explained. "A meal service that previously took 15 minutes took 45.' Testing to identify posi-

tive cases, protective equipment like the gowns, and isolation slowed the spread of COVID-19 in the facility. "The second week after Thanksgiving, we were caught up in the surge. Twelve cases were identified. We initially knew of 10, but two more were later revealed by PCR tests taken at the same time rapid response tests showed negative results. The PCR results were not available until a week later. The following week, there were nine new cases, and the next week only four. We were able to isolate and contain the virus spread within a few weeks."

Heritage Heights will need

SEE VIRUS ON PAGE A2

# Sheriff's deputy Nigel Hunter honored



Courtesy American Legion

Left to right: Dana Starkweather, Chelan County Sheriffs deputy and school resource officer, Nigel Hunter; Brian Strausbaugh, Carole Hanson and Craig Pittson.

SUBMITTED BY NORM MANLY, American Legion Post Service Officer

MANSON - During the Manson American Legion, Post 108's January meeting Nigel Hunter was honored with the Legion's "Law Enforcement Certificate of Commenda-

tion" for 2020. He was joined by his wife and four children for the tribute. This annual award is intended for a wellrounded law enforcement officer who has exceeded the duty requirements expected of their position and has demonstrated a distinct pattern of community service coupled with professional achievement. Nigel Hunter meets all requirements.

Nigel was born Oakland, California. His family moved to Wenatchee when he was in the sixth grade so he calls Wenatchee home. After graduating high school he attended George Fox University, a pri-

vate Christian university in Newberg, Oregon. After graduation he returned to teach at his alma mater, Wenatchee High School in 2004. Nigel coached girls' soccer and taught social studies for seven years.

SEE HONORED ON PAGE A2

# Rep. Mike Steele tells Lake Chelan Rotary, Inslee 'flat out ignored' business concerns

Recovery.

Monday, Jan. 11

See story on A2

By Gary Bégin Managing Editor

CHELAN - On Tuesday, Jan. 5, 12th Legislative District State Representative, Rotarian and executive director of the Lake Chelan Chamber of Commerce, Mike Steele, discussed what to expect in the 2021 legislative session in front of a live virtual Zoom audience of the Lake Chelan Rotary club.

Steele (R-Chelan) said, "This year will be a long session of 105 days since we are in an odd year."

He announced that he would be starting his third term in Olympia and that he has been appointed by the Republican Caucus to be the Ranking Member of the State Capital Budget Committee where he will wield considerable influence.

Steele has previously said that the Governor has "flat out ignored us" and that the legislature must be included in future government decisions, especially during this recent period of many executive orders issued by Inslee dealing with the COVID-19 health

and economic On Jan. 5 Gov, Inslee crisis, all done without any consultation The state shifted to a twowith the full legislature, let alone the GOP Caucus.

Regarding 2021's legislative agenda,

"This should not be a year for sweeping policy changes," he said, but for COVID response and recovery efforts.

Steele said the state budget could be "used as a tool" to promote job creation, projects and to create goals as well as give people "purpose."

He specifically mentioned the statewide program sought by Governor Jay Inslee to have broadband installed, especially as an aid to education and commerce.

Steele said the upcoming legislative format will make it "difficult for the public to interact" with them and only "written or recorded testimony" will be admitted in any bill discussions as no face-to-face (in-person) testimony will be allowed.

Steele told the Rotarians, as emceed by club President

Washington-Roadmap to was actively "looking for projects" and phase re-opening system that people in accordance with were lobregional case counts on bying him now so that their projects

might be included in the state capital budget.

A question was posed by one Rotarian if there was room in state government for interaction with non-governmental organizations such as service clubs. Steele said the government "tends to shy away from NGOs," but does listen to lobbying groups representing all areas of commerce.

Regarding his role as Ranking Member overseeing the \$4 billion budget, Steele previously told the Washington Federation of Republican Women, including the Chelan-Douglas Republican Women, that the Governor should be willing to allow active engagement between his office and the legislature if he expects to pass line item requests regarding statewide broadband and other issues.

man, that he that "no one has a playbook for COVID-19" and said his current tenure as executive director of the Lake Chelan Chamber of Commerce has allowed him to witness the "true colors" of people during this economic and health crisis. "There is a lack of commu-

nication between branches of government," Steele said.

Regarding the Governor's unilateral actions proclaiming executive orders during most of 2020, Steele said that the Republican Caucus and the Governor "don't need to agree" on issues, but he was dismayed that Inslee wasn't even willing to listen to concerns voiced by the minority party in Olympia.

"I represent the largest legislative district in the state from Bridgeport to Wenatchee," Steele said. "200 chambers of commerce" all over the state sent a letter to his office regarding opening the economy, but received "no response.'

He told the Rotarians that the hospitality and gym industries were especially hard

SEE IGNORED ON PAGE A2



# **During this difficult time** support your neighbors

Most local businesses offer curbside service or delivery



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Inserts Manson Bay Market



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# Inslee announces 'Healthy Washington-Roadmap to Recovery'

State will shift to a two-phase system in accordance with regional case counts

OLYMPIA - Gov. Jay Inslee on Jan. 5 announced "Healthy Washington — Roadmap to Recovery," a COVID-19 phased recovery plan. Beginning on Jan. 11, the state will follow a regional recovery approach with every region beginning in Phase 1.

"No one was untouched by the effects of the pandemic in 2020; many have and continue to suffer through no fault of their own," Inslee said during a press conference Tuesday. "We aren't out of this yet, but we are close to turning the corner on COVID-19 and this third wave of infection."

Washington has avoided overwhelming the state's health care systems throughout this pandemic so far through rigorous safety measures, such as physical distancing and masking, as well as social and economic restrictions. This new recovery system aims to

safely ease some restrictions while also maintaining crucial hospital capacity, ensuring care for Washingtonians that need it and paving the way for economic recovery.

The regions are mostly based on Emergency Medical Services (EMS) regions used for evaluating healthcare services. There will be eight regions of four or more counties, divided according to available health care services based on metrics such as hospitalizations, case data and disease mobility.

#### The eight regions are as follows:

Central: King, Pierce, Snohomish East: Adams, Asotin, Ferry, Garfield Lincoln, Pend Oreille, Spokane, Stevens, Whitman

North: Island, San Juan, Skagit Whatcom

North Central: Chelan, Douglas,

Grant, Okanogan Northwest: Clallam, Jefferson, Kitsap Mason

South Central: Benton, Columbia, Franklin, Kittitas, Walla Walla, Yakima Southwest: Clark, Cowlitz, Klickitat, Skamania, Wahkiakum

West: Gravs Harbor, Lewis, Pacific,

"Our intent is to ensure that regions, the communities within them, and our state as whole have a balanced path toward recovery from the pandemic that relies on multiple key metrics that look at disease trajectory and health system capacity" said Deputy Secretary for COVID Response Lacy Fehrenbach. "This plan offers the start of clear way forward as we continue to slow the spread of COVID-19, while we get more people vaccinated over the next few months.

#### Metrics

A region's phase will be determined by the Department of Health (DOH) in response to four metric requirements. The final metrics for regions were calculated on Friday, Jan. 8 and became effective Jan. 11.

#### To go forward from Phase 1 to Phase 2, regions must meet all four metrics:

Decreasing trend in two-week rate of COVID-19 cases per 100K population (decrease > 10%)

Decreasing trend in two-week rate new COVID-19 hospital admission rates per 100K population (decrease

ICU occupancy (total — COVID-19 and non-COVID-19) of less than 90% COVID-19 test positivity rate of <10% To remain in Phase 2, regions must meet at least 3 metrics:

population Decreasing or flat trend in two-week rate new COVID-19 hospital admission rates per 100K population

Decreasing or flat trend in two-week

rate of COVID-19 cases per 100K

ICU occupancy (total — COVID-19 and non-COVID-19) of less than 90%

COVID-19 test positivity rate of <10%. Regions that fail to meet two or more of the above metrics will be moved back to Phase 1.

The metrics for each region will be updated on the Risk Assessment Dashboard every Friday. Dependent on a region's metrics, DOH will move into a new phase - forward or backward — the following Monday.

DOH and local health departments reserve the right to move a region outside of this timing, and additional phases may be added as the state's COVID-19 situation changes with continued vaccine distribution and other changes in public health response.

"Our goal is to reopen our economy safely, and to do it as quickly as possible. Every week, we plan on tracking our ongoing progress in protecting our communities against COVID-19," said Secretary of Health Umair Shah. "The governor's new plan will allow all of us to understand what measures are being used for the path forward including when it makes sense to ease restrictions across the state."

All regions will begin in Phase 1, because of current metrics. Phase 1, for the most part, aligns with

restrictions current in place for most

See the full Phase Activity with a few key Chart and the Region Map with this story on Indoor fitness and outdoor entertainment, for

both previously prohibited, but will

lakechelanmirror.com example, were

now be permitted with restrictions. Currently, all indoor fitness is entirely prohibited. DOH now believes that the state can safely allow appointmentbased fitness and training where there is no more than 1 customer per room or 500 square feet for large facilities This will allow gyms to schedule people wanting to come in to work out winter months. Masks and physical

distancing are required. Outdoor entertainment establishes will be permitted to reopen in Phase 1, including zoos, outdoor theaters and concert venues, and rodeos, among other outdoor venues. Operation must be by ticketed event only with groups of 10 maximum with a limit of required, as well as facial coverings

and physical distancing. Indoor gatherings and indoor dining remain prohibited. Outdoor dining two households per table is permitted with an 11:00 PM close

Retail, worship services, personal services, and professional services where remote work isn't availableare limited to 25% capacity.

Phase 2

Once a region meets all four required health metrics, they will be permitted to move from Phase 1 to Phase 2. This phase sees some relaxation in regulations, but masks and physical distancing are still required statewide for all activities.

of the household begins being permitted in Phase 2 with a max of 5

and limit of two households. Outdoor social gatherings maximum in this phase is increased to 15 individuals from two households.

In Phase 2, indoor dining will be per mitted with a maximum 25% capacity and an 11:00 PM close. All other indoor activities must also follow a 25% capacity limit. This includes retail entertainment and groceries, as well as personal and professional services

 Indoor fitness must also follow the 25% capacity limit.

 In Phase 2 moderate risk indoor sports and all sports outdoors gain flexibility to have league games and competitions, which will help ensure opportunities for kids to be active, which is especially important during virtual or hybrid schooling.

 Outdoor entertaining may host groups of up to 15 with the two-household limit and an overall 75 person maximum. Wedding and funeral ceremonies and indoor receptions may take place following the appropriate venue requirements. Food and drink service limited to restaurant guidance

"It's anew year, and COVID-19 is no longer new to us," Inslee said. "We've learned a lot; we've struggled a lot; we've accomplished a lot. Washingtonians are undeterred. This battle continues, but the turning point is on its way."

### **IGNORED**

CONTINUED FROM PAGE A1

hit during this pandemic. Steele has been with the Lake Chelan Chamber for 15 years and also helps manage his family's century-old orchard business.

Another Rotarian, Concie Luna, testified that in her opinion the building trades community was "doing fine" but that restaurants were not, echoing the opinion of most economic observers.

The "resort destination" cities of Manson, Chelan and

Leavenworth are being especially hard it by the executive mandates regarding social distancing, amount of patrons allowed inside restaurants and bars and statistical demands by the state health department used as a criteria

opening as required.

Some argue that because of the smaller populations and transient nature of the tourist economy, it is nearly impossible to reach the goals as required by health department rules.

Steele said the state has \$2.5

billion allocated for emergency responses statewide and that two-thirds of that will be used to "push out" COVID-19

Keep reading NCW Media publications for updates on the 2021 Washington state legislative session.

administra-

tors. He con-

tinues to ad-

vocate for and

support our

most at risk

students. His

compassion

for student

health and

welfare, his

commitment

to keeping our

schools safe

Managing Editor Gary Bégin can be emailed at: Gary@ ncwmedia.net. Comments received will be considered "on the record" and subject to publication as a "Letter to the Editor" in future NCW Media publications unless specifically requested not to.

# HONORED

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In 2015 Nigel changed direction for his life and was hired by the Chelan County Sheriff's Office and attended the Basic Law Enforcement Academy

Nigel says, "I was motivated to make the move after the civil unrest following the deaths of Trayvon Martin and Michael Brown as well as the shooting at Marysville Pilchuck High School." Nigel graduated from the Basic Law Enforcement Academy near the top of his class in all categories and

served as a Patrol deputy until becoming a School Resource Officer (SRO) for Chelan and Manson school districts in 2018. Nigel sees his role a combination of teacher, counselor and

When asked what he liked about his job Nigel said, "I enjoy the diversity of this job. I can go from chasing a cougar, stopping cars, driving a boat to catching bad guys, all before lunch. The biggest challenge is the misconceptions about law enforcement officers in general and our Constitutional role in preserving American freedoms. I love teaching and seeing students' eyes opened to the rights afforded them as residents of the United States as well as the responsibilities of being good neighbors."

to advance the phases of re-

Outside of law enforcement, Nigel enjoys being outdoors with his wife and four children, especially camping and paddle boarding.

Yvonne Walker, Manson School District Superintendent said, "Nigel Hunter is an outstanding example of how a resource officer can positively impact a school system. His presence on campus builds relationships between law enforcement and the community. Students love to see Deputy Hunter in their classrooms and

in the hallways and are comfortable asking him questions when they arise. Staff appreciate his flexibility and willingness to jump in and help out with our educational programs. A few examples

are supporting

student intern-

ships and teaching about cyber safety. Deputy Hunter is a wonderful member of our team."

Barry DePaoli, Superintendent Lake Chelan School District agrees by saying, "Nigel Hunter is a great asset to the Lake Chelan School District. He is an integral part of our student services team, working directly with counselors and students, staff, parents and award.

"Nigel Hunter is a great asset to the Lake Chelan School District. He is an integral part of our student services team ..."

- Barry DePaoli, Superintendent Lake Chelan School District

and his ability to impact and influence students in a positive manner is truly invaluable." Heather Ireland, Manson

High School Principal went on, "It has been an honor to have Deputy Hunter as the School Resource Officer for Manson Middle and High School. Deputy Hunter has cultivated important relationships with

our local community. Kids are drawn to him; he is articulate with parents and provides a calm and supportive presence in tough situations. During our building closure last spring, our remote start this fall, and our current hybrid model Deputy Hunter diligently connects with students and families by providing ongoing assistance and resource connections. We are so fortunate to have the highest level of care and integrity from our SRO for our kids and community. Looking forward to a continued year of excellence."

We are blessed to live in a community with many wonderful people doing extraordinary things that makes the Lake Chelan Valley an amazing place to live. We thank Nigel Hunter for his service to our community and we are proud to present him with this special

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## Chelan Fire #7 responds to structure fire in Howard Flats

CHELAN - At 12:15 a.m. on Jan. 8. Chelan Fire & Rescue personnel were dispatched to a reported structure fire at 84 Shadow Lane located near the Lake Chelan Airport. First arriving apparatus found a 40'x10' shop/storage shed fully involved with spread to another outbuilding and stock pens along with possible exposure to residence. A second alarm was called at 12:47 a.m. requesting neighboring fire agencies for additional manpower needed to safely control fire spread. Fire was contained and controlled at 1:34 a.m. with crews remaining on scene until 2:39 a.m. with no reported injuries. Estimated fire loss and cause of the fire

are still under investigation at his time but it is believed to have been started by heat lamp in stock pen.

Chelan Fire & Rescue would like to remind the community that when using heat lamps and devices during the winter months to please take all necessary precautions to avoid any possibility of fire.

# **VIRUS**

CONTINUED FROM PAGE A1

to continue precautions and monitor all individuals who have tested negative previously with weekly testing. If no new cases are discovered, the outbreak will be considered cleared by Jan. 19 under instructions established by Chelan Douglas Health Department.

That may roughly coincide with the vaccination clinic to be offered at Heritage Heights mid-January. In October, White House set up the Pharmacy Partnership for Long Term Care Program as a national vaccine distribution program for long term care residents. The federal government has partnered with CVS and Walgreens to distribute and administer the vaccine to

residents in long term care facilities. This program is free of charge and covers all of the reporting requirements associated with the vaccine. Facility staff will also receive the vaccine during the on-site clinic. By contrast, vaccination for health care workers is handled by the states, not the federal government, and is taking place in the early phases of

# to this Directory

Call Lindsay 509-860-7301 or Ruth - 682-2213

# LAKE CHELAN

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

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Chelan/Douglas Counties (yearly) print Chelan/Douglas Counties (yearly) print & web \$45 In State (yearly) Out of State (yearly)

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## Corrections

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

Lake Chelan Mirror (USPS 101-620) is published every Wednesday by NCW Media, Inc. 310 E. Johnson Ave., Chelan, WA Telephone: (509) 682-2213. Fax: (509) 682-4209 Periodical postage paid at

distribution.

Chelan, Wash. 98816 Postmaster: Send address corrections to: Lake Chelan Mirror, P.O. Box 249, Chelan, WA 98816-0249

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## LETTERS TO THE EDITOR

#### How would other presidents have acted?

With the events of January 6, I'm curious as to how other presidents would have acted

in this position? Trump actually lead the mob of people to storm the Capitol. If it was in earlier times they would not let him get away with it and he would be sent to prison right away. I bet you 100/1 it was all an act to get more

people on his side.

The second point. The rigged election. Inslee had his speech ready just minutes after the votes were counted. Inslee had been on a power trip for a while and it's effected a lot of us. I've

been disabled and living in supported living since 2012. Because of Inslee's cutbacks I've had to work even when I have a severe panic disorder. I also have a brain injury. How is that right for someone like me to have to hold down

a job when I can't even take care of myself??

Also one of the men that died in the riot on January 6 was a military vet. He probably won't even get recognized as being a vet because of the circumstances of his

death, which is a shame.

I've done many things myself for our country and not expected anything in

**Amy Foster** Wenatchee

#### There's wealth opportunity here

# We are now the world's newest Banana Republic

Normally I confine this column to items of local interest involving issues germane to Quad City readers. Recent national developments, however, imply such opportunities to our sleepy little backwater that I cannot in good conscience keep them from the rest of you.

We are now officially the world's newest Banana Republic. Think about that a min-

While that statement may disturb some, the astute among us can read between the lines to see what a financial windfall is coming for those who get in on the ground floor. In other words. move over Amazon, there's a new investment afoot that will make you pale - or should I say "peel" – by comparison.

I almost hurt myself in the rush to get to my computer so I could dump all my Apple stock in favor of the new fruit that will soon be sweeping the nation.



MIKE MAKES WRITE Mike Maltais

Are you with me so far?

Yep, its BANANAS, Johnny Appleseed! I'm buying up banana stock while the rest of the country is still glued to their boob tubes and shaking their collective heads in disbelief over our new status.

Here we are smack dab in the middle of one of the world's largest fruit growers. (Don't tell anyone else, but I have it on good authority that a prominent local grower is at this very writing laying plans to graft banana sprouts to every last apple tree in its inventory. They even have a name for the new hybrid: Banapple).

And get this...they are no longer burning the Amazon (the rainforest, that is) to raise cattle, palm oil and other such nonsense. Now it going to be all bananas. It's sort of a win-win for us. Since Brazilian president Jair Bolsonaro was buddy-buddy with Trump even before we revolted to Third World, he has reportedly offered The Donald a special post as "President in Exile Responsible for Various Earth Related Terrors." I know it's a long title. Just remember its acronym P-E-R-V-E-R-T.

The profits are going to be absolutely seismic! And you, loyal NCW Media readers, are among the first to be let in on this little gem. I suggest that those of you who cannot afford a big investment right now - owing to the pandemic's financial

hit - start small and plow up your back yards - and any adjacent parks, national forest, etc. – that may be handy and set in banana starts. I mean, if it's good enough for pot, why not?

We are now officially the world's newest Banana Re-

We are going to need a name for the third political party: Republican, Democrats, and? I will personally purchase a year's Quad subscription for the reader with the best submission. We've already tried Bull Moose, Socialist, Workers, Libertarian, Green, Tea (not Green Tea), Reform. Constitution, Unity...check out Wikipedia for the complete list, so be original and creative.

Hint: It must be tasteful yet convey sufficient gravitas befitting a once-great nation.

And we're going to need

a new flag. The good news? There is not a single one using the banana as a symbol. Imagine that. I'm thinking something catchy, yet dignified, like: Make America A-peeling Again, or, Careful, Don't Tread On My Peel, or maybe, Give Me Liberty or



Courtesy redbubble.com

of like this one.

And we have not even addressed a revised Pledge of Allegiance. I never really understood "I pledge allegiance to the United State of America and to the republic for Richard Stands" anyway.

Up until now we were just run-of-the-mill war criminals thanks to that other great 21st century American leader, Dubya, who invaded and destroyed a sovereign nation along with the Garden of Eden – on false pretenses and left us with the nation's longest running foreign conflict. Now we have one-downed ourselves with a label we can really sink our teeth into.

We are now officially the world's newest Banana Republic.

But we're all gonna be filthy rich! And isn't that what it's all about?

# Republican Caucus may get tough on Inslee's budget proposals unless ...

By Gary Bégin Managing Editor

WENATCHEE (via Zoom) -- The Washington Federation of Republican Women, in an "Issues and Strategies" prelegislature 2021 Chelan-Douglas Republican Women meeting, heard from State Representatives Keith Goehner and Michael Steele on Monday, Jan. 4.

Approximately 33 people "attended" the virtual meeting hosted by Washington Federation of Republican Women and emceed by State President Dee Drewry of the Chelan-Douglas Republican Women.

State Rep. Goehner (R-Dryden) started the meeting off by stating, "It's difficult to get rural areas heard" in Olympia even though small towns are struggling to provide services to the citizens in their community.

Goehner noted there was a "disparity throughout the state" in regards to the way urban areas are favored when it comes to budget dollars and state services.

Goehner also said, "a new 'equity office," as called for by Governor Jay Inslee and the majority Democrat Party Caucus, "was not needed" and that "we don't need to expand government" however well-meaning by those advocates.

The former Chelan County Commissioner, now in his sec-



State Rep. Keith Goehner (R-Dryden)

ond term in Olympia representing the 12th Legislative District, said he wants the state to recognize "small towns like Twisp and Cashmere" where revenues from sales tax are way down from 2019 and impacting services being provided to those communities.

Goehner's 2021 committee assignments include the Transportation Committee. He told the Zoom attendees that a bridge in the Methow Valley was one of nine bridges statewide that needed repair or replacing. Goehner said that alone would cost about \$100 million. He said about 300 bridges across the state were being assessed

Goehner will also serve on the Environment and Energy Committee as well as the Local Government Committee.



State Rep. Mike Steele (R-Chelan)

12th Legislative District State Representative Mike Steele, a former city of Chelan Councilman and now in his third year in Olympia, said, "We are fortunate to have Washington Secretary of State (SOS) Kim Wyman" as he felt she was "committed to integrity" vis-avis elections

His remarks came two days before outdoor rally attendees in Washington, D.C. were ac-

cused of storming the Capitol. Five people died, more than

60 were arrested and damage was done by those rioters managing to gain entrance to the Senate building and Congressional offices, including House Speaker Nancy Pelosi's. Vice President Mike Pence had to be evacuated for his own safety by the Secret Service.

Many have accused Trump, Sen. Ted Cruz of Texas and Sen. Josh Hawley of Missouri of encouraging the crowd of protestors. Trump has been claiming the 2020 Presidential election was fraudulently "stolen" by the Democrats and many state election officials. Washington State SOS Wyman has ensured voting machine, motor-voter, early voting, voting by mail, voter identification and voter registration rolls as well as final results were all done with the utmost integrity, according

Rep. Steele stated the Govrnor has not responded to repeated requests by Republicans statewide to be included as part of the State Legislature, to advise on executive orders issued by the Governor over the last year, most of which centered around health and safety mandates due to COVID-19.

"It's critical that the state legislature be involved," Steele

"The Governor will have to work with us" if he expects to get active participation and engagement to approve budget expenditures on such line items as the statewide broadband initiative," Steele said.

The Manson/Chelan native stated that Inslee should stop "flatly ignoring us" and that he should "tread lightly" since Steele has been appointed to the State Budget Committee.

Another attendee via Zoom was 25th District State Representative Kelly Chambers (R-Pierce County) who said. "The Governor's budget does not reflect restraint due to a shortfall of revenues" from the COVID-19 economic disaster.

Steele has also been executive director for the Lake Chelan Chamber of Commerce for 15 years and is, by default, an expert on local business concerns.

He has been appointed to serve as the Ranking Member (lead Republican) on the House Capital Budget Committee, which considers funding for the construction and repair of public buildings and for other long-term investments, such as land acquisitions and transfers.

"It's an honor to take on this leadership role for one of our state's budgets," said Steele. "The long-term infrastructure investments made by this committee, especially during these challenging times, will help our communities to recover, grow, and thrive. I look forward to working with the other committee members to create an effective plan for our state."

Keep reading NCW Media publications for updates on the 2021 State Legislature. Managing Editor Gary Bégin can be emailed at: Gary@ncwmedia. net. Comments received will be considered "on the record" and subject to publication as a "Letter to the Editor" in future NCW Media publications unless specifically requested not to.

## **OBITUARIES & DEATH NOTICES**

# Tara Marie Rigg

Tara Marie Rigg, 47, of Chelan, Washington, passed away on Jan. 6, 2021. Please leave any thoughts and memories for the family at www.prechtrose.com.

# **Helen James**

Helen James, 93, of Chelan, Washington, passed away on Jan. 6, 2021. Please leave any thoughts and memories for the family at www.prechtrose.com.

# CHURCH GUIDE

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



## CHELAN

CHELAN CHRISTIAN CHURCH Morning Worship 10 am 682-2025 • 210 E. Wapato Ave. Pastor Mark Wilton

## CHURCH OF THE NAZARENE

Sunday School 10 am Worship 11 am & 6 pm Youth Group - Friday 7 pm for 13-18 years of age 682-5135 • Sanders St. & Okanogan Ave.

#### LAKE CHELAN LUTHERAN CHURCH Please join us for Sunday Worship via Conference Call

at 9:30 a.m. Dial 339-209-6617. Follow prompts. 682-9063 • 216 W. Nixon Ave.

#### LAKE CHELAN UNITED METHODIST CHURCH Worship 10 am

682-2241 Corner of Johnson & Emerson

#### LIVING STONE CHURCH Sunday Gathering 10:00 am

216 N Emerson (Upper Room/Chelan Library) Office location: 105 N Emerson, Suite 204 Call 509-682-5953 or visit www.lscchelan.org for more information. "Meeting together in person & online. Please join us."

#### St. Andrew's Episcopal Church Worship 10 am

via: https://us02web.zoom.us/j/84574811302 120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816 682-2851 • www.standrews-chelan.org

#### St. Francis De Sales CATHOLIC CHURCH

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

## ENTIAT

#### **ENTIAT FRIENDS CHURCH Pastor Mark McDonald**

509.784.1342 email: entiatfriends@nwi.net 2848 Entiat River Road Sunday morning Bible Classes 9:45 am Sunday morning Worship 11 am Sunday morning Worship (summer months) 10 am Wednesday Shared Dinner 6 pm Wednesday Programs Adults/Youth/Children 7 pm

"With men this is impossible; but with God all thinas -Matthew 19:26

## MANSON UNITED METHODIST

**COMMUNITY CHURCH** 9:45 am Celebration Singing 10:00 am Worship, Holy Communion the first Sunday of the month 11:00 am Coffee and Fellowship

"Come as you are, all are welcome" 687-3311, at the corner of Green and Boetzkes ~Live worship currently suspended due to Covid-19~~ Sermon-by-Phone (509) 423-7514 to hear our own Pastor Mike O'Neal deliver his weekly sermon

# NORTH SHORE BIBLE CHURCH

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

## BREWSTER

# HOPE LUTHERAN CHURCH - LCMS

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



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





JANJAN 15-18 LakeChelanWinterfest.com

# Horticulture

# **Tree Fruit Days 2021** webinar series starts Jan. 18

By WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

Join WSU Tree Fruit Extension for a webinar series Jan 18 to 22. This series is designed to bring you research-based information while maintaining your safety from Covid19. Each webinar is 30 to 50 min. Choose 13 webinars the topics that most interest you.

Nine sessions offer 1 pesticide update credit approved by WSDA and ODA (marked with an astrix\*).

Co-sponsors NCW Fieldmen's Association, NW Pears, **NW Cherry Growers Register** at treefruit.wsu.edu/events

Contact: Tianna DuPont, WSU Extension, (509) 293-8758, tianna.dupont@wsu.edu

Jan. 18, 9 a.m. - Organic Apple Mildew Management\*, Ashour Amiri, WSU Plant Pathology. Using new research results to improve your powdery mildew management.

Jan. 18, 10 a.m. - The Latest Fire Blight Research\*. Kerik Cox, Cornell; Ken Johnson, OSU; Kari Peter, PSU; Tianna DuPont, WSU

Jan. 18, 1 p.m. - Selecting New Varieties. Bill Dodd, Midwest Apple Improvement Association, Dr Brewster, Plant and Food New Zealand

Jan. 19, 9 a.m. - Mating Disruption as a Basis for Apple IPM\*. Don Thomson, Pacific BioControl; Coverage is Key in Apple IPM\* Gwen Hoheisel, WSU Extension. How MD works: competitive attraction. Higher populations are more difficult to control. Aerosol emitter BMPs. Potential of resistance. Coverage is essential and there are some key components that should be looked at this year to ensure that spray is reaching all areas of the canopy.

Jan. 19, 11 a.m. - Codling Moth Apple IPM - Don't Forget the Basics, SIR Update\*, Betsy Beers, Matt Jones WSU Entomology. Success is influenced by weather. Monitoring basics. Rotate products. Virus in conventional IPM. Organic programs. Using cultural controls. Incorporating SIR into your IPM program successfully.

Jan. 19. 1 p.m. - The Labor Piece of the Production Puzzle. Karen, Lewis, WSU Extension. De-leafers, Cyclone, Scout, pedestrian orchards.

Jan. 20, 9 a.m. - Pear IPM\*. Louis Nottingham, WSU Entomology. Key components to successful pear IPM programs. Latest research.

Jan. 20, 10 a.m. - Using Honeydew Washing to Improve Pear IPM\*. Chris Strohm, WSU Extension. Case studies and research results from 2020.

Jan. 20, 1 p.m. - Irrigating Pears for Quality. Lee Kalcsits, WSU Horticulture. This webinar will provide the latest research on irrigating pears for high quality fruit from WSU's Lee Kalcsits.

Jan. 21, 9 a.m. - X-disease and Little Cherry Virus\*. Scott Harper, WSU Pathology; Tobin Northfield, WSU Entomology; Louis Nottingham, WSU Entomology; Cody Molnar, WSU Extension. Symptoms and Sampling. New biology information: symptom types and biological effects per-variety. Vector ID, biology and management. New vector management study results. New vector management product trial results. Tree removal case studies.

Jan. 21, 1 p.m. - Cherry **Powdery Mildew Product** Resistance\*. Gary Grove, WSU Pathology. Cherry mildew has been quickly evolving resistance to key fungicides in Washington. Dr Gary Grove will describe new research which has found that resistance to group 3 and 11 fungicides in all production regions as well potential as resistance in other groups.

Jan. 22, 9 a.m. - Rodent Control for Orchards\*. Roger Baldwin, UC Davis. Efficacy of common and new rodenticides, burrow fumigants and repellents.

Jan. 22, 10 a.m. - Apple Thinning\*. Poliana Francescatto, Valent BioSciences. How PGRs and PGR-like compounds can manipulate two of the most common practices: fruit thinning and flower formation. Current and new

Jan. 22, 1 p.m. - Matching Rootstocks to Scions and Varieties. Jenny Bolivar, WSU Extension. Major characteristics of common rootstocks.

SEE WEBINARS ON PAGE B2

# Group viewing for Recertification Credits

By WSU Tree Fruit Research and Extension Center

Washington State University is offering group viewing for their webinar courses. Webinars are suitable for pesticide applicators in turf, landscapes, agriculture, rights of way, industrial areas, and more. Interested parties may request to sponsor a group-viewing session. The approval process takes about two weeks.

For more information about this and to submit the request forms visit their website (https://pep.wsu.edu/group-viewing/). You can also email questions to pest@wsu.edu or call 509-335-2830.

# Cherry Institute to be Jan. 21

By WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

This year's Cherry Institute will be a little different. Due to the current COVID-19 restrictions in place, the organizers have planned for an entirely virtual venue. Each individual program item is listed in our events calendar as well as being shown in the agenda below.

You will need to register for each webinar separately to attend. Links for registration are provided for each presentation. Each webinar is free and many qualify for pesticide credits.

Jan. 21, 9:-9:50 a.m. - Xdisease and Little Cherry Virus\*. Scott Harper, WSU Pathology; Tobin Northfield,



Louis Nottingham, WSU Entomology; Cody Molnar, WSU Extension

Symptoms and Sampling. New biology information: symptom types and biological effects per-variety. Vector ID, biology and management. New vector management study results. New vector management product trial results. Tree removal case studies. To register for this webinar visit http://treefruit. wsu.edu/event/lcd-webinar/ \*Qualifies for 1 pesticide update credit with WSDA approval.

Jan. 21, 9:50 a.m. - Elec-

Jan. 21, 10-10:50 a.m. - Q&A on X-disease and Little Cherry Virus. Scott Harper, WSU Pathology; Tobin Northfield, Louis Nottingham, WSU Entomology; Tianna DuPont, WSU Extension

Join us for discussion questions and answers on X-disease and Little Cherry Virus biology and management. To register for this webinar

visit http://treefruit.wsu.edu/ event/lcd-webinar/ Jan. 21, 1:-1:50 p.m. - Cher-

ry Powdery Mildew Management & Fungicide Resistance Results\*. Gary Grove, WSU Pathology Biology, cultural controls,

spray rotations, and results

SEE CHERRY ON PAGE B2

# WSU Women in Agriculture Conference postponed for 2021

SUBMITTED BY WSU EXTENSION

The 2021 Women in Agriculture Conference has been postponed due to the health restrictions and safety requirements placed on events due to COVID-19.

According to Margaret Viebrock, WSU Extension Director in Chelan and Douglas Counties and Conference Coordinator, "this was a hard decision to make, because this event is a very popular gathering for women involved in agriculture."

It is the largest event in the Northwest that addresses the needs of women farmers, aspiring farmers and women who support their family farms.

The Women, Farms & Food project began in Washington in 2005 with Washington State annual conferences offering speakers, practical advice, collaborative discussion, and networking opportunities. During the last 15 years this program evolved to a sixstate conference presented through Zoom technology to as many as 40 locations with 650 women participating.

Since the first conference, the planning process has

always been women-driven. It is primarily planned, facilitated, and taught by women. The focus groups, planning teams and evaluations have and continue to say, "we want to meet and talk with other women farmers, find out more about what they do and how they manage their lives and we need good information to be successful." Women farmers face unique challenges with the demands of both the farm and family. Equally important is the challenge to take care of themselves and, potentially, to care for extended family.

"Many attendees say this is

SEE WOMEN ON PAGE B2



Speidel Bentsenilp



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# 2021 expected to be profitable for Northwest agricultural commodities

SUBMITTED BY NWFCS

SPOKANE - Northwest Farm Credit Services, the Northwest's leading agricultural lending cooperative, has released its quarterly Market Snapshot reports covering the state of major agricultural commodities in the region. Northwest FCS teams throughout Idaho, Montana, Oregon and Washington monitor conditions and report outlooks for commodities financed by the co-op.

All Market Snapshots are posted online at Industry Insights.

Northwest FCS' 12-month outlook for the agricultural

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**Horsepower Options** 

commodities most common in the Northwest are summarized below.

Hay - The 12-month outlook for the hay industry calls for slightly profitable returns. In 2021, the hay market will focus on modestly optimistic fundamentals. A weaker dollar favors exports, and higher prices for protein substitutes, like soybean meal, will provide tailwinds to hay

#### **Row Crops**

Onions - Onions are forecast to provide break-even returns over the next 12 months. Supply and demand indicate prices could increase, yet producers are sensitive to continued COVID-19 restrictions in the food service industry.

Potatoes - Slightly profitable returns are expected for potato producers. Processors' demand for uncontracted potatoes is restrained as the **COVID-19 situation continues** to dampen restaurant demand for processed potato products, such as french fries.

Sugar Beets - Sugar beet growers should see profitable returns for the 2020-21 season. The USDA forecast suggests stocks-to-use ratios will continue to decrease from 14.2% in 2019-20 to 13.5% in 2020-21, a favorable ratio for Northwest producers.

#### **Tree Fruit**

Apples – Apple growers can expect to see slightly profitable margins. A smaller crop and solid demand should increase prices. However, sev-

the best conference for women

farmers, because it presents

practical information they

can use right away," Viebrock

Program evaluations over

the years have shown that

women farmers have devel-

oped their farm vision to meet

their financial, marketing and

**WOMEN** 

Kubota

M5N-111

CONTINUED FROM PAGE B1

eral quality issues have challenged growers this season. Quality will be a key driver of individual growers' profits.

Cherries - Overall, profitable margins are anticipated for cherry growers. Reduced supply coupled with strong domestic demand helped sustain high pricing, which will translate into strong margins for growers. However, those with measurable losses in tonnage may not have had enough fruit to capture returns and will be reliant on crop insurance.

Pears - The 12-month profitability index forecasts slightly profitable returns for pear growers. Although demand has been lackluster the last few years, increased pricing indicates demand may be finding some higher ground. Good quality will

for slightly profitable returns for wheat growers. The US-DA's projected 2020-21 season average farm price for

also increase growers' re-

Wheat - The outlook calls

all-wheat is \$4.50 per bushel. Current markets are showing a higher average of \$4.70 to \$4.80 per bushel from the 2019-20 season. High yields and government payments will partially offset otherwise break-even wheat prices.

Wine/Vineyard - Slight profits are expected for both vineyards and wineries, although it's a mixed bag for both. Lower grape yields and bulk wine supplies should support improved grape markets, but fundamental oversupply issues remain. Some wineries in the retail

concerns, and offering solu-

tions could not be accomplished

To stay connected with this

program and other women in

agriculture, women are en-

couraged to visit the website

at www.womeninag.wsu.edu

and add themselves to the Con-

stant Contact list and join the

Women in Ag conversations

• Please note that in order to

try to accommodate the ability

to receive pesticide credits

each webinar has individual

registration. We apologize for

Horticulture Updates

the inconvenience.

nels are having record sales; however, wineries reliant on tasting rooms, events or other in-person sales are left with limited options to generate revenue.

**About Northwest FCS** 

Northwest FCS is a \$13 billion financial cooperative providing financing and related services to farmers, ranchers, agribusinesses, commercial fishermen, timber producers, rural homeowners and crop insurance customers in Montana, Idaho, Oregon, Washington and Alaska. Northwest FCS is a member of the nationwide Farm Credit System that supports agriculture and rural communities with reliable, consistent credit and financial services. For more information, go to northwest-

on social media.

fcs.com.

Many area farm businesses, women employed in the agriculture industry and financial instructions support the conference with their contributions to scholarships, speaker stipends, educational materials, and conference meals.

Businesses interested in supporting the 2022 conference and viebrock@wsu.edu.

· Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your

other educational opportunities for women farmers are encouraged to contact Viebrock at

local Extension office.

· Matt Whiting, WSU Horticulture, WSU IAREC. ON DEMAND available at http:// treefruit.wsu.edu/educationtraining/expert-presentations/ starting Jan. 21, 2021.

• 2020 Northwest Cherry Season by the Numbers B.J. Thurlby, Northwest Cherry

Growers Domestic Market: The Pan-

demic Powerhouse James Michael, Northwest Cherry Growers Marketing Cherries Inter-

nationally During a Pandemic Keith Hu, Northwest Cherry ON DEMAND available

at http://treefruit.wsu.edu/ education-training/expertpresentations/ starting Jan

· Blue Orchard Bees for Improving Pollination

Theresa Pitts-Singer, USDA

ON DEMAND available at http://treefruit.wsu.edu/ education-training/expertpresentations/ starting Jan

· Orchard Systems for Labor **Efficiencies and Profits** 

Greg Lang, Michigan State

University 10-year summary of NC140 trial of TSA, KGB, SSA, and UFO canopy architectures comparison with economics and labor results.

ON DEMAND available at http://treefruit.wsu.edu/education-training/expert-presentations/starting Jan 21, 2021.

Contacts:

Cherry Institute, Northwest Cherry Growers: Kathy Keeth cherryinstitute@wastatefruit.

WSU Extension: Tianna Du-Pont tianna.dupont@wsu.edu (509) 293-8758; Gwen Hoheisel ghoheisel@wsu.edu



virtually.

analyze their profitability. Farming is risky business and women farmers benefit from the support of other women. Many conferences has switched to a totally technology-driven event, and Viebrock added, "I felt we could not fulfill the major objective of offering women an opportunity to net-

use their financial records to

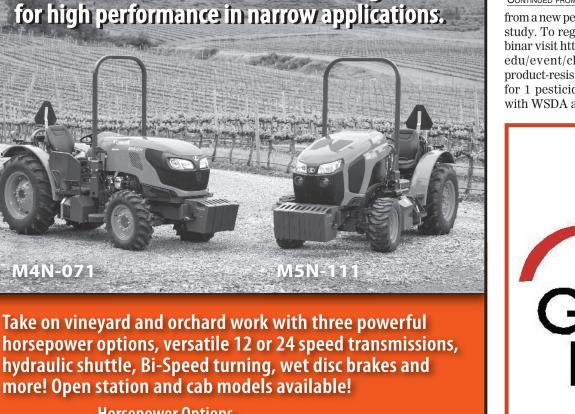
production goals. They have **WEBINARS** 

> CONTINUED FROM PAGE B1 Overview of data of honeycrisp on different rootstocks. Case studies of success.

## **CHERRY**

CONTINUED FROM PAGE B1

from a new pesticide resistance study. To register for this webinar visit http://treefruit.wsu. edu/event/cherry-powderyproduct-resistance/ \*Qualifies for 1 pesticide update credit with WSDA approval.



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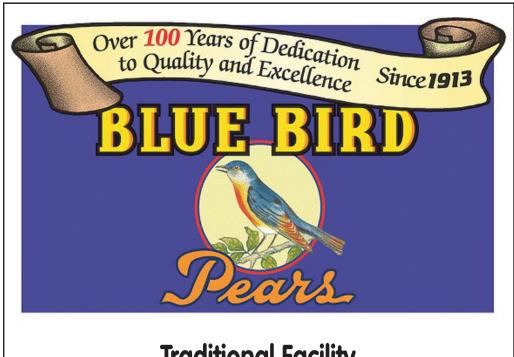
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#### Administrative

#### **Puzzle Solution**

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## **Announcements**

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Lake Chelan Mirror 509-682-2213

Quad City Herald 509-689-2507 or email mirrorads@lakechelanmirror.com

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Ads will be placed in the following Wednesday edition of the papers. It is easy just

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#### The Lake Chelan or Quad City Herald

or email mirrorads@ lakechelanmirror.com For

#### The Leavenworth Echo or Cashmere Valley Record

Call 509-548-5286 or email classifieds@leavenworth echo.com

## **Employment**

#### **Help Wanted**

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Quad City Herald, Brewster Call 509-682-2213 or email Meg at mirrorads@lakechelan

OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworth echo.com

Deadline: Friday by Noon for the following Wednesday issues of all newspapers.



SEASONAL PARKS **MAINTENANCE POSITIONS** (closes 11:59 p.m. on 12/31/21)

Openings in Chelan at Beebe Bridge Park. Full time hours, evening and weekends, April through Oct. or June to Sept. Visit our Website at chelanpud.org for complete details and to apply online. EOE, including disability/vets.

#### Help Wanted



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City of Chelan is accepting applications for the of Office position Assistant/ Records Clerk. Please submit a complete package, application including: cover letter, resume and employment application to the City Clerk by mail at PO Box 1669, Chelan, WA 98816 electronically pgallucci@cityofchelan.us. Application materials are located on the City's

www.cityofchelan.us Applications will be accepted until 5:00 p.m. on January 29, 2021. Incomplete applications will not be accepted.

website:

#### **Work Wanted**

House Cleaning and have references. Call 509-557-2151

## For Sale

#### **Antiques & Collectibles**

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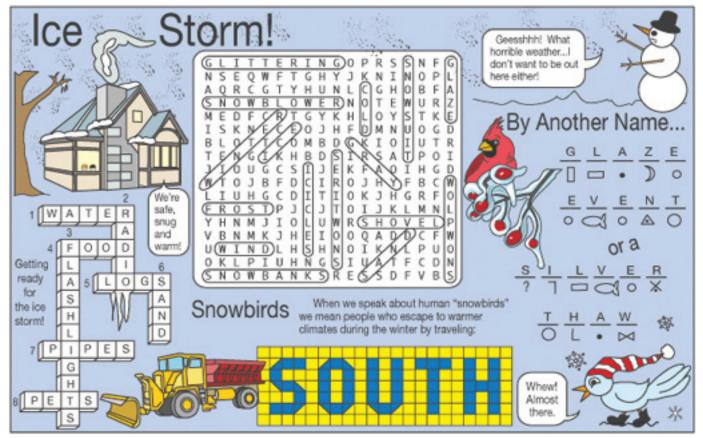
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### THE WASHINGTON OUTDOORS REPORT

New Year's resolutions for the outdoors enthusiast

By John Kruse, The Washing-TON OUTDOORS REPORT

Call it the silver lining of the COVID-19 pandemic...People are discovering or rediscovering the great outdoors. This means the outdoors will likely be a crowded place in 2021 as well. This means now is the time to plan your outdoor adventures for the year. With that in mind, what will you resolve to do outside in 2021?

Try Something New – If you haven't gone fishing or hunting before, this is a great year to try both and the Washington Department of Fish and Wildlife along with local sportsman's groups host events throughout the year meant to introduce newcom-



#### Whitewater rafting on the White Salmon River.

ers to these sports. If you are already an angler or hunter resolve to go after a new species. Perhaps you are a trout angler? If so, learn how to be a walleye angler. Trust me, after you taste fresh walleye, you'll thank me for this. Maybe you are a deer hunter. In that case. consider going turkey hunting for the first time or invest in a

bird dog and take up waterfowl or upland bird hunting. If nothing else, you'll get a dog out of this resolution.

Be A Thrill Seeker - You can enjoy some incredible adventures in the Pacific Northwest at any age. One of those involves whitewater river rafting. Whether you raft relatively tame streams like the

Skagit, Methow or Grande Ronde, reliably fun roller coaster rides found on the Wenatchee or Tieton Rivers, or want to plunge over a small waterfall on the White Salmon, there are numerous companies that will take you out for the day and no experience is required. What you do need is a positive attitude, just a little bit of courage and the ability to paddle when your guide tells you to do so!

Want some more thrillseeking adventures? They may not be in Washington, but they are within a day's drive. They include cave explorations at Lewis and Clark Caverns State Park in Montana or at the Oregon Caves National Monument, though COVID-19 restrictions will likely impact the guided tours at these caves for part of this year.

How about a 20-mile bike ride, all downhill, along an old rail line? You'll find that on the Route of the Hiawatha

vaccine effec-

tiveness var-

ies from 40%

to about 60%

in most adults.

The older you are the less the

vaccine protects you. To over-

come this, influenza vaccine

formulas are available for adults

Pfizer's vaccine provides

about 50% protection after

the first dose, starting about 2

weeks after it is given, with 95%

protection from COVID within 1

week of receiving a second dose,

The Moderna vaccine gives

around 80% protection within

2 weeks after the first dose,

and 94% effectiveness 2 weeks

after the second dose, given 4

2 .Even if you get COVID

The 5% of people who got

COVID-19 despite being immu-

nized only had mild symptoms,

not a serious infection requiring

despite being vaccinated, it

will most likely be mild.

older than 65 years old.

due 3 weeks later.

weeks later.

hospitalization.

just off of I-90 at the border of Montana and Idaho. If you can pedal a bicycle, you'll love this experience which incorporates great scenery, a whole bunch of history, and a real sense of adventure.

Push Yourself - Resolve to go deeper into the woods or wilderness this year. If you are a three-season hiker consider becoming a year-round one with the purchase of a pair of snowshoes or cross-country skis. Maybe you enjoy simple day-hikes. Resolve to get away from the crowds by exploring new, less popular trails or going a bit further than most do. Better still, invest in a lightweight tent, stove, sleeping bag and pad and go on a backpacking adventure.

Don't want to lug all of that stuff on your back? Then put it into a canoe or kayak. There are all sorts of lakes, rivers and backwaters to explore and paddling for the day or

for an overnight boat camping getaway makes for a unique experience.

Go Somewhere New - Last but not least, resolve to break the bonds of the familiar and go to a new place or two this year. Don't limit yourself to the destinations most people head to or one's you have visited or experienced for years. Instead of going to that popular state or national park, consider going to a county park, Department of Natural Resources or Bureau of Land Management Recreation Area. Explore national wildlife refuges and state wildlife areas you have never been to before. Try to find somewhere out of the way and under the radar. You'll may just fall in love with your new destination away from the crowds if you do.

John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.

# My COVID-19 experience

My clinic received their first allotment of COVID-19 vaccine Monday morning of this week. Hooray! We started vaccinating our clinic staff the very next day. I received my first dose of Moderna COVID-19 vaccine

FOUNDATION

this week, and yesterday my pharmacy student Albert and I administered vaccine to my co-workers as well as other front-line health care providers in my community, including 2 dentists, 12 dental assistants,

plus physical and occupational therapists.

I've helped set up and run influenza vaccination clinics every fall

for the past 10 years. Organizing COVID-19 immunizations is DEFINTELY more difficult.

Ask...

The biggest difference is the vaccine itself, which is only available as a multiple dose vial. Influenza vaccine also used to be available only in multiple dose vials, each containing 10 doses. It actually takes longer to draw up each dose from the vial than it does to administer it. We could then put the remaining unused vaccine vial back in the refrigerator until the next time someone needed a flu shot.

For the past 5 years, singledoses of influenza vaccine without preservatives have been available, each one premeasured in a ready to use syringe, saving a great deal of time and trouble.

During our flu shot clinic, we checked the age of our client, selected either the regular or the over-65 years influenza formulation, removed the dose of vaccine already filled and ready in the refrigerator, attached the appropriate needle, then gently inverted it several times to make sure it was well mixed before administering it.

Giving COVID-19 immunizations is more complicated, because not only must each dose be drawn up individually out of the multiple dose vial, there is a time limit to using that dose. Once you take out the first dose of COVID-19 vaccine out of its vial, if it isn't given to someone within 6 HOURS, it must be discarded. Yikes!

Washington State is delivering two COVID-19 vaccines to various sites around the state, one developed by Pfizer-BioN Tech, and the other developed by Moderna. They are basically very similar in how they work and how effective they are.

Here are 6 Tips on COVID Vaccines:

1.COVID vaccines are amaz-

**ACROSS** 

#### ingly effective. 3. Keep wearing your Influenza

Since the vaccine study participants were tested for COVID only if symptomatic, we don't know whether either vaccine can prevent an asymptomatic COVID infection.

#### 4. Serious allergic reactions are rare.

After giving the vaccine, you get a card with the vaccine information on it, PLUS a sticky note with the exact time the vaccine was administered. You are asked to stay under observation for 15 minutes, in case of an allergic reaction.

One dental hygienist had a severe allergy to shellfish and bee stings that required her to carry an Epi-Pen. She stayed for 30 minutes afterward, and had no problems.

#### 5. Use the V-safe smartphone app.

Developed by the Center for Disease Control and Prevention (CDC), V-safe prompts you to report how you are feeling after your COVID-19 vaccine. It checks in with you every day for a week directly to the CDC, and

if you self-report a serious side effect, someone from the CDC will contact you. It texts me a reminder each day for the first week, asking me how I am doing and will remind me when I am due for my final vaccine dose.

#### 6. Be on time for your vaccine appointment.

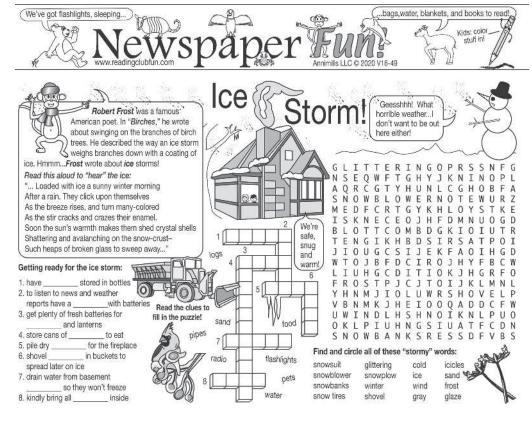
Once a vial of COVID-19 vaccine is opened, each dose MUST be administered within 6 hours to avoid having to be discarded. There are 5 doses per vial for Pfizer vaccine and 10 doses per vial for Moderna vaccine. If you don't show up on time, the dose that is waiting for you can't be used past its 6-hour time limit.

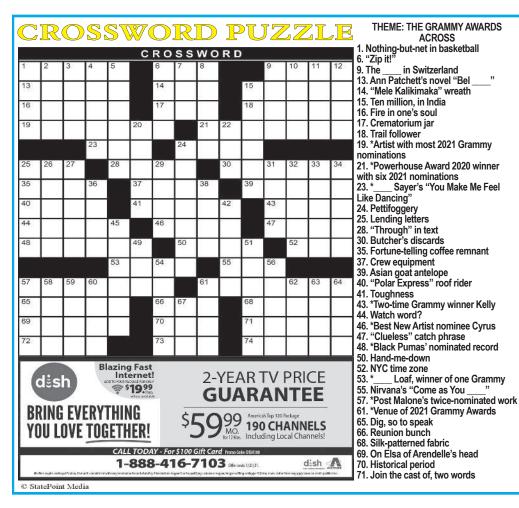
Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website The Medication Insider.com for daily tips on how to take your medicine safely. 2021 Louise Achey













58. Doing nothing 59. \*Katy Perry's 2013 Grammy-nomi-

nated song 60. Stewie Griffin's bed

61. Unforeseen obstacle

63. One of Great Lakes

67. Composer Gershwin

62. Low-cal

64. Email folder

72. Balkan native

74. Bed cover

73. Dog's greeting



row, column and 3-by-3 box includes all digits 1 through 9.