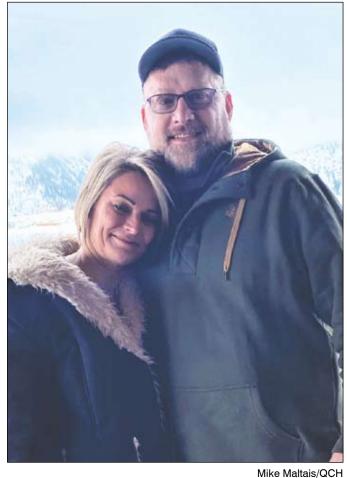
FEBRUARY 9, 2022 • VOLUME 120, No. 6

YOUR BEST SOURCE OF NEWS FOR LOWER OKANOGAN AND DOUGLAS COUNTIES

SINGLE COPY \$1.00

#### "We're not going to change anything"



Rachel Dreyer, and Glenn Grovenburg are the new owners of Webster Furniture.

# Webster Furniture has new owners in 2022

By MIKE MALTAIS STAFF WRITER

BREWSTER -After nearly 73 years in business spanning two generations in the same family, Webster Furniture at 332 E. Main Ave. is under new ownership in 2022.

New owners Rachel Dreyer nd Glenn Grovenburg of ficially assumed ownership of one of the city's oldest retailers on Jan. 1, ushering in a new era with the same values that have sustained the business since its founding in 1949. That's why Dreyer and Grovenburg are keeping the name Webster Furniture above the door.

Webster Furniture was founded by Dan Webster's father, Frank, and the store will observe its 73rd birthday on March 12 of this year. It is one of the two oldest businesses owned and operated by the same family and that successful formula is one the new owners want to continue.

Dreyer said she has already heard from locals concerned about any changes the new owners might be planning. Other than more attention to the e-commerce side of the business "we don't plan to change a thing," said Dreyer. "That's the reason Dan is training us and helping us with the whole transition of everything."

"Our goal is to keep it pretty much the same and keep that exemplary customer service," Grovenberg said.

That will include furniture and appliance sales, in-home delivery and setup, repair services.

Dreyer knew that she wanted to own her own furniture store after working for one.

"I worked for a large furniture store in Eastern Washington for awhile and liked it," Dreyer said.

After spending a spell working in the dental profession Drever knew the furniture business was what she wanted to pursue and the search was on. As a rural girl at heart, from being raised in the small town of Rosalia, Dreyer also knew she wanted to Eastern Washington. When she connected with Webster she found a store that is the only one of its kind in town; one with a proven track record and the nearest competition in Omak and Chelan. Dreyer will also be closer to her parents who now live in Spokane.

Webster explained how their store differs from those that depend on foot traffic coming into their buildings.

"The world of owning a small business and doing service outside is that a lot of things we do is in peoples' homes," said Webster. "Our radius is 75 miles and there's a lot ground to cover and a lot of people in between."

The COVID pandemic has been hard on many businesses since mandates and restrictions have been in place. Business owners have been motivated to look for additional ways to reach their customers.

Dreyer said she intends to update the website and expand the store's exposure through online platforms like Facebook and Instagram to allow customers to browse through the store's inventory from the comfort of their homes. Customers can expect to see more of a social media presence as more and more buyers turn to internet sources.

Webster Furniture is open from 9 a.m. to 6 p.m. during the week and 10 a.m. to 3 p.m. on Saturdays.

#### Winners already

# **DECA** mentors achievement for BHS business and marketing students

By Mike Maltais Staff writer

BREWSTER - The DECA Marketing Club, a new program making its debut at Brewster High School (BHS) under the capable stewardship of Marketing and Business instructor Jeff Dowd is producing some solid results judged by the competitive recognition BHS students are already getting.

AN NCW MEDIA PUBLICATION.

Five Brewster students placed among the top six spots in a recent January 10 competition that included more than 200 Area 10 students.

"It is truly impressive how well our BHS students performed in our first year of DECA participation," Dowd wrote in an after-action memo about last month's competition.

The DECA state organization is comprised of ten areas.

"Area 10 is in Central Washington, from the Canadian border to south of Yakima," said Dowd. "There are 12 schools in Area 10 with DECA Chapters."

DECA prepares emerging leaders and entrepreneurs in high schools and colleges around the globe for careers in marketing, finance, hospitality and management. One of the BHS competitors, Mareli Arevalo, placed second in Quick Service Res-



Brewster High School medalists from the Area 10 DECA competition in January include from left, Mayra Sepulveda-Santana, Abigail (Abby) Pamatz-Garcia, Madelyn (Maddie) Sandoval-Trejo, Gustavo Perez-Olmedo, and Mareli Arevalo-Martinez.

taurant Management and has been invited to the state competition in March. Other BHS winners included Mayra Sepulveda-Santana, Abigail (Abby) Pamatz-Garcia, Madelyn (Maddie) Sandoval-Trejo, and Gustavo Perez-Olmedo.

Dowd divides his course work between marketing, business and personal law, and computer programming. Introduction to marketing explores topics from economics and international business,

to new product development, promotion and merchandising. The business and personal law courses run the gamut from contracts and employment and insurance law to criminal and civil law, constitutional law, and court systems. Introduction to programming adapted from the UC Berkeley CS 10 course teaches students the basics of programming principles and helps students discover if an IT career is for them.

The DECA model provides students with the opportunity to participate in comprehensive, industry-validated competitive events where they can earn recognition, qualify for state and international competition, and compete for scholarships while demonstrating their career area knowledge.

For more information online about DECA, please visit: wadeca.org/about/ or deca. org/about/

#### Beat No. 1 Okanogan

# Bears add three CW2B wins to their 8-3 conference record

By MIKE MALTAIS

BREWSTER - The boys' varsity basketball team improved its Central Washington 2B League record to 8-3 last week with wins over Liberty Bell, 72-56, at home on Jan. 29, Oroville, 81-32, on the road Jan. 28, and No. 1 Okanogan, 54-48, on the Bears' home court Jan. 25

"This was a big game for us," said head coach Michael Taylor about the victory over the Bulldogs. "They are the top team and we needed to play well to win."

had the game under control with a three-point 16-13 lead at the end of the first that the Bulldogs increased by another six points, 28-19 at the half.

"We didn't start out at the great," said Taylor. "A little inefficient and playing too anxious on offense.'

In the second half the of six-foot, five-inch duo of AJ Woodward, and Kelson Gebbers made their presence under the basket with 15 and seven rebounds respectively and from the court combining

Through the first two quarfor 35 of the Bears' 54 points.

half and finished strong," said Taylor. "We got some big rebounds and made some big shots to finish out.'

Brewster outscored the Bulldogs 15-7in the third quarter and 20-13 in the fourth

Brewster: 13-6-15-20 54 Okanogan: 16-12-7-13 48

- K. Gebbers 22
- · A. Woodward 13
- B. Wulf 7 · A. Najera 6
- · Z. Madden 4

SEE **BEARS** ON PAGE A2



Mike Maltais/QCH Head coach Michael Taylor huddles with his players during a break of the game

against Liberty Bell Mountian

Lions. See more photos at qcherald.com

Mustangs win come-from-behind thriller



Brad Skiff/Bridgeport

School District Mustangs senior Yair Diaz puts a shot over a Riverside Christian defender during a thriller come-from-behind non-conference win over the Crusaders on Senior Night. Diaz scored seven points including a three-pointer.

# against Riverside Christian Academy

By MIKE MALTAIS STAFF WRITER

BRIDGEPORT - Overcoming an 11-point halftime deficit the Mustangs varsity basketball team staged a dramatic third quarter rally in front of a Senior Night crowd to defeat Riverside Christian Academy on Jan. 29, 57-51.

Coach Miguel Garza credited his team's defense together with that third quarter surge that outscored the Crusaders by 13 points, erasing the Crusaders' lead and putting Bridgeport ahead far enough to hold off RCA through the final quarter.

'The third quarter was really the turning point for us,"

said Garza.

Garza noted that while the Mustangs played a good defensive first quarter they "struggled putting the ball in the basket.'

"Drake Morris started us off with the first seven points of the game getting two baskets down low and a three-pointer," said Garza. "Adolfo Orozco, Miguel Carreon, and Noel Espino were the ones to score in the second quarter."

In the big third quarter the Mustangs sank five threepointers, two apiece from Espino and Cristian Lopez and one from Yair Diaz. Tyler Tonseth added six points including four-of-four from the foul stripe.

In the fourth quarter Diaz helped maintain Bridgeport's lead by hitting four key free throws when they were especially needed. On defense Garza credited Diaz, Orozco, and Lopez with delivering key guarding assignments throughout the game.

At this writing the Mustangs are 11-5 overall and 0-5 in league.

- Bridgeport: 9-10-25-13 57
- Riverside: 12-16-12-11 51 **Bridgeport scoring**
- Yair Diaz 7 points
- Cristian Lopez 10 points
- Drake Morris 11 points • Tyrel Tonseth - 9 points
- Paul Torres 4 points • Miguel Carreon - 2 points
- Noel Espino 11 points

## INSIDE THIS WEEK

.. A1-A3 Classified Index Classifieds/Public Notices ......B3-B4



P.O. Box 37 Brewster, WA 98812-0037 509-689-2507 www.qcherald.com

Robert LeMay, the Washing-

ton State Patrol trooper who

became somewhat of a public

figure for not only defying a

COVID-19 vaccination mandate

imposed by Gov. Jay Inslee,

but also for inviting the Gov. to

kiss his hind parts, lost his job

as a result of his defiance last

LeMay gave up his 22-year

career as a member of Wash-

ington's finest law enforcement

department to prove a prin-

ciple: that some decisions, be-

liefs, or convictions transcend

Last month LeMay carried

that sacrifice the ultimate step

beyond when he gave up his 51

years of life to COVID on Jan.

28, unintentionally to prove

a point: that COVID is no re-

specter of principle regardless

of decision, belief, or conviction.

and four children, and I extend

to them my deepest condo-

lences over their loss. LeMay

now joins the more than 300

police officers who perished

from the disease in 2021, almost

five times more than the 63 who

People the world over die

daily for their beliefs and con-

victions. Some we endorse and

admire, others we reject and

criticize, and a few we struggle

just to see the point. I'm in the

last group where it comes to the

Did his death vindicate his

objection? Did it elevate the

debate? Did it change a single

mind? What did it prove be-

yond the fact that COVID is an

When COVID first emerged

so did a public clamor for a

vaccine against it. When one

was developed at record speed

social media provided a corre-

sponding platform for skeptics

on every corner to voice doubt

and distrust. While the argu-

ments are endless the journey

through a COVID diagnosis

is not. For many it ends in an

intensive care ward, hooked up

to a ventilator and what comes

next is often - and unneces-

sarily - heartbreaking for all

As of Feb. 2, the U.S. is the

leader (76,516,202) among 223

countries that have reported

their confirmed COVID cases

(382,270,389), according to the

website Worldometer. While I

am not naïve enough to accept

that all countries are reporting

involved.

equal opportunity killer?

died by firearms.

late Mr. LeMay.

LeMay leaves behind a wife

personal sacrifice.

October.

#### Heating/cooling is biggest consumer

## Okanogan PUD suggests energy cost savings for common household items

Editor's note: In this first of five installments. Okanogan PUD Public Relations Coordinator Sheila Corson discusses ways to save on heating and cooling systems.

OKANOGAN -- The more we realize how much energy we use, the more we can find ways to save energy and save money.

We start our series with the greatest of all energy consumers - heating and cooling systems. This will be the largest portion of the energy charge on most bills.

Perhaps we don't think about it each time we turn

up the thermostat, or add one more space heaters in the house, but it all adds up. For example, the average home's electric furnace costs about 58 cents/hour to heat the home. That might not sound like much, unless you multiply the number of hours per day that furnace is running (let's say 10 hours), then multiply that by 30 days (average billing period). Suddenly, that furnace just cost you \$174 in a month.

#### **Solutions:**

- 1. Turn thermostats down a couple more degrees - a few degrees can save a few percent on your bill.
- 2. Make sure your system is maintained annually to run at its most efficient.
- 3. Check for any air leaks around windows or doors and seal them up.
- 4. Insulation is critical to help heating and cooling systems work their best.

Little known fact: The second biggest consumer of electricity in your home is your water heater. With average use of a standard 4,000W electric water heater, it's about \$26 of a monthly bill.

#### **Solutions:**

- 1. Make sure the thermostat is not set above 120 degrees - not only will this save you energy, but it's safer for use.
- 2. Take shorter showers just a few minutes shorter can add up per shower.
- 3. Use cold water in your laundry rinse instead of hot or warm water - this can make a huge difference (more on appliances coming up).

If you are looking at upgrading either of these big energy consumers, we have incentives for ductless heat pumps and heat pump water heaters. Find out more on our website, okanoganpud.org, under the Energy Services tab.

## **BEARS**

CONTINUED FROM PAGE A1

- R. Schertenleib 2
- · R. Vassar
- C. Gebbers

#### **Bears rout Oroville**

The Hornets are still looking for their first conference win as the visiting Bears held Oroville to single-digit scoring in three of the game's four quarters. Brewster jumped out to an 18-point lead in the opening quarter and hit double digits in the remaining three to win going away,

Brewster: 26-24-19-12 81

- Oroville: 8-11-8-5 32 • A. Woodward 16
- C. Gebbers 16
- T. Schertenleib 14 • K. Gebbers 10
- R. Vassar 6
- B. Wulf 6 • M. Camacho 5
- · Z. Madden 4
- A. Najera 2 • B. Burgett 2

- · E. Ramirez
- · G. Baker Liberty Bell falls 72-56

The visiting Liberty Bell Mountain Lions opened the game with a two-point 17-15 lead before the Bears found their range to go up by six points, 34-28, at halftime. Behind the double-digit scoring of Woodward and Kelson Gebbers with 18 points apiece and 14 each for Tyson Schertenleib and Cort Gebbers Brewster gradually increased its lead through the final two quarters, 18-13, and 20-15, to win by 16, 72-56. Woodward, Kelson Gebbers, and Adaih Najera pulled down 17, 11, and 10 rebounds respectively.

Brewster: 15-19-18-20 72 Liberty Bell: 17-11-13-15 56

- · A. Woodward 18
- · K. Gebbers 18 · T. Schertenleib 14
- C. Gebbers 14 A. Najera 4
- · R. Vassar 2
- B. Wulf 2 · Z. Madden



**Bears split Senior Night** games against Lake Roosevelt: Sophomore guard Brady Wulf drives to the basket against visiting Lake Roosevelt during last Friday's Senior Night game. The Bears defeated the Raiders, 70-49, to improve their conference record to 9-3 and move into second place in District behind Okanogan. The Lady Bears lost their game 62-49. Details in next week's Quad.

## FAMILY HEALTH CENTERS YOUR FAMILY, YOUR HEALTH, YOUR CHOICE Obstetrical Providers are nearby to help your growing family! Dr. Fitzgerald- Twisp Blue Bradley- Twisp Dr. Wallace-Twisp & Omak Dr. Miller- Omak Dr. Sterling- Omak Dr. Cooley- Brewster & Omak Julie Frenette- Bridgeport & Omak Helen Walker- Tonasket Our team is ready to help you with pregnancy and beyond.

# qcherald.com

myfamilyhealth.org

© NCW Media Inc. 2022 131 S. Apple Blossom Drive #109, Chelan. WA 98816 P.O. Box 37, Brewster, WA 98812 Phone: 509-689-2507

**Office Hours** 

Mon. to Fri. 9:00 a.m.-5:00 p.m.

### On The Internet

website: www.qcherald.com news e-mail: qchreporter@gmail.com advertising e-mail:

#### ruthk@lakechelanmirror.com Services

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

#### **Contact Information**

#### **Publisher**

Carol Forhan • 509-548-5286 carol@leavenworthecho.com Bill Forhan, Publisher, Ex Officio

Reporter/Photographer Michael Maltais qchreporter@gmail.com

Reporter/Photographer Icmeditor@gmail.com

**Advertising Sales Director** Carol Forhan • 509-548-5286 carol@leavenworthecho.com

#### **Advertising Sales**

RuthEdna Keys • 509-682-2213 ruthk@lakechelanmirror.com Lindsay Timmermans 509-860-7301 adexec1@ncwmedia.net

#### **Contact Information**

1-800-660-2129

#### Classifieds/Legals

Trinada Caro heraldads@qcherald.com Circulation: 509-293-6780 Trinada Caro circulation@lakechelanmirror.com

#### Classifieds/Legals

Classified ads can be placed during normal office hours by calling 509-689-2507, e-mailing

#### heraldads@qcherald.com Weekly rates:

\$15.00 for the first 30 words 10 cents per word over 30 words

Borders, bold words, headlines, logos, photos subject to additional charges. Place your ad online 24/7

WWW.NCWMARKET.COM

Legals:

Classified Ads: Obituaries/Deaths 4 p.m., Friday Subscriptions Okanogan/Douglas Counties (yearly) print

Letters to the Editor: Noon, Friday

Okanogan/Douglas Counties (yearly) print & web \$45 In State (yearly) \$50 Out of State (yearly)

The Quad City Herald does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.

# Dying for a principle

Mike MAKES WRITE Mike Maltais

fully and accurately, it remains an alarming statistic. How does the world's greatest country, among the first to have access to an approved vaccine, wind up having the most confirmed cases and deaths in this race to the bottom?

As more prominent opponents of COVID vaccination succumb to the consequences of their choices - Denver pastor/talk show host Bob Enyart, Daystar Television founder Marcus Lamb, "Mr. Anti-Vax" radio host Marc Bernier, Orange County CA District Attorney Kelly Ernby - social media circles continue to whistle their tune of personal freedom past the graveyard.

Dr. Frederick Southwick, an infectious disease specialist in Gainesville, FL, said this:

"Scientific policies have been politicized. The word "freedom" has been linked to government mandates for vaccine use, the wearing of masks and other infection-control measures. If you are for "freedom" you are opposed to mandating infectious disease practices.

It is this mindset plus the larger implications of a future threat to humanity that troubles me. As the number of our friends, family, and fellow Americans who have died from COVID and its variants approaches the one million mark (913,924 as of Feb. 2) it still remains far from the worst that could confront our species from a truly lethal outbreak. Consider the 1918 flu as a mild

Adjusted for population growth - 103 million then, 330 million today - the 1918 flu epidemic would have killed more than 3.5 million Americans by now, and not just the vulnerable with preexisting conditions. The 1918 flu - for which there was no vaccine, remember killed indiscriminately young and old, vulnerable and healthy, and it did so quickly.

When the 2014 Ebola outbreak occurred in West Africa, the fortuitous combination of

its remote location and the rapid intervention by the Gates Foundation prevented a widespread outbreak from migrating to our shores.

The Ebola Virus Disease (EVD) kills from 25 to 90 percent of those infected but now there is a vaccine for it. By contrast, statistics from the Johns Hopkins University Coronavirus Research Center show that the U.S. COVID mortality rate is only about 1.2 percent – 270 deaths, give or take - per 100,000 infections. Tame by comparison.

But imagine for a moment the emergence of an Ebola-like virus pandemic where more than half of our citizens exercise their freedom of choice not to be vaccinated. If our health care system is over-taxed now dealing with a large majority of unvaccinated COVID patients, picture a scene where the holdouts realize too late that only intensive-care medical intervention will save them.

The COVID pandemic has established one fact: the freedom of the anti-vax folks to opt out does not extend to a corresponding opt out of hospitalization for those same folks who catch the virus.

To my way of thinking a living, engaged, contributing American is the most valuable asset of modern civilization, and I have history to back me up on that score. What this country has given - and continues to give - to the world is immeasurable. We have divisions to heal, problems to solve, and perhaps, even humanity itself to save and we can ill afford to squander a single, precious American life toward those ends.

As Michael Lewis pointed out in his must-read book The Premonition: A Pandemic Story, the COVID crisis may prove a blessing in disguise if it convinces our government leaders, health care officials, and citizens in denial to prepare for a future worst-case scenario; one that is not a question of "if," but rather, "when."

That said, I predict that this opinion piece will not sway a single mind, not even in my own extended family. And that, regrettably, is where the country is.

All good medicine, citizens. "My opinion" and does not necessarily reflect the opinion of NCW Media, Inc.



#### **Deadlines**

Calendar Listings: Noon, Friday News Submissions: Noon, Friday Display Advertising: 5 p.m., Thurs. Noon, Friday

Have an idea for a story? Call Quad City Herald at 689-2507

rors. If you see an error, please call (509) 689-2507. We will publish a correction on this page in the next issue.

#### Letters policy The Quad City Herald welcomes

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

#### **News Tips**

#### Corrections

Quad City Herald regrets any er-

(USPS 241-920) is published every Wednesday by NCW Media, Inc. 215 14th St., Leavenworth, WA Telephone: 509-548-5286. Periodical postage paid at Brewster, Wash.

Postmaster: Send address corrections to: Quad City Herald, 131 S. Apple Blossom Drive, #109,

Chelan, WA 98816

NCW Media Inc. prints on recycled newsprint with soy ink. Please Recycle







Local, Regional Community News & **Events** 

- Nny non-profit 501(c)-(3) group, person(s).
- 🐌 Must provide: full name, city, phone number.
- 🐌 Items pertaining to local events that are free or minimum charge.

Want to place Your Community News Online? Go to NCWMARKET.COM 24/7 Degrage and Yard Sale Ads are paid events, please email those to heraldads@qcherald.com or NCWMARKET.COM

D For more info call: Quad City Herald at 509-689-2507

🐌 Email to: ruthk@lakechelanmirror.com

#### COMMUNITY BULLETIN BOARD

Tuesday, Wednesday, Thursday

#### Okanogan County **Transportation** & Nutrition meal delivery

BREWSTER - Brewster Senior Center on Bridge Street is serving hot meals via Home Delivery on Tuesday, Wednesday and Thursday. Please reserve your meal or cancel call 509-826-7979. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$10. For more information about senior meal programs: Okanogan County Transportation & Nutrition at 509-826-7979 or Aging & Adult Care of Central Washington at 800-572-4459.

Feb. 9

#### Brewster Chamber to meet

BREWSTER - The next general meeting of the Brewter Chamber of Commerce will be held Wednesday, Feb. 9, 6 p.m. at the Senior Center, 109 Bridge Street. Everyone is welcome and encouraged to attend. For more information brewsterwachamber@gmail.com or Mike Mauk at 509-449-0605.

#### **Senior Center Thrift Store**

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center Thrift Store is open Wednesday through Saturday, 10 a.m.-2 p.m. There is a great selection of children's and adult clothing. Donations accepted when they are open.

Feb. 11, 18

#### **Brewster bus trips**

BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is Feb. 11. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc. On the third Friday of each month, Feb. 18, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

Feb. 12

#### **OVOC** concert cancelled

OMAK - The OVOC family concert scheduled for Feb. 12 has been postponed to March 26, due to COVID concerns..

Feb. 11, 13

#### Steak dinner. Chili cookoff contest, **Super Bowl party**

BREWSTER - On Sunday, Feb 13, the Brewster American Legion will host a Chili Cookoff Contest and Super Bowl Party at 3 p.m. Our regular Friday night (Feb. 11) steak dinner 5-7 p.m, Sunday Breakfast (Feb. 13) 9-noon. Open to the public. For more information call Greg Wagg at 206-550-

#### **Okanogan County PUD** meeting

OKANOGAN - The next meeting of the Okanogan County PUD Board of Commissioners will be held Monday, Feb. 14, at 3 p.m. For more information okanoganpud.org

Feb. 14

#### **Okanogan County** Fair Advisory Committee

OKANOGAN - The Okanogan County Fair Advisory Committee meets the second Monday of the month and is always looking for volunteers. The meetings are open to the public and begin at 6 p.m. in the Okanogan County Commissioners' hearing room, 123 N. Fifth Ave., Okanogan.

Feb. 16

#### American Legion meeting

BREWSTER - Amercian Legion Post #97 current members meetings are on the 1st and 3rd Wednesday of each month at 6 p.m. at the Post. Next February meeting is Feb. 16. For information call Greg Wagg at 206-550-6474.

Feb. 22

#### **Douglas County** PUD meeting

EAST WENATCHEE - The next meeting of the Douglas County PUD Commission is Feb. 22 at 1:30 p.m. in the Bridgeport Deadline April 30

#### P.E.O. Upper Valley Scholarship now open for local women returning to higher education

DOUGLAS/CHELAN COUNTY Applications are now being accepted for the Upper Valley Scholarship supported by P.E.O. Chapter JF, Leavenworth. The purpose of the scholarship is to assist women in need of financial help return to higher education at an accredited university, college or technical school in the State of Washington. This needs-based scholarship must be used for school expenses and will be paid directly to the school. Applications must be received for consideration by April 30. Scholarship funds will be available by the Fall of 2022, and be sent directly to the school financial department upon confirmation of enrollment. Women applicants must be seeking further higher education at either the undergraduate or graduate level in one of the following ways: •Applicant must be age 30 or above and reside in Chelan or Douglas County. • Applicant must be currently enrolled in, or returning to, a higher education program after a two-year or more absence. The colleges, universities, or technical schools where applicants have been accepted must be fully accredited and within the State of Washington. Out-of-state, on-line accredited schools are acceptable. Applicants may re-submit applications each year until they complete their programs of study. Women interested in applying for the scholarship may receive more detailed information concerning the application process, as well as request the application form by sending an email to Mimi Keller at the following address: peoleavenworth@nwi.net

# FAMILY HEALTH CENTERS **BE YOUR BEST SELF** WHOLE PERSON HEALTH PHYJICAL EMOTIONAL **S**2CIAL PRIVATE INSURANCE WELCOME 800.660.2129

Sports Story idea?

or qchreporter@gmail.com

#### **OKANOGAN & DOUGLAS COUNTY SHERIFF,** BREWSTER POLICE DEPT

#### **Douglas County Sheriff** January 28

08:39 Non-Injury Accident, 115 4th St., Bridgeport.

20:07 Noise, 1400 Tacoma Ave., Bridgeport.

#### January 29

12:59 Assist Public, 400Blk McNeil

Canyon Rd., Orondo. 13:10 Burglary, 109 N. Chelan Ave. #6. Waterville.

15:35 Harassment/Threat, 301 W. Beach Dr., Orondo.

#### January 30

23:18 Domestic Disturbance, S. Stark Ave. & 2nd St. S.E., Waterville.

January 31 09:31 Vehicle Prowl, 418 N. Columbia Ave., Waterville.

10:47 CPS Referral, 1627 Tacoma Ave., Bridgeport.

11:36 Assist Agency, 103 Priscilla

Ln., Waterville.

12:25 Civil, 356 McNeil Canyon Rd., Orondo.

14:37 Hazard, Rd, D N.W. & Rd. 15 N.W., Mansfield.

18:48 Domestic Disturbance, 800 E. Locust St., Waterville,

22:10 Noise, 800 E. Locust St., Waterville.

23:19 Civil, 417 E. Ash St., Waterville. February 1

15:56 CPS Referral, 305 S. Central Ave., Waterville.

#### February 2

08:06 911 Call, 200 E. Birch St., Waterville.

10:21 Harassment/Threat, 1637 Fisk Ave., Bridgeport.

10:23 Theft, 102 E. Locust St., Waterville.

13:11 Assist Agency, 2311 Highland Dr., Bridgeport.

22:57 Harassment/Threat, 309 Desert View Pl., Orondo.

#### February 3

10:24 CPS Referral, 860 SR 173, Bridgeport. 12:51 Theft, 2087 Rd. 3 S.W.,

Waterville. 13:30 Parking/Abandon, 1936 Monroe Ave., Bridgeport.

#### Okanogan **County Sheriff**

10:52 Suspicious, Valley Rd.,

11:22 Burglary, Woods Rd., Omak. 12:46 Abandoned Vehicle, S. 2nd Ave.

14:24 Civil, Hwy. 153, Pateros. 15:03 Citizen Assist, Hwy. 20 #17. 18:04 Intoxication, S. 2nd Ave. 22:27 Suspicious, Robinson Canyon Rd. & Gum Drop Ln., Omak.

#### January 29

00:42 Civil, Mock Rd. & Ed Louis

08:49 Agency Assist, Hwy. 97, Omak.

13:31 Malicious Mischief, Omak River Rd., Omak.

13:32 Civil, Orchard View Dr., Omak.

14:41 Welfare Check, Hwy. 153, Pateros.

16:19 Noise Complaint, S. 5th Ave.

January 30 00:49 Trespassing, S. 1st Ave.

06:51 Littering, Ross Canyon Rd. & Hendrick Rd., Omak. 10:16 Driving While License Sus-

pended, Omak Ave., Omak.

10:25 Theft, Canyon Creek Rd. & Swanson Mill Rd. 10:44 Domestic Dispute, Miller

Rd., Omak.

19:29 Extra Patrol, S. 2nd Ave.

#### January 31

00:01 Assault, Elmway. 08:13 Suspicious Activity, Pateros. 10:14 Malicious Mischief, S. 5th Ave.

12:48 Urinate In Public, Rose St.

& S. 2nd Ave. 13:18 Automobile Theft, Sunrise

North Rd. 13:35 Trespassing, Pine St. 16:32 Juvenile Problem, S. 5th

18:33 Animal Problem, Maple St.

#### 23:00 Welfare Check, Copple Rd., Omak.

23:49 Violate Order, N. Elm St.

#### February 1

08:23 Civil, N. Railroad Ave. & E. Oak St.

10:23 Citizen Assist, Conconully St. 13:57 Other Calls, N. 3rd Ave.

14:00 Drugs, S. 5th Ave. 14:07 Threatening, N. 3rd Ave.

15:00 Non-Injury Accident, Hwy. 15:43 Suspicious Activity, S. 2nd

Ave. 17:26 Assault, S. 5th Ave.

#### February 2

00:05 Domestic Dispute, S. 1st

00:57 Disorderly, Old Hwy. 97. 07:44 Violate Order, S. 1st Ave. 08:47 Trespassing, Kermel Rd.,

Omak. 09:51 Alarm, N. 2nd Ave.

10:23 Trespassing, Kermel Rd. 11:55 Sex Offense, S. 5th Ave. 12:41 Civil, Dun Horse Dr.

15:02 Threatening, N. 2nd Ave. 16:31 Attempted Rape, Barbs

18:30 Civil, Engh Rd., Omak.

#### **Brewster Police** Department

January 28 10:52 Overdose, Valley Rd. 11:25 Suspicious, Hwy. 97.

January 29 No Report.

January 30

No Report.

January 31 10:23 Stray Animal, S. 7th St.

February 1 – 3 No Report.

# SPEIDEL BENTSENLLP



PRESENTED BY

Power of Attorney (509) 662-1211

7 North Wenatchee Avenue, Wenatchee www.SpeidelBentsen.com

We provide excellent legal services in the preparation of Powers of Attorney for our clients. NO VACCINE CARD OR NEGATIVE TEST REQUIRED



Have a Community or

Contact Mike Maltais at 360-333-8483



# CITY CHURCH G

BREWSTER • BRIDGEPORT • PATEROS

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



**CALVARY BAPTIST CHURCH** Sunday Worship 9:30 a.m. 509-689-2920 • 6th & Jay www.cbcbrewster.com

**COMMUNITY LOG CHURCH** Sunday Worship 10 a.m. 509-689-2224 • 501 W. Indian Avenue www.communitylogchurch.com

**Pastor Gordon Wright** 

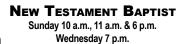
**Pastor Greg Thorn** 



**BREWSTER** 

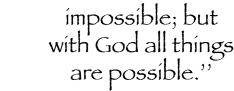
HOPE LUTHERAN CHURCH Sunday Worship 11:00 a.m. Holy Communion 1st, 3rd, & 5th Sunday

Bible Study & Sunday School 10:00 a.m. 509-689-3106 • 1520 Sunset Dr.



Adult Prayer & Bible Study and King's Kids

509-689-2420 • 412 W. Hanson



- Matthew 19:26

"With men this is

To place your Church information in the Church Guide call Ruth at 509-682-2213 or email: ruthk@lakechelanmirror.com



# All the fun you can handle.

Hit the road — or the water — with an RV loan from STCU, competitive rates and available 100% financing.\*

Apply today at **stcu.org/rv**, or call us at (509) 326-1954.

\*All loans subject to approval.



# Horticulture Wrap Up

# Rep. Schrier announces \$72.9 million in Specialty Crop Block Grant, meets with local growers

SUBMITTED BY OFFICE OF

CONGRESSWOMAN KIM SCHRIER

WENATCHEE - On January 25 Congresswoman Kim Schrier, M.D. (WA-08) was in Wenatchee with USDA Under Secretary Jenny Lester Moffitt to announce the availability of \$72.9 million through the Specialty Crop Block Grant Program (SCBGP). This program funds innovative projects designed to support the expanding specialty crop sector and explore new market opportunities for U.S. food and agricultural products. The 8th District is home to over 4,000

"I was thrilled to welcome Under Secretary Moffitt to the 'Apple Capital of the World' to make this announcement about Specialty Crop Block Grants. The Block Grant program has been crucial to our state's tree fruit industry," said Rep. Schrier. "Cutting edge research at Washington State University on sustainable growing practices benefits Washington state and the country. Because specialty crops represent such a large share of Washington state's economy, I will continue to work with my colleagues on the House Agriculture Committee to ensure robust funding for these research grants every year.'

"These specialty crop block grants will help states and territories target resources locally to increase the competitiveness of the specialty crops sector and support spe-



Courtesy Congresswoman Kim Schrier office

Under Secretary Moffitt (left) and Rep. Schrier (right) at Stemilt Growers in Wenatchee for the Specialty Crop Block Grant Program announcement.

cialty crop growers through marketing, education, and research," said Under Secretary Moffitt. "Since 2006 when the program began, USDA has invested more than \$953 million through these block grants to fund nearly 11,000 projects that increased the long-term success of producers and created new and better markets for specialty crops in the U.S. and abroad.'

USDA's Agricultural Marketing Service encourages applications that serve smaller farms and ranches, new and beginning farmers and ranchers, socially disadvantaged producers, veteran producers, and/or underserved communities. For more information about grant eligibility, visit the SCBGP website or contact the SCBGP Team at scbgrants@usda.gov.

Before the announcement, Rep. Schrier and Under Secretary Moffitt visited Washington State University's Wenatchee Tree Fruit Research and Extension Center to learn about research projects at the Center that have been funded by the SCBGP.

Some WSU research projects in recent years funded by the SCBGP were:

- Apple Precision Crop Load – Stefano Musacchi
- Fireblight and Little Cherry Disease Management - Tianna DuPont
- · Little Cherry Disease and Pear Psylla Management -Louie Nottingham
- Decision Support for Managing Climate Risks in Tree-Fruit- Chad Kruger (Rajagopalan, V. Jones, Kalcsits)

After the announcement, Rep. Schrier and Under Secretary Moffitt visited Pybus Market for a roundtable discussion with Washington State Department of Agriculture and growers from Wenatchee to talk about the benefits of the Specialty Crop Block Grant Program and make sure growers can access the critical research.

# Dr. Faviola Barbosa named new **WAEF** executive director

SUBMITTED BY JENNIFER WITHERBEE, WAEF

WENATCHEE - The Washington Apple Education Foundation (WAEF) announces the hiring of Dr. Faviola Barbosa as its new executive director. Feb. 1 was Barbosa's first day in this role with the tree fruit industry's charity.

"On behalf of the WAEF board of directors, I am thrilled to welcome Faviola Barbosa as the new executive director of WAEF. Her excitement and passion to work with students is easily conveyed when she shares what it means to be able to impact lives through access to educational opportunities," shared WAEF chairman Laurie Knebusch. "When the selection committee met Faviola and learned about her deep ties in the tree fruit industry paired with her career background working in education, we knew we had found WAEF's next executive director," she added. Knebusch led the search committee process that began in mid-October.

Dr. Barbosa worked within the Washington State Community & Technical Colleges system for over 18 years. Her



Dr. Faviola Barbosa passion has been to promote higher education to students from an early age. She believes this position is a perfect fit for her and stated the following, "I am so excited about the opportunity to promote access and support to students from the tree fruit industry pursuing higher education. Furthermore, I look forward to working with such an amazing team and industry, continuing to strengthen the WAEF mission."

Dr. Barbosa migrated from Mexico to the United States with her family at the age of 2.

She grew up within the farmworking industry in Orondo, Washington, and is a firstgeneration Latinx. She earned a BA in Business Administration from Washington State University, an MS in College Student Affairs from Nova Southeastern University, and a Doctorate in Leadership in Higher Education from Capella University.

Barbosa is the fourth executive director in the foundation's 28-year history. She follows outgoing executive director Jennifer Witherbee who served in the position for over 20 years. Witherbee will remain on staff at WAEF in a support role for a few weeks to assist with the transition.

The Washington Apple Education Foundation is the charity of the tree fruit industry. Its mission is to impact lives through access to educational opportunities. WAEF relies on voluntary donations from over 400 contributors annually and the efforts of 200 committed volunteers.

More information about WAEF is found at www.waef. org or by calling the foundation office at 509-663-7713.

#### Deadline for agricultural land easements Feb. 25 plications must be submitted

SUBMITTED BY USDA

SPOKANE VALLEY - The Natural Resources Conservation Service in Washington is currently accepting applications for the Agricultural Conservation Easements Program-Agricultural Lands Easement (ACEP-ALE). Ap-

by close of business Feb. 25 to be considered for fiscal year 2022 funding.

Through ACEP-ALE, the Natural Resources Conservation Service provides funds to eligible entities so they can purchase permanent easements that protect the agricultural use and conservation value of the land.

These easements prevent productive working lands from being converted to nonagricultural uses, while supporting and maximizing the protection of land devoted

SEE EASEMENTS ON PAGE B2

#### **UPCOMING EVENTS - FEBRUARY 16-MARCH 9**

#### Little cherry disease day February 16

ELLENSBURG - The 2022

Little Cherry Diseas Day will take place on February 16. This free event organized by WSU Extension.

Please join them for an intensive dive into the latest research and recommended management for X-disease and Little Cherry Disease.

Hear from WSU, OSU, USDA, WSDA and industry experts. Participate in facilitated discussion.

This hybrid format event will be held February 16, 10 a.m.-3 p.m. at the Kittitas Valley Event Center, 901 E. 7th Ave #1, in Ellensburg.

#### Registration

Must pre-register for inperson attendance at the following link https://www. eventbrite.com/e/2022-little-cherry-disease-day-tickets-260704573397

Limited to 50 people. No on-site registration. Virtual attendance is also available.

#### **Virtual Attendance**

Virtual Attendance: No registration required. Webinar link for remote viewing is https://wsu.zoom. coming for changes to meetus/j/93964773635

With the increasing cases of Omicron virtual participation is encouraged.

Covid-19 precautions: In order to accommodate folks they are planning to have the event available si-

- multaneously via webinar. Virtual participation is
- encouraged. In person participants will be asked to mask and social distance.
- · Stay home if you are sick.
- Vaccine boosters are

encouraged. WSU will provide hand sanitizer at entrances and a limited supply of disposable medical masks/ KN95s on hand for people that have

misplaced their own mask. The wearing of cloth masks, neck gaiters, or bandanas is no longer considered an effective face covering. To mitigate the spread of Omicron, the use of a high-quality mask is important. This means at a bi-layer medical-style mask or a KN95 should be worn when indoors.

Check the website before

102 E. JOHNSON AVE • CHELAN

ing status.

- Agenda topics: Pathogen biology and
- distribution • Scouting and sampling for X-disease and Little Cher-
- ry Disease • New projects focused on
- early detection of LCD USDA-Research updat-
- Transmission and vector
- management
- Groundcover manage-
- · Tree removal and re-

#### WSU Grapevine Cold Hardiness walk-In clinic February 17

PROSSER - Join us for a grapevine cold damage walkin clinic on Thursday February 17, 9 a.m. - 2:30 p.m., at WSU Prosser IAREC. Brush up on your bud assessment skills, or bring in your own materials for inspection!

More information at: https://wine.wsu.edu/event/ grape-cold-hardiness-walkin-clinic/

Other Grape Cold Hardi-

ness Resources: · Grapevine Cold Hardiness Monitoring and Response webpage at: https://

weather/cold-hardiness/ · Grapevine Cold Hardiness Model at AgWeather-Net. (Under "Models").

wine.wsu.edu/extension/

#### WSU Viticulture Extension Impact Survey

Help us, help you! WSU Viticulture Extension would like to know how we are doing, and importantly, what we can do for you in the future. Please consider taking our 15 minute survey. Feel free to share the link with others.

Survey: https://wsu.co1. qualtrics.com/jfe/form/ SV\_7UJxqUQDunNcCQm

#### Next Generation Tree Fruit network event February 22

WENATCHEE - Bringing economics to the table February 22, 10 a.m. - 1 p.m., at the Pybus Public Market Event Center - Boardroom, 3 N Worthen St, in Wenatchee.

economics of your orchard. A panel presentation of about 45 minutes will be given by three speakers, Dave Gleason, Jeff Cleveringa, and Dale Goldy. This will be followed by a facilitated discussion, networking, and lunch. We will discuss factors influencing block removal, internal and external threats to making a profit, and tools to aid in new variety replanting decisions. Bring your experiences to discuss. Lunch is provided sponsored by NCW Fieldmen's Assoc. Speakers: Dave Gleason

is the horticulturist and proprietary variety developer for Domex Superfresh Growers. He has focused on pest and disease management, all aspects of orchard management and development, and new apple variety development and management. Jeff Cleveringa heads the research and development for Starr Ranch Growers based in Wenatchee. He coordinates future orchard plantings for company ranches and oversees Starr Ranch's club varieties JUICI® and Karma® globally. Dale Goldy is currently the partner and president of Gold Crown Nursery, LLC and G2 Or-

Take a closer look at the and working to develop the horticultural practices that

make premium fruit. North Central Washington Fieldmen's Association and WSU Extension are sponsoring the Next Generation Tree Fruit Network, supporting the Future Faces of Farming. The aim is to offer educational opportunities for Young and Next Generation Growers, Managers & Field staff

#### Registration

To register, please visit http://treefruit.wsu.edu/ event/bringing-economicsto-the-table/ for more information or directly to https:// www.eventbrite.com/e/ bringing-economics-to-thetable-tickets-238792002307.

For more information contact Adrian Marshall at 509-860-6752 atmarshall@ wsu.edu.

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office. Reasonable accommodations will be made for persons with disabilities and special needs who contact Aina Baro Sabe at 509-293-8792 aina.barosabe@wsu.edu at least two

SEE EVENTS ON PAGE B2







#### Over \$1M in scholarships available to students raised in tree fruit industry families

Submitted by Jennifer WITHERBEE, WAEF

WENATCHEE - The Washington Apple Education Foundation (WAEF) scholarship application is currently open and available to students raised in tree fruit industry families with plans to attend college in the fall of 2022. Annually, WAEF awards over \$1 million in scholarships on behalf of Washington's tree fruit growers, packers, shippers and suppliers to collegebound and college-enrolled students. The application must be submitted in its entirety by March 1, 2022 for consideration. Students qualify for WAEF scholarships based on their own or their parent(s)/legal guardian(s) employment in Washington's tree fruit industry and/or if the applicant plans to work in the tree fruit industry upon completion of their college degree. Employment in the tree fruit industry includes jobs in orchards, warehouses, suppliers and service providers to the tree fruit industry. It also includes ownership of orchards and warehouses.

WAEF scholarships are established by industry employers, families and community members to support students. Each award has a unique set of criteria that can be found on the foundation's website scholarship page, www.waef.org/scholarships.

Scholarships through WAEF are provided to students pursuing two- and fouryear degrees at accredited colleges and universities and to students seeking program certifications from non-profit technical and vocational colleges. Field of study is not limited. Traditionally, 75%+ of WAEF scholarship recipients are first-generation

students. Financial need is a strong consideration for many awards managed by WAEF. Additionally, academics, extra-curricular involvement, character references and student short answers and essays are all factored in the selection process.

To apply for WAEF scholarships, students complete one of two forms depending upon the type of education sought. The Universal Application Form is used by community college or university bound students. Students attending a vocational/technical college or a community college certificate program complete the Vocational/ Technical application, so long as they are pursuing one of the programs listed on the application. Details about each application are available at www.waef.org/ scholarships.

In addition to financial support, students selected to receive WAEF scholarships are provided access to professional development workshops, mentoring, career preparation activities and regular encouragement and support. Students may renew WAEF scholarship support for up to four undergraduate years upon meeting renewal conditions.

For more information on applying for WAEF scholarships or offering a scholarship through WAEF, contact the foundation office at (509) 663-7713 or at scholarships@ waef.org.

The Washington Apple Education Foundation is the charity of Washington's tree fruit industry. Its mission is to impact lives through access to education. Since founding WAEF, the industry has provided scholarships to over 3,000 students valued at over \$11 million.

# **USDA** announces inaugural Federal Advisory Committee on Urban Agriculture

*Washington state* represented, 1st meeting late Feb.

SUBMITTED BY USDA

WASHINGTON - Agriculture Secretary Tom Vilsack selected 12 members to serve on the U.S. Department of Agriculture's (USDA) inaugural Secretary's Advisory Committee for Urban Agriculture to provide input on policy development and to help identify barriers to urban agriculture as USDA works to promote urban farming and the economic opportunities it provides in cities across the country.

The new Secretary's Advisory Committee is part of USDA's efforts to support urban agriculture, creating a network for feedback. Urban agriculture plays an important role in producing fresh, healthy food in areas where grocery stores are scarce, and also provides jobs and beautifies neighborhoods.

"Urban agriculture has been growing in impact and importance, and we are taking bold actions to build a support structure," said Vilsack. "I look forward to learning how we can better serve urban agricultural producers, which will complement our efforts focusing on equity, local food systems, access to safe and nutritional food and new ways to address climate change."

U.S. Sen. Debbie Stabenow, Chairwoman of the Senate Committee on Agriculture, Nutrition, and Forestry, was the architect of the Urban Agriculture Act of 2016. The Act laid the groundwork for historic investments to address the needs of urban farmers in the 2018 Farm Bill, including the Secretary's Advisory Committee.

"With every new urban

farm, rooftop garden, and indoor crop, urban agriculture is helping create jobs, increase green space, and feed friends and neighbors," said Senator Stabenow. "Michigan has long been a leader in urban agriculture. I'm so glad Jerry and others will be able to lend their expertise and wealth of experience to help grow this important sector. This is a historic opportunity to have their voices heard and shape urban agriculture for the future.'

#### Secretary's Advisory **Committee for Urban Agriculture**

The Committee is made up of agricultural producers, and representatives from the areas of higher education or extension programs, non-profits, business and economic development, supply chains and financing.

#### Members include:

Jerry Ann Hebron, Michigan, Urban Producer

Bobby Wilson, Georgia, **Urban Producer** 

Viraj Puri, New York, Innovative Producer

Kaben Smallwood, Oklahoma, Innovative Producer Sally Brown, Washington,

**Higher Education** John Erwin, Maryland, **Higher Education** 

Carl Wallace, Ohio, Non-Profit Representative

John Lebeaux, Massachusetts, Business and Economic Development Representative Zachari Curtis, D.C., Supply

Chain Experience Allison Paap, California, Financing Entity Representa-

Tara Chadwick, Florida,

Related Experience Angela Mason, Illinois, Re-

lated Experience USDA and the Office of

Urban Agriculture and Innovative Production peer reviewed more than 300 nominees, and Vilsack made the final selections. Selections ensured geographic, racial and gender diversity and a broad range of agricultural experience. The new members will serve terms of one to three years.

The first meeting of this inaugural committee, which will be open to the public, will take place in late February. More details will be available in the Federal Register and at farmers.gov/urban the new Federal Advisory Committee for Urban Agriculture website at www.usda.gov/ partnerships/advisory-committee-urban-ag-innovative-

#### production. **USDA** and **Urban Agriculture**

The advisory committee and county committees are part of a broad USDA investment in urban agriculture. Other efforts include:

Grants that target areas of food access, education, business and start-up costs for new farmers, and development of policies related to zoning and other needs of urban produc-

Cooperative agreements that develop and test strategies for planning and implementing municipal compost plans and food waste reduction plans.

Investing \$260,000 for risk management training and crop insurance education for historically underserved and urban producers through partnerships between USDA's Risk Management Agency (RMA) and the University of Maryland, University of Connecticut, and Michigan State University Center for Regional Food Systems.

Providing technical and financial assistance through conservation programs offered by USDA's Natural Resources Conservation Service (NRCS).

Organizing 11 Farm Ser-

vice Agency (FSA) urban and suburban county committees. FSA will organize additional committees.

The Office of Urban Agriculture and Innovative Production was established through the 2018 Farm Bill. It is led by NRCS and works in partnership with numerous USDA agencies that support urban agriculture. Its mission is to encourage and promote urban, indoor, and other emerging agricultural practices, including community composting and food waste reduction. More information is available at farmers.gov/ and the new Federal Advisory Committee for Urban Agriculture website at www.usda.gov/partnerships/ advisory-committee-urban-aginnovative-production.

Additional resources that may be of interest to urban agriculture entities include grants from USDA's Agricultural Marketing Service and National Institute of Food and Agriculture as well as FSA

USDA touches the lives of all Americans each day in so many positive ways. Under the Biden-Harris Administration, USDA is transforming America's food system with a greater focus on more resilient local and regional food production, fairer markets for all producers, ensuring access to safe, healthy, and nutritious food in all communities, building new markets and streams of income for farmers and producers using climate smart food and forestry practices, making historic investments in infrastructure and clean energy capabilities in rural America, and committing to equity across the Department by removing systemic barriers and building a workforce more representative of America. To learn more, visit usda.gov.

# WASHINGTON We are locally owned and have served Eastern Washington for over 50 years

#### We have qualified buyers for your

- · Orchard · Vinevard
- · Recreation Property

Call our Brokers for FREE Market Update!! Office 509.663.3333

Dennis 509.669.4500 Member NW Multiple Listing Service





Your building can be customized just the way you want!



Sold and erected by an independent, locally owned builder

509-884-0555 www.westernbuildings.com

**NEW LOCATION** 1107 Walla Walla Avenue Wenatchee, WA 98801

RESIDENTIAL • COMMERCIAL • INDUSTRIAL • AGRICULTURAL

#### **EASEMENTS**

CONTINUED FROM PAGE B1

to food and fiber production. Cropland, rangeland, grassland, pastureland and nonindustrial private forestland are all eligible for ACEP-ALE.

"We made great strides in our ACEP efforts last year, awarding more than \$1.1 million dollars across six contracts covering more than 3,000 acres across Washington," said Roylene Comes At Night, NRCS-Washington State Conservationist. "We're excited to

continue our momentum and increase our efforts in this program in Fiscal Year 2022." Easement priority areas in

Washington include critical threatened and endangered species, sage grouse habitat, grasslands, and more. NRCS will rank applications for funding consideration based on identified natural resource concerns and priority areas throughout the state.

Learn more about ACEP-ALE opportunities and how to apply in Washington by visiting the NRCS Washington ACEP ALE webpage.

#### **EVENTS**

CONTINUED FROM PAGE B1

*Organic* management of postharvest decays webinar March 9

WSU Tree Fruit Extension will hold a webinar on March 9 to learn about best management practices to fight pre and postharvest pathogens which continue to be a major concern in organic and conventional systems.

This event is targeted towards pome fruit growers, packers, field and warehouse workers, extension specialists, industry representatives, consultants and others inter-

ested in learning about early disease detection and best management practices in organic orchards and packinghouses to reduce the impact of postharvest rots and increase pack-out.

- Work done on a newly registered fungicide for conventional warehouses will be presented.
- · Demonstration of a novel early infection detection as-
- Pre and postharvest rot pathogens and best management practices in organic systems (e.g. cultural and sanitation practices, efficacy of multiple organic materials, and dynamic controlled atmosphere).
- · Updated research on a novel postharvest conven-

Over 100 Years of Dedication

to Quality and Excellence

tional fungicide will also be presented.

- The event includes presentations, activities, quizzes, and networking opportuni-
- Seven hours of training and interactive activities In this workshop partici-
- pants will:
- · build a foundation for best management practices of major postharvest rots;
- learn the latest researchbased information for effective management;
- learn how to optimize decay management in organic systems, i.e., choosing most effective materials and best time for sprays.

This Workshop is sponsored by Washington State University Extension with

Since 1913

support from the Washington Tree Fruit Research Commission and Syngenta Crop Protection.

#### Registration

Registration required. To register visit https://wsu. zoom.us/webinar/register/ WN\_bobqDVLKS0ecyh40fF-B2sA

9 a.m. - Welcome: Objectives and overview of the program **Module I: Organic Systems:** 

**Trend and Challenges** 9:05 a.m. - Organic production: Trend: Production and

Prices - Dr. David Granatstein, Extension Specialist, 9:20 a.m. - Pathogens: Are they different from conven-

tional systems - Dr. Prashant Swamy, Research Associate, Occurrence, Inoculum

sources and timeline of fruit infections

9:50 a.m. Break

#### Module II: Best Organic **Management Practices** 10 a.m. - Efficacy of multiple

commercial preharvest organic materials: What works, what doesn't - Dr. Achour Amiri, Assistant Professor, WSU 10:45 a.m. - When to spray

preharvest to optimize decay management - Tianna Du-Pont, Extension Specialist, WSU

How to develop an effective and timely preharvest organic spray program?

11:15 a.m. - Hands-on Activity - Tianna DuPont, Extension Specialist, WSU

Identify the best organic spray program

#### Module III: Dynamic Controlled Atmosphere

11:30 a.m. - Does DCA work better than regular CA in reducing storage decays? -Dr. Achour Amiri, Assistant Professor, WSU

12 p.m. - Credits and Adiourn





BUSINESSJOURNAL

RECORD

MIRROR

LIERALD

#### Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record 509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

# LASSIFIEDS

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

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only The advertiser will be responsi ble for corrections made there after. NCW Media Inc. shall not be responsible for slight changes or typographical er-rors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



#### Administrative

#### **Puzzle Solution**

	2		8		7	6.7	3	9		1		5	4		6	
	3		5		6	4	ļ	7		2 1			8		9	
	4		9		1	6	3	8		5 7		7	2		3	
	6		4		9	2	2	5		3	8		1		7	
	7		2		5	ç	)	1		8	6	6		Ţ.	4	
	1		3		8	7	7	6		4	9		5		2	
	9		1		3	5		2		6		ŀ	7	Ī	8	
	8		7		4	1		3		9		2	6		5	
	5		6	6 2		8		4		7	3	3	9		1	
	ЕМ		U	S			Н	Α	J			В	Ε	Ν	Е	
	L	Ε	٧	Υ		Ν	0	Р	Ε		Α	R	S	0	N	
	K	Е	Ε	L		Α	U	R	Α		L	0	Р	Ε	D	
		D	Α	٧	1	D	S	0	N		G	0	Υ	S		
ı				Α	L	1	Ε	N		0	Α	K				
н	N	Α	G	N	Ε	R			F	U	Е	L	0	1	L	
н	A	D	0		U	S	U	R	E	R		Υ	М	С	Α	
н	L	Y	0	N	S	_	R	U	E		0	N	A	1	R	
- 1	E	T	U	1		R	A	N	L	0	W	14/	Н	E	R	
	S	Α	I	С	Н	E D	L	Α		U	N E	W R	Α	R	Υ	
		W	Н	-	М	U	Т	Н	E	c	R	0	W	N		
,	٧	0	i i	L	E		H	0	E	R	1	N	E	A	R	
-	Ă	R	R	A	Y		Ä	Ľ	K	Y		G	A	z	E	
ľ	Т	E	E	S			-	D	S			S	L	Ī	М	

#### **Announcements**

#### **Lost & Found**

**LOST & FOUND ITEMS** can be placed in our **Local Newspapers** and Online at **NCWMARKET.COM** for

ONE week for FREE. Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere 509-548-5286 or email classifieds@leavenworth echo.com or

**Lake Chelan Mirror** 509-682-2213

**Quad City Herald** 509-689-2507

or email mirrorads@lakechelan mirror.com

**Deadline Noon** on Friday for the next week's papers

#### **Happy Ads**

Do you have a SPECIAL EVENT **COMING UP? HAPPY BIRTHDAY CONGRATULATIONS!** WILL YOU MARRY ME? HAPPY ANNIVERSARY

Add unlimited text and pictures, video for your online ad at

#### www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge. Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have

questions. The Lake Chelan or Quad City Herald

or email mirrorads@ lakechelanmirror.com For

#### The Leavenworth Echo or Cashmere Valley Record

Call 509-548-5286 or email classifieds@leavenworth echo.com

#### **Employment**

**Help Wanted** 

#### **PATEROS HIGH SCHOOL HEAD BOYS SOCCER COACH GIRLS ASSISTANT** SOFTBALL COACH

Seasons runs February 28 May 28. Salary based on experience. Starting soccer: \$4798.71. Starting softball: \$2970.63 Position descriptions available online. All applications processed through FAST TRACK: www.pateros.org >Our District >Employment. First review of applications is 2.16.22 Applications received after the initial review will be reviewed upon receipt unless position has been previously awarded. Position open until a qualified applicant is hired.

Contact employment@pateros.org or 509-923-2751 x 4 for more information. EOE.

**Brewster School District** Para Educator -**Special Education Bus Driver/Custodian Assistant Cook for the** 2021-22 School Year **Accounts Pavable Specialist** 

Applications may be obtained on the district website. www.brewsterbears.org or by contacting the district office at 509-689-3418. These positions are open until filled.

#### **Help Wanted**

#### **City of Pateros Public Works** Department

The City of Pateros has a current opening for part time seasonal public works position. Wage is \$24 hour with no benefits, thirty hours a week for eight months

of the year. Primary duties include: Assisting public works, parks department and events. Applicant must have a valid WA State Driver's License and provide current driving record from DOL.

A complete job description and application can be obtained by calling (509) 923-2571, or email pateros@swift-stream.com. Application deadline is February 14, 2022, at 4:30 pm.

#### **Earn Some Extra** \$\$ money

Position is open

until filled.

Working a few hours for 1-2 days per week delivering newspapers to dealers and racks. We are looking for a reliable, responsible individual to pick up and deliver our newspapers Early Wednesday mornings. Other duties include collecting and counting money. Keep newspaper racks cleaned and

maintained. Must have good driving record and proof of insurance. Apply in person at 215-14th St., Leavenworth call 509-548-5286 to

schedule an interview.

10-5 weekdays.

EOE

Looking for a great

local employee? It is easy to place your ad online 24/7 at

www.NCWMarket.com Register and pay on our secure site. Want Print Only for

The Lake Chelan Mirror **Quad City Herald** Brewster Call 509-682-2213 or email

mirrorads @lakechelanmirror.com OR

Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworth echo.com

Deadline is Friday by Noon for the following Wednesday issues of all newspapers



# qcherald.com

#### **Help Wanted**



**Public Health Nurse** 

Okanogan County Public Health (OCPH) is accepting applications and resumes for a Public Health Nurse. This position is a great next step in a rewarding Nursing career or an enriching move toward supporting the health of our communities. This position offers medical benefits, routinely stable work hours, and a chance to make a difference while helping others. Minimum qualifications are an active Washington state Nurse licensure and minimum two years of direct patient care experience to ensure

strong triage, assessment, communication and critical thinking skills. For a brief outline of job duties for this Public Health Nurse position, please refer to the job description on the OCPH Employment webpage at https://www.okanogancou nty.org/government/publi c\_health/employment.php Print an application to

complete or send us your

resume by February 28, 2022. Outside of Washington state Nurses who have applied for endorsement and Retired Active Registered Nurses are strongly encouraged to apply!

If you have questions about the application process, contact Jill Gates at (509) 422-7149 or send a quick email to jgates@co.okanogan.wa.us

#### **NCW MEDIA NEWSPAPERS IS HIRING**

We are looking to hire a Knowledgeable leader, manager-editor for our 4 weeklies and our monthly Business Journal.

You need to know about small community newspapers. You can write and proof

articles, meet deadlines, evaluate and motivate the current staff needs. Please send a resume to Publisher, PO Box 39, eavenworth, WA. 98826. No phone calls please. An interview time will be scheduled. EOE.

#### **Help Wanted**

Two full-time paid salespersons needed, along with 6 part-time volunteers wanted at Chelan Station Re-runs. Apply at 410 Chelan Falls Road, Chelan; email: downnotup@outlook.com or call (509) 682-9808 or (206) 445-2600.

#### Looking for a parttime job?

The Leavenworth Echo Newspaper is looking for a part-time front office receptionist. Greet customers. Have computer knowledge, math, and phone skills. We will train you on our computer software. Pay depends on experience.

Please email a resume to Carol@leavenworthecho.com or stop in with a

resume 215-14th St. Leavenworth. Monday-Friday 10 a.m. - 5 p.m. Or call 509-548-5286 for an interview time. **Equal Opportunity** Employer.

#### For Sale

#### **Antiques & Collectibles**

Get cold hard CA\$H for vour Antiques and Collectibles by placing them in our classifieds. Place your ad with

pictures online 24/7 at www.NCWMarket.com

Register and pay on our secure site.

Want Print Only? Call **Lake Chelan Mirror Quad City Herald** 509-682-2213

or email mirrorads @lakechelanmirror.com or call

The Leavenworth Echo Cashmere Vallev Record 509-548-5286

classifieds@leavenworth echo.com Deadline: Noon on Friday for all papers.

**Firewood** 

Firewood For Sale \$225.00 / Cord 360-921-4745

Market.

#### **General Merchandise**

For Sale Fresh brown farm eggs, \$2.50 per dozen Leavenworth, 509-548-1465

#### Real Estate

#### **Rentals**

**IN TOWN LEAVENWORTH** 3 bedroom, 1 1/2 bath, washer, dryer. No garage, shared patio, and small tool shed, 2 car parking limit. No ATVs, motorcycles, snowmobiles, trailers, etc. No pets, or smoking. Available Mid-February or March 1. \$1650 plus \$100. flat utility fee.

References required. \$1000 security deposit. 509-860-4564.

#### Legals

#### **Public Notices**

Notice is hereby given that

# 2021-22 Budget Hearing

Pateros School District No. 122 is preparing to change the 2021-22 Capital Projects Fund budget. The Directors will meet on February 28, 2022 at 5:45 p.m. via Zoom for the purpose of fixing and adopting these changes for the current fiscal year. Any person may appear at this time and be heard for or against any part of the budget. The regular monthly board meeting will be at 6:00 following the budget Visit www.pateros.org board of directors for electronic meeting address. By order of the Board of Directors. Sincerely,

Greg Goodnight, Superintendent. Published in the Quad City Herald February 9, 16, 2022 #3571

#### **Public Notices**

PATEROS SCHOOL DISTRICT NO. 122-70J BOARD OF DIRECTORS **SPECIAL BOARD MEETING** February 9, 2022 at 6:00 pm As directed by the Board Chair of

the Pateros School District 122-70J; a Special Board Meeting will be held on Wednesday. Feb. 9, 2022 via Zoom starting at 6:00 pm for the purpose of the superintendent annual evaluation and contract: and set budget hearing extension meeting. Actions will be taken. www.pateros.org board directors for electronic meeting address

The Pateros School District is a barrier free facility accessible to with disabilities. persons Additional information is available in the superintendent's office 509-923-2751 ext. 4. Greg Goodnight Secretary of the Board

Published in the Quad City Herald February 9, 2022 and on www.lakechelanmirror.com February 4 - 9, 2022 #3570

# **AMBUSH AUTOMOTIVE BUYERS**

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it



Don't just 'park' your car on the side of the road with a 'For Sale' sign on it! 'Park it' on

#### NCWMarket.com for one low \$25 fee!

Fee includes:

- Up to 3 photos of your vehicle
- Video Unlimited description
- Google Map to your location (you can opt out) • Privacy Link (interested buyers contact you through the site protecting your identity)

#### **Public Notices**

#### CITY OF PATEROS, WASHINGTON ADVERTISEMENT FOR BIDS WARREN AVENUE SIDEWALK **PROJECT**

The City of Pateros, Washington. will accept sealed separate bids at City Hall located at 113 Lakeshore Drive, Pateros, WA 98846 until 1:00 PM, on Thursday February 24, 2022 for the work described below.

current COVID to the situation Bids will be opened and read aloud virtually via the following link:

https://meet.google.com/cgw-zqb

Join by phone (US) +1 216-755-4659 PIN: 968 899 697#

opening, emailed to all bidders, and posted on the website.

This project will provide street and pedestrian facility improvements, including the following:

- Removal of approximately 1670 SY of asphalt pavement.
- · Approximately 1,600 LF of new curb & gutter.
- Approximately 580 SY of new sidewalk and 590 SY of cement driveways (separated sidewalk
- with pedestrian landscape buffer). • 6 ADA curb ramps and 6 crosswalks
- Approximately 800 SY of bio-infiltration swales.
- The BIDDING DOCUMENTS may viewed at the following locations:
- 1. Varela & Associates, Inc., 601 W. Mallon Ave. Suite A, Spokane, WA 99201 (509) 328-6066
- 2. Visit www.varelaplanroom.com under "Public Jobs". Prospective bidders may view digital files at no

To Bid the project, Bidder shall register and be on the Plan Holders List. After registering, Bidder shall download and print a set of the BIDDING **DOCUMENTS** 

www.varelaplanroom.com "Public Jobs". Bids shall be submitted in accordance with the Instructions to Bidders. Additional bid acceptance and contract award provisions are specified in the Contract Documents.

bid proposals shall be accompanied by a bid proposal deposit in cash, certified check, cashier's check, or surety bond in the amount equal to five percent (5%) of the amount of such bid proposal. Should the successful bidder fail to enter into such contract and furnish satisfactory performance bond within the time stated in the specifications, the bid proposal deposit shall be

forfeited to the City of Pateros. additional information regarding this project, contact Johnson at Varela Associates, Inc., by phone at (509) 328-6066, or email at

mjohnson@varela-engr.com. The project is being funded by the Transportation Improvement Board funds P-E-883(P04)-1

City of Paterosis accordance with Title VI of the Civil Rights Act of 1964, 78 Stat. 252, 42 U.S.C. 2000d to 2000d-4 and Title 49, Code of Federal Regulations, Department of Transportation, subtitle A. Office of the Secretary, Part 21, nondiscrimination in federally programs of the Department of Transportation issued pursuant to such Act, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to advertisement, disadvantaged business

enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color or national origin in consideration for an award. The City of Pateros is an equal

employer opportunity encourages women and minority-owned businesses to submit bids. The City of Pateros has the right to reject any or all

Published in the Quad City Herald February 2 and 9, 2022 #3553



**Upgrading** 'ride'? we can help you sell your old one

- Place your ad 24/7 at ncwmarket.com
  - Email: heraldads@
  - qcherald.com · Call 689-2507

#### THE WASHINGTON OUTDOORS REPORT

#### Youth outdoors unlimited

By John Kruse, The WASHINGTON OUTDOOR REPORT

I first met Joe and Cindy Carpenter at the Tri-Cities Sportsmen's Show in Pasco. This was back in 2011 and Cindy was asking to do an interview on my weekly program, Northwestern Outdoors Radio, about their brand-new non-profit organization, Youth Outdoors Unlimited (Y.O.U.). I was hesitant, only because their fledgling non-profit didn't have a track A bid summary will be issued after record and I had already seen plenty of groups, organizations and businesses start up and go out of business during their first year.

> Cindy was persistent, and I had to admit, I loved what she planned on doing. Cindy and her husband Joe explained Moses Lake based Youth Outdoors Unlimited was founded to take kids suffering from life threatening illnesses or physical disabilities on the all expense paid hunting or fishing trip of a lifetime.

We did that interview in 2011, and the first kid who got to experience a hunt was a child



Courtesy Y.O.U.

Jessie Severns harvested this big buck on a Y.O.U. hunt this fall near Bridgeport.

from Moses Lake with spina bifida. The next, a boy who was missing an arm. The program and the adventures rapidly expanded from there. Cindy said the vast majority of the kids go on guided hunts with volunteers, private land owners or actual guides who donate their property or services. A small percentage of kids opt to go on guided fishing trips instead.

In 2017 the Washington Department of Fish and Wildlife recognized Youth Outdoors Unlimited as the Organization of the Year and ten years after starting their non-profit, Cindy and Joe celebrated the fact that 135 kids have been able to go on incredible fishing and hunting trips they will remember for the rest of their lives.

The Youth Outdoors Unlimited staff have had to get creative at times to help some of the kids have a successful hunting or fishing trip because of their physical disabilities. Several participants have been mobility limited and one year they purchased a tracked wheelchair that could navigate the uneven terrain encountered while hunting. Other equipment allows participants to shoot rifles or bows, even if they don't have the hand or fingers to do so. Joe Carpenter says they literally have the ability to take a kid on a hunt with no arms or legs and can still provide them the means to be successful. Joe explains he looks at what will be most effective for each kid in terms of equipment they need to hunt and uses donated funds to purchase it.

The kids who participate don't just show up for the hunt and leave when they are done. They form relationships with the Y.O.U. founders and staff that last for years. Time is taken to train each kid prior to the hunt and to establish a trusting relationship. It is not uncommon to see participants at fundraising banquets and sportsman's shows where they share their experiences with others interested in donating, participating or just finding out more about this unique non-profit.

The trip for each hunter typically lasts three days and is completely paid for by Youth Outdoors Unlimited. This includes fuel costs, lodging, prehunt training, outfitting, food, necessary licensing, taxidermy

and meat preparation after the harvest.

As you can imagine, there are a lot of expenses involved when it comes to taking kids out for these hunting and fishing trips. Youth Outdoors Unlimited raises money through raffles at Sportsmen's Shows (where they also reach out to prospective young hunters or anglers) and through fundraising auctions. In fact, the next VIP Auction for Y.O.U. is on March 5th at the Best Western Lakefront Hotel in Moses Lake. Another banquet will take place in Olympia on April 2nd. More information about these events can be found on the Y.O.U. Facebook Page.

If you have or know of a child who is suffering from a lifethreatening illness or serious physical disability who would love to go on a big game hunt here in the Pacific Northwest let them know about Youth Outdoors Unlimited. You can find out more or make a donation through their website at https:// www.youthoutdoorsu.org

John Kruse - www.northwesternoutdoors.com and www. america out doors radio.com

# **Polyethylene Glycol:** From colon prep to trusted laxative

Last month, I received a letter in the mail from my local gastroenterology clinic, reminding me I was due for a screening colonoscopy and to please call them at my earliest convenience.

When I called, the scheduler asked me to call back again in a few weeks, when they hoped to resume scheduling non-urgent procedures.

Honestly, I felt a sense of relief. I don't mind having the colonoscopy; it's the preparation for it that's hard to swallow.

SUDOKU

**GRAND ALASKAN** 

12 days, departs May - Sep 2022

1-855-208-9533

1

9

3

promo code N7017

6

5

**CRUISE & TOUR** 

3

6

5

5

3

1

7



I am talking about that gallon container with powder in the bottom, named Go-Lytely® or Co-Lyte®, also known as polyethylene glycol or PEG 3350.

Starting the day before your procedure, you add water, shake well, then drink the entire contents, one glass at a time. Glass after glass after glass...ugh.

As a pharmacist, I've dispensed hundreds of those gallon jugs. First-time users often ask, 'What does it taste like?" "Like flat mineral water," I answer. "Can I flavor it?" "Sure, as long as you don't use anything red, orange, or purple." "What flavor would you recommend?"

"Well, I suggest you don't use your favorite flavor because, by the time you're done, it won't be your favorite flavor anymore."

The last time I had to drink Go-Lytely®, I watched the movie The Proposal with Sandra Bullock, putting it on pause when I needed a bathroom break. I still smile when I think of Betty White dancing around, wearing that crazy cape!

PEG 3350 and glycerin are osmotic laxatives. They work by creating a concentrated

**Prepare for** 

solution inside your intestine that attracts water. Pulling this extra water into your intestine increases the water in your feces. This will soften your stool and help move it along.

PEG 3350 is polyethylene glycol, part of a large family of compounds ranging from liquids to oily solids. Each PEG has a number that describes how big the molecule is. PEGs range from PEG 400, which is liquid, to PEG 20,000, an oily solid.

PEGs are one of the most common ingredients in your home. Most detergents, antifreeze, printing inks, adhesives, resins, and lubricants contain some form of PEG. You'll also find them in cosmetics like lipsticks, creams, lotions, and powders. PEGs are also used in pharmaceutical manufacturing,

**GENERAC** 

including ointments, tablets, suppositories, and solvents for certain injectable medicines. Because PEGs are broken down by enzymes found in micro-organisms. They are often added to plastic products to improve biodegradability. PEG 3350 is a safe, powerful

laxative that isn't limited to use as a gallon of colon preparation. It's also available as the non-prescription product Miralax®. Whether you use a full scoop from the can or open a single serving packet, the usual dose is 17 grams mixed with 4-8 ounces of fluid. You can mix the powder into any liquid and flavor it however you like. A single dose of Miralax can start working within an hour or so but is more likely to give you a bowel movement in one to three days. Another laxative that works like PEG is glvcerin. Glycerin is often used as a rectal suppository in children suffering from constipation. Glycerin suppositories work in the lower colon and rectum. They can give you relief from constipation within 30 minutes, much faster than Miralax®. Glycerin and PEG 3350 do their job while staying inside your intestines, which is one reason they are considered very safe to use. Side effects of PEG 3350 are usually mild, like gassiness, an upset stomach, or bloating and abdominal cramping.

Here are 4 Tips on Using Osmotic Laxatives Successfully:

#### 1.Keep 'em cool.

Suppositories are designed to melt at body temperature. Years ago, I forgot about the light fixture directly underneath the shelf of my medicine cabinet, where I stored a bottle of prescription-only nausea suppositories. Just when I REALLY needed one, all I found was a goopy, melted mess.

#### 2.Chill it.

When drinking an entire gallon of PEG 3350, the taste can start to get to you. Mixing it up the night before and refrigerating it can help the flavor. Remember, you can not dilute the colon prep PEG 3350 with ice or water.

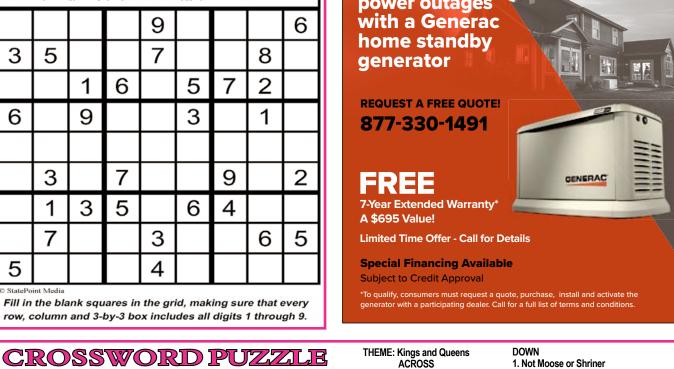
#### 3.Mix and Match.

Another way to help you drink all of your colon prep is to divide it up and use different flavors for each. This way, you don't get as tired of it.

#### 4.Red Means Stop.

When preparing for a colonoscopy, you MUST avoid any red or purple drinks or foods. Lemon, lime, or pineapple can be used, or any flavor of Crystal Lite that isn't red.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog The Medication Insider. com. ©2022 Louise Achey



Outback birds

12. Impose a tax

16. Radiant light

20. Goyim, alt. sp.

31. Loan shark

35. City in France

37. Street, in Paris

42. \*First H in HRH

39. Tiny purse

43. Type of bag

45. Unguarded

56. One who hoes

poser

Pilgrimage to Mecca

Well, to Sofia Loren

14. Malicious burning

17. Ran easily 18. \*"The King of Staten Island" star Pete



**BRING EVERYTHING** dish Internet! YOU LOVE TOGETHER! \$19.99 2-YEAR TV PRICE

1-888-416-7103 Offer ends 4/13/22

© StatePoint Media

\$6999 America's Top 120 Package
MO. 1900 CHANNELS
Including Local Channels! **GUARANTEE** CALL TODAY - For \$100 Gift Card Promo Code: DISH100

dish 🗥

57. Not far 59. Orderly arrangement 60. Drunkard, slangily 62. Country club pegs 63. Drivers' licenses, e.g. 64. \*2019 movie "Queen &

21. Mork from Ork, e.g. 19. Intestinal obstruction 22. Common furniture wood 22. Opposite of their 23. "Der Ring des Nibelungen" com-23. \*Prince Charles' domain 24. Temples' innermost sanctuaries 26. Petroleum product (2 words) 25. Not stay in (2 words) 30. Shakespearean fuss 26. Perceive by touch 27. \*The NBA's Kansas City-\_\_ 34. Village People hit (1972-75) 28. More unfriendly 29. \*Late "Live" King of CNN 32. Russia's mountain range 38. Show in progress (2 words) 33. Seek a seat 40. Was almost out of gas, e.g. (2 words) 36. \*The last "king" of Russia 38. Proprietor 40. \*The \_\_\_ Queen, regal chess character in "Through the Looking Glass" 41. Public disapproval 47. Brick and mortar carrier 48. Resize a dress, e.g. 50. "For \_\_\_\_ the Bell Tolls" 44. Cozy and comfortable 50. "For \_\_\_\_ the Bell Tolls"
52. \*Netflix royal drama (2 words) 46. Two of these do not make a right 48. Near the wind 49. Potato soup partner, pl. 55. Bridal veil fabric \_ a Yellow Ribbon" 50. "She 51. Add to payroll 52. Native of Thailand 53. Lash mark

Workers' Party

55. Giant pot

54. Member of National Socialist German

58. "Shiny Happy People" band

2. Fitting reward

5. Gingerbread sculpture

\*Queens neighbor

11. December 31st, e.g.

4. Forest spirit

6. Kitchen garb

9. ESPN trophy

13. Lowest points

14. Plural of alga

10. Denials

13. No way!

3. Iris holder

7. \*Billie\_