



Manson FFA, shop team travels to Tonasket for competition
See page B1

Three car accident on Beebe Bridge closes bridge

Editors note: This story has been corrected from what appeared in print in our Dec. 4 edition.

CHELAN - A three car accident on Sunday, Dec. 1 at 12:55 p.m. closed the Beebe Bridge for several hours and sent two people to medical facilities. Gray E. Jensen of Woodinville was driving southbound over the bridge when he lost control and struck the bridge to the left, then crossed over the centerline and struck vehicle two driven by Susan Bales of Auburn head on. Vehicle three, driven by Jose Mendoza of Chelan Falls was unable to stop and struck vehicle two. All vehicles came to rest blocking both lanes of the bridge.

Jensen was uninjured and has been charged with speeds to fast for condition. Bales was transported by aid to Lake Chelan Community Hospital. Emilyiris McCraigie, 5, of Auburn, a passenger in vehicle two, was airlifted to Harborview.

Holly Libbey of Chelan Falls and Joseph Mogan of Manson were passengers in vehicle three. They were not injured.

Upcoming events in the Valley

Small Town Christmas: Dec. 1-24

CHELAN - The Historic Downtown Chelan Association will again host Small Town Christmas, running through Dec. 24, 2019. Small Town Christmas is a month long holiday celebration taking place in the quaint downtown of Chelan, Wash.

Set among the twinkling lights of downtown and the snow-capped buttes of Lake Chelan, Small Town Christmas is reminiscent of a Norman Rockwell postcard scene. The charming downtown will host an incredible line up of family friendly events, unique shopping experiences, and an auction gala that gives back to the youth in our community. The month-long lineup includes:

Event highlights include: December 1-7

- Holiday Concert at the Tree by Chelan High School • Festival of Trees Preview • Graham Cracker Cottages at The Vogue
- Roaming One Man Band • Santa at Frenchie's Flutes & Fleurs • Holiday Matinee at the Historic Ruby Theatre • Festival of Trees Gala & Auction December 8-14
- Holiday Crafts & Cookie Decorating at St. Andrews Church • Santa at Frenchie's Flutes & Fleurs • Kids Crafts at Woven Threads • Find Santa Downtown for a Candy Cane • Holiday Matinee at the Historic Ruby Theatre December 15-22
- Santa at Frenchie's Flutes & Fleurs • Holiday Matinee at Chelan Public Library • Find Santa Downtown for a Candy Cane

For event times go to www.historicchelan.org

Festival of Trees: Dec. 7

Editors note: This story has been updated from what appeared in print in our Dec. 4 edition.

CHELAN - The Saturday, Dec. 7 Festival of Trees event will become an all-day silent auction with free live music and light appetizers for the community.

Friday, Dec. 6, 4-8 p.m.: Set up for FOT in Campbells's Resort River Room.

Saturday, Dec. 7, 9 a.m.-4 p.m.: Viewing of Trees and Silent Auction

4-4:30 p.m.: Food and Cash Bar Set Up. "Buy It Now" items removed

4:30-5 p.m.: Music - Becky and Ray Hardiman Duo

5-6:30 p.m. appetizers and a no-host bar will be set up in the auction area.

5-5:15 p.m.: Thrive and HDCA introduction and statements

5:15 - 6 p.m.: Final Stage of Silent Auction goes live with Adam

6:15 - 7:30 p.m.: Music/ Performance: Becky and Ray Hardiman

Sunday, Dec. 8, 8:30-10 a.m.: Pick up items purchased

Thank you for all you do to help support our Historic Downtown Chelan and Thrive Chelan Valley.

A Christmas Cantata: Dec. 6, 7

MANSON - The Lake Chelan Community Choir will present 'Joy, Joy, Joy', A Christmas Cantata on Friday, Dec. 6 at 7 p.m. and Saturday, Dec. 7 at 1 p.m., at North Shore Bible Church located at 123 Wapato Point Parkway in Manson, Free admission.

Joysong Victorian Carolers: Dec. 7

CHELAN - Joysong Victorian Carolers from Olympia, will be presenting a free concert of traditional Christmas music in Chelan's historic log church - St. Andrew's Episcopal Church on Dec. 7, at 7 p.m. Come and enjoy the beautiful sounds of the Season.

Chelan Valley Hope's Manger Mall: Dec. 14

MANSON - The 11th Annual Manger Mall will be held Sat., Dec. 14, at North Shore Bible Church in Manson. The goal is to ensure that every child receives a gift for Christmas. Registration forms have been distributed through the local schools and community service organizations. New unwrapped "wow" toys, with a suggested value of \$25, are needed and may be dropped off at the Lake Chelan Chamber of Commerce by Dec. 9. Homemade comfort items, such as blankets, hats and scarves are also needed. Or, if preferred, a

SEE EVENTS ON PAGE A2

Santa pays a visit to valley

Santa arrived by helicopter in Manson, courtesy of Lake Chelan Helicopters, on Saturday, Nov. 30. The day started out with children going to Mountain View Lodge for writing letters to Santa and hot cocoa. That was followed by Santa's arrival at noon and an opportunity for the children to give their letters to him. Santa visited after that with the children at new Radiance Tasting room in downtown Manson.



RuthEdna Keys/LCM
Historic Downtown Chelan kicked off Small Town Christmas Nov. 29. That evening Santa Claus was escorted into town from the old bridge by the children to Christmas tree during the Parade of Lights. After the Christmas tree was lit, young and old alike made their to Riverwalk Park for the Fireworks Finale, roasting marshmallows and a cup of cider and take in the stunning lake setting.

See more photos at lakechelanmirror.com

Teen Center Celebrates 20 year anniversary

By VICKI CARR, TEEN CENTER-LCUMC LIAISON

CHELAN - The Lake Chelan Valley Teen Center has been in operation for 20 years in the Fireplace Room of the Lake Chelan United Methodist Church.

A celebration party was held at Harmony Meadows in rural Manson on Saturday, Nov. 16. Appetizers and other refreshments were served in the beautifully decorated, lovely venue from 6-8 p.m. The Kevin Jones Band opened and closed the evening's activities.



RuthEdna Keys/LCM

The Teen Center, hosted by Lake Chelan United Methodist Church recently celebrated their 20 years in operation with a celebration party at Harmony Meadows in Manson.

Attendees were even dressed up for the occasion.

Thrive Chelan Valley's executive director, Kayla Helleson, welcomed guests and then introduced Jacque DePaoli, a member of Thrive's board of directors. Jacque gave the 70 or so guests a rundown on the beginnings and early history of the Teen Center. Paul Palumbo and several other original Teen Center organizers and enthusiasts were on hand to hear Jacque's accolades.

SEE TEEN CENTER ON PAGE A2



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LETTERS TO THE EDITOR

Apartment development planned on West Okanogan Avenue

I'm reaching out in an effort to be sure that residents and citizens of Chelan are aware of a proposed residential apartment development being planned on West Okanogan Ave.

While the property is zoned Tourist Accommodations the Campbell's have said they are currently planning to build residential apartments to assist with the housing shortage in Chelan.

The city of Chelan planning department in keeping with state law was only required to send notifications of the application to

residents that reside within 300 feet of the project. Which isn't very many, so I think that everyone should be aware and have an opportunity to participate in the process if they chose to. Unfortunately (again state law) only requires a few weeks for written comments to be submitted regarding concerns people have surrounding the

environmental impacts, a development of this size will have on our city, and our very quiet neighborhood.

All of the documents, including the SEPA report, are on record at the city of Chelan and with a records request can be obtained.

Lisa Garvich, Chelan

Much has changed in 20 years of local newspaper ownership

My wife and I purchased The Leavenworth Echo, Cashmere Valley Record and Lake Chelan Mirror in Sept. of 2000. At the time many in the industry looked at newspapers as a dying industry. Many still do.

It is true that today nearly every business has a website and many rely on "Social Media" to promote their business. As a result, much of the revenue that supported newspapers in the past has drifted away.

It sometimes takes awhile for us to recognize how changes in our environment have impacted us. Newspapers are no different. The reality is that contrary to popular belief the Internet does not spell the end of newspapers. In fact, the Internet is the best thing that could have happened to local community newspapers like ours.

That is a bold statement so let me tell you why I believe it to be true.

First, there is nothing the Internet can provide that your local community newspaper can't provide in a timely and



IN MY OPINION
Bill Forhan
Publisher

often more accurate manner.

Each of our newspapers has its own website. Those websites give us powerful new tools to bring you the news. Here are just a few examples:

Those websites give us immediacy. In other words, we no longer have to wait a week to tell you what happened. Important breaking news stories can be posted to our websites just as quickly as any other web based site.

Since we actually live here we know facts about the community that are not immediately evident to reporters based outside the area.

A printed newspaper is limited by printing costs and space. Advertising still pays the bills. So the number of available pages depends to-

tally on the volume of advertising we have in each issue. Currently, our print editions run at about 50% paid advertising, so 4 pages of advertising would dictate an 8-page paper. Our websites do not have those same limitations.

We cannot show a video in the print edition, and with limitations on advertising we usually have little room for more than 1 photo to go with each story. Our websites are not limited by the cost or limitations of paper.

Our websites all have video capability and image galleries that contain multiple photos of activities like high school sporting events.

It is true that our websites are not totally free. Like you, we still have bills to pay including salaries for staff, rent, postage and printing costs.

We could eliminate postage and printing by going to a completely digital newspaper, but while our online subscriptions are growing at double digit rates, our print subscribers remain pretty

constant. There may come a day when print no longer exceeds the digital audience and at that point changes may need to be made. But I fully expect that day will be long after I am gone from the publishing business.

In the meantime the websites offer another important tool for evaluating what is most important to our readers. In the past deciding what to cover was mostly based on the local publisher's impressions of the community. But with our websites every story we post online keeps a record of how many times it was read. Checking those statistics is sometimes a little surprising.

For example, we always assume that the most important stories for our local community are those written by local staff. But in checking story statistics over the last year the most read story was a press release about important things to do to insure your child's safety on their way to school.

Our focus for local news

has always been, City Council, School Board and High School Sports. Those stories seem to only be important to about 1/3 of our website readers unless they are about a very controversial local issue.

So, what is important to our readers? In the past year local political news was important. Generally speaking candidate profiles drew 50-60 percent of our readership. And the winning candidates in the last election drew larger readership numbers on our website than their opponents.

Local entertainment news and events drew larger readership than nearly all other hard news stories. That is interesting because our local entertainment groups are poor advertisers. We are planning on taking a new approach here.

High School Sports has a small but loyal following. Generally tracking at about 15% of our audience. We plan to make some changes in this effort as well by trying to fo-

cus more on sports statistics and not play-by-play analysis of the games.

Finally, the question of my personal opinion column came up recently. After listening to my latest critic, I went back and checked the online stats about my columns. I was prepared to drop the column based on a challenge from my critic that I would have more readers if I eliminated my column. The problem is that according to the website my columns have had consistently higher readership than any other story posted on the website - often exceeding the total unique audience count as determined by Google.

The Internet is the best thing to happen to small newspapers like mine. Because of what we have learned we will be making numerous changes in the months ahead. After 20 years it is time for a fresh look.

I welcome your suggestions about how to make the paper more relevant to you. After all, it is your community newspaper.

Americans vote every day of the week

Now that the formal elections are over, American consumers and B2B companies ought to start another form of election: Voting with your wallets, but with a purpose.

If a product is made in a country you might despise for whatever reason, don't buy it.

If a business is contracted to one or more nefarious organizations, don't use that business.

You have the right to discriminate. Doing that as a business is illegal, but you as an individual with inalienable rights per our Constitution have the power to shop where you want.

There is no legal obligation to shop where the government tells you to shop. As a



APPLES TO APPLES
Gary Bégin

caveat to that, I must advise caution. You may be shunned for not towing the line. You might become estranged because of the actions of friends and relatives.

You may become indignant when it becomes understood that all of life is political and free speech is only free to those that delight in what is being said.

The speaker of these platitudes, however, isn't necessarily a mere lapdog of those that feed him. Occasionally the bringer of the future,

audio/visual version, reveals and revels in his own funk, the background that sent him to the podium in the first place.

Praise God we still have a few Americans who speak without the filter of status quo acceptable terminology.

Having blurred any clarity I might have created, let me explain the easiest way to tell a liberal from a conservative?

The former laud and applaud Jane Fonda, she of the Vietnam War protest.

A small percent of the latter have rubber or plastic urinal plumbing filters with her image on it. I have seen these mostly at military clubs like the American Legion and the Disabled

American Veterans, etc.

They (American Veterans) have never forgotten nor forgiven her. Last month she was a guest star on the CNN Van Jones Show. As soon as I heard that and the audience applauding loudly, I changed the station.

I am not afraid to watch many different points of view, but it is hard for me to forgive her when I or my loved ones are subjected to a mockery of their impending death, not just physically, but also as an idea of who we were and what we stood for and why our legacy shouldn't be ignored or laughed at by those who never gave themselves unselfishly to their country as have Veterans.

To heck with CNN. The

Wenatchee Business Journal has a dedicated Veterans Page every month, but you will never see Jane Fonda on it.

Let Hanoi Jane book a flight to Vietnam and reserve a seat in that same anti-aircraft gun she sat in

those many years ago.

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

Santa's Stars program seeking monetary donation

CHELAN - Once again, the Santa's Stars program will be looking to help less fortunate kids from the communities of Chelan, Entiat and Manson, by giving them the opportunity to shop for Christmas gifts for themselves and their families.

The event will start off with

Chelan County Fire District 7 cooking up a pancake breakfast on Dec. 10. The kids will then be teamed up with a Law Enforcement, Firefighter or EMT and will embark on their shopping adventure.

Want to sponsor a child? Each child will be given a \$100

gift card to spend on themselves and their family members. The Santa's Star program is currently accepting donations in the form of \$100 Walmart Gift Cards. Other monetary gifts are also welcome. They will also be looking to help each family with groceries, to ensure they have a

warm Christmas dinner.

Donation drop-off locations are: Chelan: Sheriff's office at 207. N. Emerson Street. Entiat: Fire District #8, 2200 Entiat Way. For info: Sgt. Adam Musgrove at the Chelan County Sheriff's Office Santas.stars.ccsso@gmail.com or 509-630-7530.

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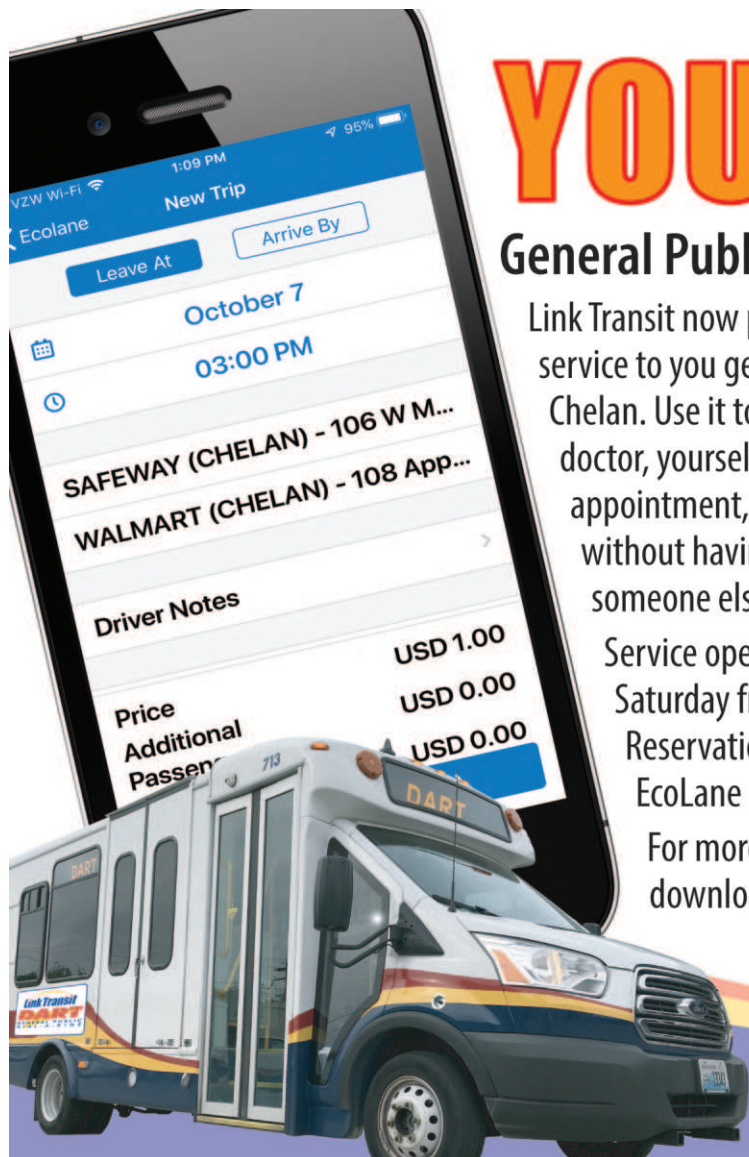
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Link Transit now provides an on-demand service to you get around the City of Chelan. Use it to get your kid to the doctor, yourself or your parent to an appointment, or anywhere else, without having to drive or rely on someone else.

Service operates Monday through Saturday from 9 AM to 6 PM.

Reservations are available for same-day service, and must be made using the EcoLane desktop or mobile app. Cost per trip is just \$1.

For more information about the Lake Chelan DART service, and to download the EcoLane app, visit www.linktransit.com/chelandart

Para obtener información en español, llame al 509-662-1155.





Courtesy Manson High School

Left to right: Gunnar Rasmussen and Micah Petersen

Manson FFA, shop team travels to Tonasket for competition

BY GUNNAR RASMUSSEN AND MICAH PETERSEN

TONASKET - The Manson FFA apple judging team along with the shop team travelled to Tonasket to compete against other schools in the above two fields. The shop team of Zane Mericle, Micah Petersen,

Gunnar Rasmussen, competed in various arc and gas welding competitions. Micah Petersen and Gunnar Rasmussen took the top two spots in the best bead competition with Micah first place and Gunnar coming in second.

The 12-man Apple

Judging team practiced VarietyID, Entomology, Blemish Identification, date and maturity, and grading of Apples. Manson hosted the next competition on Nov. 19 at the Manson Grange. Manson shop students host their next contest on Dec. 18.



Courtesy Manson High School

Left to right: Blake Cochran, Teresa Venegas, Delia Lysiak, Cody Fitzpatrick, Bryanna Harris (in front) Zane Mericle, Ryan Gildersleeve, Gunnar Rasmussen, Michah Petersen, Raeauna Mogan,

Manson High School FFA hosts District 7 Apple Judging Contest

SUBMITTED BY MANSON FFA

MANSON - The Manson Grange was the site of the District #7 FFA Apple Judging Career Development Event (CDE). There were over 88 contestants from 19 area schools. The contest was put on by Marty Cochran with help from Nathan Coggins, Travis Schoenwald, Devon Griffith, and Carol Peters. Each

Each contestant had to figure Fruit Maturity days from full bloom, take a 25-question test from

the pesticide applicators handbook, identify 20 different insects, judge trays of golden and red delicious, show the proper way to pressure test apples, identify 25 varieties of apples and pears, grade 25 different red delicious and golden delicious apples, and identify 50 different blemishes.

Manson FFA had 11 members competing, they were led by Cody Fitzpatrick who came in first place, followed by Blake Cochran in 11th. Additional members were Teresa Venegas, Delia

Lysiak, Bryanna Harris, Raeauna Mogan, Zane Mericle, Micah Petersen, Gunnar Rasmussen, Sam Richmond, and Ryan Gildersleeve. Manson first team placed 5th just missing a trophy by 10 points, Manson second team ended up in placing 8th. Individual members now have their sights set on bringing home some hardware at the state contest to be held in Wenatchee on Dec 11th.

A big "Thank You" to Manson Growers for supplying us with all the apples for this year's contest.

Chelan High School Athletic Hall of Fame inductees announced

SUBMITTED BY ROB RAINVILLE, CHELAN HIGH SCHOOL

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

Each year our committee reviews nominations of people worthy of being inducted into the Chelan High School Athletic Hall of Fame. The Hall of Fame consists of student-athletes, coaches, administrators and teams that have competed and represented Chelan High School at the highest level. This year the inductees include:

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

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

We plan to celebrate the inductions and retirement of Joey Harris' #12 uniform on Jan. 24, 2020 at halftime of the home boys' basketball game vs. Cashmere.

We appreciate your support and would like you to save the date for this great event.

Area teachers named North Central Education Foundation Teacher Classroom Grant Award Winners

SUBMITTED BY NCESD

Financial Education ~ Young Adult Consumer Education Trust

Tammi O'Brian, Entiat Elementary PBL 3rd-5th Grade Technology Integration

Literacy

Lea Boggs and Amy Massey, Icicle River Middle School, Cascade Pop-up Green Screen Mobile Recording Studio

Becky Buckingham, Bridgeport Elementary Scooping up 2nd Grade Independent Readers

Carolyn Burdick, Morgen Owings, Lake Chelan Story Books for K Social Emotional Learning

Roxanna Jensen, Entiat Elementary Color Printer for Students

Katie Phillips, Brewster Elementary The Treasure of Reading

Cheryl Sablan, Morgen Owings, Lake Chelan STEM Books for Students

Music/Arts ~ Woods Family Music & Arts Fund

Maria Goulet, Mansfield After School Ukulele Group

Paula Grieb, Mansfield Jr./Sr. High Making Connections with Photography

Andrea Whitney, Manson Elementary Orff Xylophone Supplementation

Luke Hall, Mansfield Secondary Mansfield Home Econ Club

STEAM ~ Community Foundation of North Central Washington

Jessica Bowman, Mansfield Integrating medical issues into the science classroom

Erik Helleston, Manson High School Addressing Opioid Dependency and Malnutrition Problems through Science, Engineering

and Biotechnology

Teresa Jones Coffman, Morgen Owings, Lake Chelan Fine Motor STEAM

Linda Zaccanti, Brewster Elementary STEAM Tubs

Grants Adopted by Businesses, Individuals and Board Members Jennifer Polley, Lake Chelan Other Building a Classroom Community Jamey Jo Steele, Mansfield Other Community Garden

Money Smart Kids Contest: Win \$10k for your school

(NAPS)—If you think your kids could be more money conscious, you're far from alone. In fact, according to the National Financial Educators' Council, fewer than one in four children talk to their parents about money with any frequency. Fortunately, teaching kids about managing money can pay off in more ways than one. It can mean thousands of dollars could come to their school and other deserving recipients as part of an inspirational contest.

What It's All About

For the third year in a row, the Jackson Charitable Foundation, a nonprofit with the mission to advance financial knowledge on a national scale, and Discovery Education, the global leader in standards-aligned digital curriculum resources for classrooms, are running the "Cha-Ching Money Smart Kids! Contest" to help elementary students to become financially empowered adults.

Now through Dec. 12, elementary school teachers and families of students

in grades K-6 can enter the contest for the chance to win \$10,000 for their school, plus an additional \$1,000 to donate to charity. The winning school will receive a fun financial literacy event at their school. Entrants pledge to teach kids how to earn, save, spend, and donate.

A fun, engaging path into financial education, Cha-Ching Money Smart Kids! is a financial education program designed to provide critical 21st century skills. Available at no cost to classrooms

nationwide, the program provides:

- Music Videos and Game— Helping children learn money management concepts with lively cartoon characters from the Cha-Ching band. Storylines spotlight the importance of earning, saving, spending, and donating. They also help reinforce healthy money habits.
- Classroom Activities— Standards-aligned classroom lessons that pair with the music videos.
- Educator Guides—

Enhancing educators' background knowledge of financial literacy to better equip them to facilitate the classroom activities.

• Family Activities— Offering parents, families, and communities helpful tools to teach their children how to be money smart.

Learn More

Further facts and financial literacy resources are available at cha-chingusa.org and through Discovery Education Experience at discoveryeducation.com.

Link Transit provides letters to Santa Workshop

Dec. 6 event includes yummy treats and a trip on the Link bus to the post office

WENATCHEE - Link Transit has enlisted special scribe elves

from the North Pole to assist young writers in crafting letters to Santa during a free workshop offered from 9:30 a.m. to noon, Friday Dec. 6. The morning includes an opportunity to create a holiday centerpiece from fresh evergreens, yummy treats and a ride on the Link bus to deliver

the letters to the post office.

The trip is part of a series of free monthly tours designed for children and their caregivers seeking ways to explore interesting and fun destinations in Chelan and Douglas counties easily accessed from Link Transit's fixed-route system.

All tours begin and end at Wenatchee's Columbia Station and are designed to familiarize community members with public transportation.

Space is limited. To reserve a spot, call 509-664-7624 or email sdanko@linktransit.com

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CHS SPORTS SCHEDULE

Week of Dec. 2 through Dec. 7

Monday, Dec. 2 Girls' and Boys' Basketball Jamboree home vs. Pateros and Manson 6 p.m.

Thursday, Dec. 5 Girls' and Boys' Basketball at Cle Elum 4:30 p.m. /6:00 p.m. /7:30 p.m.

Saturday, Dec. 7 Wrestling at Connell. Weigh-ins 8 a.m. Load at 3:45 a.m. Depart 4 a.m.

www.lakechelanmirror.com

What is CBD?

CBD is an abbreviation of cannabidiol, which is extracted from the plant cannabis sativa, an herb indigenous to central and western Asia.

Cannabis is the ancient Greek name for hemp, and selective breeding of cannabis plants over the centuries has produced two main genetic types: a drug type, called marijuana and a hemp type. Hemp is cultivated for its stalk, prized for making strong fiber and rope, while marijuana is selectively bred to be rich in Delta-9-tetrahydrocannabinol (THC), a psychoactive compound that produces a euphoric effect when smoked or ingested.

The 2018 Farm Bill distinguished between the hemp strains of cannabis with very low concentrations of THC and THC-rich strains called marijuana, allowing farmers to grow hemp legally if the content of THC is less than 0.3% by dry weight.

What's the difference between hemp oil and CBD oil?

The seeds of both strains of cannabis contain commercially valuable protein and oils, but no naturally occurring THC or CBD. The FDA allows hemp seeds, hemp seed protein powder and hemp seed oil to be sold as human foods, but CBDs extracted from the rest of the plant are not allowed to be sold as foods or food supplements at this time, despite the proliferation of CBD-containing products and claims of benefits.

How does CBD work?

While THC activates cannabinoid receptors in the brain to cause a "high", CBDs don't produce euphoria. CBDs seem to have anti-inflammatory actions, and can help reduce the need for other medicines for chronic pain, anxiety and insomnia.

Why doesn't the FDA allow research into the benefits of CBD?

The FDA is treating medicinal use of cannabis with the same rigorous standards that it demands of other newly discovered medications. There is a lot of research currently going on for medicinal uses for both THC and CBD. The FDA has recently approved Epidi-



olex®, which contains a purified form of CBD for the treatment of certain types of seizures in patients 2 years of age and older.

Is CBD safe?

Probably, but be careful. CBDs are being sold to consumers as if they were food supplements, but according to the FDA, CBD is NOT considered a food supplement. CBD products are not subject to any FDA regulations, so unlike medications or food supplements, they are not subject to manufacturing standards like Good Manufacturing Practices and do not have to provide any proof that they are either safe or effective.

Although the FDA is working hard to establish standards for CBDs and we can expect that CBD products will eventually have regulations and standards that apply to them, anyone buying a CBD product today should be very cautious.

Is CBD legal?

Yes, but only as a prescription medication. CBD isn't restricted in the same way as THC, but since it isn't a food, food supplement, or medication, buying it without a prescription is not "officially" legal.

CBD is allowed to be added to cosmetics but it's against the law to sell food or animal feed that has THC or CBD added to it.

What potential benefits does CBD have?

CBD may help with chronic pain, inflammation, anxiety and muscle spasms. It may also reduce the side effects of sedation or paranoia when used together with a product containing THC.

Does CBD have side effects?

The most common complaints I hear about from my patients taking CBDs is "brain fog" or stomach upset. CBDs may cause stomach

upset, decreased appetite and weight loss, dizziness, fatigue and sedation.

5 Things to Consider When Selecting a CBD:

1. Read the label carefully. Make sure the amount of CBD per serving or application is listed. Companies that use laboratories that make testing results available are more reliable.

2. Watch out for contaminants. Cannabis plants can easily absorb toxic chemicals like heavy metals and pesticides. Review the label and company website for information on growing conditions and testing for contaminants.

3. How fast it works. The formulation affects the speed. Inhaled or sublingual of CBD are the fastest, liquid or edibles take 30 minutes or longer, and topical varies from person to person, from 30 minutes to several hours.

4. Avoid inhaled CBD products. Additives that dissolve or dilute the CBD may cause lung injury. Sublingual CBD is nearly as fast acting as inhaled products and much safer.

5. Hemp seed is different than CBD. Hemp seed, hemp seed protein powder and hemp seed oil are perfectly safe and legal as foods, as they only trace amounts of THC or CBD.

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.® Dr. Louise

Youth snowmobile safety class offered

Chelan County law enforcement will teach a free course at Lake Wenatchee Dec. 14

OLYMPIA – The Washington State Parks Winter Recreation Program, Chelan County Sheriff's Office and Lake Wenatchee Recreation Club are offering a free snowmobile safety class to young snowmobilers next month.

The "Safe Rider" class runs from 8:30 a.m. to 3:30 p.m. Saturday, Dec. 14, at the Lake Wenatchee Recreation Club's clubhouse, 14400 Chiwawa Loop Road, Leavenworth. Participants must register by Friday, Dec. 11.

The class is designed for youth, ages 12 to 16, but is open to new riders of all ages. Lunch will be provided by the Lake Wenatchee Recreation Club.

Sponsors stress the importance of safety in snowmobiling for people of all ages.

"Safe snowmobiling requires operator knowledge and awareness," said Pamela McConkey, Winter Recreation Program manager. "Snowmobilers need to know their vehicles, the weather, trail and avalanche conditions. They must have concern for the safety of other winter sports enthusiasts and show respect for wildlife and the environment."

During the class, students will learn:

Basic snowmobile maintenance

Survival skills and emergency preparedness, including avalanche awareness

Proper clothing and winter equipment for snowmobiling

Hand signals for riders

There will also be a riding skills test.

A parent or guardian must sign a consent form for each minor registered and sign the child out at the end of the class.

Chelan County law enforcement officers will instruct the course, which is limited to 20 students.

For more information or to register, contact Rich Magnusson, (509) 667-6508 or rich.magnussen@co.chelan.wa.us.

The State Parks Winter Recreation Program is responsible for Washington's snowmobile safety and education programs, which are funded by snowmobile registration fees. State Parks and partners place emphasis on providing snowmobile safety courses for young people and adults.

To learn more about snowmobiling in Washington, visit parks.state.wa.us/winter, or contact the Winter Recreation Program at winter@parks.wa.gov or (360) 980-8664.

THE WASHINGTON OUTDOORS REPORT

Of ducks and geese

By JOHN KRUSE

The last days of November typically herald the arrival of the northerns. Huge flocks of mallard ducks and Canada geese arrive from British Columbia and Alberta while snow geese and lesser Canada Geese fly in from Alaska. This fall, a cold snap at the end of September had many hunters wondering if the northern birds would arrive early this year. Two hunting guides who have been out in the fields and on the water for many days this season weigh in:

Western Washington - Aaron Peterson - Petersons Northwest Guide Service <http://Petersonsnorthwest.com>

The snow geese we see in Washington spend their springs and summers in the Western Arctic and on Wrangell Island in Russia. The US Fish and Wildlife Service estimates the breeding population this year was 442,000 geese, 45 percent higher than last year and 12 percent above the 10-year average.

Most of these geese winter in Skagit and Island Counties in Northwest Washington or the Fraser River Delta in British Columbia. Aaron Peterson, the owner of Petersons Northwest Guide Service, leases land in Skagit and Snohomish counties for waterfowl hunting. He confirms the geese are here in big numbers this year and that there are a high percentage of juvenile geese as well. The limit on snow geese is six birds and in recent years the season for them in Skagit County has been extended because their numbers are so prolific.

Peterson will set up anywhere from 1000 to 1500 snow geese decoys in agricultural fields to draw big flocks of birds into range and says "The snow goose hunting is great right now!" Peterson says they are also doing some duck hunts but the calm weather seen through

most of November have made it difficult to have successful hunting for mallard, wigeon, pintail and other birds except for an early morning flight. Windy days and stormy weather make for better days in the blind when it comes to ducks.

Eastern Washington - Shelby Ross - Ross Outdoor Adventures <http://rossoutdooradventures.com>

Shelby Ross hunts in the Columbia Basin and at the north end of Potholes Reservoir between Moses Lake and Othello every season. He says three waves of ducks have arrived in the Basin from the north since the opener. The first wave consisted of teal, wigeon and mallards while the last wave that arrived over two weeks ago were primarily mallards. Surprisingly, diving ducks have not arrived in significant numbers so far this fall.

Furthermore, Ross says those latest arriving mallards have become very educated over the last few days as to where the hunters are (and are not). That, coupled with a series of calm water days and low fog, have made for tough duck hunting in the latter half of November though the latest wintry blast and a series of windy days coinciding with the Thanksgiving holiday may well change that.

As for geese, lesser Canada

geese have arrived in force

A good Labrador retriever is always a good partner to take on a hunt and will help you retrieve birds you might otherwise lose

and are distributed throughout the Columbia Basin. As winter becomes more severe those lessers will leave but the bigger Western Canada geese will remain since they fare better in winter conditions and will continue to feed in wheat and corn fields even with a covering of snow.

Overall, goose hunting has been good for Ross and his clients hunting in fields and an additional bright spot this season have been the "massive piles of snow geese" that are in the Basin this year. This is a relatively new phenomenon, because snow goose sightings east of the Cascades in past years were rare. However, there have been five plus thousand snow geese spending the season at Potholes Reservoir the past two years and according to Ross, there are "at least that many and likely more already here this year". Ross expects the snow geese to stay in and around Potholes Reservoir until the 27,000- acre body of water freezes over.

Waterfowl watching instead of hunting?

If you want to watch waterfowl instead of hunting them there are several places for you to enjoy them with binoculars or a camera to include:

- Port Susan near Stanwood and the fields near Skagit Flats around Conway
- The Billy Frank Jr. Nisqually National Wildlife Refuge near Lacey
- The Columbia National Wildlife Refuge near Othello
- Walla Walla Point Park in Wenatchee
- The Columbia River from Patterson north to Bridgeport
- The Little Pend Oreille National Wildlife Refuge near Colville



Courtesy John Kruse

Once uncommon, Canada geese are now abundant throughout Washington State.



A good Labrador retriever is always a good partner to take on a hunt and will help you retrieve birds you might otherwise lose

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Apply in person.
590 Hwy. 2
Leavenworth.

HELP WANTED

Water Distribution Technician Lake Chelan Reclamation District Manson, Washington

The LCRD is an irrigation district that provides domestic water, irrigation and sewer services.
• Full-time Employment
• Provide construction and operations support
• Perform manual labor activities
• Available for rotational off-hour emergency response duty
• Must be willing to relocate to the Manson area.
Salary Range:
DOE + Full benefits
Download an application and a full detailed description of job tasks and requirements on our website. www.lcrd.org
Apply by submitting a District application, resume and cover letter by e-mail to staff@lcrd.org
Position is open until filled.

Interested Candidates may apply in person or by mailing their resume to:
Three Rivers Hospital
Human Resources Dept.
PO Box 577
Brewster, WA 98812
(509) 689-2517 x 3343
www.threerivershospital.net/opportunity@trhospital.net
EOE



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

Icicle River Middle Intervention Specialist

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

HELP WANTED



Three Rivers Hospital is in need of two Med/ Surg RNs to perform general nursing duties in an acute care setting with adequate supervision. Day and night shift positions available. Current WA State RN license and must have current BLS/ CPR and obtain ACLS certification within one year. Rotating days and includes some weekends.
Interested Candidates may apply in person or by mailing their resume to:
Three Rivers Hospital
Human Resources Dept.
PO Box 577
Brewster, WA 98812
(509) 689-2517 x 3343
www.threerivershospital.net/opportunity@trhospital.net
EOE



Clinic Patient Registration Rep Full-time

Three Rivers Hospital is seeking a full-time Clinic Patient Registration Rep. Collects required patient information and enters into computer database for our clinic patients. Candidate must have good computer skills and excellent customer service, interpersonal and office skills and portray a professional manner. High School diploma required. Spanish bi-lingual is required.
Interested Candidates may apply in person or by mailing their resume to:
Three Rivers Hospital
Human Resources Dept.
PO Box 577
Brewster, WA 98812
(509) 689-2517
www.threerivershospital.net/opportunity@trhospital.net
EOE

HELP WANTED

Part-time Office Billing Clerk Lake Chelan Reclamation District Manson, Washington

The LCRD is an irrigation district that provides domestic water, irrigation and sewer services. We are hiring for a part-time office person to perform the following tasks:
• Customer service
• Answering telephones
• Various billing, collection, typing, filing and more.
• Knowledge of MS Office, Outlook, Excel is required
Salary Range:
\$18-\$22/ hour
Download an application and a full detailed description of job tasks and requirements on our website. www.lcrd.org
Apply by submitting a District application, resume and cover letter by e-mail to staff@lcrd.org
Position is open until filled.



CHARGE/ER RN Full-time/Nights

Three Rivers Hospital is seeking a full-time Charge/ER RN responsible for providing onsite nursing service supervision and performing delegated administrative functions during specific work shift. Current WA State RN license and two years of RN experience required. Charge Nurse experience in Acute Care is preferred. Experience and skills in ER is recommended. Current BLS, ACLS, TNCC, & PALS certifications. Rotating days and includes some weekends.
Interested Candidates may apply in person or by mailing their resume to:
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See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4

CROSSWORD PUZZLE

CROSSWORD											
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- THEME: THE 1950s
- ACROSS**
- Bottomless pit
 - Banned insecticide
 - Exclamation of contempt
 - Start with a clean one?
 - Lennon's lady
 - Editing command
 - Feudal lord's property
 - Dunce
 - "Ayn Rand's "Shrugged"
 - "Record-breaking Oscar-winner"
 - "TV's Jim Anderson"
 - Immeasurable period
 - Editor's oversight
 - Fugitive's get-away
 - Vegas cube
 - Even smaller
 - "Rock of _____"
 - Cleopatra's necklace
 - Saddam Hussein's Islam
 - Surrender
 - Young Atlantic cod
 - Eastern _____
 - Work the dough
 - Diamond Head island
 - Quarterback's downfall
 - Pollen producer
 - Charged particles
 - "_____ must I be a teenager in love?"
 - Sound of pain or pleasure
 - Us, in Mexico
 - "Levittown, e.g."
 - "Like one born in '50s"
 - Like a private circle
 - Highest card in "War"
 - Sea near Australia
 - "The _____ Runner," pl.
 - "Cuban syllable"
 - Musician's exercise
 - Heroic poem
 - Boy toy
 - Sterilize
- DOWN**
- Cigar residue
 - Blister
 - New Haven Ivy
 - Kidney problem
 - Modus operandi
 - Point of entry
 - "Crick/Watson/Franklin discovery"
 - Toffee, alt. sp.
 - Trodden track
 - "Cast Away" setting
 - "A _____ Is Born" with Judy Garland
 - "For _____ a jolly ..."
 - Jamaican vernacular
 - Yards and miles, e.g.
 - Address abbreviation
 - T in ATV
 - "Source of immortal Hela cells"
 - "Occupation of Ian Fleming's protagonist"
 - Mythological princess of Colchis
 - "Fashion designer who made a comeback in 1954"
 - Small pieces
 - "Rose to Jackie"
 - Methusalem's father
 - Tenant of Fred Mertz
 - Clothing line
 - Type of salmon
 - "Beats me!"
 - Formal objections, in court
 - And not
 - Like Santa after coming down the chimney
 - Taken follower
 - Inflict a blow
 - Barber shop sound
 - To, in the olden days
 - Swarm members
 - Pinto or black
 - Outback birds
 - Passenger
 - "We'll take _____ to Washington"
 - "Guevara's nickname"
 - Tyrannosaurus follower

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PUZZLE SOLUTION

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PUBLIC NOTICES

Entiat School Board Special Meeting
 A special meeting of the Entiat School Board of Directors will be held on Monday, December 9th at 6pm in the school library. This is a special meeting; regular meetings are held on the third Thursday of the month at 7pm. Call the school at 784-1800 if you have questions.
 Published in the Lake Chelan Mirror December 4 2019. #86763

NOTICE OF MANAGEMENT DECISION - BUREAU OF LAND MANAGEMENT - REMOVAL OF HAZARD TREES IN THE Chelan Area
 The Bureau of Land Management (BLM), Spokane District, will implement a Categorical Exclusion (CX) to remove hazard trees in Chelan, Washington. Based on the BLM's Forest Management regulations at 43 CFR 5003.2, it has been determined that the public interest requires this removal be implemented as soon as the notice of decision is published in a newspaper of general circulation. First date of publication is Dec. 4, 2019.
 In addition to this newspaper, the notice of decision will be published on BLM's NEPA Register website at: <https://go.usa.gov/xpnDg>
 This decision is subject to protest under 43 CFR 5003.3. Any protest must be filed within 15 days of the date the notice of decision appears in the Lake-Chelan Mirror. Any protest must be filed with the authorized officer (i.e. the Field Manager) at the Wenatchee Field Office, 915 Walla Walla Street, Wenatchee, WA. Any protest shall contain a written statement of the reasons for protesting the decision. If a timely protest is filed, the authorized officer shall reconsider the decision to be implemented in light of the statement of reasons and other pertinent information. The authorized officer shall provide a written decision related to her reconsideration of the decision to any protesting party.
 This decision may be appealed to the Interior Board of Land Appeals, Office of the Secretary, in accordance with the regulations contained in 43 CFR, Part 4. To appeal you must file a notice of appeal at the Wenatchee Field Office, 915 Walla Walla Street, Wenatchee, Washington within 30 days from receipt of the decision. The appeal must be in writing and delivered in person, via the United States Postal Service mail system, or other common carrier, to the Spokane District Office as noted above. The appellant has the burden of showing that the decision appealed from is in error.
 If you wish to file a petition for a stay of the effectiveness of this decision during the time that your appeal is being reviewed by the Board, the petition for a stay must accompany your notice of appeal. A petition for a stay of the decision pending appeal shall show sufficient justification based on the following standards: (a) The relative harm to the parties if the stay is granted or denied, (b) The likelihood of the appellant's success on the merits, (c) The likelihood of immediate and irreparable harm if the stay is not granted, and (d) Whether the public interest favors granting the stay. Copies of the notice of appeal and petition for a stay must also be submitted to each party named in this decision, to the Interior Board of Land Appeals, and to the Office of the Solicitor (see 43 CFR 4.413); Regional Solicitor, Pacific Northwest Region, U.S. Department of the Interior, 805 SW Broadway, Suite 600, Portland, OR 97205; at the same time the original documents are filed with this office.
 Published in the Lake Chelan Mirror December 4 and 11, 2019. #86728

PUBLIC NOTICES

NOTICE IS HEREBY GIVEN that the assessment roll of the ISENHART IRRIGATION DISTRICT is now in the hands of its directors, and that said Board of Directors will meet in the conference room at 144. E. Woodin Ave., Chelan, WA, at 8:30 a.m. on December 11, 2019, and sit as a Board of Equalization to hear and determine objections to said assessment roll as may come before it.
 Isenhart Irrigation District
 Ruth Van Wechel
 Secretary
 Published in the Lake Chelan Mirror November 20, 27 and December 4, 2019. #86612

LEGAL NOTICE CHELAN RIVER IRRIGATION DISTRICT OFFICE: 144 E. WOODIN AVENUE PO BOX 1837 CHELAN, WA 98816
 All property owners and legal qualified voters of the Chelan River Irrigation District are legally notified as follows:
ITEM ONE
 The Budget and Assessment Rolls for the District for the year 2020 are open for inspection at any time by any qualified person at the office of the District.
ITEM TWO
 The BOARD OF DIRECTORS will set as a board of EQUALIZATION BUDGET HEARING and review of the ASSESSMENT ROLLS on Wednesday, December 11, 2019, at the District office starting at 4:00 p.m.
ITEM THREE
 The annual election for one Director of the District will be on Wednesday, December 11, 2019. The polls will be open at the office of the District from 8:00 a.m. until 5:00 p.m.
NOTICE IS FURTHER GIVEN that CERTIFICATION OF QUALIFICATION will be furnished to any qualified elector who makes a written request prior to November 30, 2019 on application forms, which will be supplied by the District's secretary.
 Any candidate who wishes to declare their candidacy as a director shall do so by November 30, 2019.
 Certification for an ABSENTEE ballot can be secured at the office of the District.
 For any additional information regarding any of the items above, please contact the secretary of the District at their office.
 CHELAN RIVER IRRIGATION DISTRICT
 Ruth Van Wechel, Secretary
 Published in the Lake Chelan Mirror November 20, 27 and December 4, 2019. #86611

PUBLIC NOTICES

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN
In Re the matter of the Estate of:
WILLIAM R. GOMER, Deceased.
NO. 19-4-00366-04
NOTICE TO CREDITORS
 The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
DATE OF FIRST PUBLICATION: November 20, 2019
Personal Representative: Cynthia J. Bowden
Attorney for the Personal Representative: /S/ CHARLES R. STEINBERG, WSBA NO. 23980
Address for Mailing or Service: 323 N MILLER STREET, WENATCHEE, WA 98801
Court of probate proceedings and cause number: CHELAN COUNTY SUPERIOR COURT CAUSE NO.: 19-4-00366-04
 Published in the Lake Chelan Mirror November 20, 27, and December 4, 2019. #86610

5 ways to stay safe during the dangerous holiday driving season


STATEPOINT - The holidays can be the happiest time of the year, but unfortunately, they can also be the most dangerous, with more fatal car crashes occurring due to increased travel time, more alcohol use and excessive speed, according to the National Highway Traffic Safety Administration (NHTSA).
 NHTSA predicts that during this Christmas week, from Tuesday, December 24, 2019 at 6 p.m. through Thursday, January 2, 2020 at 5:59 a.m., 799 people will lose their lives nationwide due to car crashes. While it may be uncomfortable to consider these predictions, NHTSA's report says that analyzing and forecasting fatalities can serve as useful warnings to the public, actually making roads safer.
 "No one wants to think about what can go wrong, especially at such a joyful time of year, but as the saying goes, prevention is better than cure," said Jon Bloom, vice president, personal auto, Erie Insurance. "The good news is that there are specific things that people can do help keep themselves and their families safe this holiday season."
 Erie Insurance offers these five tips for safer holiday driving.
 • Keep your car road-ready. Proper maintenance will help keep your car in shape for whatever road conditions you encounter. In addition to getting regularly scheduled oil changes, make sure your car's fluids are topped off and that filters, hoses and other components are in good working order. If they're showing signs of wearing out, replace them.
 • Maintain properly inflated tires. Not maintaining the right tire pressure can lead to flats and blowouts, which could cause you to lose control of your car and crash. Pay close attention to your car's tire pressure monitoring system. If you see an alert that tire pressure is low, fill them as soon as possible.
 • Beready for emergencies. While maintaining your car can reduce your chance of being stranded along the side of the road, it could still happen. Keep an emergency kit in the car with a cell phone charger, blanket and first aid kit, along with bottled water and snacks. Also, check with your insurance agent to ensure your policy includes Emergency Roadside Service coverage so that if your car does break down, you can call for help.
 • Give yourself plenty of time. With speeding being one of the top causes of car crashes, it's important to remember that there's no prize for arriving first. It's much better to drive the speed limit -- or even lower, depending on road conditions and build in a few extra minutes to get where you're going, especially when driving near busy shopping malls or on holiday travel days when traffic is heavy.
 • Stay sober or designate a driver. Celebrating with a holiday toast? Plan ahead and have a designated driver, or use a cab or ride sharing service to get home. Regardless, never get behind the wheel if you've been drinking.
 While the holidays can be a particularly perilous time to drive, taking precautions can help ensure you, and others on the road, have a safe season.



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