

## Four injured



Courtesy Chelan County Sheriff's Dept.

Sheriff Brian Burnett reports on January 6 shortly after 7 a.m. on Jan. 6 a Chelan County Sheriff's Deputy was involved in an injury collision in the 17000 block of Highway U.S. 97A just North of Entiat. A vehicle traveling southbound lost control and crossed over the center line colliding with the northbound Sheriff's Office vehicle. The driver and two passengers from the southbound vehicle were transported to Central Washington Hospital with potentially serious injuries. The involved Deputy was transported by a Supervisor to Central Washington Hospital and released with minor injuries. The Washington State Patrol is handling the collision investigation and it appears that weather and road conditions may have been a contributing factor. The Chelan County Sheriff's Office encourages motorists traveling in winter weather to exercise all precautions while traveling in winter weather conditions.

2019:  
A YEAR IN REVIEW  
JULY-AUGUST

## City of Chelan holds community meeting on pump track

By DIANA PINON STAFF WRITER

CHELAN - Parents, children and skateboarders raised their voices during the pumptrack/skatepark community meeting - they want to see the park be done right this time around.

"This can become whatever the community decides they want," said Chelan City administrator Mike Jackson. Jackson then introduced American Ramp Company (ARC) Bike Park Development Manager Tim Babcock. "I am in charge of everything to do with bike ramps and trail development throughout the country and the world," said Babcock.

SEE YIR ON PAGE 2

## Goedde sworn in as Chelan mayor



ABOVE: Newly sworn in Chelan Mayor Bob Goedde, get a handshake from City of Chelan Patty Michajla, receptionist at the the swearing in held on Jan. 2 at City Hall. Looking on is Peri Gallucci, City of Chelan Clerk. RIGHT: Gallucci swears in councilmembers: Left to right, new elected John Olson and Peter Jamtgaard, and re-elected Ray Dobbs and Servando Robledo. Ty Witt and Tim Hollingsworth round out the City of Chelan Council.

Ruth Keys/Lake Chelan Mirror



## VFW Voice of Democracy winners

Veterans of Foreign Wars Post and Auxiliary #6853 recently announced the winners of their Patroit's Pen Youth Essay competition. LEFT: Caleb Carter Bertomeu, a seventh grader at Chelan Middle School, won for his essay on the topic of 'What makes American Great'. He received a check for \$150 and also won at the District Level. BELOW: Brooklinn Cumpten-White, a fifth grader at Morgen Owings Elementary School, was the winner for grades third-fifth. Third-fifth graders wrote on the topic of 'How I would encourage respect to the Flag of the United States.' She received a check for \$ 100. BOTTOM LEFT: Mary Doyle, a third grader at Morgen Owings Elementary School, was runner up. She received a check for \$50.

Ruth Keys/Lake Chelan Mirror



## 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](http://www.lakechelanordic.org). For Echo Valley Ski & Tubing Hill conditions and hours of operation go to [echovalley.org](http://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](http://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.

## Need to Place an Ad? Looking for a job?

[NCWMarket.com](http://NCWMarket.com)

Our Classified Ad Dept is open 24/7



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## INSIDE THIS WEEK

Community ..... 1-3  
Letters to the Editor ..... 2  
Church News ..... 3  
Obituaries/Death Notices ..... 3  
Bulletin Board ..... 3

**Classified Index**  
Classifieds, Puzzles ..... 7-8  
Public Notices ..... 8  
Business & Services,  
Heath Care Directory ..... 2

**Inserts**  
Safeway  
Manson Bay Market



\$1

310 E. Johnson Ave.,  
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Chelan, WA 98816-0249  
509-682-2213  
[www.lakechelanmirror.com](http://www.lakechelanmirror.com)







OBITUARIES

Veryle Miller

Veryle Miller, 89 years old, went to be with Jesus on December 31, 2019. Veryle was born in Hays, Kansas April 6, 1930. During his childhood his family moved frequently and eventually settled in Lake Chelan, WA. Veryle was drafted into the Army in March 1951 during the Korean War. He married Gloria Dietrich March 3 (68 years of marriage) just 2 days before leaving for boot camp. During the war he was stationed in Sendai, Ja-



pan. In 1953 Veryle received an honorable discharge and returned to Chelan to work for Blair Pontiac. He had a knack and passion for building and customizing cars and various other mechanical equip-

ment. In 1955 Veryle and his wife, Gloria, began farming Apples in the Lake Chelan Valley. He loved being an orchardist and grew top quality fruit. They raised their two children Mark and Kara on their orchard and taught them the values of hard work. Veryle also served on the Chelan River Irrigation District for 30 years and was President for 20 years. Veryle retired from farming in 1994 and enjoyed traveling with Gloria for the next 10 years. Lake Havasu, AZ became their winter home until their grandson began playing college basketball.

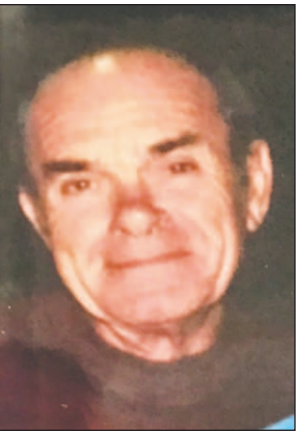
They then stayed home during the winter to travel to as many games as possible. Veryle loved life and always knew how to have a good time. His sense of humor and laughter was contagious. He had a real gift for telling clever jokes, and the way he'd light up when reminiscing about the good ole days, would make everyone feel like they lived it too. He loved his family and friends with all his heart and was incredibly selfless. He embraced life and lived it fully and actively. Veryle enjoyed water skiing, boating, river rafting, fishing, bowling, hunting,

dancing, snowmobiling and taking his grandchildren camping. He was an avid horseman and owned horses for most of his life. Veryle was also an amazing gardener. Friends and family never left without being sent home with beautiful tomatoes. Veryle was preceded in death by his daughter Verlene (1954), son Mark (1977), mother Grace (1995), father Merlan (2000). He is survived by his beloved wife Gloria, Chelan, daughter Kara (Harold) Schell, Chelan, brother Leo (Polly) Miller, Chelan, granddaughter Resa (Jeff

Tucker, Redmond, grandson Calin (Britt) Schell, Bellingham, and many nieces, nephews, and 6 great grandchildren. In Lieu of flowers the family would be grateful for memorial contributions to Chelan Valley Hope or the Wenatchee Humane Society. To honor Veryle a Celebration of Life will be held January 19, 2020 at 2 p.m. at Campbell's Resort- Stehekin Ballroom in Lake Chelan. Please leave any thoughts and memories for the family at www.prechtose.com. Services are entrusted to Precht Rose Chapel of Chelan.

Robert Henry Blake

Robert Henry Blake took his long walk home on December 16, 2019 due to complications from an accident. Bob was born on February 17, 1934; the 8th and final child of Henry and Margaret (Thomas). The family moved from their



home near Minot, North Dakota to settle in Chelan, Washington in 1942. Bob joined the United States Air Force in 1950 and was stationed abroad during the Korean War. Bob married Becky (Hallam) September 9, 1955 in Coeur d'Alene, Idaho. The couple lived in Montana where he worked in the mines before moving back to Chelan. He was an orchard foreman for many

years prior to going to work for Biles and Coleman in Omak. He worked for all successors of the mill until his retirement. He enjoyed his solitude and found great enjoyment in creating a beautiful yard and gardens. He was an artist, was fiercely patriotic and a huge Gonzaga basketball fan. Bob was preceded in his passing by his parents, his 7 brothers and sisters, his

wife of 60 years, an infant son and infant daughter. He is survived by daughters Mona (Ed) Aarstol of Chelan, Cindy (Bill) Gagne of Omak and Angie Blake of Omak. He leaves behind 10 grandchildren, 12 great-grandchildren, a great-great-grandson, numerous nieces, nephews and sister-in-law Ola (Wayne) Beauchamp, Greenacres. In honor of Bob's wishes

there will be no formal memorial service. A future Celebration of Life is planned. The family of Robert Blake is grateful for the care and compassion provided and shown him by the doctors, nurses and staff of Mid Valley Hospital in his final days. Precht-Harrison Chapel is in charge of disposition.

DEATH NOTICES

Harold Dee Jennings

Harold Dee Jennings, 78, of Manson, Wash. passed away on Jan. 3, 2020. Services to be announced. Please leave any thoughts and memories for the family at www.prechtose.com. Services are entrusted to Precht Rose Chapel of Chelan.

Formina Leyva

Formina Leyva, 59, of Manson, Wash. passed away on Dec. 29, 2019. Services were held Jan. 7, 2020 at St. Francis Catholic Church in Chelan. Please leave any thoughts and memories for the family at www.prechtose.com. Services are entrusted to Precht Rose Chapel of Chelan.

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. 9, 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. Dates: Every second and fourth Thursday of Every Month. Time: 6-8 p.m. Everyone is welcome.

**Chelan/Manson Senior Center**  
CHELAN - Coffee Club, Mon-

day-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 Meal 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. 9**  
Ham & Cheese Quiche, Steamed Broccoli, Caesar Salad, Fresh Fruit, English Muffin, Dessert

**Jan. 10**  
Chicken Strips, Jo Jo's, Pea Salad, Coleslaw, Apple Slices, Dessert

**Jan. 13**  
Cheeseburger Deluxe, Sweet Potato Fries, Coleslaw, Orange Quarters, Dessert

**Jan. 14**  
Lasagna, Green Beans, Caesar Salad, Fruit Cocktail, Garlic Bread, Dessert

**Jan. 15**  
Chili, 1/2 Baked Potato, Tossed Green Salad, Apple Celery Salad, Cornbread, Dessert

**Jan. 8, 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@kellyallen-agency.com

**Jan. 9**  
**Help available for Chelan County veterans**  
CHELAN - Chelan County Veteran's Service Officer, WorkSource, 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.

**Jan. 13**  
**Friends of Public Library to meet**  
CHELAN - Chelan Friends of the Public Library will have their annual meeting on Monday, Jan. 13, 7 p.m., at the Chelan Public Library meeting room, 216 N. Emerson St. This meeting will include the election of officers. Please join the Library Friends in this new decade. For info: 682-1172.

**Jan. 14**  
**AI-Anon**  
CHELAN - AIAnon 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. 14, 16, 21, 28**  
**Lake Chelan Rotary Club meetings**  
CHELAN - Lake Chelan Rotary Club meets every Tuesday at Sorrentos (Tsillian Cellars), 11:45 a.m.-1 p.m. Those interested in joining Rotary are welcome to attend. Sate-

lite 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. 14**  
**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.

**Jan. 15**  
**Chelan Senior Center Board**  
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**  
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**  
**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.

lake  
chelanmirror.  
com

**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

# 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**  
Worship 10 am  
682-2241  
Corner of Johnson & Emerson

**• CHELAN**

**LIVING STONE CHURCH**  
"Gathering in our uniqueness,  
United in our Purpose."  
Scott Morris, Senior Pastor  
SUNDAY ACTIVITIES  
Gathering -10:00 am  
(Children's Church & Nursery available)  
Adult Bible Study - Noon  
WEDNESDAY ACTIVITIES  
Kids ROCK 6:10-7:40 pm (K-5th grade, Oct-March)  
WE GATHER at 216 N 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

**• ENTIAT**

**ENTIAT FRIENDS CHURCH**  
Pastor Mark McDonald  
2848 Entiat River Road • 509-784-1342  
Sunday Morning Bible Class 9:45 a.m.  
Sunday Morning Worship 10am  
Sunday Prayer Group 7pm  
Wednesday Shared Dinner 6 pm  
Wednesday Children's Program/Youth Group  
and Adult Bible Study 7 pm

**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.warehousecommunitychurch.com

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

**• MANSON**

**MANSON UNITED METHODIST COMMUNITY CHURCH**  
Sunday Worship 10 am  
With coffee following service  
687-3311  
Green & Boetzkes  
'We are a come as you are church'

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

**• BREWSTER**

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

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

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



# WEDDINGS

## North Central Washington Style

### Spring's a popular time of year for weddings

Spring is a popular time of year for weddings for a number of reasons. The weather gives you options not available during the potentially hot summer months or unpredictable winter and fall.

For the most part, you can count on spring's mild temperatures and its steady weather patterns — especially in late spring. The spring also gives you flexibility when it comes to planning a bridal shower. Friends of the bride have long put their heads together to pull off a memorable shower experience that all involved parties remember for years to come.

Here are some of the most important things to remember when throwing a shower:

- Decide on a date that is ideal for all attendees usually a weekend day when getting off of work isn't an issue.
- Choose your venue and make sure you book it months ahead of time.
- There's nothing worse than having to go to your backup plan just because you didn't plan ahead.
- Plan (and stick to) your budget. Set a budget for the entire event and make sure you follow it during both the planning and execution phases. Your fellow bridesmaids will likely pitch in to

help you avoid overspending on this special event.

**SHOWER IDEAS**

Below are some ideas for what kinds of spring bridal showers you can plan for your friend or family member. Don't forget to incorporate the bride's likes and dislikes into the festivities. For example, if the outdoors isn't really her thing, a daylong event filled with lawn games probably isn't your best bet. Be creative, be practical and most of all be fun.

**SPA PARTY**

A spa bridal shower is a great way to relax the bride during this anxious time. Consider booking your local spa or hiring a couple of professionals to come to you. A DIY spa station could include a massage table, a facial space and a mani-pedi seat. Be sure to play relaxing music and deck your place out with soothing decorations.

**FOOD PARTY**

What bride doesn't love food — especially healthy food to help her



© FOTOLIA

Horseshoes is a time-tested lawn game perfect for all ages.

stay trim and fit for her special day? Set up a food-themed party to let your guests indulge on deli sandwiches, cheese and crackers, vegetables and fruit salads.

**PERFUME BAR**

If your venue allows it, a perfume bar is a unique addition to your bridal shower. This is a great complement to a spa location. Ask the company's management if they would permit you to put together a table area full of perfumes for

sampling throughout the shower.

**RECEPTION ENTERTAINMENT**

Lawn games let your guests wind down after your formal ceremony. They also make for great conversation and friendly competition that bring out the best in your friends and family members. Lawn games are not only fun but inexpensive, as well. You can even build them yourself. Decide which lawn games you're hoping to incorporate

and head to the hardware store for lumber and other necessities. Some of the most popular lawn games include bags, Frisbee golf and lawn darts. Make your own scoring systems and rules to make things more interesting.

Here are a few more ideas:

**HORSESHOES**

Horseshoes is a time-tested lawn game perfect for all ages. Minimal equipment is needed for setup, making it the perfect DIY lawn game for your

reception. You can likely find a horseshoe set at your local hardware or toy store. Or you could make your own by purchasing a few steel rebar rods about 1 inch thick and getting your hands on some actual horseshoes. Check in with family members who have horses or even your local horse veterinarian to see if they have any extras lying around.

You'll have a legitimate horseshoe lawn game set up in no time.

**FOR THE KIDS**

Let's say you plan on having four or five lawn games set up for the adults at your reception. This is a good number that allows rotation between games and includes plenty of guests in the fun. But what about the kids? Children's lawn games can include pin-the-tail-on-the-donkey, potato sack races or simply smaller versions of the adult games you have set up. Whatever you choose, be sure to assign someone to supervise the activity to ensure optimal safety.

## The wedding dress

The wedding dress. So many hours of research, fitting and re-fitting for only a few hours of glory. But once your special day comes and goes, deciding what to do with the gown can be a difficult choice for many brides. Should you keep it stored away as a memento of your wedding day or let it go?

**KEEP IT**

When deciding to keep your gown, it's important to determine why. Are you hoping to one day hand over your dress to your daughter? If so, keeping the gown in a basement, attic or back of the closet may not be an ideal storage option. Garment profes-



© FOTOLIA

Garment professionals recommend you properly clean and store your gown for optimal life span.

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span. Simply shutting it away and forgetting about it can lead to a ragged, faded garment after even a short period of time.

**DONATE IT**

If you have no future plans to give away your dress to a family member or friend, why not donate it to charity? Organizations such as Brides Against Breast Cancer use donated dresses to put on their Nationwide Tour of Gowns effort, which raises funds to contribute to programs for cancer patients and their families. Check in with your local charitable organizations or consignment

shops to see if there is a need for donated dresses in your area.

**SELL IT**

Another option for your gown after your wedding is selling it to make back some of your own costs. This may be a great option if the dress is very valuable and if the company you bought it from has a flexible buy-back program. There are also a variety of online options for selling your gown. Many companies buy and sell pre-owned wedding dresses. Just don't expect to get top-dollar out of these bargain services.

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# Go green for your big day

According to a poll by the Clinton Global Initiative and Microsoft, 66 percent of millennials believe there is solid evidence of global warming, and about 75 percent say it is of human activity. In turn, these environmental advocates are taking action by planning weddings that rely less on disposable products and fossil fuels and more on sustainable practices that can lead to a healthier environment. Follow our suggestions below to integrate a little of this approach into your spring wedding.

## CHOOSE EARTH-FRIENDLY VENDORS

One of the most meaningful steps you can take is to enlist the services of Earth-friendly vendors. These businesses are committed to following environmentally sound processes when



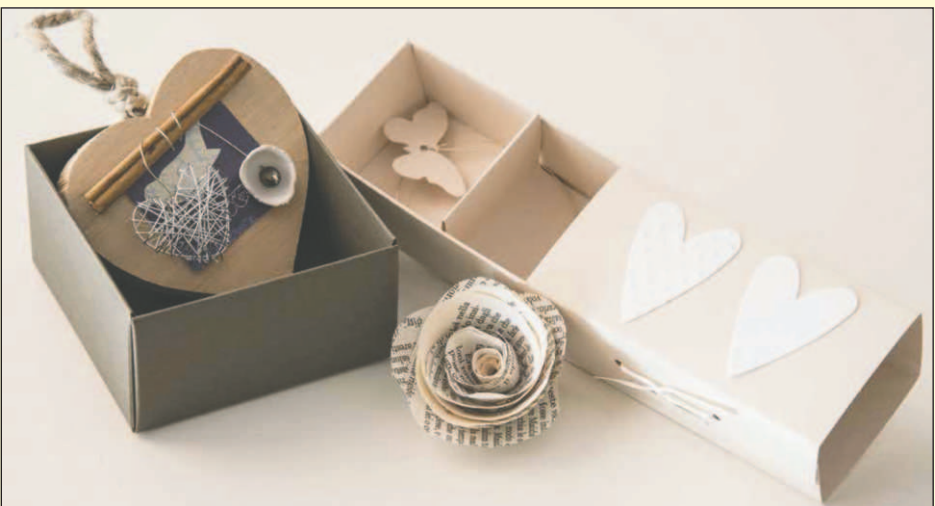
© FOTOLIA  
Companies across the country collect flowers after weddings and repurpose them for delivery to nursing homes and shelter facilities.

producing and delivering their products, which can range from paper flower bouquets to sustainable invitations. There are card companies that print their materials on 100 percent post-consumer recycled paper or alternative non-tree fibers. Some businesses pledge to plant a tree for every order you make with them. Knowing you had a positive impact on the environment in

your wedding planning will give you that extra feeling of satisfaction.

## CHOOSE LOCAL VENUES

The less distance you put between your church and reception hall, the less pollution you are inviting into the atmosphere through the burning of gasoline in the vehicles of your wedding party. This seems like a small step,



© FOTOLIA  
There are card companies that print their materials on 100 percent post-consumer recycled paper or alternative non-tree fibers. Some businesses pledge to plant a tree for every order you make with them.

but consider how many cars will be traveling around town on the day of your wedding. Inviting 200 guests means you're probably also inviting 50 to 100 vehicles onto your community's roadways. That's a large carbon footprint you could lessen by keeping things confined to the same building or ones that are close in proximity.

## RECYCLE YOUR FLOWERS

Many companies across the country collect flowers after weddings and repurpose them for delivery to nursing homes and shelter facilities. By choosing to participate in such an arrangement, you are passing along some

of the beauty of your wedding to even more people around you. These companies also keep your flowers out of landfills by composting them into usable materials for gardens and other uses. Look around in your area for these types of services or offer to do it yourself in collaboration with your local nursing homes or shelters.

# Choosing performers

Music is one of the most important parts of any wedding celebration. Finding the perfect musical act or DJ can be a frustrating exercise if you're not prepared for the search.

Before deciding on your final choice for music, ask some basic questions along with any others specific to your wedding.

**Do you perform original music or play cover songs?**

This is a question for a band you are consider hiring. You want to make sure their musical preferences match what you're looking for. Weddings are generally an atmosphere where cover bands may be a better fit, but this is up to you.

**What is your price range, and can I get a quote on**



© FOTOLIA  
Music is one of the most important parts of any wedding celebration. Finding the perfect musical act or DJ can be a frustrating exercise if you're not prepared for the search.

**paper?**  
Making sure you have a written quote will help resolve any confusion come payment time.

**How many weddings have you performed for in**

**the past couple of years?**  
This answer may be one of the most important, as you want to make sure the company is experienced and up to the challenge.

**Will you be providing the**

**equipment and song list? Can you take requests?**

A "no" answer to any of these questions could lead to more work for you as you try to coordinate what will be played during your

ceremony.  
**Do you only play one event per day?**

You want to make sure you have the full attention of the musical act or DJ during your wedding.

**Are you easy to get in touch with if I have questions throughout the music planning process?**

A good musical act or DJ will surely answer "yes."

A good follow-up question is for a list of references just to make sure you can conduct a little follow-up research.

**Do you also do announcements?**

It's a great bonus to have your wedding band or DJ make announcements throughout the night. That's one less thing for you to worry about.

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Celebrate this important day with your family and friends on the lovely grounds of the Cashmere Museum's charming Pioneer Village. Whether you are planning a wedding ceremony, or scheduling a photo shoot, this outdoor venue offers the perfect backdrop for an unforgettable experience. Weddings may be formal or informal, large or small, and equine friends are even welcome! The space includes a park-like setting, certified

kitchen, and a covered picnic pavilion. Near a number of popular reception spaces and just off Highway 2, our parking lot can accommodate shuttle buses. Please contact us at 509-782-3230 or [info@cashmeremuseum.org](mailto:info@cashmeremuseum.org) for more information.

### Clarks Jewelry

Family owned and operated since 1977, Clarks Jewelry, at 123 Palouse Street, Wenatchee, offers a vast array of wedding and engagement rings as well as watches and clocks. Although diamonds are our specialty, a variety of colored gems, including rubies, emeralds, sapphires and opals are also available to make that custom setting sparkle. Let us help you choose the gift that lasts forever. Complete jewelry services, including appraisals, watch and jewelry repairs and watch battery replacement are also available. For all jewelry needs, just give Mike or Angela a call at 509-662-8521 or stop by our showroom.

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CHELAN BOY’S BASKETBALL



Connor Wilson

Chelan loses to Cashmere 72-51

SUBMITTED BY  
COACH JEFF PEARL

**Jan. 3**

Cashmere	25	11	20	16	72
Chelan	13	11	15	12	51

**Chelan’s leading scorers:**

Nate Harding	11 pts
Connor Wilson	9 pts
Reed Stamps	8 pts
Braiden Boyd	7 pts



Eli Haney/NCW Media

Dillon McCardle

**Cashmere’s leading scorers:**

Carter Alberts	28 pts
Sam Phillips	17 pts
Nate Phillips	14 pts

We got outplayed to-night by a good basketball team. We knew we’d be in for a challenge and unfortunately we weren’t able to respond the way I’d hoped. We gave them far too many second chance points, especially

in that first quarter. We can’t give up as many paint touches as we did tonight.

Cashmere did a good job of aggressively attacking the basket and we allowed too many drives into the key. Although our effort was there tonight, and all our boys played hard, we didn’t do enough to keep ourselves in this game.

MANSON MIDDLE SCHOOL HONOR ROLL

<b>Scholastic Honor Roll</b> <b>4.0 GPA</b> <b>Graduation Year: 2024</b> EMILY R DAVIDSON ELLA L ENGLAND ELLIE SMITH ALEXIS EDUARDO-VILLASENOR	KARLY C NARANJO LIAM D REGAN AMELIA J SIVERTSON PHINLEY K TEAGUE MARIA GUADALUPE VILLASENOR YARITZA R VILLASENOR RYLEE N WINTERS	<b>HONORABLE MENTION-3.0-3.39</b> <b>Graduation Year: 2024</b> KILEY B ALVAREZ-HARJO LIANA M ANGULO LOZA CALIN B BEAZLEY IVAN A CASTRO JORDAN M CASTRO KIMBERLY CESAR-ALONSO JESUS A CHAVEZ MAY A CRIST IRVIN JDUARTE RODRIGUEZ YARISSEL ESPINOZA SPENCER E FERRIS ANIYAH ROSE M GALDARISI GRIFFIN HARRIS JAYDEN A MORFIN BRAYAN ORTEGA-MENDOZA YURITZI V RAMIREZ EDITH K RODRIGUEZ OASHAN M SANCHEZ TANNER SCHOENWALD ABIGAIL SMITH KEVIN V TORRES JACE L YOUNG
<b>Graduation Year: 2025</b> EMMA E ENGLAND CAMILLE A HUTTON VAN B KEOUGH-MICHAELS LYDIA PETERSEN BEREN M SOLIDAY AFTON E TORGESSEN GENESIS R TORRES CAVAN WILLARD BRYNN K WILLIAMS	<b>HONOR ROLL-3.4-3.69</b> <b>Graduation Year: 2024</b> JOHAN CRUZ MARCO ESCOTO FROSECA ANGEL LOPEZ-ARELLANO ANGEL PINEA ZAHYR I SANCHEZ GABRIEL L SIVERTSON OLIVIA SMITH LUIS DIEGO TELLEZ CAMERON WILLOUGHBY MICHELLE ZAMUDIO RAMIREZ	<b>Graduation Year: 2025</b> EMELY S ALJEJO STEPHEN J BERCIER IAN D CALDERON ARIANNA E CAMERON JAQUELINE MENDOZA-CARDE-NAS BETHZY QUIRANTE-SANCHEZ VINCENT STRECKER JAXON TEAGUE AARON E TEJADA CHRISTOPHER VAZQUEZ
<b>Graduation Year: 2026</b> RICHELLE V MARQUEZ ISABELLA M WISDOM	<b>Graduation Year: 2025</b> LUIS ANAYA HANABI H BOYD YULITZA S CESAR JACKSON C FRETWELL MAGGIE GOSVENER DAVID H HARRINGTON JUAN CARLOS JUAREZ JASMIN M LEYVA OBED A MARTINEZ DAYAMI MORFIN SOFIA OROZCO SABASTIAN A SEGURA DANIEL T VERA BLAZE E WEBB-SOLARI NEFERITIS GABRIE A ZARATE	<b>Graduation Year: 2026</b> MELVIN P ADAME DAYANARA F CARLOS DAVON C CHAVEZ BRIAN L CRIST ABRAHAM GOMEZ AYDA J JONES DAYANARA G LEYVA CASSIDY L MCCAREY LACEY A MCCLANAHAN JESUS EDUARDO M JEJIA JOSEPH A RAMIREZ-ESCALERA DAVID M ROMERO VIOLETA V TORRES OSVALDO VARGAS MARCOS F VERDUZCO
<b>High Honors-3.70-3.99 GPA</b> <b>Graduation Year: 2024</b> LEXI-SALUD CESAR BENJAMIN D CULLISON JESUS ESTRADA-TORRES ASHTON FRETWELL ELIZABETH HARRINGTON ISABELLA HARRIS SERGIO S LEYVA GISELLE LOPEZ CARTER J LYMAN BRYCE MOGAN LILIANA L NARVAEZ NATALEE Y REYNA FINNEGAN SMITH SHAWN MARION-STROUBLE		<b>Graduation Year: 2025</b> ISABELLA M ALEXANDER ALIYAH M DAVIDSON WILLIAM F HUTCHINSON MADISON R LARSEN KAYDEN MEDINA MERSADEZ I MORFIN JULIE SOTELO-SOLORIO BRISA B VENEGAS
<b>Graduation Year: 2025</b> ISABELLA R ABURTO BRADLEY R ENGLAND KAYDEN R KOTH HANNA L LYMAN		

CHELAN GIRL’S BASKETBALL

Chelan loses to Cashmere 64-24

SUBMITTED BY  
COACH ROB HUDDLESTON

Chelan Lady Goats hosted the Cashmere Bulldogs in a league matchup tonight (Jan. 3). Cashmere came to Chelan with an unblemished record and recently winning the Portland Holiday Classic. Cashmere opened the game by burying a 3 from the corner and they didn’t slow down the rest of the game.

Cashmere star, Hailey VanLith, attacked the basket and drew fouls sending her to the free throw line. She was also able to convert an “and 1” in the first quarter. She scored 10 points in the quarter. Booh Huddleston was able to convert the only field goal for Chelan in the quarter. Chelan trailed 5-17 after the first quarter.

It was much of the same for the second quarter as VanLith scored 9 points and Chelan only posted 5 more points. 5 other Cashmere Bulldogs also helped with scoring and at the half the

score was 10-37.

Chelan came out of the locker room with a bit more fire and matched the scoring of Cashmere. Huddleston drained a couple treys and Matea Ivory started attacking the basket and finished a scooping left hand layin. On another drive Ivory was fouled and went to the line and sank both free throws. At the end of the 3rd Chelan trailed 22-51.

Cashmere finished the game winning 24-64. VanLith finished around her average of 33 points, Ivory 4, Huddleston 14, Watson 2, Rainville 1, Sams 3

CHELAN ATHLETES OF THE WEEK

<b>Friday, Jan. 10</b> Boys Basketball (JV/C/V) at Okanogan 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	Okanogan 4:15/5:45 p.m. Bus #2- Load at 3:15 p.m./ Depart at 3:30 p.m.	HOME v Warden 4:15/5:45 p.m./7:15 p.m. Girls Basketball (JV/V) at HOME v Warden 4:15/5:45 p.m. Wrestling - at Warden - Bus- Load at 5 a.m.
<b>Saturday, Jan. 11</b> Boys Basketball (JV/C/V) at		

MANSON HIGH SCHOOL HONOR ROLL

<b>MANSON HIGH SCHOOL HONOR ROLL TRIMESTER 3 2018-19</b>  <b>Scholastic Honor Roll</b> <b>4.0 GPA</b> <b>Graduation Year: 2020</b> BLAKE R. COCHRAN BRADEN GETZIN PARKER D. SCHOENWALD BRIAR SOLIDAY CONNOR A. TORGESSEN JOSE A. VAZQUEZ-GUTIERREZ TERESA VENEGAS ESQUIBEL	ANGELICA G. NAVA  <b>Graduation Year: 2022</b> MAYCEE WARD JENNIFER CERVANTES ESPINOZA JAMISON ENGLAND JOSELIN NUNEZ BASURTO PARKER TEAGUE JOSEPHINE C. THOMPSON CONNOR J. CLAUSEN LYDIA CAMERON JOSEPH MOGAN ROWAN J. EVIG EMELY VALENCIA-SUAREZ NICHOLAS A. STRECKER ESMERALDA T. ESTRADA	RHYS M. WILLIAMS TERESA LIZBETH GARCIA OMAR G. ESCOTO BARBARA M. ESPINOZA NANCY FRAYLE LISSETT A. HERNANDEZ COLTON W. VIVIAN JUDE PETERSEN PANDORA M. PENA
<b>Graduation Year: 2021</b> GIOIA FASOLO KENDALL K. PETRE ZOE THOMAS GRANT K. TORGESSEN	<b>Graduation Year: 2023</b> KATE L. ENGLAND DAWSON C. SMITH DEVAN REGAN NATHANIEL J. KATZER MIA MARQUEZ VANESSA SANCHEZ ELI WILLARD	<b>Honorable Mention 3.0 -3.39</b> <b>Graduation Year: 2020</b> ESTEBAN ESCOTO-GARCIA LESLY L. ALVAREZ NADIA R. TEJADA DELIA E. LYSIAK ARTURO VALDOVINOS MENDOZA BRENDA J. ALONSO FREDDIE LOPEZ
<b>Graduation Year: 2022</b> THEA BATCH APRIL R. CRIST KATIE GOSVENER CARA E. HUTTON ANTHONY MARTINEZ LAUREN E. SOLIDAY	<b>Honor Roll - 3.40 -3.69 GPA</b> <b>Graduation Year: 2020</b> BRAYAN S. CESAR ANA CELIA C. SUAREZ LOUIS I. SANCHEZ IVETTE SANDOVAL CYRUS T. GENTRY	<b>Graduation Year: 2021</b> NATALY G ALEJO ELAINE M. FOLSOM MADDISON ALEJO MARTINEZ CADEN BEAZLEY BRYAN OROZCO MICAH PETERSEN DANNON E. TAYLOR KARLEY M. ALVAREZ-HARJO MELANIE M. MARIN CORREA JONATHAN A. FERNANDEZ JENNIFER CESAR-ALONSO RYAN GILDERSLLEEVE YZAAK LOPEZ TUCKER FLOWERS ISAI RODRIGUEZ SAMUEL A. CAPI
<b>High Honors</b> <b>3.70 – 3.99 GPA</b> <b>Graduation Year: 2020</b> EVELYN G. DE JESUS LIBBEY F. IRELAND DAYRA I. ZARATE ARREAGA TIMOTHY C. COCHRAN BRYCE E. LA MAR NADIA K. VERDUZCO FARIAS	<b>Graduation Year: 2021</b> KATI CHAVEZ VICTOR S. LEYVA ZANE A. MERICLE GUNNAR RASMUSSEN MALACHI O. SANCHEZ TITUS PETERSEN LITZY VALDOVINOS-SANCHEZ	<b>Graduation Year: 2022</b> NATALIE M. SOTELO-SOLORIO ANAMARIA VILLA BRIAN E. BARRAGAN CELESTINA PACHECO SAMUEL SANDOVAL JULISSA C. VALLE JOSE GUADALUPE LOZA RAVEN G. POPE PAIGE SCHOENWALD
<b>Graduation Year: 2021</b> AMY MARQUEZ CODY T. FITZPATRICK JONATHAN SARMIENTO MARIA B. SANTANA GONZALEZ BRYANNA J. HARRIS ARACELI MEJIA MORA XAVIER A. MENDOZA GRACE V. CULLISON AMAYA C. HANNAH STEFANY LUNA BRIANA R. CALVILLO MIGUEL A. GALVAN GARCIA	<b>Graduation Year: 2023</b> CRISTIAN L. HERNANDEZ SAMUEL T. RICHMOND	<b>Graduation Year: 2023</b> ISABELLA D. BLANTON TRINITY EDWARDS JENNIFER JUAREZ REYES GRISelda VERA

THE WASHINGTON OUTDOOR REPORT

Previewing Washington’s Sportsmen’s Shows

By JOHN KRUSE

The new year marks the kick-off to sportsmen’s show season in the Pacific Northwest and there is no shortage of them in the Evergreen State. The shows have evolved over the years. It used to be crowds went there to book trips with the outfitters, guides, resorts and lodges who are exhibitors. Another reason; to get great deals from retailers along with boat and RV dealers who all have significant “show pricing” discounts.

These things are still true, but today, many people go to sportsmen’s shows to learn or to take the family out for a fun day where the outdoors comes indoors! When it comes to the kids there are a lot more than trout ponds at most of these shows. Many of them have multiple activities for children and the smaller shows in particular often tout a major attraction which is usually a big hit.

Then there are the seminars. Lots of hunters and anglers come to listen to guides, tournament pros and other experts help them up their game in the field or on the water. Camp cooking seminars have also carved out a significant space at many shows because they are in such demand. Whatever your reason for attending, you have plenty of shows to choose from this winter. Here’s the line-up for 2020.

Tri-Cities Sportsmen’s Show (January 17 – 19 -HAPO Center, formerly the TRAC in Pasco). The main attraction for families is “A Walk on the Wild Side,” featuring exotic animals you can see up close. Television host Richy Harrod

will be back with his popular outdoor cooking camp and there will be more RVs and boats on display than ever before. The kids will enjoy the fishpond and the free air rifle range. [www.shuylrproductions.com](http://www.shuylrproductions.com)

Washington Sportsmen’s Show (January 22 – 26 - State Fair Expo Center in Puyallup). This is the biggest show in Washington State. Bring your antlers to the 33rd annual Head and Horns competition or check out the expanded outdoors cooking competition, featuring well known outdoors chefs who will also put on presentations. The kayak fishing pavilion has grown this year, reflecting the growth of this niche in the world of fishing, and a big tank stocked with walleye will be a great location to see experts who will help you catch some of these tasty fish. [www.thesportshows.com](http://www.thesportshows.com)

Pacific Northwest Sportsmen’s Show (February 5 – 9 -Expo Center in Portland). This one’s not in Washington but it’s very well attended by Southwest Washington residents and for good reason; it is one of the largest sportsmen’s shows in the entire nation. In addition to hundreds of exhibitors there are multiple locations where seminars are taking place to include the Garmin Tech Center, Walleye Alley, a camp cooking theater, a horse packing area, a theater just for fishing seminars and another for hunting along with a fly-casting pond and outdoors survival area. [www.thesportshows.com](http://www.thesportshows.com)

Central Washington Sportsmen’s Show (February 14 – 16 - Yakima Sun Dome). This is where Shuylr Productions launched their first sportsmen’s show 31 years ago and it still attracts a good local crowd today. Families with kids enjoy the trout pond, archery shoot, air rifle range and annual trout races that happen at the fly-casting pool.

Nick’s Animal Adventures will be a good draw as well as a horn and antler competition. [www.shuylrproductions.com](http://www.shuylrproductions.com)

The Fly Fishing Show (Feb 15 -16 -Lynnwood Convention Center). This is the place to be February 15 and 16 if you are into fly fishing. This show travels around the country and features well known experts giving presentations and demos along with a learning area where you can take in the basics of casting and tying flies. Lots of new rods, reels and gear will be on display and there’s a fly-fishing film festival on Saturday night. [www.flyfishingshow.com](http://www.flyfishingshow.com)

Wenatchee Valley Sportsmen’s Show (Feb 21-23- Town Toyota Center). Nick’s Animal Adventures, a free trout fishing pond, Richy Harrod’s Outdoors Cooking Camp and the Northwest Big Game Trophy Display are all attractions this year in addition to daily seminars by local guides and experts about hunting, fishing and outdoors survival. [www.shuylrproductions.com](http://www.shuylrproductions.com)

The 60th Annual Bighorn Outdoor Adventure Show (Mar 19-22 – Spokane Interstate Fairgrounds). This is the second largest show in the state. Kids will enjoy the fishing pond, air rifle and archery ranges as well as the “silver mine”. Adults will want to check out the trophy antler competition, the numerous seminars, and of course, purchase a raffle ticket for a chance to win one of the many firearms on display on the Wall of Guns. There is also a Ladies Night on Friday with special giveaways and discounts for women and a Family Day on Sunday where kids 13 and under get in for free. [www.bighornshow.com](http://www.bighornshow.com)

John Kruse – [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)

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PUBLIC NOTICES

NOTICE OF APPLICATION  
VAR2019-07  
Saad Administrative  
Rear Setback  
January 3rd, 2020

On December 30th, 2019, the City of Chelan received a Variance Application for a reduced setback due to topographic restrictions on lot, which was deemed complete on January 3rd, 2020. The application and all supporting documents may be reviewed at City Hall, Department of Planning & Community Development, 135 E. Johnson Avenue, Chelan WA during regular business hours.

**Project Applicant:** Jeff and Janet Saad, 6855 166th PL SE #85, Bellevue, WA, 98004

**Project Location:** 221 El Dorado Way, Chelan, WA, 98816. Parcel:27220366170

**Project Description:** New setback line to allow for a small addition to the home. Current steep slopes prohibit the home owner from building within setback allowances. This variance will allow for a rear setback reduction of 4' from 20' to 16'.

**Environmental Review:** The subject application is categorically exempt from SEPA review pursuant to WAC 197-11-800(6)(e).

**Comment Period:** Agencies, tribes, and the public are encouraged to review and comment on the proposed project and its probable environmental impacts. Written comments must be submitted by January 17th, 2020 to: City of Chelan, Department of Planning & Community Development – Attn: Joey Meisenheimer P.O. Box 1669 Chelan, WA 98816.

**Public Hearing Date:** There will be no hearing for this administrative variance.

Other required permits not included in the application to the extent known by the City of Chelan: Building Permit and other State and Federal permits, if applicable. Applicable Policies, and Requirements: The following development regulations will be used for project mitigation and consistency: City of Chelan Comprehensive Plan, City of Chelan Municipal Code, City of Chelan Shoreline Master Program, International Building Code (IBC), Applicable State and Federal regulations.

**Required Studies:** None identified.

Published in the Lake Chelan Mirror  
January 8, 2020. #69693

DETERMINATION OF  
NONSIGNIFICANCE  
SEPA2019-22  
Lake Chelan  
Community Hospital

Description of proposal: **Lake Chelan Community Hospital is developing the property to improve and expand its community health care mission by building a modern medical facility. The new hospital will be approximately 60,000 GSF on an 11.6 acre site.**

Applicant: Collins Woerman Company, **710 2nd Ave, Suite 1400, Seattle, WA, 98104**

Location of proposal: **The address is 106 South Apple Blossom Drive, Chelan, WA 98816. The site includes lots 20-22. Parcel:272318627013 Legal description as follows: A portion of the NW1/4 of the NE % and the SW1/4 of the NE % of Section 18, T. 27N, R 23 E.W.M., Chelan County, Washington.**

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 NEPA Environmental Assessment and Apple Blossom Center MDNS and other information on file with the lead agency. This information is available to the public on request.

There is no comment period for this DNS.

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

• This DNS is issued under WAC 197-11-340(2); the lead agency will not act on this proposal for 14 days from the date below. **Comments must be submitted by January 17th, 2020**

Responsible official:  
**Craig Gildroy**

Position/title: **Planning Director**  
Phone: **(509) 682-8017**

Published in the Lake Chelan Mirror  
January 8, 2020. #89686

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com

# Rosacea: A chronic skin condition

I was dead wrong. Whenver I noticed someone with bloodshot eyes, tiny broken blood vessels visible on their skin along with flushed cheeks, I would judge them. I would wonder, “do they drink alcohol regularly?” That’s because I associated those skin changes with people who drank heavily, just like the actor and comedian W.C. Fields, who popularized his character of a chronically tipsy guy who bumbled his way through life. I had always assumed that the signs of flushing, red eyes and visible blood vessels on the face were the marks of the heavy chronic consumption of alcohol. And that his prominent, bulbous nose was unique to him. But that wasn’t true!

W.C. Fields did drink frequently, but that wasn’t why his face and nose looked like that. Instead, they were signs of his having a chronic skin condition called rosacea.

Why do we mistakenly associate those facial characteristics with heavy drinking? Maybe it’s because alcohol consumption can exacerbate rosacea symptoms. Drinking beer, wine or other alcohol can trigger a flare-up of the redness, red eyes, and



tiny blood vessels appearing on your skin. But alcohol is not the most common trigger. Exposure to sunlight, emotional stress and hot weather are most likely to cause an exacerbation, or “flare”.

Rosacea is a chronic skin condition that affects over 15 million Americans. It shows up in middle age, sometime after age 30, and is more common in those with extremely fair skin, like those of Irish or Scandinavian descent.

There’s no cure for rosacea. Doctors also don’t know what causes it, but the progressive skin damage can be limited by avoiding triggering conditions.

The early symptoms of rosacea are often overlooked because they start slowly and increase over time. Most people experience an occasional redness on their cheeks, nose, forehead or chin which comes and goes, becoming redder and lasting longer over time. Along with flushing or rash, rosacea often causes small blood

vessels to become visible on your face. As the subtle signs of rosacea become more pronounced and frequent, makeup will no longer cover it up.

Rosacea can also show up as “adult acne” with bumps or pimples developing on your face, with one exception: your pimples aren’t blackheads. It can also affect your eyes, causing eye irritation like a feeling of grittiness in your eye, redness, a bloodshot appearance, even swelling of your eyelids. In severe cases, the tissue of your nose can swell and become permanently enlarged, like W.C. Fields’ own large, round nose.

Although doctors don’t know exactly what causes rosacea, there are some hints. Many people with rosacea have a higher concentration of a type of insect called a mite living on or near their facial hair and eyelashes. Called Demodex folliculorum, this mite feeds on dead skin cells and oils on your skin, but the importance of this in treating rosacea remains unknown.

Rosacea gets worse in certain situations, called triggers, with the most com-

mon trigger being exposure to the sun, which triggers flares in 80% of people with rosacea. Emotional stress and hot weather are triggers for 75% of rosacea sufferers.

Alcohol is a trigger for half of people with rosacea, which is probably why W.C. Fields had increasingly severe symptoms while drinking alcohol regularly. Other common triggers include heavy exercise, hot baths and hot tubs.

Since there is no cure, the best way to treat rosacea is to understand your own triggers and try to avoid them whenever possible.

**Here are 6 Tips on Dealing with Rosacea:**

1. Document your triggers.

Keeping a symptom diary can help you figure out what your particular triggers are so you can avoid them.

2. Consult a dermatologist.

Dermatologists can prescribe prescription medications for rash and laser treatments for facial symptoms like visible blood vessels. If you have eye symptoms, it’s important to seek medical advice to minimize damage to your corneas.

3. Use sunscreen. The most common trigger for rosacea is sun exposure. Use sunscreens whenever you are outside during the day.

4. Be gentle. If you have pimples from rosacea, avoid harsh acne products or scrubs, as they can trigger a flare.

5. Avoid exposing your skin to multiple products. Minimize the number of chemicals you put on your skin. For example, try using a moisturizer with sunscreen built in.

6. Keep your cool. Hot weather, hot tubs and heavy exercise are common triggers of rosacea. Keeping a symptom diary can help you adjust your physical activities to minimize triggering flares while also keeping fit.

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# Take control of your personal information

## 5 tips to maintain good credit health and keep your personal information safe

(BPT) - Understanding and managing your personal information is essential to achieving your life goals such as owning a home, financing an education, getting your next job or simply having the convenience of credit cards for everyday purchases.

Banks, landlords, employers and many others need to authenticate your identity and evaluate your creditworthiness to determine whether they can trust you to make payments if they lend you money. This credit behavior determines a person's credit score.

So, how do you take control of your personal information and maintain good credit health? Here are a few key tips for financial health empowerment:

Monitor your information regularly: According to TransUnion's July 2017 Credit Literacy study, almost half of consumers thought checking your own credit score has the same effect as when a lender checks it. Fortunately, this is not the case. When you check your information, it is usually reported as a soft inquiry and ultimately does not impact your score. Checking your information regularly is encouraged and should be part of a habitual routine, much like regular exercise.

It's important to understand both what helps build credit and what negatively affects your credit. Once you are well-versed in your information, you are taking

one important step toward being in control and can better inform your choices and be empowered to make the right decisions. There are many solutions available that provide easy access to your information, including TransUnion Credit Monitoring.

**Make payments on time:** Paying your bills on time and in full each month will show that you are reliable and more likely to pay back debts. Doing so will help grow your credit score, but remember, consistency is key. If you have missed a payment in the past, getting back on track and paying off debt should be a top priority. Having a positive history of on-time payments shows responsible behavior.

**Don't use all your available credit:** It is recommended to maintain a low credit utilization ratio, that

is, how much of your available credit you're using at any given time. This suggests to creditors that you can use credit responsibly and do not rely on it too much. It is recommended that you use no more than 30 percent of your available credit.

**Building credit takes time:** Building and maintaining a track record takes time, responsible financial behavior and smart credit usage. Therefore, it is important to start early and understand the implications of your decisions. For example, closing your oldest credit card account could end up negatively impacting your score. However, every situation is different, depending on a person's account history, fee structure or rates.

**Protect your information:** You have a vital role to play in controlling who has access to your information,

and there are tools readily available to do this. Protecting your information from fraud is critical. As part of TransUnion's ongoing commitment to empowering consumers to understand and manage their information and achieve financial health, it offers a range of solutions. To complement credit monitoring, Lock Alert is a new, innovative feature that automatically sends an alert to members whenever a request for their locked or frozen credit report is made in connection with an application for new credit.

With the right information, tools and responsible financial decisions, you will be on the path to taking control of your information, leading to good credit health and the opportunity to achieve your dreams. For more information, visit TransUnion.com.

# Three workouts everyone over 60 needs

(BPT) - You want to live the healthiest life possible and you realize that to do so, you can't rely on the same old exercise routine. You need to change it up and adjust your plans as you grow older. It may seem daunting, but the good news is that staying fit can be easier than you think.

"Many older adults know their fitness routines have to change as they age because of injuries, chronic aches and pains, or even shifts in the exercises they enjoy," says Julie Logue, SilverSneakers(R) training manager for Tivitty Health. "That's why finding the right health plan during Medicare's open enrollment period is so important. It's especially valuable to find a health plan that includes SilverSneakers, which is the nation's leading fitness program designed exclusively for older adults. It's much easier to be consistent with exercise when you find a program you love."

If you are an older adult who likes yoga, strength training or aerobic exercise

- or if you are considering such a regimen - Logue suggests a few ways to switch up your routine, so you can continue living a healthy, active lifestyle.

**Finding peace with your yoga routine**

Yoga is popular with fitness enthusiasts of all ages, and for older adults, practicing yoga can improve balance, flexibility, mental focus, core strength and breathing efficiency. It can also be a wonderful stress reliever.

If you are new to the practice of yoga, or if you feel unsure or unstable during any class, consider using a wall or chair to aid you in your balance for certain poses. Make sure to protect your joints by moving gently into stretches and poses, never forcing your body into any posture. You can regulate your blood pressure with even, continuous breathing. Additionally, be aware that inversions, those poses that place your head below your heart, can cause changes in blood pressure. Finally, while yoga can certainly be practiced alone, taking a

class through SilverSneakers is a great way to bond with others during your workout and get expert guidance from a trained instructor.

**Stepping up your strength**

Building muscle mass is a key benefit of strength training, but for older adults there are additional benefits. Strength training, sometimes called resistance training, supports bone health and aids in the prevention of osteoporosis, improves your balance and supports a healthy weight. Regular strength training also can make everyday activities easier.

The Centers for Disease Control and Prevention (CDC) recommends that adults of age 65 and older, who are generally fit with no limiting health conditions, should do resistance training exercise on two or more days a week, focusing on all major muscle groups. When beginning an exercise program, the best practice is to start with lighter weights, performing one to two sets of each exercise with 10 to 15

repetitions in each set.

To continue to benefit from strength training safely, increase your resistance slowly, always using proper technique to avoid strains and other injuries. You can manage your blood pressure by exhaling during the most challenging part of each exercise. Choosing to work out with a partner or coach can help keep you motivated and make you more aware of your form and alignment, keeping you safer during your workout. Finally, take a break. Allowing a day between strength training workouts helps your muscles recover so you come back to your next routine even stronger. Download the new SilverSneakers GO(TM) app and discover programs to fit your personal activity level.

**Keeping the cardio**

Whether it's dance or another calorie-burning cardio exercise like cycling or walking, getting your body moving is a fun and healthy way to improve your lifestyle. Cardio exercise has also been shown to improve your coordination,

agility and reaction time, as well as help you manage your blood pressure and improve cognitive function. Plus, it's just flat-out fun, especially if you enroll in a class as a SilverSneakers member.

To keep your cardio routine interesting and effective, pay attention to the impact that some types of exercise can have on your joints. Walking, cycling and water exercise are all efficient ways to get a great workout while being gentle on your joints. And, with social isolation affecting as many as 43 percent of older adults, asking a friend to join you is a great way to stay motivated, connect with others and enjoy life.

Don't delay in improving your healthy lifestyle today

Improvements to your regular exercise routine will support you in your goal of living a healthy life, but you can take the next step with the support of a program that includes classes, digital tools and workouts designed with seniors in mind.

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