

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 17-26

CHELAN - MANSON - Watch international ice sculptures work their magic, make a snowman contest, snow games, ice slide, chili cook off, torchlight parade, bonfire, polar bear splash, fireworks, and so much more fun, over two weekends in the Lake Chelan Valley. www.lakechelanwinterfest.com

Ready to take down that Christmas tree?

CHELAN: If you live in Manson or Chelan, drop your tree off at Don Morse Memorial Park for the Lake Chelan Winterfest bonfire on Jan. 18. The trees can be dropped off for free in the marina parking lot by the golf putting course. Look for the marked area.

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.

Public transportation needs assessment survey underway

SUBMITTED BY ERIC WEST, LINK TRANSIT

CHELAN - Link Transit planning staff are exploring options for improving local public transportation to serve the greater Lake Chelan area starting in the spring or early summer of 2020.

Options include a circulator within the City of Chelan, including service to the Wal-Mart area, and routes that incorporate a larger area - possibly between Manson and Chelan. In addition to service between Manson, Chelan and Wenatchee, Link currently operates these services in the Chelan area: a general public Dial-a-Ride (DART), and paratransit. In the summer of 2019, Link also operated a shuttle to local parks.

To gather information on the public transit needs of the citizens and residents of the greater Chelan area, Link will be mailing a survey to all households in the area later this month. This survey is also available at www.linktransit.com/

Link will be mailing a survey to all households in the area later this month. Survey is also available at www.linktransit.com/chelansurvey.

chelansurvey. Link staff will also be in the Chelan area periodically over the next few weeks at various locations to answer questions and get specific input from interested individuals. More information about this can be found on Link's Facebook page.

"Link Transit's goal is to develop public transit services that work the best for the most people", said Eric West, Link's Marketing and Communication Coordinator. "Citizen input is vital as we continue to lay out the best public transportation options for our communities."

Winterfest fun kicks off this weekend in Chelan

In Manson Jan. 24-26

COMPILED BY LAKE CHELAN MIRROR STAFF

CHELAN/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 first weekend of Lake Chelan Winterfest kicks off this weekend in Chelan, Friday, Jan. 17 thru Sunday, Jan. 19. The second weekend of Winterfest will be Friday, Jan. 24 thru Sunday, Jan. 26 in Manson. There will be wine and ale tastings, horse-drawn carriages, intricate ice sculptures, live music, activities for kids of all ages, a massive beach bonfire, polar bear splashes, a spectacular fireworks show and much more.s

Wine Tasting Friday, Jan. 17 and Saturday, Jan. 18
CHELAN - Wine Tasting in snowy Downtown Lake Chelan is the quintessential Winterfest experience. You'll explore over 40 different award-



LCM File Photo

A popular family activity during Winterfest is the horse-drawn carriage ride around downtown Chelan.

winning Chelan Valley wines in the Tasting Tent on Friday and Saturday, or stroll through the downtown boutiques as you chat with the winemakers and taste their select choice of higher end wines on the Saturday Grand Wine Walk.

Alefest Saturday, Jan. 25
MANSON - If you love beer or cider, Alefest is the event for you. Sample over 20 craft breweries and ciders in nearby Manson during our second weekend of Winterfest.

Live Music Weekend One and Two – Friday and Saturday
CHELAN/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 Weekend One and Two – All Weekend
CHELAN/MANSON - Your Winterfest Button gets you access to all of our popular Kids Activities at Winterfest – Snow-

flake Lane, Horse Carriage Rides, Apple Bin Train Rides and the Ice Slide.
Live Ice Carving Competition Weekend One – Saturday
CHELAN - Watch in wonder as live ice carvers sculpt unique creations right in the streets of Lake Chelan, then cast your vote for your favorite in the People's Choice Award. Ice Carving Competition takes place on Saturday. You can view the completed sculptures through Sunday.

SEE WINTERFEST ON PAGE 2

Christmas Bird Count mirrors reported decline of birds in North America

SUBMITTED BY STEPHEN EASLEY

CHELAN – "According to research published online in September [2019] by the journal Science, wild bird populations in the continental U.S. and Canada have declined by almost 30% since 1970" (Living Bird magazine, Autumn 2019, Cornell Lab of Ornithology).

Chelan's annual Christmas Bird Count (CBC), the 31st such count started in 1989, took place on Jan. 4 and its results were consistent with the report by the journal Science . We counted 6,042 total birds, only 61% of the 31-year average of 9,903. At least the number of bird species found (75) was close to the average of 77 species. A windy morning and birds dispersed over the fields and hillsides barren of snow were also significant factors in suppressing the number of birds seen. Particularly notable were the low counts of: sharp-shinned hawks, flickers, robins, sparrows and juncos. For some of you who have not been thrilled with the buildup of Eurasian collared-doves since they began to appear here in 2010, you would be pleased to hear that we only counted 77, just one-third of 232



Courtesy Stephen Easley

An American coot, one of many coots that have appeared for all 31 of the local annual bird counts at Christmastime.

counted the year before. Each year always has a few highlights. The rare greater white-fronted goose (3) and snow goose (2) were seen on the Columbia River. It was exciting to count 11 golden eagles (close to the maximum of 12 seen in 2009), but it seemed odd that only one of the 11 was a juvenile. For the first time we were able to add Anna's hummingbird (4) to our Count Day list, all of which were visiting heated hummingbird feeders in three

locations within our 15-mile diameter circle. There are over 2,300 Christmas Bird Counts in North America each year, sponsored by the National Audubon Society. Our Chelan CBC circle, centered just north of the roundabout on the Chelan-Manson Highway, is divided into seven sections. With 19 participants (more than the average of 17) this year, each section had two or three counters. In addition, there were four backyard coun-

ters who called in their results. Anyone desiring full count results can call or email me. Also, North American count results reaching back to 1900 are available on Audubon's website, www.audubon.org. Contact Steve Easley at 509-682-2318 (seasley@nwi.net) if you have questions or comments, or to learn how to sign up to volunteer for our next Chelan CBC in late December 2020 or early January 2021.



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INSIDE THIS WEEK

Community	1-4	Classified Index		Inserts
Opinion	3	Classifieds, Puzzles	9-10	Safeway
Church News	4	Public Notices	10	Manson Bay Market
Obituaries/Death Notices	4	Business & Services,		
Bulletin Board	4	Heath Care Directory	3	



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Reducing loneliness, increasing connection: TLC for Seniors Volunteers

SUBMITTED BY CLAUDIA SWENSON, TLC FOR SENIORS

CHELAN - As we get older our social connections can get fewer leading to social isolation. Many think that getting older, having loneliness is part of the “aging process”. “However, recent research shows that loneliness – the pain of feeling disconnected/longing for connection, not having anyone to turn to - can lead to depression or physical illness but is

also an acute stress on the body producing pain similar to a physical injury. When we are “lonely”, the human body interprets it as a kind of “threat” which activates an inflammatory response involving our white blood cells which is helpful when the body needs to combat an infection or repair a wound. However, this white cell inflammatory response talks back to the brain causing some unexpected changes: irritability, suspiciousness,

increased negative emotions and fear of meeting new people and making new friends”. (AARP, January 2020)

TLC for Seniors volunteers spend over 50% of their visits bringing friendship, social interaction and connection to their clients. Volunteers and clients look forward to their visits: talking, playing cards, sharing a good book or devotional, reminiscing about past events, taking walks or drives. The volunteers

treasure their new friends, often feeling they are getting much more than they give. The volunteers also can note changes in their TLC friends that may need attention and encourage them to seek early help.

Consider the joys of being a TLC volunteer or refer a loved one to our program. We treasure being a part of the community: Contact us at: tlcprogram4@gmail.com, or call Claudia Swenson 360-561-6090 or Kathy Miller, 509-470-4823.

Manson High School awarded \$177,000 for Internship Programs

SUBMITTED BY MANSON HIGH SCHOOL

MANSON - Manson High School Post-Secondary Coordinator Addie Grageda could not be more proud of the Internship Program she leads.

Ms. Grageda recently learned her efforts to renew and expand a grant from a private non-profit foundation, The Discuren Foundation, has been awarded.

Manson School District will receive \$177,000 in funds over the next three years to provide valuable opportunities to high school students. The funding will also expand the program and allow middle school students to participate in training and career activities.



Addie Grageda

Special exhibit ‘Lake Chelan in Winter’ opens January in Manson

Exhibit will move to Chelan Library on Jan. 30

SUBMITTED BY LAKE CHELAN ARTS COUNCIL

MANSON - On January 17 the Lake Chelan Arts Council’s Winter art exhibit themed “Lake Chelan in Winter” will 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 weekends.

Then on January 30 the exhibit will move to the Chelan Public Library where it will be on display thru March 27.

Lake Chelan’s summer beauties are well known. We look forward to the unique views of the Chelan Valley in winter that the Arts Council has challenged local artists to create for the exhibit. Artists were invited to submit work in different media such as paintings, drawings, photography, collage and pottery.

The Lake Chelan Arts Council is proud to of-

fer this opportunity for artists to showcase their work and thanks Radiance Winery and the Chelan Public Library for partnering with the Arts Council and providing the exhibit space.

The community is invited to visit this special exhibit “Lake Chelan in Winter” at Radiance Winery’s Manson Tasting Room the weekends of January 17 thru January 26 and the Chelan Public Library January 30 thru March 27.

The non-profit Lake Chelan Arts Council was

founded in 1985 to promote, fund and support the visual and performing arts in and around Chelan. The Arts Council awards two Visual Arts Scholarships and is the leader in developing and maintaining, with the ongoing support of the City of Chelan and the Chamber of Commerce, the Lake Chelan Outdoor Gallery as well as sponsoring art classes in cooperation with Main Street Gallery. Additional information can be found at www.artinchelan.com or on Facebook at art in chelan.



Javes Escalera

Addie shared “one of my favorite things is hearing the senior students speak of their internships experiences at their senior presentations and tell their families, friends and teachers how it has helped them discover a career path they would like to pursue, as well as given them an opportunity to meet someone in our community that has motivated them to follow their dreams.”

These programs would not be possible without the support of individuals, businesses and agencies in our Valley. The partnership in providing authentic career experiences to students and future employees to businesses

is truly a “win-win.”

Javes Escalera, Director of Marketing at Coldwell Banker LCP shared “As an alum from Manson High School (Class of 2014), I can first-hand say that it would have improved my awareness of the career path that I wanted to take if I had the opportunity to have had an internship. It’s easy to get the education you need, but it’s equally important to understand what you’re working towards. And that’s what internships are, the application of everything you’ve learned in a hands-on setting.”

Get plugged in: How to’s for safe use of your portable generator

Always run generators outdoors, away from vents and windows

SUBMITTED BY KIMBERLEE CRAIG, CHELAN COUNTY PUD

WENATCHEE - Portable generators are an important tool for many Chelan County residents if the power goes out, especially for folks living in remote areas where outages can last longer.

These systems can keep the power flowing to critical appliances in your house – like an electric water pump or refrigerator. But, if not used right, portable gen-

erators pose a big danger for your family, your neighbors and Chelan PUD line crews.

Here’s how to safely run your generator while PUD crews work to restore power to your home.

- Select the right generator for your needs
- Check the wattage required for the appliances you plan to power during an outage (on name plate or owner’s manual) to make sure your generator can support each of them. Only use heavy-duty extension cords that are rated for both outdoor-use and the right amperage required for your appliances.
- Operate in a safe, well-ventilated place

Exhaust from generators contains high concentrations of carbon monoxide – a

poison that cannot be seen or smelled and can kill you in minutes. Never place your generator inside the house, in a garage or carport, or any partially enclosed area where fumes will build up. Instead, find a location that is as far from your home as possible (at least 10 feet) and point the exhaust away from any nearby doors or windows.

Plug appliances into the generator. Do not plug the generator into an electrical outlet in your home or through the electrical panel unless you have a professionally installed transfer switch. Without this switch, the generator will “backfeed” through your meter and into the neighborhood, causing a severe safety hazard to neighbors and line workers.

- Practice setting up and running your generator

Use the owner’s manual (yes, really) and these tips so you know exactly what to do when the power goes out.

- And don’t forget – the safe use of a portable generator is just one part of being prepared for a power outage. Make sure to have extra food (pet food, too), water, flashlights, batteries, medications, and any other supplies your family will need to get by until power is restored.

For more power outage information and safety tips, visit www.chelanpud.org and click on the “Outage” button on the home page

Here for you, providing the best for the most for the longest – chelanpud.org.

New option for businesses when it comes to safely disposing of moderate risk waste material

SUBMITTED BY JILL FITZSIMMONS, CHELAN COUNTY PUBLIC WORKS

WENATCHEE - Businesses with moderate risk waste have a new option when it comes to safely disposing of the material.

Clean Harbors Environmental Services of Kent, a contractor with Chelan County Public Works, will be visiting the area about once a month to pick up the material at the county’s new Moderate Risk Waste Facility, which opened last month.

Businesses interested in the service will work directly with Clean Harbors. They must fill out an application form and schedule a pick-up date with Clean Harbors. The form is available on the county’s solid waste website.

Businesses eligible for the service are designated

as small quantity generators, or an SQG. An SQG is a business that:

- Produces less than 220 pounds (about 25 gallons) of hazardous waste per month.
- Produces less than 2.2 pounds (about a quart) of acutely hazardous waste per month.
- And stores less than 2,200 pounds (about four 55-gallon drums) of hazardous waste.

The form includes a waste inventory sheet and a pricing sheet. Waste disposal charges are due prior to the collection of the waste. For more information, contact Clean Harbors at 509-262-8035.

The Chelan County Moderate Risk Waste Facility does not take commercial hazardous waste. The facility is for residents of Chelan County and their household hazardous waste.

Link Transit rolls out new suite of online rider tools

SUBMITTED BY ERIC WEST LINK TRANSIT

WENATCHEE - Link Transit is launching a suite of online tools that will give riders much more information about where their bus is, let them subscribe to notifications of delays and reroutes, and give them a way to provide feedback on service issues, all on their smartphone.

This is the culmination of a nearly two-year long project to equip all Link buses with GPS hardware that allows the bus to be tracked by riders as well as Link Transit dispatchers and schedulers. Additionally, buses are equipped with automatic

passenger counters that record where people get on the bus, and at what time. No personal information is collected through these passenger counters.

Riders can download the free mySTOP Mobile app from the App Store or Google Play. Once they have selected Link Transit from the list of transit systems, they can select their route or their stop to find out where the bus is, and how long it will take to get to their stop.

"This is really the future of passenger information. With the constantly increasing number of people with a smartphone in their pocket, we can now provide real-time information to our rid-

ers so they don't have to be left wondering where their bus is.

Reading a bus schedule is one of the biggest barriers to getting folks to make the switch to transit, and with this technology, it largely removes those issues. These new tools will be of great use to our existing riders, and make it easier for new people to begin using our services.

Aside from the benefits to Link riders from this system, there is a host of information provided through the system that will assist Link in making route and scheduling decisions in the future. Additionally, this technology allows operations staff to

monitor route performance in real-time, and make on-the-fly adjustments to routes and schedules in case of an accident or other event that will impact the route.

More information about the mySTOP app and the process for setting up notifications can be found at www.linktransit.com/mystopapp or by calling 509-662-1155.

Link Transit has partnered with Avail Technologies, located in State College, PA on this project. Avail Technologies provides intelligent transportation services (ITS) to small and medium sized transit properties throughout the United States. More information is available at www.availtec.com.

lakechelanmirror.com

We take Donations for Chelan Valley Hope and Lake Chelan Food Bank



Non Food Items needed:

- Baby Wipes • Diapers • Toilet Paper
- Travel Size Toiletries • Shampoo
- Conditioners • Dish Soap • Laundry Soap



- Canned fruit
- Cereal • Condiments
- Canned veggies
- Jam • Chili
- Soup other than tomato
- Boxed entrees
- Canned meats



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OBITUARIES

Harold Dee Jennings

Harold Dee Jennings went to be with the Lord, January 3, 2020 after a long and courageous battle with esophageal cancer.

Harold was born on July 11, 1941 in Bell, California. He attended Downey High School where he was involved in football, wrestling and was the class president. He made many lifelong friends who brought great memories and incredible joy to his life. He attended Fullerton Junior College where he continued to play football. In 1965, he met and married his wife of 52 years, Nancy. He co-owned Empire Campers in Anaheim until 1973 when the family moved to Scott Valley, California to operate a cattle and hay ranch. Harold loved ranch life and soon became involved in the community as a high school football coach and served on the school board. He enjoyed snow and water skiing, camping and sharing jokes with the amazing friends he and Nancy made in the valley.

In 1991, he and Nancy moved to the Lake Chelan Valley where they bought C-Bay Hardware in Manson, Washington. He loved visiting with everyone and talking with the orchardists, many of whom became wonderful friends.

Harold suffered many health problems over the years. Multiple heart attacks, lung removal and esophageal cancer. Through it all, he remained jovial and always had a joke to share until the very end. He will be greatly missed.

He is survived by his wife, Nancy, his daughters, Jamie Palazzo, Jeanna Smith and Heather Winters. His six grandchildren, Marisa and Mereck Palazzo and Ellie, Abigail, Olivia and Finnegan Smith. His sisters, Karen Erdmann and Kathy Ford and his brother Wes Mitchell.

Celebration of Life Service will be held at a later date in Downey, Calif.



DEATH NOTICES

Carol F. Lippincott

Carol F. Lippincott, 93, of Chelan, Wash., passed away on Jan. 12, 2020. Services will be held in the spring. Please leave any thoughts and memories for the family at www.prechthrose.com. Services are entrusted to Precht Rose Chapel of Chelan.

Ruth Annabelle Milburn

Ruth Annabelle Milburn, 81, of Peoria, Arizona, and a former Chelan-Manson area resident, passed away on Jan. 2, 2020. Please leave any thoughts and memories for the family at www.prechthrose.com. Services are entrusted to Precht Rose Chapel of Chelan.

OBITUARY & MEMORIAL POLICIES

NCW MEDIA, INC.

An **obituary** is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data.

Memorials are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to.

Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.

Obituaries are priced per word while Memorial ads are per column-inch.

For info call Ruth 509-682-2213, or email ruthk@lakechelanmirror.com

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-denominational 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.

Monday-Friday

Chelan/Manson Senior Center Events

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 / Menu

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.

Jan. 16

Ham, Scalloped Potatoes, Roasted Brussels Sprouts, Garden Salad, Peaches, Whole Wheat Roll, Dessert

Jan. 17

Spaghetti & Meat Sauce, Caesar Salad, Pears, Garlic Bread, Dessert

Jan. 21

Cabbage Patch Stew, Mediterranean Salad, Waldorf Salad, Whole Grain Crackers, WW Roll, Dessert

Jan. 22

Chuckwagon Steak Sandwich, Pea Salad, Pineapple, Dessert

Jan. 15

Chelan Senior Center Board to meet

CHELAN - The Chelan Senior Center holds their monthly board meeting on the third Wednesday at 4 p.m. at the Senior Center, located at 534 E. Trow Avenue in Chelan.

Jan. 15

Chelan Fire District meeting

CHELAN - The regular meeting for Chelan County Fire District #7 will be held this month on Jan. 15 at 4 p.m. The meetings are held the third Wednesday of the month, at the fire station, 232 E. Wapato Avenue. www.chelan7.com

Jan. 16

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. 16

Cascadia Conservation District to meet

WENATCHEE - The Cascadia Conservation District Board meeting will be on Thursday, Jan. 16, 3:30 p.m., in the Upstairs Conference Room at the Wenatchee World Building, 14 N Mission St. For information, call the District at 509-436-1601.

Jan. 16, 21, 28

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. 20

The Compassionate Friends to meet

WENATCHEE - The Compassionate Friends is an organization offering friendship, understanding and hope to bereaved parents and their families. They are bereaved parents reaching out to bereaved parents. Anyone who has had a child or loved one die in their family is invited to their monthly meeting on the third Monday of the month, 7-8:30 p.m., at Grace Lutheran Church, 1408 Washington Street in Wenatchee. For information: Carol at (509)860-3620.

Jan. 21

Manson Community Council

MANSON - The Manson Community Council meets the third Tuesday of every month, 6 p.m. at the Manson Park Office on Pedoi Street. All are welcome to attend.

Jan. 21

Help available for Douglas County veterans

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

Jan. 21

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. 22

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@kellyallenagency.com

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. 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.

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

Feb. 11

Cancer Support Group

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

Feb. 13

Help available for Chelan County veterans

CHELAN - Chelan County Veteran's Service Officer, Work-Source, and SSVF, coffee and organizational information, second Thursday at Apple Cup Cafe in Chelan, 9 a.m. to 11 a.m. DD214, VA Disability Claim and more. For questions: Tony Sandoval at (509) 664-6801 or Bob Goedde at 682-2366.

CHURCH GUIDE

• CHELAN

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

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

LAKE CHELAN LUTHERAN CHURCH
Worship 9:30 am
Sunday School following Worship Service
682-9063 • 216 W. Nixon Ave.

LAKE CHELAN UNITED METHODIST CHURCH
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St. Andrew's Episcopal Church
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English Mass Sunday 9 am
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and Adult Bible Study 7 pm

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Craig Rayment, Sr. Pastor

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Kevin Moore, Pastor

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but with God all things are possible."
-Matthew 19:26*

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HORTICULTURE 2020

74TH LAKE CHELAN

HORTICULTURE DAY

JANUARY 20

Lake Chelan Horticulture Day to feature nine different topics



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

Co-sponsored by
WSU Extension
and Chelan High
School FFA

By LAKE CHELAN
MIRROR STAFF

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

University Extension will be co-sponsoring the event, which will begin at 9 a.m. Attendees will have the opportunity to network and to learn by listening to nine different presentations offered throughout day. Lunch will be served by the Chelan FFA from 11:50 a.m. to 1 p.m. The Chelan FFA Chapter has 180 members. Twenty to 30 of those members will be helping in some form

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

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

SEE 74TH HORT ON PAGE 6

WSU conference brings Women in Agriculture together to network, learn

SUBMITTED BY WASHINGTON
STATE UNIVERSITY EXTENSION

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

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

Locally, the conference

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

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

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

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

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

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

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

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

SEE WOMEN ON PAGE 6

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Washington State Soil Health Survey

Consider participating

BY WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

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

soil health index. We are seeking participation from farmers growing potatoes, onions, sweet corn, pulses, tree fruit, wine grapes, and hops during the 2020 and 2021 growing seasons. Eligible participants will:

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

The project will use in-

field measurements and soil samples to analyze field and lab indicators of soil health. The management practices survey will provide background on practices that may affect soil health. Participants will receive a soil health report of their “best” and “worst” sites, including comparisons to regional soil health data and other soil health indices. We will select eligible participants for the first year of the study in January 2020. Sampling will begin in the spring. WSU staff will

lead the field sampling effort and will communicate directly with farmers to arrange for convenient field access. Please contact us if you want to participate or have any questions: Rachel Seman-Varner, 360-584-3414, rseman-varner@agr.wa.gov; Deirdre Griffin LaHue, 360-848-6127, d.griffin@wsu.edu or Leslie Michel, 509-731-9895, lmi-chel@agr.wa.gov

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

Dr. Bolivar-Medina joins WSU Tree Fruit Research Center

BY WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

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

Dr. Bolivar-Medina



Dr. Jenny Bolivar-Medina

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

production. These studies were funded by the Wisconsin State Cranberry Growers Association. Other aspects complementing her professional formation includes her experience in optical and electron microscopy, designing and performing field experiments, teaching, and participation in cranberry extension programs. As a mother of three, she enjoys spending time with them in outdoor activities, reading, watching movies and crafting. Jenny is located at the WSU Tree Fruit Research and Extension Center in Wenatchee. She can be reached at 509-333-8813 or j.bolivarmedina@wsu.edu

production. These studies were funded by the Wisconsin State Cranberry Growers Association. Other aspects complementing her professional formation includes her experience in optical and electron microscopy, designing and performing field experiments, teaching, and participation in cranberry extension programs. As a mother of three, she enjoys spending time with them in outdoor activities, reading, watching movies and crafting. Jenny is located at the WSU Tree Fruit Research and Extension Center in Wenatchee. She can be reached at 509-333-8813 or j.bolivarmedina@wsu.edu

WOMEN

CONTINUED FROM PAGE 5

peer-to-peer learning circles in local areas. This conference is designed for women who are farming, as well as new and aspiring farmers. Supporting spouses, students, interns or people who own an agriculture-related business are also welcome. The conference registration fee is \$35, but people who register between now and January 17 will receive the early bird special of \$30. The conference registration fee includes the workshop, light breakfast, lunch and conference materials. Persons with a disability requiring special accommodations while participating in this program may contact Margaret Viebrock at 509-745-8531 or viebrock@wsu.edu

74th HORT

CONTINUED FROM PAGE 5

of 1930. Three pesticide education credits will be awarded for program attendance and is dependent on WSDA approval. Hort Day at Chelan High

School is free of charge and open to the public. Anyone interested in participating in the trade show can contact Chelan FFA Advisor Bailey Dezzllum at dezellemb@chelanschools.org or 509-860-1950. Proceeds benefit the Future Farmers of America Scholarship.

74th Annual Lake Chelan Horticultural Meeting

January 20 • Chelan High School

Co-sponsored by:
WSU Extension & Chelan High School FFA

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

* 3 pesticide education credits will be awarded for program attendance – WSDA approved.
* Extension programs and employment are available without discrimination. Evidence of noncompliance may be reported through your local Extension office.
* If you are interested in joining our trade show contact: Bailey Dezzllum dezellemb@chelanschools.org 509-860-1950. Proceeds benefit the Future Farmers of America Scholarship.

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Produce Safety Alliance Grower training

By WSU Tree Fruit Research and Extension Center

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

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

Who should attend

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

What to expect

The trainers will spend approximately seven hours of instruction time covering

content contained in these seven modules:

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

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

Benefits of attending the course

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

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

FSMA Produce Safety Rule and how to meet them.

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

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

Costs to Attend

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

Dr. Faith Critzer is lead trainer.

Additional Information

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

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

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

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

By WSU Tree Fruit Research and Extension Center

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

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

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

North Central Washington Apple Day
Monday January 27 • 8:45 a.m.-3:30 p.m.
Wenatchee Convention Center
Co-Sponsored by WSU Extension and NCW Fieldmen's Association

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

Manejo de Frutales
Wednesday January 27 • 1-3:30 pm
Wenatchee Convention Center
Co-Sponsored by WSU Extension and NCW Fieldmen's Association

Pre- and Post-harvest Disease Management workshop

By WSU Tree Fruit Research and Extension Center

Storage Rots Management: from Orchard to Packing
March 4
8:30 a.m.-3:00 p.m. Confluence Technology Center in Wenatchee

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

The event includes presentations, activities, quizzes, and networking opportunities.

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

Six hours of training and



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

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

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

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

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January 25, 2020
women in agriculture Conference
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women in agriculture Conference

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

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MANSON BOYS BASKETBALL



Parker Teague
The Trojans traveled to Brewster on Jan. 9, and lost to the Bears 95-42.



Tucker Flowers
Mike Maltais/LCM

Trojans victorious over Tigers

SUBMITTED BY ERIC SIVERTSON,
MANSON ATHLETIC DIRECTOR

MANSON - After a slow start the Trojans pulled away from Tonasket

on Tuesday night (Jan. 7) for a 54-36 victory. Manson trailed 20-12 after the first quarter and made a good defensive adjustment to spur their comeback. In the final 3 quarters Manson outscored Tonasket 42-16. Manson was led by Titus Petersen with 15, Nick Strecker with 14 and Tucker Flowers with 9.

CHELAN BOY’S BASKETBALL

Omak defeats Chelan 53-45

SUBMITTED BY
COACH JEFF PEARL

	January 7
Chelan	10 15 13 7 45
Omak	17 13 15 8 53

Chelan’s leading scorers:
Cade Christopherson 12pts
Drake Bird 9pts
Connor Wilson 8pts

Omak’s leading scorers:
Tre Marchand 26pts
JT Sackman 11pts
Tanner Hall 9pts

CHELAN - “Tonight was a tough game for us. We never got into any rhythm offensively. I thought our defense was a little better than it’s been, giving up 53 isn’t awful. But we need to find other ways to score when our perimeter shots aren’t falling. Our last two games we’ve failed to figure out how to do that,” Coach Pearl.

Okanogan defeats Chelan 58-54

	Friday, Jan. 10
Chelan	12 9 9 24 54
Okanogan	6 17 13 22 58

Chelan leading scorers:
Reed Stamps 12pts
Cade Christopherson 11pts
Connor Wilson 11pts
Nate Harding 9pts

Okanogan’s leading scorers:
Chase Wilson 20 pts
Josue Ramos 18pts

“I thought our defense was sound tonight. We gave up 20 less points to these guys than the first time we played them. We had our chance at the end at we just didn’t execute. Okanogan hit some tough 3pt field goals down the stretch, and made plays when they needed to. We have a quick turn around and play Warden at our place tomorrow, so that’s our focus,” Coach Pearl.

Chelan defeats Warden 72-66

	January 11
Warden	12 15 17 22 66
Chelan	24 14 11 23 72

Chelan’s leading scorers:
Connor Wilson 20pts
Reed Stamps 16pts
Braiden Boyd 12pts

Warden’s leading scorers:
K. Scone 20pts
Martinez 12pts
R. Scone 11pts

“Our team did a good job bringing energy to tonight’s game after a tough league loss on the road less than 24 hours ago. Our boys shared the ball well and attacked the basket like we know we can. Warden hit some tough 3 pointers in the 4th to keep themselves in the game. Ultimately I was proud of my boys for persevering through some adversity throughout the game,” Coach Pearl.

CHELAN SPORTS SCHEDULE

Wednesday, Jan. 15
Wrestling at HOME – CTL
DOUBLE DUAL- 6 p.m.

Friday, Jan. 17
Boys Basketball (JV/C/V) at Cashmere- 4:15/5:45 p.m./7:15 p.m.
Bus #1- Dismiss at 1:45 p.m./Depart at 2 p.m.
Girls Basketball (JV/V) at

Cashmere - 4:15/5:45 p.m.
Bus #2- Load at 3:15 p.m./ Depart at 3:30 p.m.

Saturday, Jan. 18
Boys Basketball (C/JV/V) at La Salle – (C Boys-1:30 p.m./JV Boys-4:30 p.m./V Boys-7:30 p.m.)
Girls Basketball (JV/V) at LaSalle – (JV Girls -3 p.m./V Girls 6

p.m.)
Bus #1- load at 9:30 a.m./Depart at 9:45 a.m. (C boys/JV Boys/ JV Girls)
Bus #2- load at 10:45/ Depart at 11 a.m. (Varsity Boys/Girls/ Cheer)
Wrestling at Rainer High School -10 a.m. - Bus- Load @ 4:30 a.m.

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MANSON GIRLS BASKETBALL

Lauren Soliday
The Trojans traveled to Brewster on Jan. 9, and lost to the Bears 46-14.

SUBMITTED BY ERIC SIVERTSON,
MANSON ATHLETIC DIRECTOR

MANSON - The Manson girls struggled to stop a young Tonasket team and dropped a league game 60-24 on Tuesday, Jan. 7. Tonasket started three freshman and continued to push the tempo on the Trojans. Manson struggled to slow the Tigers down and fell behind early. Manson

Maddison Alejo
Mike Maltais/LCM

The Trojans traveled to Brewster on Jan. 9, and lost to the Bears 46-14.

travels to Brewster on Thursday (Jan. 9) for another league game.

Trojans vs. Bears
The Manson Girls Basketball team traveled to Brewster on Thursday night (Jan. 9) and dropped a league game 46-14. Manson was led by Evelyn DeJesus with 10 points and 9 rebounds. Manson hosted Omak at 6 p.m. on Saturday, Jan. 11

MANSON SPORTS SCHEDULE

Friday, Jan. 17
Girls and Boys Basketball vs. Soap Lake 4:30 p.m., 6:00 p.m., 7:30 p.m.

Saturday, Jan. 18
Girls and Boys Basketball vs. Liberty Bell 4:30 p.m., 6:00 p.m., 7:30 p.m.

Basketball C Team Tournament at Manson, time TBD

CHELAN GIRL’S BASKETBALL

Okanogan defeats Chelan 45-35

SUBMITTED BY
COACH ROB HUDDLESTON

CHELAN - The Chelan Lady Goats took on the Bulldogs of Okanogan on a snowy Friday night (Jan. 10). First we would like to thank all the fans for braving the road conditions to come cheer the girls on.

The girls started the first quarter with a 9-1 lead after Matea Ivory connected on 2 long balls and Booh Huddleston hit one. As the quarter was winding down Freshmen Joslynn Simmons hit another deep ball to give the Lady Goats a 12-6 lead. Okanogan came storming back with their smooth lefty, Daniele Sparks, leading the way. Sparks hit a 3 and connected on a couple break away layins and added a couple free throws to have a 9 point quarter. Chelan only connected on two field goals in the quarter and went into halftime trailing 17-21. The 3rd quarter was much of the same as the two teams traded baskets and ended the 3rd quarter with a 30-35 score. Chelan cut the lead to 3 points with three minutes

to go but could not climb over the top. After fouling and Okanogan converting free throws the Bulldogs extended their home win streak over Chelan - 34-45.

Chelan’s leading scorers:
Ivory-9, Huddleston-8, Rainville-8, Simmons-3, Sams-4, Nordby-2

Wardendefeats Chelan 61-47

The Lady Goats hosted the 2nd ranked Warden Cougars from the SCAC. The much anticipated matchup didn’t disappoint the fans on Saturday night (Jan. 11). Chelan came ready for the challenge and was excited to try and derail the Cougars 10 game winning streak.

The Lady Goats started the game with a couple missed baskets, but Katie Rainville stepped in and started a defensive battle by taking a charge and getting things going. Ashley Sams was able to put an offensive rebound back for an early 2 point lead. That lead quickly changed as Warden was able outrun the Goats for some easy baskets. Chelan was leading 9-5 with a minute to go in the quarter when Warden again converted turnovers or missed shots into easy baskets that led

to a 9-9 tie. A 3 point basket put Warden ahead 9-12 at the end of the first quarter. Chelan struggled to find the bottom of the basket in the 2nd quarter but timely shooting by Freshmen Joslynn Simmons kept Chelan within striking distance. Simmons hit two long balls and converted 3 of 4 free throws and Chelan trailed 21-35 at half. The Goats were led in the second half by Katie Rainville. She scored all the Chelan points in the 3rd quarter with 11. Rainville collected offensive rebounds and converted those to field goals. She was also 1 for 2 from the free throw line. Chelan trailed 32-47 at the end of the 3rd quarter. Chelan was able to outscore the Cougars in the final quarter 15-14 but just couldn’t make up for the 2nd quarter difference. The final score was 47-61.

The Lady Goats battled all night and did not give up. The defensive pressure that Warden is known for did not have a huge affect on the Goats. It did cause a handful of turnovers but Chelan will be able to build from this loss.

Chelan’s leading scorers:
Ivory-8, Huddleston-1, Watson-5, Rainville-20, Simmons-9, Sams-4

Manson High School set to launch tennis program

In search of a head coach to build the program

SUBMITTED BY MANSON
SCHOOL DISTRICT

MANSON - Manson High School is launching a coed high school tennis team in the Spring of 2020. In the Fall of 2019 the district met with parents, students and community members to determine the viability of a tennis

program and found strong interest from all parties.

“At least 20 students have indicated strong interest in the program,” said Athletic Director Eric Sivertson.

The district is very excited to partner with Harmony Meadows as our home court.

The next step in launching the program is hiring a head coach. In discussing the program in the community we have identified a number of individuals willing to help with the

program or even be assistant coaches, but at this time we have not found our head coach. We are looking for an energetic leader that can help us recruit student athletes into the program and can also teach the fundamentals of tennis. If interested, please complete an application packet at www.manson.org

If you have questions about the position contact Eric Sivertson at 509-687-3140 or email at esivertson@manson.org.

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Writer/ Photographer



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

Bridgeport School District

is accepting applications for the following substitute positions: Teacher, Secretary, Food Service, Paraprofessional, Custodian, Bus Driver. Apply online at

<https://bridgeportjobs.hrmlplus.net>


For further information or assistance with the application process contact the HR Dept. at 509-686-5656.

Applications will close January 31, 2020.

Responsible

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

HELP WANTED



**CASCADE
SCHOOL DISTRICT**

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

Cascade High School Head Volleyball Coach

Cascade High School Fall Cheer Advisor

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

Full and Part-Time Bedmaker, Laundry and Housekeeping

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

Apply in person
Enzian Inn
590 US Hwy. 2
Leavenworth

HELP WANTED



**CASCADE
SCHOOL DISTRICT**

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

Cascade High School Girls Head Soccer

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

Full and Part-Time Breakfast Catering Staff

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

Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course.

Apply in person.
590 Hwy. 2
Leavenworth.

HELP WANTED

Manson School District

is seeking applicants for the following positions.

•High School Tennis Coach

•Assistant Middle School Volleyball Coach

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



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HELP WANTED



**CASCADE
SCHOOL DISTRICT**

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

Food Service Transporter/Server

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

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

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

PUBLIC NOTICES

MANSON SCHOOL DISTRICT No. 019 CAPITAL PROJECTS AND DEBT SERVICE FUNDS BUDGETS AVAILABLE

Manson School District No. 019 has completed budget extensions for its 2019/2020 Capital Projects and Debt Service Funds. Copies of these budget extensions may be requested from the district office as of January 6, 2020. The Board of Directors will meet for the purpose of fixing and adopting the budget extensions during a regular board meeting on January 27, 2020, at 6:00 p.m. in the Manson School High School Student Center located at 1000 Totem Pole Rd., Manson, Washington. Any person may appear thereat and be heard for or against any part of said budget extensions.

Published in the Lake Chelan Mirror January 8 and 15, 2020. #86989

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, supplies or equipment in the amount of \$50,000 or less. Interested vendors may obtain an application on the website www.lcrrd.org or by contacting Jennifer Collins at jcollins@lcrrd.org (509) 687-3548.

Published in the Lake Chelan Mirror January 15, 22, 29 and February 5, 2020. #87038

See MORE CLASSIFIEDS & PUBLIC NOTICES on Page 10

CROSSWORD PUZZLE



THEME: SUPER BOWL ACROSS

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

72. Nonclerical
73. Roommate annoyance

DOWN

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

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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 applications 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 standing in the State of Washington with a WA State UBI number and Contractor's License 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 certificate of insurance naming the District as additional insured when called for; 4) complete and submit a Small Works Roster Application. Applications, specifications, and information on work available and selection process may be obtained from the District's website at www.lcird.org. Questions concerning applications may be directed to Jennifer Collins by email at jcollins@lcird.org.

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

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 jcollins@lcird.org.

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

**DETERMINATION OF
NONSIGNIFICANCE
SEP2019-19**
**Campbell's Multi-Family
Development**
January 10th, 2020
Description of proposal: **is to construct a residential apartment development on nine existing parcels within the City of Chelan. The total combined site area is 1.12 acres. The project is located adjacent to and north of the existing West Okanogan Ave right-of-way, and is bound by S. 3rd Street to the West. The project will include approximately 24 residential apartment units.**
Applicant: **Eric Campbell, Campbell's Lodge, PO BOX 278, Chelan, WA, 98816**

Location of proposal: **West Okanogan Ave. Parcel's 272213650040, 272213650035, 272213650030, 272213650025, 272213650020, 272213650015, 272213240200, 272213650010, 272213650005.**

Lead Agency: **City of Chelan**

The lead agency for this proposal has determined that it does not have a probable significant adverse impact on the environment. An environmental impact statement (EIS) is not required under RCW 43.21C.030(2)(c). This decision was made after review of a completed environmental checklist and other information on file with the lead agency. This information is available to the public on request.

• This DNS is issued after using the optional DNS process in WAC 197-11-355. There is no further comment period on the DNS.

Responsible official:
Craig Gildroy
Position/title: Planning Director
Address: 135 E. Johnson Avenue/PO Box 1669, Chelan, WA 98816

Published in the Lake Chelan Mirror January 15, 2020. #87028

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chelan
mirror.
com

2020 brings new vision for Wellness Place

SUBMITTED BY
JULIE LINDHOLM,
WELLNESS PLACE DIRECTOR

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

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

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

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



Julie Lindholm,
Wellness Place director

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

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

"In the past few months

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

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

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

journey.

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

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

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

Why do we get that printed info with our prescriptions

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

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

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

a future question about one of your medicines.

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

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

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



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

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

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

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

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

1.The Consumer Medication Information sheet (CMI)

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

2.Patient Medication Information sheet (PMI)

New and improved CMI with larger fonts and sepa-

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

3.Medication Guide (MedGuide)

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

4.Patient Package Insert (PPI)

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

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

Tips to protect your winter wardrobe

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

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

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

- Be smart about footwear: On wet or slushy days, tuck pants into durable, waterproof boots. Any delicate footwear should be brought along in a waterproof bag and changed into at your destination -- or protected by waterproof shoe covers.

- Use at-home dry cleaning: Many winter items carry tags that say "dry clean only" or will shrink when washed. Slash dry



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

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

ing fading, shrinking or stretching.

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

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

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

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

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

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

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