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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 echovalley.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, mysterv 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.

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 Alonsa and Nadia Verduzco. Cost is \$8 for adults and \$5 for children. SEE EVENTSON PAGE 3 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

COMPLIED BY LAKE CHELAN MIRROR STAFF

MANSON - Nestled among the snow-capped hilltops and glacier fed waters of Lake Chelan



RNATIONAL



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 splashe, 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 Deschutes 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 Deschutes 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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INSIDE THIS WEEK

Community & Schools . Opinion Church News . Obituaries/Death Notices Bulletin Board Winterfest Sports & Schools

Classified Index
Classifieds, Puzzles 7-8
Public Notices 8
Business & Services,
Heath Care Directory

Inserts Safeway Manson Bay Market



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Community

LAKE CHELAN MIRROR • JANUARY 22, 2020



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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 challengwith 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 quar-

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

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 receiv-

"The Board and our customerowners gave us great direction *during strategic* planning on the added value you *expect to see* by 2024."

-Steve Wright, Chelan **County PUD General Manager**

ing 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, privacv and health concerns about advanced meters and the fairness of an optout charge. Commissioner Ann Congdon voted against the fee.

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

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 justpublished 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-farrell. 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 also will 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 onelane, flagger-controlled traffic. The crew also will be brushing in the Manson area and patching potholes across the district.



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

LAKE CHELAN

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

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Display Advertising:	
News Submissions:	Noon, Friday
Calendar Listings:	Noon, Friday
Letters to the Editor:	Noon, Friday

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The Lake Chelan Mirror welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only) Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to: cmeditor@gmail.com

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 ssue

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MANSON

CONTINUED FROM PAGE 1

7PM Kevin Jones Band on the **Deschutes Brewery Main Stage**

Sunday, January 26

ALL-DAY Find Tsilly 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.

your button, breeze on through to all the Kids Activities, Apple Bin Train Rides and dozens of incredible offers at shops and wineries all around the lake! Guests under 3 years old are not required to have a button. \$5

For more information go to lakechelan.com/winterfest

Community & Schools

Manson American Legion presents new flags to Manson schools



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 Com-



munity Recognition Award for their assistance in the Lake Chelan Valley, helping youth and programs in our community.

Commander Clyde Mc-**Cullough 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 Park-



Courtesy Norm Manly/American Legion The flags are now flying at the schools.

er Schoenwald, Manson received the flag, repre-Schools Superintendent, Matt Charlton and Principal Dr. Heather Ireland

senting 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 out 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.



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 perhaps 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.

BUSINESS/SERVICES · HEALTHCARE DIRECTORY



OBITUARIES

Carol Fae Lippincott

Long time Chelan resident Carol Fae Lippincott passed away peacefully at the home of her daughter on January 12, 2020. Born in Elkhart, Indiana on January 1, 1927, Carol was the 4th of 4 daughters born to Ora and Hazel Berkey. In 1951 Carol took a fateful trip to visit her sister and brotherin-law who were stationed at Whidbey Island Naval Air Station in Oak Harbor Washington. It was during this trip that Carol was introduced to Navy Chief, George Lippincott. They began their life together on December 27, 1951 while George was stationed in San Diego. Over the next 8 years



she and 3 children made their homes at Pearl Harbor, NAS Whidbey Island, and NAS Alameda. Much of this time Carol served as a single mom while George was out on ship deployments. Upon George's retirement from the Navy the family began a new chapter in their life in Chelan, Washington where

George served on the Chelan Police force and Carol began making their first full time

home. This was the start of the era in their lives where their house became the place where all of the kids and friends met after school and on weekends. It was about this time that Lana (Lamkin) Barton became one of

mom's special kids. Mom was always there to give encouragement, advice or an opinion to any of her "kids". Later, Carol went to work packing apples for Trout in Chelan, where she worked until her retirement. In their spare time Carol and George were avid golfers and spent many hours on the course in Chelan. Since the course was surrounded by sagebrush Carol was never far from George and his famous "snake club"! As the family grew to include sons-in-laws and grandchildren, George and Carol purchased a boat and enjoyed many happy hours fishing and skiing with friends and family. This was

home and began a new set of adventures travelling around the western US and Canada visiting friends and family. Carol was an amazing mom, grandmother, mother-in law, and friend who taught us all a lot about love, laughter and how to be a Seattle Mariners fan! She was preceded in death by her parents, sisters Verda and Verna, husband George, son James (Jimmy) and son-in-law Gordie Novich. remarkable since Carol did She is survived by her sisnot swim and could often be ter Jean Leek, sister-in-law heard telling the kids not to Joyce Lippincott, daughters

firmly planted on the beach!

Of course, the kids took full

advantage of this so Carol

was a nervous wreck by the

time she got home. About

this same time Grandma

and Pop bought a motor

Henderson (David), grandchildren Kaylee Novich, Eric Novich (Sarah), Beth Millard (Kelly), Andrew Henderson, Jenny Pederson (Jake), and great grandchildren Dillon Novich, Lily and Greyson Pederson, many nieces and nephews. The family is planning a celebration of Carol's life at a later date. The family wishes to thank the many fine caregivers at Confluence Health & Hospice for their loving care and support for Carol and her family these past months.

Condolences for the family may be sent to Precht Rose Chapel at Prechtrose. com

In lieu of flowers, the family is encouraging donations to The Salvation Army at https://www.salvationarmyusa.org/usn/ways-to-give/.

Edward Lee Peters

Ed passed away on January 14, 2020, in Olympia, Wash. at the age of 87.

Ed wrote a brief autobiography of his life in 1993 as part of a 593-page genealogy Some Desendants of Michael Peters he prepared and published at that time. This is what he wrote, with minor modifications.

Born on 11 January, 1933 at Wenatchee, Wash. He grew up at Manson, attending elementary and high school there. He spent two years in college at Washington State University followed by two years in the Army Signal Corps. Returning to WSU he obtained a BS in Electrical Engineering from Washing-



ton State University in 1959. He worked for Collins Radio Co. in Burbank, Calif. for a year and then for the Boeing Co. in Seattle until he retired in March 1988. He then built a house in Manson, Wash., and moved there in October

1988 with his second wife, Barbara. He was a mountain climber and member of the Seattle Mountaineers for many years, serving as chairman of the Climbing Committee, Member of the Board and one year as Vice President. He is a member of the American Alpine Club. He was editor of the Seattle Mountaineers climbing textbook, 4th edition, Freedom of the Hills, which was published in four countries, the U.S., Canada, Great Britain and Australia. Later it was translated into Spanish and reprinted in Mexico. He is co-author and publisher of a book for those beginning gemstone faceting entitled The Faceting Handbook published in 1985. The first printing of the book sold out and the book is now in its second printing. He and his

wife Barbara continue to go to the Eldorado Sapphire mine each year, as they have for the past 14 years, to dig their own sapphires.

go too deep...while she was

Here are some personal details missing from Ed's write-up.

Ed was the son of Modest and Dorothy Peters of Manson, Wash. As a boy he developed a fascination with radios and all things electronic. At this time electronic components were of human scale and Ed had a workshop next to his bedroom for hands-on experimentation with electronic components. He also had keen mechanical skills, demonstrated by piecing together his own automobile when he was in high school. Getting the body of a 1936 Ford Coupe for free from a local orchard

and buying an engine and transmission from a local auto junk yard, he put the car together and got it running. During his sapphire mining years, he and brother John designed and built light-weight, collapsible aluminum shakers for separating pebbles from dirt.

Marsha Novich and Barbara

He married Claudia Debar of Manson in 1956 and they had two children, Cynde born in 1957 and Gary born in 1960.

In 1978 he married Barbara Acey, who also worked at Boeing. After retirement, they lived in Manson, Vancouver, South Puyallup and Olympia. They traveled around the United States including Alaska and Hawaii. While living in Manson, Ed hosted annual cousins' reunions of the Peters family who came from around Washington and from as far as Califoria.

His wife Barbara passed away in August 2019.

He is survived by his daughter Cynde Lund of Bothell, son Gary Lund of Seattle, several grandchildren and great-grandchildren, sister Barbara of Seattle, brother Don (Marlene) of Spokane, brother John of Manson, and his wife Barbara's daughters Janice, April, and Terri and grandchildren and greatgrandchildren.

Memorial donations may be made to the Peters Family Scholarship Fund c/o **Community Foundation** of North Central Washington, 9 S. Wenatchee Ave, Wenatchee WA 98801, to benefit graduates of Manson High School.

BULLETIN BOARD

Submitting your Bulletin Board item

Who: Any non-profit 501(c)3 group. Person(s) must submit full name and contact phone number. What: Items pertaining to local events, meetings etc., that are free or a minimum charge. Where: email to: ruthk@lakechelanmirror.com, subject line LCM Bulletin. Deadline: Friday at 3 p.m. Be sure and include date, time, place and cost if any.

CHURCH EVENTS

Jan. 23

Healing Prayers

CHELAN - Healing Prayers is a safe, non judgmental, hope filled ministry lead by compassionate believers from multi-denomiChicken Paprika, Egg Noodles, Roasted Winter Veggies, Green Salad, Bananas, Whole Wheat Roll, Dessert

Friday, Jan. 24

Thursday, Jan. 23

Beef Barley Soup, Cottage Cheese, Spinach Salad, Oranges, Whole Wheat Roll, Dessert

Monday, Jan. 27

Salisbury Steak, Potatoes & Gravy, Mixed Vegetables, Spinach Salad, Whole Wheat Roll, Peach Cobbler

Tuesday, Jan. 28

Chicken & Rice Bake, Roasted Vegetables, Kale Chopped Salad, Tropical Fruit, Whole Wheat Roll, Dessert

Jan. 26

Potluck dinner

CHELAN - Berean Baptist Church has a potluck dinner after the morning service on the last Sunday of every month. The church is located at 515. E. Woodin Ave. There will be no evening service on that Sunday.

Rotaract meetings

CHELAN/MANSON - Rotaract meets the first and third Mondays (changed to second and fourth for January) of each month at 6 p.m. at Stormy Mountain Brewing in Chelan, and on the second and fourth Thursdays of each month at MVP Vintners in Manson. Please join them at any of these meetings, and feel free to bring guests. For info: Hailey, 509-860-8521 or hailey@ kellvallenagency.com

national churches with in the Chelan Valley and is endorsed by many area churches. Healing Prayers operates in the power of God's Holy Word to seek and to save the lost and to restore the broken hearted. They trust in God's precepts and commandments and the promises HE gives to his children; including promises to non believers who are searching for answers in their lives. The invitation is for all who are seeking prayer, healing, direction, and restoration. Our prayers are for Gods Divine Healing, physically, emotionally and spiritually. Delivering The Word of Hope, Encouragement, Instruction and Redemption. Location: 213 Sanders St. Chelan. Located on the Campus of the Nazarene Church and is across the street from the Fire Station. Dates: Every second and fourth Thursday of Every Month. Time: 6-8 p.m. Everyone is welcome.

Chelan/Manson Senior Center

CHELAN - Coffee Club, Monday-Thursday, 10:30 a.m. Senior SAIL Exercise Class: Monday and Wednesday, 1-2 p.m., Monday and Thursday evening, 5:30-6:30 p.m. Sit down Beachball Volleyball, Call for days and times. Sponsored by LCCHC. Wii Bowling, Tuesdays, 10-11 a.m. Pinochle Tuesday, 1 p.m. Bingo Thursday, 1 p.m.

Senior Meals

Senior Meals, Monday-Thursday, call (509) 888-4440. Home Delivery Meals (509) 470-0522. For information Chelan Senior Center, 682-2712. Manson: Manson Senior Lunch, Friday, Kathy 687-3377.

Friday, Jan. 29

Minestrone Soup, Cottage cheese, Caesar Salad, Peaches, Dessert

Jan. 22

Alzheimer's Caregiver Support Group

CHELAN - Alzheimer's Caregiver Support Group for Chelan/Manson is Wednesday, Jan. 22, 9 -11:00 a.m. at the Lake Chelan Community Hospital Board Room. The group is open to caregivers and loved ones with Alzheimer's. Currently four caregivers are attending and they have room for up to 12. Tender Loving Care Volunteers will be available to provide caregiver support (care in the home for the person with Alzheimer's) during the meeting. To arrange, call Kathy Miller (509-687-3377) or Claudia Swenson (360-561-6090). For information you may contact the facilitator, Bob Poindexter, directly: (509) 797-1609.

Jan. 23

Lake Chelan Lions to meet

CHELAN - Lake Chelan Lions Club meets every Thursday at the Apple Cup Cafe Annex at noon to 1 p.m. Those interested in joining Lake Chelan Lions Club are welcome to attend. For more information: Chuck Robinson, 509-679-4550

Jan. 28

Jan. 27

Lake Chelan Rotary Club meetings

CHELAN - Lake Chelan Rotary Club meets every Tuesday at Sorrentos (Tsillan Cellars), 11:45 a.m.-1 p.m. Those interested in joining Rotary are welcome to attend. Satellite meeting is held at The Vogue on the 1st and 3rd Thursday of each month at 7 a.m. For info: Contact can be Kelly Allen at (509) 423-1655.

Jan. 28

Al-Anon

CHELAN - AlAnon meetings are weekly at the Lake Chelan United Methodist Church, 206 Emerson Street, Tuesdays, 12-1:15 p.m. For more information call Sherylann, 682-1817.

Jan. 28

LCCHC board to meet

CHELAN - Chelan County Public Hospital District #2 (Lake Chelan Community Hospital and Clinics) will be holding a regular board meeting on Tuesday, Jan. 28, from 1:30 p.m. until 3:00 p.m., in the Board room, located at Lake Chelan Community Hospital. 503 E. Highland Ave., Chelan. The public is welcome to attend. For more information: www.lakechelancommunityhospital.com



Lake Chelan Lutheran Church Worship 9:30 am Sunday School following Worship Service 682-9063 • 216 W. Nixon Ave.

> LAKE CHELAN UNITED METHODIST CHURCH Worship 10 am 682-2241 Corner of Johnson & Emerson

(2nd Story-Chelan Public Library) OUR OFFICE LOCATION 105 N Emerson - Suite 204. Chelan • 509-682-5953 For more information about us and our activities visit www.lscchelan.org

St. Andrew's Episcopal Church Worship 10 am 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

WAREHOUSE COMMUNITY CHURCH

Group Life Sunday School 9:30 am Worship Celebration Service 10:45 am 412 Youth Group Wednesday 6:30 pm Pastor Barry Mooney 784-2710 • 14916 Hwy 97A www.warehouseccommunitychurch.com

<u>"With men this is impossible;</u> but with God all things are possible." -Matthew 19:26

Nursery (birth - 3 years) 9:30 am pre 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

Community

Winterfest fun in Chelan















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-

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 Schlver 8pts

"I was proud of how our team competed tonight on both ends of the floor. We were able to hold them

fense going and struggled against Lake Roosevelts 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 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 Prirates.



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 RAIN-VILLE, 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)

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

effort. Drake and Dillon Nate Harding 9pts took some big charges for Cashmere's leading scorers: us too. Offensively we Sam Phillips 15pts were very balanced. We

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. Guvs 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 see them again on Friday,"

6

to under 35pts which is a great team defensive

Chelan's leading Connor Wilson 13pts Reed Stamps 11pts

Jan. 17

Chelan 20 4 11 16 51

Cashmere 19 20 20 7 68

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.

defeats

Cashmere

Chelan 68-51

said Coach Pearl.

4.Kelly Bowers 5.The 1998 Boys' State

the home boys' basketball game vs. Cashmere.

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 nontraditional 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

teachers and mentors, SAT scores (for some), and school transcripts, so proper planning is highly recommended.

"All of our scholarships have been established by people in our region who care about helping local students achieve their education dreams" said Julie Mott, scholarship program specialist. "Each was created with a certain student in mind, so there is really something for

everyone. We encourage anyone who plans on going to college or trade school this fall to apply."

Last year, over a \$660,000 in scholarships was awarded to student across North Central Washington.

To view the full listing of scholarships and learn more, visit www.cfncw. org/scholarships

The Community Foundation of North Central Washington's mission is to grow, protect, and connect charitable gifts in support of strong communities throughout Chelan, Douglas, and Okanogan counties.

Established in 1986, the **Community Foundation** manages \$85 million in assets through 500+ individual funds and has awarded over \$35 million in grants and scholarships.



New hires • promotions • special training • awards Share your company's news with our communities.

Free

Keeping up with people submissions are printed as space is available.

Include a photo (opt.)

Send by: Noon on Thursday.

Send to:

Lake Chelan Mirror Quad City Herald P.O. Box 249 Chelan, WA 98816

Phone: 509-682-2213

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 actives 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

Share Your Sports & School News With Us Email it to lcmeditor@ gmail.com or call 682-2213

JANUARY 22, 2020 • LAKE CHELAN MIRROR



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

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BUSINESS Opportunity

Well established, turn key route sales business for sale. Great income potential and growth season coincides Sales with school year, summers off if desired or work thru for more in-Visit company come. website:

www.collectivegoods.com Contact owner: ookquybrian@charter.net

FOR RENT **House For Rent** Eagle Creek Cottage at the Winery 10037 Eagle Creek Road Fully furnished \$1200/ month · 6 month lease minimum • 2 bedrooms, living room, full kitchen 1 bathroom, laundry room, hot tub utilities are included in rent (electric, water, phòne, garbage) Call: 509-548-7668 or 509-679-8858 Ask for Pat or Ed HAPPY ADS ANNOUNCE IT IN THE CLASSIFIEDS AT NCWMarket.com ***HAPPY BIRTHDAY** *CONGRATULATIONS! WILL YOU MARRY ME? *I'M SORRY!! *Happy Anniversary Only \$15 for 30 days includes 3 photos **HELP WANTED**



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

Cascade High School Head Volleyball Coach

Cascade High School Fall Cheer Advisor

Fast Track application process and information can be found on our website at:

www.cascadesed.org EOE



The Cascade School

HELP WANTED

Responsible animal lover to care for. feed and water, 2 times per two miniature donday, for 3 weeks in keys. March. Brender Canyon, Cashmere. Text or call 509-860-4665 or 679-9916.

Manson

School District is seeking applicants for the following positions. •High School Tennis Coach Assistant Middle School Volleyball Coach Detailed job posting and online application proc ess are available at: www.manson.org EOE FRITAGE EIGHTS

Caregivers needed Kind, nurturing people with good listening skills. These are part-time positions for our float pool.

We will train for Home Care Aide Certification. Other duties may include housekeeping, laundry, and cooking

Please apply in person at Heritage Heights, 505 East Highland Ave. Chelan, 509-682-1998.

Writer/ Photographer



Is looking for a talented writer/ photographer to report on the news of the Chelan Valley _ake Qualified applicants will cover city council, local school boards, high sports and comschool munity events. Must be a good writer, photographer, and have excellent computer skills and love attend community to events. Must be a team and willing to blaver

HELP WANTED

Full and Part-Time Bedmaker, Laundry and Housekeeping eavenworth Enzian Inn hiring for full and part-time Housekeeping aundry Bedmakers. / Enjoy а competitive wage and positive workng environment. Shifts typically begin at 9:00 and end between 2:00 -4:00 daily. Hotel ameni ies such as fitness room indoor pool and jacuzz are available to employand their immediate

family to enjoy in the winer months. Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth

lees

Find the Best Qualified Local Employee in our Classifieds Ads.

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

Deadline Monday at noon for the paper Lake Chelan Mirror Leavenworth/ <u>Cashmere</u> Deadline Tuesday at noon

Quad City Herald Your ad will appear

online and in the newspaper for one low price. Full and Part-Time

Breakfast Catering Staff

The Leavenworth Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team Position provides opportunities to learn and perform a variety of duties. présent Prepare, and serve the daily breakfast buffet and at catered functions. Full and part-time posi-

tions requiring son weekends. Recreational some amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course. Apply in person.

590 Hwy, 2 Leavenworth.

PUZZLE

PUZZLE SOLUTION

APPLIANCES

Pocket some cash by selling your used Appliances with a classified ad. Place your ad 24/7 at

www.NCWMarket.com Your ad will appear

online and in the newspaper for one low price.

Deadline Mondav at noon for the paper Lake Chelan Mirror **Leavenworth** Cashmere

Deadline Tuesday at noon for the paper Quad City Herald





Fill your pockets with \$\$ CASH \$\$ Let others know what

items you are selling!

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

Deadline Monday at noon for the paper Lake Chelan Mirror Leavenworth/

<u>Cashmere</u> Deadline Tuesday

GENERAL **Merchandise**

SPECIAL Leavenworth Cards Fundraiser forThe Royal Ladies of the Autumn Leaves. With sayings like I Miss You----Wish You Were Here (in Leavenworth.) Regular cost \$3.99 Now only \$1.50 Pick up one or more Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

> **PUBLIC** NOTICES

NOTICE TO CONTRACTORS LAKE CHELAN RECLAMATION DISTRICT 2020 SMALL WORKS ROSTER

Pursuant to RCW 87.03.436 the Lake Chelan Reclamation District (District) is accepting ap-District (District) is accepting ap-plications from contractors for its 2020 Small Works Roster. Applications will be accepted continuously until December 2020. Project cost will be \$300,000 or less. In order to qualify, applicants must be: 1) a registered contractor in good registered contractor in good standing in the State of Wash-ington with a WA State UBI number and Contractor's Li-cense number; 2) be able to comply with Federal and State prevailing wage requirements as they apply to each project; 3) be able to provide bid bonds, payment bonds, performance bonds, and an endorsed certifi-cate of insurance naming the District as additional insured when called for; 4) complete and submit a Small Works Ros-ter Application. Applications. and submit a Small Works Ros-ter Application. Applications, specifications, and information on work available and selection process may be obtained from the District's website at www.lcrd.org. Questions con-cerning applications may be di-rected to Jennifer Collins by email at jcollins@lcrd.org.

Published in the Lake Chelan Mirror January 15, 22, 29 and February 5, 2020. #87037

NOTICE TO VENDORS LAKE CHELAN RECLAMATION DISTRICT 2020 Vendor List

Pursuant to RCW 39.04.190 the District is soliciting applications from vendors who wish to be added to our Vendor List for the purchasing of materials, sup-plies or equipment in the amount of \$50,000 or less. Interested vendors may obtain an application on the websitewww.lcrd.org or by con-tacting Jennifer Collins at jcol-lins@lcrd.org (509) 687-3548. application on the

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7



Have products or services for sale?

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Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal The good news is:

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- per month last year
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 - any of your personal information · Our monthly subscription programs allow you

as often as you want

to change your ad entirely at no additional charge

You can include a map to your business

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Place your ad now: NCWMarket.com



Classifieds / Public Notices

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, mental, structural, civil, environ-, or electrical engineering disciplines, water resources, surveying, ar-chitectural, potable water supply and treatment, sanitary sewe 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 en-gaged 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. Alterna-tively, SOQ's may be submitted via email to jcollins@lcrd.org.

Published in the Lake Chelan Mirror January 15, 22, 29 and February 5, 2020. #87039

Share Your News With Us Email it to lcmeditor@ gmail.com or call 682-2213



Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com



Tobacco and Vapor 21 began Jan. 1

Chelan-Douglas Regional Port decries 'biased' Douglas PUD rate increase

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 TobaccoQuitline: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 twoweek 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 tioxidant. Antioxidants amend the Federal Food, counteract the damage to

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 lunchtime 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

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 intergovernmental discussion before the rate increases

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

take place.

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 deficit (short on power) six months a year in 2029 and beyond. Due to recent legislation, any purchased power will need to be from noncarbon emitting resources, play is the seismic safety improvements necessary at the Wells project, estimated to cost \$500M. The proposed rate strategy is necessary to prepare for term for our customers,' said Douglas PUD Manager



Gary Begin/NCW Media Chelan-Douglas Director of Economic & Business Development Ron Cridlebaugh,

50 MW of load, we could be

typically costing more than our Wells power. Also in on our East Embankment future capital costs and slow load growth, resulting in lower rates in the long Gary Ivory.

Are you getting too much Vitamin E?

Vitamin E is a fat-soluble vitamin that protects your cells by working as an an-

Ask... Dr. Louise

supplements contain over 13 times that amount.

Recent research has uncovered evidence that the those with mild or no AMD key to the antioxidant potency of vitamin E is the level of gamma-tocopherol in the tissues and blood, not the amount of alphatocopherol. Taking alphatocopherol vitamin E actually DECREASES the level of gamma-tocopherol in your body, suppressing vitamin E's potentially beneficial antioxidant action. This may explain why alphatocopherol 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-alphatocopherol) 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 did not see any benefit.

8

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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/tobaccoproducts/retail-sales-tobaccoproducts/selling-tobaccoproducts-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/tobaccoand-vapor-21.

• Retailers can learn more at https://lcb.wa.gov/tobaccovapor-21.

Watch Secretary Wiesman's video message about Tobacco and Vapor 21.

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 gammatocopherol 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 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 vour eve 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 The Medication Insider.comfor daily tips on how to take your medicine safely. 2020 Louise Achey

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