



American Legion donates flags to Manson Schools
See page 3

Lake Chelan Valley Events

Echo Ridge & Echo Valley Ski/Tube snow conditions

CHELAN - For current conditions and the grooming report for Echo Ridge Nordic Ski area go to www.lakechelanordic.org. For Echo Valley Ski & Tubing Hill conditions and hours of operation go to echo-valley.org

Lake Chelan Winterfest: January 24-26

MANSON - Lake Chelan Winterfest weekend #2: Activities include: Find Tsilly, live ice carving of the Ice Tower/wish papers, apple bin train rides, mystery mitten walk, family magic show, polar bear swim and beach fire, live music, alefest and Battle of the Bloody Mary. For info: www.lakechelanwinterfest.com

Manson Kiwanis 'Brats & Chili Feed: January 25

MANSON - The Manson Kiwanis "Brats and Chili" feed in connection with Winterfest in Manson, will be on Saturday, Jan. 25, across from the VFW Memorial and the big fruit warehouse on Wapato Way in downtown Manson. Serving starts at 1 p.m. and will continue until 5 p.m. or later. Choice of traditional red beef chili or white chicken chili for \$6; or bratwurst on a bun, for \$6. Chili and dog combo for \$8. Condiments will include sauerkraut while it lasts. They will also offer bottled water, and hot coffee and cocoa.

SEE EVENTS ON PAGE 3

Manson Apple Blossom Royalty to be selected Feb. 1



Courtesy Sherrard Studios

Selection of the royal court of the 100th Manson Apple Blossom Festival will be held on Saturday, Feb. 1, at 6:30 p.m. at Manson High School. Five candidates are vying for the royal court. They are left to right: Libbey Ireland, Teresa Venegas, Evelyn De Jesus, Brenda Alonso and Nadia Verduzco. Cost is \$8 for adults and \$5 for children. Look for photos and bio's for each candidate in next weeks Lake Chelan Mirror.

Winterfest No. 2 weekend in Manson this weekend

In Manson Jan. 24-26

COMPILED BY LAKE CHELAN MIRROR STAFF

MANSON - Nestled among the snow-capped hilltops and glacier fed waters of Lake Chelan, Winterfest is the perfect escape to a Washington winter wonderland. The second weekend of Lake Chelan Winterfest is this weekend in Manson Friday, Jan. 24 thru Sunday, Jan. 26 in Manson. There will be ale tastings, and ice tower, live music, activities for kids of all ages, a beach bonfire, polar bear splash, and much more.

Alefest Saturday, Jan. 25

MANSON - If you love beer or cider, Alefest is the event for you. Sample over 20 craft breweries and cideries in nearby Manson during our second weekend of Winterfest.

Live Music

Friday and Saturday
MANSON - Enjoy incredible live music in the Winterfest Ice Bar. The music is to be enjoyed by all ages, but you will need a valid 21+ ID and a Winterfest Button to enter the Ice Bar.

Family Activities All Weekend

MANSON - Your Winterfest Button gets you access to all of our popular Kids Activities at Winterfest Apple Bin Train Rides and the Kids Magic Show.

Local Brewers and Distillers Night Friday, Jan. 24



LCM File Photo

MANSON Winterfest attendees write their wish(es) on paper for the flaming Ice Tower at the 2019 Manson Winterfest.

MANSON - We're keeping it local on Friday Night. Join us in Manson to sip and savor the incredible local ales & spirits being produced in the Lake Chelan Valley.

Battle of the Bloody Mary

Sunday, January 26
MANSON - Eat, Drink, and B. Mary. Sip through some of the best Bloody Mary's in the Lake Chelan Valley while you enjoy a delicious brunch and then vote for your favorite at the Battle of the Bloody

Mary. 2020 Lake Chelan Winterfest Schedule Weekend Two - Downtown Manson

Friday, January 24
ALL-DAY Find Tsilly
3PM-5PM Live Ice Carving
5PM-8PM Apple Bin Train Rides
5PM-10PM Local Brewers + Distillers Night (21+)
7:30PM Jim Basnight on the De-schutes Brewery Main Stage

Saturday, January 25
ALL-DAY Find Tsilly
10AM Wally Peterson Memorial Snowmobile Drag Races
12PM-4PM Ice Tower Carving + Wish Papers
12PM-4PM Mystery Mitten Walk
12:30PM Family Magic Show
1PM-2PM 2nd Annual Viki



RuthEdna Keys/LCM

A popular event at the Chelan Winterfest weekend is the International Ice Carving competition. For more Chelan Winterfest weekend photos see page 5 and lakechelanmirror.com

Downey Polar Bear Swim & Bonfire
2PM Family Magic Show
3PM-6PM Apple Bin Train Rides
3PM-10PM Alefest (21+)
4PM Glenn Snyder on the De-schutes Brewery Main Stage
6:30PM Lighting of the Ice Tower
7:45PM Gary Knowlton Memorial Water Lantern

SEE MANSON ON PAGE 2



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Corrections
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200+ performance targets on PUD's 2020 'to do' list

Board members review District's performance plan

SUBMITTED BY
CHELAN COUNTY PUD

WENATCHEE – 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, Jan. 6 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 countywide 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 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 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 rates 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.

“The Board and our customer-owners gave us great direction during strategic planning on the added value you expect to see by 2024.”

-Steve Wright, Chelan County PUD General Manager

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- Upcoming events:**
- Feb. 4 – Commission meeting, 10 a.m.

Red Dinner
 North Shore Bible Church
 123 Wapato Point Parkway, Manson
 Sunday, Feb. 9 • 5 pm

Dinner, Entertainment, Guest Speaker, Dessert

Come enjoy this Valentine’s themed dinner whether you are young or old, single or taken!
 Tickets can be purchased at North Shore Bible Church during office hours (Tuesday-Friday, 9 am-4 pm).
 Cash or check only. Inquiries about this event can also be made by contacting our office at 509-687-3636 or at mail@northshorebc.org.
 Must RSVP by Feb. 2 • Ticket Price: \$15 per person

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NEWS BRIEFS

Write on the River Winter open mic event

SUBMITTED BY
WRITE ON THE RIVER

CASHMERE - Want to try out a few pages of your recent inspiration? Eager to read from your just-published memoir? Got poems? Join local writers for a fun and casual evening sharing original work at Write On The River’s winter open mic event, “Four Minutes of Fame” at Milepost 111 in Cashmere. The date is Thursday, Feb. 27. The gathering starts at 6:30 p.m., and readings start at 7 p.m. Food and beverages are available all evening. “Four Minutes of Fame” is free to the public, and anyone may participate, but reading slots are limited. Sign up to read at marlene@team-farell.com See more about other writing events at writeontheriver.org Milepost 111 is at 407 Aplets Way in Cashmere.

Chelan County Public Works road work

SUBMITTED BY CHELAN COUNTY PUBLIC WORKS

CHELAN/MANSON- The following is a list of regularly scheduled maintenance for Chelan County Public Works for the week of Jan. 20. Maintenance plans may change with weather conditions or equipment difficulties. Visit the Public Works website, where the weekly road maintenance information is regularly updated.

District 4 (Entiat)
 The crew will be doing snow and ice control. The crew will also be brushing as time allows.

District 5 (Chelan)
 Crews will be doing snow and ice control and removing snow berms in downtown Manson. When working in downtown Manson, there will be some minor traffic delays, with one-lane, flagger-controlled traffic. The crew will also be brushing in the Manson area and patching potholes across the district.

MANSON

CONTINUED FROM PAGE 1

7PM Kevin Jones Band on the Deschutes Brewery Main Stage

Sunday, January 26
 ALL-DAY Find Tilly
 10AM-12PM Battle of the Bloody Mary (21+)

Winterfest Button
 Your all-access pass to enjoying Winterfest! With

EVENTS

CONTINUED FROM PAGE 1

Chelan Fire & Rescue meet and greet: January 25

CHELAN - There will be a Chelan Fire & Rescue meet and greet at Station 75, hosted by fire commissioner Karyl Oules on Saturday, Jan. 25, 1-3 p.m. Activities planned are: meet newly elected Fire Commissioner Oules; ask questions regarding the southshore station and volunteers; provide input and advice of what you’d like to see at this station; bring your ideas and the how to accomplish them; and an opportunity to join the Fire Department. Applications will be available. Stop by for a visit. Station 75 is located at 12041 South Lakeshore Road.

Winter Art Exhibit: Now thru Jan. 26 in Manson

Exhibit will move to Chelan Library on Jan. 30

MANSON/CHELAN - On January 17 the Lake Chelan Arts Council’s Winter art exhibit themed “Lake Chelan in Winter” is now open at Radiance Winery’s new Manson tasting room location, 71 Wapato Way. The exhibit will be on view at the tasting room thru both Winterfest weekend. Then on Jan. 30 the exhibit will move to the Chelan Public Library where it will be on display thru March 27. Artists were invited to submit work in different media such as paintings, drawings, photography, collage and pottery. Additional information can be found at www.artinchelan.com or on Facebook at art in Chelan.

Manson American Legion presents new flags to Manson schools



Courtesy Manson School District

Commander Clyde McCullough (right) represented Post 108 at Manson Elementary School. Receiving the flag were Elementary Principal Ben Riippi (left) with a group of elementary students.

SUBMITTED BY MANSON SCHOOL DISTRICT

MANSON - The American Legion was founded in 1919 on four pillars: Veterans Affairs and Rehabilitation, National Security, Americanism, and Children and Youth. Each of these pillars encompasses a variety of programs that benefit our nation's veterans, its service members, their families, the youth of America and ordinary citizens.

On Jan.13 the Manson American Legion, Post 108 made special presentations of two 4x6 foot American flags, one for Manson High and the second Manson Elementary, addressing two of the four pillars. Post 108 was recognized in 2019 by the Manson Chamber of Commerce with a Community Recognition Award for their assistance in the Lake Chelan Valley, helping youth and programs in our community.

Commander Clyde McCullough represented Post 108 at Manson Elementary School. Receiving the flag were Elementary Principal Ben Riippi with a group of elementary students.

Vice Commander Brian Strausbaugh and Post Service Officer Norm Manly took the lead at the High School. Manson High Senior Class President Parker Schoenwald, Matt Charlton and Principal Dr. Heather Ireland



Courtesy Norm Manly/American Legion

The flags are now flying at the schools. er Schoenwald, Manson Schools Superintendent, Matt Charlton and Principal Dr. Heather Ireland received the flag, representing all students, staff and teachers.



Courtesy Manson School District

Vice Commander Brian Strausbaugh (second from left) and Post Service Officer Norm Manly (second front right) presented the flag at Manson High School. Manson High Senior Class President Parker Schoenwald (middle), Manson Schools Superintendent, Matt Charlton (right) and Principal Dr. Heather Ireland (left) received the flag for the school.

How government can kill a Golden Goose

Sometimes taxing authorities do the right thing and help save our culture by prescribing the exact right amount of financial fealty necessary to keep chaos from overtaking order.

However, on more than one occasion, various government entities get over its skis so to speak, and actually cause harm to a good thing so much so that a once thriving industry gets taxed to death. Jobs are lost, the tax base itself shrinks because of greed, indifference or incompetence and the entire structure of society becomes rusty to the point of a deadly decay akin to stage four cancer.

I paint this ugly scene because of several recent events, one of which could mean an economic disaster, not just for Douglas County, but for Chelan as well.

The Douglas County PUD wants to raise electric rates on its medium and biggest customers to the point of risking the death of the golden goose, aka, data centers and bitcoin crypto mining.

Some may say "so what, I live elsewhere" (Chelan County), but in reality jobs and industries lost in one North Central Washington county often affect adjoining counties. Admittedly, this is sometimes for the good.



APPLES TO APPLES
Gary Bégin

For example, some folks in both Douglas and Chelan counties may get the pink slip while other workers in Grant County may get a new position. Much of this jigsaw puzzle of economic growth or shrinkage depends on how well the host governing authorities handle their fiscal duties, as well as keeping promises made.

Governing is supposed to benefit those being governed and that, of course, includes the everyday citizenry as well as the so-called "captains of industry."

Not too long ago the Chelan County government went out of its way to destroy the local marijuana industry by zoning and other regulatory processes. A few vocal residents complained about the smell of the crops and demanded relief from same.

Over zealous county commissioners decided to pull the plug on legal agricultural enterprises. Those entrepreneurs were chased out of town after investing hundreds of thousands of dollars or more into their grows.

Was it being done be-

cause of dislike for the crop? We may never know.

Now the Douglas PUD is risking the chance of the data center and crypto mining jobs and all those taxes these centers generate being handed to the Grant County folks.

The PUD states it is because of Wells Dam expenses, but instead of charging all its customers the same rates, it has singled out the massive energy users by Pangborn Airport whose presence was solicited by

the Ports of Douglas and Chelan, now merged.

As Jim Kuntz, CEO of the newly formed Chelan Douglas Port Authority points out, these companies can easily pack their bags and move.

Why would any government take such a chance with its own future development and to the harm of its overall growth?

The PUD is cleverly not increasing the rates for "mere" citizens, i.e., residential users, because per-

haps those citizens can vote commissioners in and out of office.

On the other hand, there won't be as many citizens making a good living or enjoying growth if the big users fold their tents and hit the road.

Sometimes it might feel righteous to tax the "rich" and sometimes it is just stupid and an act of governmental malfeasance.

We will probably know the answer to this by the end of 2020 - or sooner.

I think I already hear phones ringing in Quincy, Moses Lake and Ephrata.

I join CEO Kuntz and urge the Douglas PUD to take a step back and find other ways to handle expenses at Wells Dam.

Gary Bégin's opinions are not the official views of NCW Media. To reach him email: gary@ncwmedia.net. Any email is subjected to publication as a "letter to the editor" unless explicitly requested not to do so.

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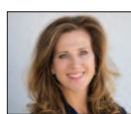
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Winterfest fun in Chelan



RuthEdna Keys/LCM
Clockwise from top left: Horse carriage rides were popular on the first weekend of winterfest, festival goers enjoy s'mores at Chelan Fire & Rescues booth, a young boy pets a horse nose, Sparky - Chelan Fire & Rescue mascot, an ice sculpture gets smoothed out, many enjoy the beach bonfire, polar splash swimmers were in and out of the water in a flash, many enjoyed a fantastic fireworks display, an 'ice castle' sculpture, her smile says it all - the ice slide is fun, and what more do you need than a pile of snow for some wintertime play. See more Chelan Winterfest photos at lakechelanmirror.com



CHELAN ATHLETES OF THE WEEK



Hayley Watson

SUBMITTED BY
ROB RAINVILLE,
CHELAN MIDDLE SCHOOL

Hayley Watson
Girls Basketball

Hayley stepped into a starting role for the Goats last week and she did a magnificent job. Hayley



Cash Walsh

led our team in rebounding and she had the fewest turnovers. She is averaging over 20 minutes per contest. She isn't afraid to sacrifice herself for the team, including taking a big charge. For the year, she is leading the team in free throw percentage.

Hayley does all the little things that are asked by coaches. Hayley brings a great attitude to practice every day and is willing to put in the work.
-Coach Huddleston

Cash Walsh
Boys Basketball

Cash has been a consistent spark all season for the Goats! He brings great energy and intensity to every game and practice. He's willing to do whatever it takes to help his team win and never misses an opportunity to dive on the floor. Cash has a motor that doesn't quit. He's a gym rat that truly loves the game of basketball. In just his sophomore year, he's proven himself to be a great teammate and a tone setter.
- Coach Pearl

MANSON BOYS & GIRLS BASKETBALL

Trojans outscored
by Raiders

SUBMITTED BY ERIC SIVERTSON,
MANSON ATHLETIC DIRECTOR

MANSON - Both the boys and girls basketball teams traveled to Lake Roosevelt on Tuesday night (Jan. 14) and both struggled against strong opponents. The girls team never got their of-

fense going and struggled against Lake Roosevelt's pressure and fell 51-7.

The boys team got outscored 22-3 in the second quarter against a very tough Lake Roosevelt team. The final score was 55-29.

The Trojans host games on Friday and Saturday this week (Jan. 17, 18). Friday we host Soap Lake and Saturday we host Liberty Bell.

CHELAN BOY'S BASKETBALL

Chelan defeats
Cascades 59-34

SUBMITTED BY
COACH JEFF PEARL

Jan. 14
Cascade 9 12 7 6 34
Chelan 21 6 14 18 59

Chelan's leading scorers:

Nate Harding 13pts
Reed Stamps 13pts
Connor Wilson 12pts
Cash Walsh 10pts

Cascade's leading scorers:

Isaac Cortes 12pts
Hans Schlyer 8pts

"I was proud of how our team competed tonight on both ends of the floor. We were able to hold them to under 35pts which is a great team defensive

effort. Drake and Dillon took some big charges for us too. Offensively we were very balanced. We continue to shoot a dismal percentage from behind the arc, but our guys are figuring out that we're at our best when we attack the rim. Happy to get a league win and protect our home court," said Coach Pearl.

Cashmere
defeats
Chelan 68-51

Jan. 17
Chelan 20 4 11 16 51
Cashmere 19 20 20 7 68

Chelan's leading scorers:

Connor Wilson 13pts
Reed Stamps 11pts

Nate Harding 9pts

Cashmere's leading scorers:
Sam Phillips 15pts
Brooks Elliot 14pts
Carter Alberts 10pts
Reed Smith 10pts

"I was pleased with the way came out playing in the first quarter, lots of energy and intensity in a tough, road environment. Our second quarter killed us. That proved to be the difference in the game, really. Cashmere got a big lift tonight from a lot of their role players. Guys you don't typically expect to put up a lot of points hit some big shots for them. No excuses, we just need to play better when we see them again on Friday," said Coach Pearl.

Community Foundation accepting applications for scholarships

Application
deadline
March 1

SUBMITTED BY COMMUNITY
FOUNDATION OF NCW

WENATCHEE - The Community Foundation of NCW is now accepting scholarship applications for students who plan to attend community college, university, or trade

school in Fall 2020.

Over 100 scholarships are available to high school seniors, current college students, and non-traditional students, each with unique criteria and award amounts. Most scholarships seek to support students who have served their community, show growth and potential, and demonstrate financial need. Applications must be submitted online. An

eligibility quiz helps students determine the scholarships for which they are eligible to apply. The online process also allows students to apply for multiple scholarships at one time.

Application deadline for most scholarships is March 1. Students may need FAFSA or other financial information to complete the application, as well as letters of recommendations from

CHELAN MIDDLE SCHOOL FOOTBALL

SUBMITTED BY
ROB RAINVILLE,
CHELAN MIDDLE SCHOOL

CHELAN - Chelan Middle School teacher and 8th grade football coach Clayton Plummer. He has been named the District 6 Middle School Football Coach of the Year. The Chelan Pirates went undefeated this year, 5-0. We appreciate all he does, as well as Coach Lund and all the football coaches that work with our student-athletes in making them successful on and off the field.

Clayton will be invited to the Hyatt Regency Lake Washington Hotel for the awards ceremony on March 6 at 8:30 p.m. He will be recognized during the WSFCA (Washington State Football Coaches Association)/Glazier Mid-Winter Football Clinic banquet.

Congrats Coach Plummer. Go Pirates.



Courtesy Chelan Middle School

Clayton Plummer, left, Chelan Middle School teacher and 8th grade football coach.

CHELAN GIRL'S BASKETBALL

Chelan
outscores
Kodiaks 61-18

SUBMITTED BY
COACH ROB HUDDLESTON

CHELAN - The Lady Goats hosted the Kodiaks from Cascade tonight (Jan. 14) for a CTL matchup. Chelan jumped on the Kodiaks from the tip off and forced multiple turnovers. Ashley Sams powered the Goats in the 1st quarter

with 10 points. Chelan led 19-4 at the end of the quarter. Katie Rainville took over in the second quarter scoring 11 points while 5 other goats added to the score. Cascades, Kascia Muscutt scored all her points in the 2nd quarter with 9. Chelan took a 42-15 lead into the locker room.

Chelan adjusted their defense to slow Muscutt down in the 3rd. A nasty collision between Booh Huddleston and Cascades Rodriguez left each of them bleeding

and Rodriguez missing part of her tooth. After the clean up only 9 points were scored between the teams. The end of the 3rd quarter was 48-18.

Chelan continued with its tough defense and didn't allow Cascade to score in the final quarter while Rainville chipped in another 6 points in the quarter. The final score was 61-18.

Ivory - 7, Finch - 2, Huddleston - 5, Watson - 6, Rainville - 23, Perez - 2, Simmons - 2, Sams - 14

Chelan High School Athletic Hall
of Fame to induct five on Jan. 24

SUBMITTED BY ROB RAINVILLE,
CHELAN HIGH SCHOOL

CHELAN - It is with great pleasure that I announce the 2019-2020 Chelan High School Athletic Hall of Fame inductees.

Each year our committee reviews nominations of people worthy of being inducted into the Chelan High School Athletic Hall of Fame. The Hall of Fame

consists of student-athletes, coaches, administrators and teams that have competed and represented Chelan High School at the highest level.

This year the inductees include:

1. Joey Harris
2. Tyson McGuffin
3. Miss Marjorie Borrill (Ma Rainer)
4. Kelly Bowers
5. The 1998 Boys' State

Champion Basketball Team

Also, in addition to the inductees, we will have our very first "Uniform Retirement" when we retire the basketball uniform of Joey Harris.

We plan to celebrate the inductions and retirement of Joey Harris' #12 uniform on Jan. 24, at halftime of the home boys' basketball game vs. Cashmere.

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Include a photo (opt.)

Send by: Noon on Thursday.

Send to:

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Email:

RuthK@LakeChelanMirror.com
310 E. Johnson Avenue, Chelan

Community Foundation
Accepting Applications for
Stronger Schools Grant

SUBMITTED BY COMMUNITY
FOUNDATION OF NCW

WENATCHEE - The Community Foundation of NCW is now accepting applications for its Stronger Schools grant, open to public schools and School Districts serving Pre-K-12th grade students in Chelan, Douglas, and Okanogan counties.

The grant offers up to \$5,000 for programs that enrich school experiences for students, support teacher development, and other activities that allow schools to better achieve their goals.

Only one application may be submitted per school and can include several different projects by teachers, staff, etc.; however, each school can only be awarded up to \$5,000. School Districts can apply separately

with a \$5,000 cap as well.

Over \$462,000 has been disbursed to schools across the region since the grant program started in 2011. Last year, \$70,000 was disbursed in Stronger Schools grants.

"Historically, we funded schools and non-profits from a single grant program, but as our resources grew, we saw an opportunity to offer a program that met our public schools' specific needs" said Beth Stipe, the foundation's executive director. "It allows us to focus our efforts on helping make a significant impact for education in our region."

Grants are awarded in June and will support the 2020-2021 school year.

To learn more and apply, visit www.cfncw.org/strongerschools

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PUBLIC NOTICES

NOTICE TO ENGINEERS AND CONSULTANTS LAKE CHELAN RECLAMATION DISTRICT 2020 PROFESSIONAL SERVICES ROSTER

Pursuant to RCW 39.80.030, the Lake Chelan Reclamation District (District) is accepting a Statement of Qualifications (SOQ) and performance data from architects, engineers and consultants with the purpose of updating our roster of qualified firms. Firms lawfully engaged in the practices of general engineering, geotechnical, environmental, structural, civil, or electrical engineering disciplines, water resources, surveying, architectural, potable water supply and treatment, sanitary sewer collection and transmission, SCADA telemetry and control systems, master planning, and other related professional services are encouraged to respond. Firms must indicate in their response which of the above services they are engaged in or their application may be rejected. Minority, women-owned, federally disadvantaged and small businesses are encouraged to apply. Firms must submit (3) copies (not to exceed 10 pages front and back) of their SOQ to Lake Chelan Reclamation District, Attn: Jennifer Collins, P.O. Box J, Manson, WA 98831. Alternatively, SOQ's may be submitted via email to jjcollins@lcrd.org.

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Tobacco and Vapor 21 began Jan. 1

OLYMPIA - Engrossed House Bill 1074 went into effect on Jan. 1; it is now illegal to sell tobacco and vapor products to anyone under 21.

Quit Resources

- Washington State Tobacco Quitline: 1-800-QUIT-NOW. Free help for quitting smoking or vaping; coaching is available in 200+ languages. Uninsured and underinsured Washingtonians can get free nicotine replacement therapy patches (while supplies last).
- Smartphone apps: doh.wa.gov/quit; apps are free, research-based, and use Acceptance and Commitment Therapy to help Washingtonians quit smoking or vaping. Patients aged 18-20 are currently eligible for a free two-week nicotine patch starter kit through the Smoking & Tobacco app.
- Text-message programs: SmokefreeTXT: text "QUIT" to 47848 to receive tips, advice, and encouragement to help you overcome challenges and stay motivated to quit. This Is Quitting (for teen/young adult vaping): text "DITCHJUUL" to 88709 to get help through cravings, stresses, and slips.
- Additional options may be available based on your insurance coverage; contact your health care provider for more information.

Why is Washington state implementing this law?

- In 2018, one in five Washington 10th graders and almost one in three 12th graders reported using vapor products, a significant increase over previous years.
- Nearly all people who smoke begin smoking before age 21—while their brains are particularly vulnerable to nicotine addiction.
- Raising the legal age of sale will help protect young people by preventing them from getting tobacco and vapor products from peers who are 18, 19, or 20 year olds.

How does the federal Tobacco 21 affect Washington state?

- On Dec. 20, 2019, the President signed legislation to amend the Federal Food, Drug, and Cosmetic Act, and raise the federal minimum age of sale of tobacco products from 18 to 21 years.
- On Friday Dec. 27, 2019, the Food and Drug Administration (FDA) announced that the law would go into effect immediately.
- Although the federal bill went into effect a few days before Washington state's bill, the Washington State Department of Health and Liquor and Cannabis Board were already preparing for our state's version of Tobacco and Vapor 21, Engrossed House Bill 1074. The state law went into effect on Jan. 1.
- Limited guidance is available at this time about the federal bill; what guidance does exist is available at <https://www.fda.gov/tobacco-products/retail-sales-tobacco-products/selling-tobacco-products-retail-stores>. The Washington State Department of Health is awaiting further guidance from the FDA.

Additional Resources

- Parents and schools can find more information about how to address youth vaping at www.youthnow.me/schools.
- The public can learn more at www.doh.wa.gov/tobacco-and-vapor-21.
- Retailers can learn more at <https://lcb.wa.gov/tobacco-vapor-21>.
- Watch Secretary Wiseman's video message about Tobacco and Vapor 21.

STORY AND PHOTO BY GARY BEGIN

EAST WENATCHEE -- The recently formed Chelan Douglas Regional Port Authority met here Thursday, Jan. 16 in the new community center and enjoyed a full house of local VIP's eager to receive good economic news.

In fact, the quarterly lunch-time meetings are called the "Economic Leadership Roundtable" and have been a regular event featured by the Port of Douglas before the merger took place late last year and always underscored growth, projects and economic potential.

This time was different. C-D Regional Port CEO Jim Kuntz told the gathered that the Port is against the proposed raise in electric rates by the Douglas PUD and even handed out a 4-page letter addressed to the Douglas PUD Manager Gary Ivory stating so.

Kuntz made a point to tell the group of about 50 mayors, directors, commissioners and private sector executives that the rate hike had the potential to cripple the tax base, not just for the PUD, but for the entire county as key industries would be negatively impacted, thus causing them to pull up stakes.

Kuntz specifically cited the massive amount of taxes paid by data centers and especially crypto mining of bitcoin which he noted, had its computer systems mounted on easily moveable equipment.

The letter stated that the PUD was violating state law RCW 54.24.080 which prohibits discriminatory practices against "customer classes."

Kuntz, and the letter he



Gary Begin/NCW Media

Chelan-Douglas Director of Economic & Business Development Ron Cridlebaugh, left, and CEO Jim Kuntz explain economic impact notes to the audience of "movers and shakers" during the January 16 Economic Leadership Roundtable in East Wenatchee.

signed off on, stated the proposed rate structure was to be 0% for residential customers, 16% for general service customers, 71% for data centers and a whopping 180% for crypto mining.

"The Port acknowledges the PUD's need to periodically adjust rates to fund its operations," but the letter states the PUD's excuse for the extreme increase due to higher expenses at its Wells Dam operations does not hold water.

Kuntz's stated purpose of the letter to the PUD was to enlighten that non-profit entity as to the importance of allowing further inter-governmental discussion before the rate increases

take place.

The Port wants a "dialogue with the Port and other affected customers." The letter explains that "Effective economic development is a 'team sport' within communities."

Kuntz said about the Port's stance, "We stand ready to work with you and to resolve these matters in an expeditious manner."

"Douglas PUD has been analyzing our loads, resources and capital needs since May 2019. Twenty percent load growth in 2019, almost entirely attributable to block chain and data centers, is not sustainable in the long term. Analysis shows with an additional

50 MW of load, we could be deficit (short on power) six months a year in 2029 and beyond. Due to recent legislation, any purchased power will need to be from non-carbon emitting resources, typically costing more than our Wells power. Also in play is the seismic safety improvements necessary on our East Embankment at the Wells project, estimated to cost \$500M. The proposed rate strategy is necessary to prepare for future capital costs and slow load growth, resulting in lower rates in the long term for our customers," said Douglas PUD Manager Gary Ivory.

Are you getting too much Vitamin E?

Vitamin E is a fat-soluble vitamin that protects your cells by working as an antioxidant. Antioxidants counteract the damage to cells caused by compounds called free radicals produced in your body during metabolism. Free radicals interact with your cells in ways that can lead to cancer, heart disease and stroke, the 3 leading causes of death in America.

Research is seeking out ways to reduce the negative effects free radicals have on our cells by discovering how to create fewer free radicals in our body and how to maximize levels of antioxidant compounds available to counteract them.

Since vitamin E is an antioxidant, shouldn't taking it help protect your cells and reduce the incidence of cancer, heart disease and stroke? We used to think, "If it won't hurt and might help, why not take it?"

Unfortunately, carefully designed clinical studies have clearly shown instead that Vitamin E supplementation DOESN'T provide any clear benefit. In fact, taking at least 400 IU of vitamin E daily can actually increase your risk of death, either by having a stroke caused by bleeding into the brain, or developing prostate cancer.

How much vitamin E do you need? The National Institutes for Health (NIH) recommends that adults get 22.5 International Units (IU) of Vitamin E daily. Although most Americans get



only about half that amount from their diet, vitamin E deficiency is rare.

Unlike most vitamins, vitamin E is fat-soluble and needs fat for it to be well absorbed. Eating a very low-fat diet or having a disease that interferes with digestion or absorption of fat such as Crohn's disease or cystic fibrosis can increase your risk of being deficient in vitamin E. Vitamin E deficiency may cause nerve and muscle damage with numbness in your arms and legs, muscle weakness, vision problems and reduced effectiveness of your immune system.

There are actually 2 common forms of vitamin E: alpha-tocopherol and gamma-tocopherol. Vitamin E as alpha-tocopherol exists in higher concentrations in the body than its cousin gamma-tocopherol, and until recently was assumed to be responsible for vitamin E's antioxidant effects.

Vitamin E supplements usually contain alpha-tocopherol, while gamma-tocopherol is found in foods rich in vitamin E such as nuts, seeds, oils and green leafy vegetables like spinach and broccoli. Most multivitamins include 30 IU of alpha-tocopherol, considered to be 100% of the daily requirement for adults by the NIH, while higher doses such as 400 IU found in

supplements contain over 13 times that amount.

Recent research has uncovered evidence that the key to the antioxidant potency of vitamin E is the level of gamma-tocopherol in the tissues and blood, not the amount of alpha-tocopherol. Taking alpha-tocopherol vitamin E actually DECREASES the level of gamma-tocopherol in your body, suppressing vitamin E's potentially beneficial antioxidant action. This may explain why alpha-tocopherol supplements produced negative instead of positive results in controlled research studies.

Vitamin E supplements contain alpha-tocopherol in either its natural form (d-alpha-tocopherol) or synthetic form (dl-alpha tocopherol). Natural vitamin E (d-alpha-tocopherol) is 1.5 times as potent as its synthetic form (dl-alpha-tocopherol).

Vitamin E supplements with gamma-tocopherol are now available, but it's too early to know if they can prevent cancer, stroke or heart disease.

Not all the research about vitamin E showed it as the villain. Vitamin E helped people with age-related macular degeneration (AMD), a common cause of blindness in the elderly. The Age-Related Eye Disease Study (AREDS) looked at the effect of a daily supplement consisting of zinc and copper combined with vitamin A, C and 400 IU of vitamin E on the progression of AMD over 5 years. The most severely affected study par-

ticipants showed a 25% decrease in the progression of macular degeneration, but those with mild or no AMD did not see any benefit.

Here Are 3 Final Facts About Vitamin E:

1. Take an AREDS vitamin supplement if you have age-related macular degeneration.

The AREDS formulation is available as PreserVision® AREDS and as Ocuvite®. Ask your eye care professional which would be best for you.

2. AVOID taking supplemental vitamin E if you are taking a blood thinner.

Vitamin E supplementation of 400 IU or more can cause bleeding problems, especially in people taking blood thinners like warfarin (Coumadin®), Eliquis®, Pradaxa®, Xarelto®, aspirin, and clopidogrel (Plavix®).

3. Eat foods rich in vitamin E. The best way to get the antioxidant benefits of vitamin E is to eat plenty of nuts (especially almonds), seeds, and green leafy vegetables such as spinach and broccoli.

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

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