



Planning Commission discusses potential code changes

By Kirk Beckendorf

At the Cashmere City Planning Commission's first meeting of the New Year, Kirk Esmond was voted in as Commission Chairperson and Maureen Lewison was selected as Vice Chair.

Steve Croci, Director of Operations, reported the roof of Sherman Reservoir is nearly completed. The massive concrete panels have been lifted into place by a crane and are being sealed together. He anticipates that by the end of February, if no new issues arise, the reservoir's repairs will be completed and the facility will again be operational.

Croci told Commission members that the building inspector has reviewed and highlighted some city codes that they may

want to consider for modification. Following a discussion, Croci said he would investigate the codes in more detail and get back to the Commission. The specific codes and issues discussed included:

- Current code says that cars cannot be parked in the side yard set back area of a city lot. Croci asked if this is what the commission wants and should the code address parking on the front lawn?

- The code is currently vague about living in an RV on a city lot. Entiat's code is very specific and could be used as a model.

- If a small house is built on the back of a lot could a garage/shop that is larger than the house be built at the front of the lot.

- If the "front door" of a house is facing the side yard, the current code

says the side yard setback should be 20', not the normal 5'.

- Fences around swimming pools should they be 4 feet or 5 feet high?

Most of the meeting was a free flowing brainstorming session about long term goals for future growth and development. The city's sewer and water system was often a focus and described as a helpful driver for attracting businesses to the area.

Esmond said that the city can be growing towards the high capacity of this infrastructure, which is currently under-utilized.

Croci proposed the question, Do we want to infill or encourage more growth into the urban growth area. Esmond said that we are talking about "controlled managed

growth." The wide ranging discussions included: the directions and locations where growth and development are possible and reasonable, how can the city attract businesses, what does the community want, attracting non-city residents to connect to city water and sewer and how can the local economy be stimulated.

In conclusion, Lewison said it was good to have time to discuss these issues, Esmond added that we need to be looking out to 2040 for our kids.

The Planning Commission is seeking new members who can bring a diversity of perspectives to city planning and care about the future of Cashmere. Those interested should contact the mayor's office at city hall.

Chelan-Douglas Land Trust Seeks Community Input

Survey provides opportunity to help shape key initiatives for local land and habitat conservation

SUBMITTED BY KATHY PEVEN

WENATCHEE – The Chelan-Douglas Land Trust (Land Trust) is asking the community to help shape its next five-year Strategic Plan by taking a ten-minute online survey. The survey is available in English and Spanish on the Land Trust website at www.cdlandtrust.org

"The current strategic plan adopted in 2015 relied heavily on survey responses received from both Land Trust members and community members," said Board President Suzanne Hartman. "The 2020 survey builds on the information we received five years ago. It also reflects the changes we see occurring in our community, the region and statewide."

Since adoption of the 2016-2020 Strategic Plan, the Land Trust has seen membership growth of 30% and an increase in lands protected – from 7,000 acres to 21,000 acres. This includes land in the Wenatchee Foothills, on Nason Ridge near Lake Wenatchee, in Douglas County and the Cashmere Canyons Preserve, plus land along the Wenatchee, White and Entiat Rivers, and Nason Creek.

As the population in Chelan and Douglas Counties continues to increase, desire for access to recreational lands has also increased. Likewise, the need to protect and preserve wildlife habitat, provide for resiliency in the face of wildfire threats and better understand the

potential impacts of climate change on the rivers and lakes in our region mean that efforts by the Land Trust, local governments and other conservation groups are essential.

"We are asking our greater Chelan-Douglas communities and our dedicated members to help us shape the future for the Land Trust during the next five years and beyond," added Curt Soper, Land Trust executive director. "The results we receive from the survey are essential to our planning and for how our resources are used most effectively and efficiently."

"North Central Washington communities show time and again how important quality of life is to them and they are willing to invest their time and resources in protecting the natural places that enrich our lives. We want to make sure that we continue to hear what they have to say," added Soper.

The online survey is available now through Feb. 10. The results of the survey will be used during the Land Trust's strategic planning process. The Land Trust Board of Directors will keep the community involved with the goal of adopting a final five-year plan by sometime in the fall of 2020.

The Chelan-Douglas Land Trust is a local non-profit working to conserve our land, our water, and our access to natural areas. The Land Trust has a 35-year record of working collaboratively with property owners and communities to identify and protect the region's most important natural landscapes forever. For more information: www.cdlandtrust.org

Local Newspapers Valuable Archives of History

SUBMITTED BY JULIA PINNIX
Leavenworth National Fish Hatchery

The role of newspapers in our current society is precarious. The ready flow of information available on the Internet gives an illusion that we are in touch with everything that is happening and we no longer need journalists to tell our stories. But newspapers can preserve precious records for the future. The Leavenworth Echo, for example, captured information about hatcheries and fishery activities for which there are scant public records. In 2010, Mark Nelson, a biologist for the Mid-Columbia River Fishery Resource Office (now called the Mid-Columbia Fish & Wildlife Conservation Office, or MCFWCO), discovered that copies of the Echo from 1904 to 1922 had been scanned and archived on-line by the Library of Congress. He scoured them for any mention of local fish hatcheries and fish releases, discovering a trove of information. Records of fishery activity in the early 1900s can be spotty. The Echo's articles offer clues for a biologist keen to discover where trout and salmon may have been stocked in our area. At least four fish hatcheries were located in the Wenatchee

River Basin before Leavenworth National Fish Hatchery (NFH) opened in 1940. And fish from hatcheries as far away as Spokane were brought to the area for release.

Brook, Mackinaw, silver, Dolly Varden, rainbow, and cutthroat trout by the tens and hundreds of thousands were put into local rivers; and perch and black bass into Fish and Wenatchee

lakes. Salmon and steelhead fry were released into the Wenatchee River, even as adult salmon were jammed up at Dryden Dam and

CONTINUED TO PAGE 2



PHOTO BY USFWS.
Fertilizing salmon eggs: Salmon to supply hatcheries were often caught using weirs on local creeks and the Wenatchee River.

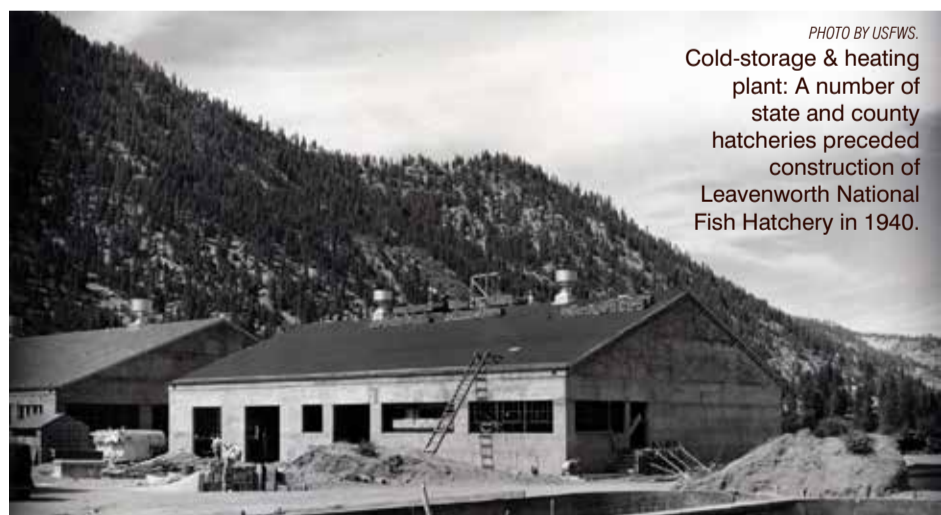


PHOTO BY USFWS.
Cold-storage & heating plant: A number of state and county hatcheries preceded construction of Leavenworth National Fish Hatchery in 1940.

Two New Studies Show Benefit from Trails

SUBMITTED BY SUSAN ZEMEK

Washington State Recreation and Conservation

Trails contribute more than \$8.2 billion to the state's economy, according to companion studies released today by the Washington State Recreation and Conservation Office.

Done in collaboration with Washington Trails Association, Washington Bikes, and the University of Washington, the studies look at the economic, environmental, social and health benefits of trails and recommend that state leaders develop more trails and use them as a way to improve the health of Washingtonians.

One study, Economic, Environmental, & Social Benefits of Recreational Trails in Washington State, estimates that trail-based activities improve health and reduce medical costs by more than \$390 million a year for Washington residents. In addition, trails support 81,000 jobs annually.

"We know that trails provide a lot of benefits. People are healthier when they use trails, trails are good for local businesses and trails are better for the

environment," said Kaleen Cottingham, director of the state Recreation and Conservation Office. "It just makes sense that state and local leaders should invest in this valuable commodity. Not only will people benefit, but so will the state overall."

A companion report, Health Benefits of Contact with Nature, looks at the health benefits associated with trails and other outdoor activities. It notes an abundance of benefits from hiking, biking and walking such as improved heart and lung fitness, fewer cardiovascular risk factors, fewer deaths and less coronary heart disease, cancer risk and obesity. It also notes that outdoor exercise, such as on trails, can improve mood, restore attention and decrease anger, depression and stress.

"This is critical because Washington has more adults suffering from depression and mental illness, and children reporting more major depressive episodes each year than the national average," Cottingham said.

"Children especially can benefit from being outdoors because it is more

CONTINUED TO PAGE 4



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COMMUNITY CALENDAR

Wednesday

Rotary Club, Noon, Cashmere Presbyterian Church, 303 Maple St. Call President, Melissa Grimm, 860-1535.
Cashmere Food Bank, 2:30-4 p.m., Cashmere Food Distribution Center, 109 "C" Railroad Avenue, for more information, call Pam, 509-669-3159.
Cashmere Park and Recreation Committee, 6:30 p.m., City Hall. Call 782-3513. (last Wed., each month.)
The Underground Youth Group, 6th-8th graders. 6:30-8 p.m. Christ Center, 206 Vine Street. Call Steffanie, 782-2825.

Thursday

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (2nd & 4th Thurs.)
Cashmere Sportsmen's Gun Club, 6:30-10 p.m. Shooting range on Turkey Shoot Road. Call Brian, 782-3099.
Cashmere American Legion Post 64, 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 782-4973. (1st Thurs. of every month, August -June).
Cashmere American Legion Auxiliary #64, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 679-0243. (1st Thurs. of every month, August -June).

Friday

Evergreen Baptist Church Youth Group (ages 13-20), 6:30-8 p.m., 5837 Evergreen Drive. Call 782-1662.

Saturday

Bingo, 6 p.m., American Legion Hall, 401 Sunset Highway. Call Wiley Collins, 888-1904.

Sunday

CHURCH: See the church page for local service times and events.
The Underground, youth group for high schoolers. 6 p.m., Christ Center. 206 Vine Street. Call Steffanie, 782-2825.

Monday

Cashmere Wacoka Kiwanis Club, 6:30 p.m., American Legion Hall, lower level. Call Mary, 782-2057. (2nd & 4th Mon.)
Tillicum Riders: 7 p.m. Chelan County Fairgrounds. Call Cindy, 662-5984. (1st Mon.)
Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.)).
Planning Committee Meeting, 5 p.m. at City Hall (1st Mon. of each month).
Cashmere Fire Department, Business management, 7 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.)
Cashmere Fire Department, meeting, 8 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.)
Cashmere School Board, 6:30 p.m., School District Office. Call 782-3355. (4th Mon.)

Tuesday

I.P.I.D. meeting, 8 a.m., on Wescott Dr., Cashmere. Call Anthony Jantzer, 782-2561. (2nd Tues.)
Ministerial Association, 8 a.m., Epledalen lunchroom. Call 782-7600. (2nd Tues.)
Cashmere Chamber of Commerce. Noon, everyone is invited to attend as a guest. Call Executive Director, Gina, for meeting location, 782-7404. (3rd Tues.)
Buns, Books and Tea, Peshastin Book Club, Peshastin Library. Call Kathy, 509-433-1345. (3rd Tues.).

Ongoing events

Cashmere Public Library: 782-3314
Call for other information if not listed.
 Mon., Tues., Wed., and Fri. 9 a.m. - 6 p.m.
 Thurs., 11 a.m. - 8 p.m.
 Sat., 9 a.m. - 1 p.m. Sun., Closed.
Events:
 Tues. & Wed., 10-10:30 a.m. **Story time Pre-K & up**
 Wed., **Preschool Story time,** 10-10:30 a.m.
 Wed., **Bilingual Story time,** 4:30-5 p.m. (last Wed. of every month)
 Fri., **Baby/Toddler Story time,** 10:30-11 a.m.
Cashmere Museum and Pioneer Village
 Sat., 10 a.m.-4 p.m., and Sun., Noon- 4 p.m.
Chelan County Historical Society Board meets, 7 p.m., Cashmere Museum, 600 Cotlets Way. Call 782-3230. (3rd Thurs.)
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

AA MEETING SCHEDULE

Information numbers for AA:
 509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379

Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St.
Sunday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, noon, First Baptist Church, 429 Evans St.
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Thursday, noon, First Baptist Church, 429 Evans
Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain
Information number for Alanon: 509-548-7939
Alanon Meeting Schedule
Monday, 7 p.m., United Methodist Church, 418 Evans St.
Celebrate Recovery
 Friday, dinner, 5:30 p.m., meeting 6:15 p.m. Leavenworth Church of the Nazarene. 111 Ski Hill Drive, Leavenworth.
 Please contact us for questions: Dave and Nancy Bartholomew, 509-596-1510.

CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS

This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot certify the complete accuracy of the information provided.

January 3

09:01 **Property,** Hay Canyon Rd., MP 1
 19:05 **Suicide threat,** 405 Pioneer Ave.
 21:03 **Traffic offense,** US Hwy. 2, MP 111
 22:44 **Trespass,** Rodeo Hole, Dryden

January 4

05:25 **Hazard,** US Hwy. 2, MP 112
 12:20 **Public assist,** 8453 Main St., Dryden
 16:38 **Property,** Red Apple Rd., & US Hwy. 2
 19:07 **Suspicious,** 7130 N. Dryden Rd., Dryden

January 5

19:49 **Traffic offense,** US Hwy. 2 & Cotlets Way

January 6

10:07 **Fraud/forgery,** 5815 Locust Ln.
 14:12 **Warrant,** 6125 Hay Canyon Rd., #19
 21:04 **Disturbance,** 201 Riverside Dr.
 22:52 **Suspicious,** 201 Riverside Dr.

January 7

10:03 **Hazard,** BNSF Xing 084454F, Monitor
 10:15 **Disturbance,** 300 Aplets Way
 11:23 **Traffic offense,** Sunset Hwy. & Evergreen Dr.
 14:03 **Agency assist,** 8410 Main St., Mountain Highway

15:25 **Fraud/Forgeries,** 117 Aplets Way
 15:48 **Suspicious,** Woodring St. & E. Pleasant Ave.
 16:36 **Traffic offense,** Sunset Hwy. & Mill Rd.
 17:35 **Public assist,** 105 Creekside Pl.
 19:22 **Suspicious,** 200 Apple Annie Ave.
 20:41 **Accident/no injuries,** 329 Tigner Rd.
 21:59 **Suspicious,** 4911 Sells Motel Rd.

January 8

01:33 **Domestic Disturbance,** 6747 Flowery Divide Rd.
 07:32 **Hazard,** BNSF crossing, Monitor
 15:53 **Domestic Disturbance** 5240 N. Cashmere Rd.
 16:14 **Extra patrol,** Pioneer Ave. & Evergreen Dr.
 20:38 **Domestic Disturbance** 115 E. Pleasant Ave. #15
 22:08 **Parking/Abandon,** 405 Cottage Ave.

January 9

12:24 **Traffic offense,** US Hwy. 2 and Aplets Way.
 12:54 **Alarm,** 201 Cottage Ave.
 13:10 **Trespass,** Aplets Way and US H 2.
 13:42 **Trespass,** 3845 McKee Ln., Monitor.
 13:52 **Civil,** 5605 Wescott Dr.
 16:06 **Welfare check,** 100 North St.
 16:32 **Disturbance,** 100 Apple Annie Ave.
 18:41 **Welfare check,** 405 Pioneer Ave.
 19:50 **Alarm,** 201 Cottage Ave.

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SENIOR CENTER MENUS

Leavenworth Senior Center, 423 Evans St., Leavenworth

January 16, Thursday: Ham and Cheese quiche, steamed broccoli, garden salad, fresh fruit, English muffin, dessert.

January 17, Friday: Chicken and rice bake, roasted vegetables, kale salad, tropical fruit, whole wheat roll, dessert.

Saturday and Sunday: No lunch.

January 20, Monday: Martin Luther King. Jr. Day: No lunch.

January 21, Tuesday: Chili, 1/2 baked potato, tossed green salad, apple, celery salad, cornbread, dessert.

January 22, Wednesday: BBQ country ribs, Mac & Cheese, mixed vegetables, carrot, raisin salad, pineapple tidbits, cornbread, dessert.

SENIOR CENTER EVENTS

Leavenworth Senior Center, 423 Evans St., Leavenworth Events Calendar

Monday, Wednesday, and Friday 10:00 a.m., Gentle Exercise
 Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council Board meeting
 Tuesday, 1:00-3:00 p.m., Crafts
 Thursday, 1:00-3:00 p.m., Square Dancing
 Thursday, 6:30-7:30 p.m., Bavarian Dancing
 Friday, 6:00 p.m., Bingo
 Saturday 6:30-9:00 p.m., Music, Public Welcome, No cover charge

Cashmere Free Indoor Playground Cashmere.

Every Thursday during the winter, except for school breaks through the end of March. Also except for Thursday, March 5. 10 a.m.- 11:30 a.m. at the 7th Day Adventist Church in Cashmere at 507 Pioneer Ave. The playground is not religiously affiliated. It is free and open to kids ages 0-5 and their caregivers. Contact: Kalen Fraser 425-772-6507.

Cashmere Library Events

Creative Yarns Workshop
 Join us on January 15, from 4-6 p.m. to learn new crochet stitches, start a new project, work on one you've brought from home, and share patterns with other crafters. This fun event will be held every first and third Wednesday of the month. Sign up at the Cashmere Library. (r3)
 Library closed on January 20. All Locations. (er3).

Cashmere Book & Movie Club

Meeting on January 21, 6 p.m. at the library. Each month read a book that has been adapted for film, then gather to discuss your thoughts and opinions. (r3)
 Bodacious Book Art Craft
 Join us at the Cashmere Library on January 28, from 2-5 p.m. to create beautiful book art. Seating for this event is limited so sign up at NCRL.org/Cashmere or in person at the Cashmere Public Library. (r3).

Cashmere High School Musical: "Shrek"

Tickets are now on sale for Cashmere High School's Musical Production of "Shrek". The performances are January 30, 31, Feb 1, 7, 8 at Cashmere Middle School Auditorium at 7 p.m. Tickets can be purchased at the door or in advance at Cashmere High School during school office hours. Adults \$14, Seniors & Students \$8.

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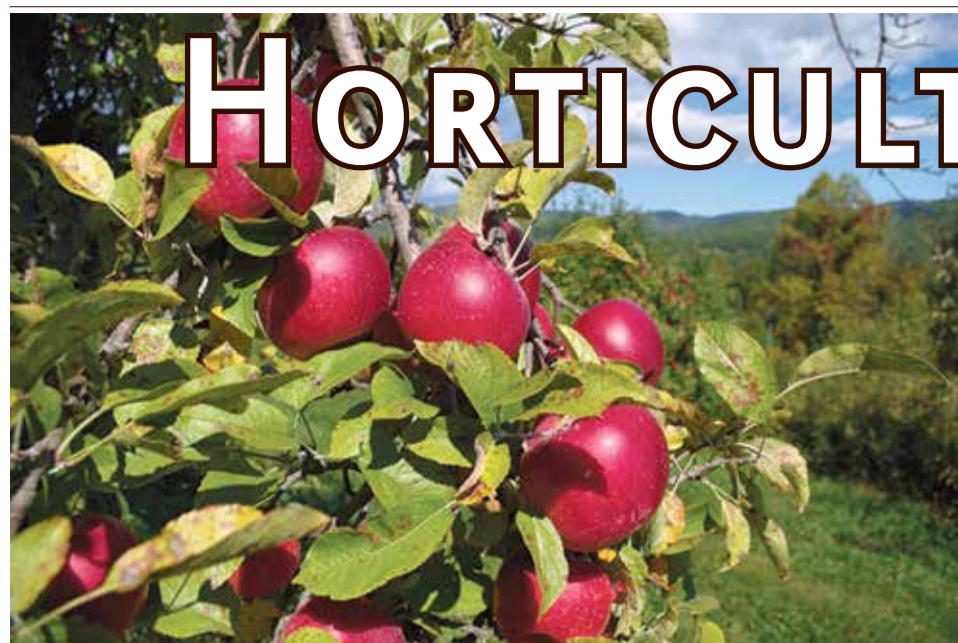
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HORTICULTURE 2020

74TH LAKE CHELAN HORTICULTURE DAY JANUARY 20

Lake Chelan Horticulture Day to feature nine different topics



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

Co-sponsored by
WSU Extension
and Chelan High
School FFA

BY LAKE CHELAN
MIRROR STAFF

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

University Extension will be co-sponsoring the event, which will begin at 9 a.m.

Attendees will have the opportunity to network and to learn by listening to nine different presentations offered throughout day.

Lunch will be served by the Chelan FFA from 11:50 a.m. to 1 p.m.

The Chelan FFA Chapter has 180 members. Twenty to 30 of those members will be helping in some form

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

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

SEE 74TH HORT ON PAGE 6

WSU conference brings Women in Agriculture together to network, learn

SUBMITTED BY WASHINGTON STATE UNIVERSITY EXTENSION

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

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

Locally, the conference

will be held at Confluence Technology Center in Wenatchee, Colville Reservation WSU Extension Learning center in Nespelem and 3 Bears Quilt Shop in Winthrop.

Each location will have a local panel of women farmers who will explain how they have developed their own self-care plan to deal with day-to-day events and make mindful decisions that helped them be successful in farming.

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

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

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

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

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

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

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

SEE WOMEN ON PAGE 6

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Consider participating

By WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

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

soil health index.

We are seeking participation from farmers growing potatoes, onions, sweet corn, pulses, tree fruit, wine grapes, and hops during the 2020 and 2021 growing seasons.

Eligible participants will:

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

The project will use in-

field measurements and soil samples to analyze field and lab indicators of soil health. The management practices survey will provide background on practices that may affect soil health.

Participants will receive a soil health report of their "best" and "worst" sites, including comparisons to regional soil health data and other soil health indices.

We will select eligible participants for the first year of the study in January 2020. Sampling will begin in the spring. WSU staff will

lead the field sampling effort and will communicate directly with farmers to arrange for convenient field access.

Please contact us if you want to participate or have any questions: Rachel Seman-Varner, 360-584-3414, rseman-varner@agr.wa.gov; Deirdre Griffin LaHue, 360-848-6127, d.griffin@wsu.edu or Leslie Michel, 509-731-9895, lmicel@agr.wa.gov

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

74th HORT

CONTINUED FROM PAGE 5

of 1930.

Three pesticide education credits will be awarded for program attendance and is dependent on WSDA approval.

Hort Day at Chelan High

School is free of charge and open to the public.

Anyone interested in participating in the trade show can contact Chelan FFA Advisor Bailey Dezzillum at dezellemb@chelanschools.org or 509-860-1950. Proceeds benefit the Future Farmers of America Scholarship.

74th Annual Lake Chelan Horticultural Meeting January 20 • Chelan High School

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

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

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

Dr. Bolivar-Medina joins WSU Tree Fruit Research Center

By WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

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

Dr. Bolivar-Medina



Dr. Jenny Bolivar-Medina

completed her Ph.D. in Plant Breeding and Plant Genetics at the University of Wisconsin – Madison (UW). She earned her M.S. in Biology at the University of Puerto

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

production. These studies were funded by the Wisconsin State Cranberry Growers Association. Other aspects complementing her professional formation includes her experience in optical and electron microscopy, designing and performing field experiments, teaching, and participation in cranberry extension programs.

As a mother of three, she enjoys spending time with them in outdoor activities, reading, watching movies and crafting.

Jenny is located at the WSU Tree Fruit Research and Extension Center in Wenatchee. She can be reached at 509-333-8813 or j.bolivarmedina@wsu.edu

WOMEN

CONTINUED FROM PAGE 5

peer-to-peer learning circles in local areas.

This conference is designed for women who are farming, as well as new and aspiring farmers. Supporting spouses, students, interns or people who own an agriculture-related business are also welcome.

The conference reg-

istration fee is \$35, but people who register between now and January 17 will receive the early bird special of \$30. The conference registration fee includes the workshop, light breakfast, lunch and conference materials.

Persons with a disability requiring special accommodations while participating in this program may contact Margaret Viebrock at 509-745-8531 or viebrock@wsu.edu



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Produce Safety Alliance Grower training

BY WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

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

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

Who should attend

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

What to expect

The trainers will spend approximately seven hours of instruction time covering

content contained in these seven modules:

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

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

Benefits of attending the course

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

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

FSMA Produce Safety Rule and how to meet them.

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

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

Costs to Attend

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

Dr. Faith Critzer is lead trainer.

Additional Information

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

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

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

Register for PSA GT Moses Lake • Feb. 11

Grant County Fairgrounds, Huck Fuller Building, 3953 Airway Dr. N.E. Class size limited to 30 people. Fee: \$50/ person

Register for PSA GT Manson, Feb. 16

Manson Grange, 157 E. Wapato Way. Class size limited to 30 people. Fee: \$50/person

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

BY WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

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

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

Lake Chelan Horticultural Day

Monday January 20 • 9:00 a.m.-3 p.m.

Chelan High School

See Agenda page 6

North Central Washington Apple Day

Monday January 27 • 8:45 a.m.-3:30 p.m.

Wenatchee Convention Center

Co-Sponsored by WSU Extension and NCW Fieldmen's Association

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

Manejo de Frutales

Wednesday January 27 • 1-3:30 pm

Wenatchee Convention Center

Co-Sponsored by WSU Extension and NCW Fieldmen's Association

Topics include: Identificación y eliminación de la nueva enfermedad de la cereza: Little Cherry and X Disease (Identification and elimination of the new cherry disease: Little Cherry Disease and X Disease); Prácticas seguras de uso de pesticidas (Safe Pesticide Application Practices); Manejo de Fuego Bacteriana (Fire Blight); Entrenamiento Para el Uso de Paraquat (Paraquat Herbicide Training); Prevención de Podredumbre Gris (Grey Mold Prevention). Agenda at <http://treefruit.wsu.edu/event/manejo-de-frutales/>

North Central Washington Pear Day

Tuesday January 28 • 8:45 a.m.-3:30 p.m.

Wenatchee Convention Center

Co-sponsored by WSU Extension and Pear Bureau Northwest

Topics include: Irrigation for Fruit Quality; How Can we Make Mature Canopies More Efficient?; Marketing and Promotion Updates; Pesticide and Water Quality; Native Psyllids in WA and OR - How Might They Impact Pear Psylla? Adding Natural Enemies to the IPM Toolbox; Singing Psyllids. Agenda at <http://treefruit.wsu.edu/event/ncw-pear-day-2020/>

North Central Washington Stone Fruit Day

Wednesday January 29 • 8:30 a.m.-3:30 p.m.

Wenatchee Convention Center

Co-Sponsored by WSU Extension and NW Cherries Topics include: Cherry Markey; Blue Orchard Bees for Improving Pollination; New Rootstocks and Varieties; Horticultural Updates; Western X and Little Cherry Virus Symptoms, Vectors, and Management; Dangers of Dagger and Root Lesion Nematodes in WA; Cherry Powdery Mildew Management and Fungicide Resistance. Agenda at <http://treefruit.wsu.edu/event/ncw-stone-fruit-day/>

Okanogan Horticultural Society Meeting

Tuesday, February 11

8:45 a.m.-2:45 p.m. English Session

2:45 pm to 4:45 pm Spanish Session

Agriplex, Omak

Co-Sponsored by Okanogan Horticultural Society Topics include: Successful Codling Moth Management: Don't Forget the Basics; Hitting the Target: Using the New WSU Spray Evaluator to Optimize Spray Timings; Adding SIR to the Codling Moth Toolbox; Mass Trapping to Massively Reduce Your Codling Moth Problem - Does it Work?; Thinking Forward - Marketing Trends, Looking at the Dollars, Tips to Stay Relevant and Continue Farming in the Current Market; Cosmic Crisp® Release; X Disease and Little Cherry Virus: A Looming Threat - Be Ready; Psylla Management; Afternoon Spanish Session: Identificación y eliminación de la nueva enfermedad de la cereza: Little Cherry and X Disease (Identification and elimination of the new cherry disease: Little Cherry Disease and X Disease); Prácticas seguras de uso de pesticidas (Safe Pesticide Application Practices); Actualización de los requisitos para usar Paraquat, licencias de pesticidas y nueva página de Internet de WSDA. (New requirement for Paraquat users, Licensing and WSDA website updates). Agenda at <http://treefruit.wsu.edu/event/okanogan-horticultural-meeting/>

Pre- and Post-harvest Disease Management workshop

BY WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

Storage Rots Management: from Orchard to Packing March 4

8:30 a.m.-3:00 p.m. Confluence Technology Center in Wenatchee

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

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

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

Six hours of training and



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

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

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

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

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WomenInAg.wsu.edu

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SATURDAY
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PUBLIC NOTICES

ADVERTISEMENT FOR BIDS CITY OF LEAVENWORTH WASTEWATER TREATMENT PLANT IMPROVEMENTS PROJECT

Separate sealed bids will be received by the City of Leavenworth at the City Hall, located at 700 Highway 2 / PO Box 287, Leavenworth, WA 98826, until 2:00 PM, January 29, 2020, and publicly opened and read aloud at that time.

The CONTRACT DOCUMENTS may be examined at the following locations:
City of Leavenworth, 700 Highway 2/ PO Box 287, Leavenworth, WA 98826 (509) 548-5275

Varela & Associates, Inc., 601 W. Mallon Ave Ste A, Spokane, WA 99201 (509) 328-6066
Various plan centers - call Varela & Associates or visit www.varela-engr.com for list.

This work is for construction of improvements to the City of Leavenworth's wastewater treatment plant. Major elements of work include: new tertiary treatment system for phosphorus reduction consisting of new pre-engineered metal building, flocculation tanks, disc filters, and associated site and electrical improvements; equipment replacements including head-works screening system, clarifier mechanism, centrifuge sludge dewatering system, in-vessel UV system; electrical and controls upgrades; process piping, earthwork, site improvements, and associated work. See Contract Documents for project requirements and specifications.

The project is located within the City of Leavenworth city limits, rights-of-way and easements. See Bidders Qualifications requirements in the Bid Documents.

A nonmandatory PREBID CONFERENCE is scheduled for 10:30 AM on January 9th, 2020 at City of Leavenworth City Hall followed by a site visit. The purpose of the conference is to familiarize prospective bidders with the project and answer questions.

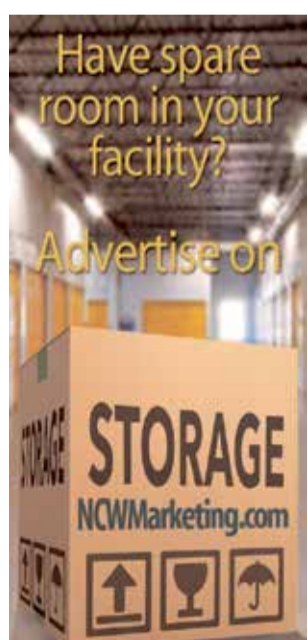
Proposals must be submitted on the forms provided in the Contract Documents. Bid bonds in an amount not less than 5% of the amount bid are to be made payable to the City of Leavenworth. 100% performance and payment bonds will be required from the successful bidder.

The City of Leavenworth is an equal opportunity and affirmative action employer. Disadvantaged, tribal, minority and women-owned businesses are encouraged to submit bids. All work performed on this project will be subject to prevailing state wage rates. The project is funded by a grant loan from the United States Department of Agriculture Rural Development program. Section 746 of Title VII of the Consolidated Appropriations Act of 2017 (Division A - Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations Act, 2017) and subsequent statutes mandating domestic preference applies an American iron and steel requirement to this project. All listed iron and steel products used in this project must be produced in the United States. The term "iron and steel products" means the following products made primarily of iron or steel: lined or unlined pipes and fittings, manhole covers and other municipal castings, hydrants, tanks, flanges, pipe clamps and restraints, valves, structural steel, reinforced precast concrete, and construction materials. The de minimis and minor components waiver apply to this contract.

The City of Leavenworth reserves the right to reject any and all bids, to waive technicalities, and in its sole judgement, accept the bid which it deems is in its best interest. Additional bid acceptance and contract award provisions are specified in the Contract Documents.

Copies of the CONTRACT DOCUMENTS may be purchased at the office of Varela & Associates, Inc., here after referred to as the Issuing Agent, for \$100 per set (non-refundable, see address above). For additional information regarding this project, contact Daniel Cowger, P.E., at Varela & Associates, Inc., at (509) 328-6066 or danielc@varela-engr.com.

Published in The Leavenworth Echo/ Cashmere Valley Record on Dec. 11, 2019, and Jan. 15, and 22, 2020. #66799



2020 brings new vision for Wellness Place

SUBMITTED BY
JULIE LINDHOLM,
WELLNESS PLACE DIRECTOR

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

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

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

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



Julie Lindholm,
Wellness Place director

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

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

"In the past few months

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

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

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

journey.

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

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

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

Why do we get that printed info with our prescriptions

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

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

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

a future question about one of your medicines.

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

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

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



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

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

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

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

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

1. The Consumer Medication Information sheet (CMI)

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

2. Patient Medication Information sheet (PMI)

New and improved CMI with larger fonts and sepa-

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

3. Medication Guide (MedGuide)

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

4. Patient Package Insert (PPI)

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

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

Tips to protect your winter wardrobe

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

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

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

- Be smart about footwear: On wet or slushy days, tuck pants into durable, waterproof boots. Any delicate footwear should be brought along in a waterproof bag and changed into at your destination -- or protected by waterproof shoe covers.
- Use at-home dry cleaning: Many winter items carry tags that say "dry clean only" or will shrink when washed. Slash dry



iStock via Getty Images Plus/(c) golubovy

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

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

ing fading, shrinking or stretching.

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

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

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

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

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

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

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Student Spotlight

Student Lauren Kert

Teacher: Fawnda Simonson
Reason: She is an amazing young lady! Works hard at everything she does and she has a heart of gold! She is kind and caring to both peers and teachers.
Parents: Trevor and Holly Kert
Grade: 10th
Activities: I am in FBLA and FCCLA and Spanish Club
GPA: 4.0
Sports: I play Tennis and Volleyball
Future Plans: I plan to attend a four year university in Washington State and I've yet to decide what career I'll be going into.



Grace Erdmann avoids a block for two points against the Kodiaks.



Sam Phillips moves inside to put up a shot for two against the Kodiaks.

PHOTO BY ELI HANEY.

PHOTO BY ELI HANEY.

Athlete Grace Hammond

Coach: Brent Darnell
Reason: Grace has really put a lot of time & effort in the off-season into being a great player and is one of the best pure shooters in our league. She has made 18 three-point field goals on the season and is leading our team behind the arc shooting 37% from the three point line while averaging 9.46 ppg. She is also an outstanding defender who brings a lot of talk, energy and leadership to our team. Grace has had 2 big, big games in the month of December helping us to wins over 3A Mt. Spokane (18-pts, 5 -reb) & 6A Liberty Or. (12 pts, 6 reb). Grace is an absolute pleasure to coach and she is a big reason we are off to a 10-0 start.
Parents: Kurt & Leah Hammond
Grade: 12th
Activities: Soccer and basketball. I am class president for class of 2020, Honors Society Vice President, active in Church and have helped with Kid Zone at the Vale Elementary School.
GPA: 3.95
Sports: Soccer and Basketball
Future Plans: My future plans are to be attending a 4 year college to pursue a education career and a minor in Spanish. I would like to come back to the valley and coach in the girls basketball and soccer programs.



THE WASHINGTON OUTDOORS REPORT



Louis McMinds battles a trophy sturgeon in the Columbia River Gorge

PHOTO BY JOHN KRUSE.



Success fishing off the dock at the Rainbow Beach Resort!

PHOTO BY JOHN KRUSE.

THREE SUGGESTIONS FOR SUMMER GETAWAYS

BY JOHN KRUSE

Believe it or not, now is the time to plan for your summer getaway and an outdoors vacation east of the Cascade Crest can be relaxing and fun. Here are a few destinations you may not have considered:

TWIN LAKES – FERRY COUNTY/ COLVILLE TRIBAL RESERVATION

Want to experience a Canadian resort fishing experience without crossing the border? Head to the Twin Lakes in the Colville Tribal Reservation for a rustic resort vacation featuring great fishing and wildlife watching. Rainbow Beach Resort, operated by the Colville Tribe, sits on North Twin Lake and offers tent and RV camping along with cabins for rent. There is also a store here with a small restaurant. <https://www.colvillefuels.com/rainbow-beach-resort-1>
At South Twin Lake

you'll find Hartman's Log Cabin Resort, operated by the Canody family. Like it's neighbor, this resort offers cabin rentals as well as tent and RV camping. And like the other resort, this one also offers boat rentals along with a store and a restaurant. <https://www.hartmanslogcabin.com/>

The nice thing about the Twin Lakes is the undeveloped nature of the area. Outside of the resorts the land around the lakes is undeveloped and pristine. Wildlife is abundant and you may end up seeing anything from a moose or a bear to a beaver or otter in and around the two lakes, which also have a nesting area for loons. Bring a rod and reel, the fishing is good for sizeable rainbow trout and largemouth bass.

LAKE WENATCHEE – CHELAN COUNTY

Dirty Face Peak overlooks the waters of Lake Wenatchee, an easily accessible destination between Stevens Pass and Leavenworth off of US Highway 2. If you have an

RV or tent you can camp at Lake Wenatchee State Park which has a small store, a boat launch and a great swimming beach. <https://parks.state.wa.us/535/Lake-Wenatchee>

Right next to the State Park is Nason Creek Campground, operated by the U.S. Forest Service. This is a popular place and the clear creek running through the camp is a magnet for visitors. One more place to camp at Lake Wenatchee is at the U.S. Forest Service Glacier View Campground, a smaller, more intimate getaway with campsites just steps away from the lake.

As for things to do... boating, kayaking and swimming are all popular here in the summer. The fishing is not very good at Lake Wenatchee except for those years that sockeye salmon come back in enough numbers a fishery opens up for them. Then, this lake becomes very crowded for a couple of weeks in August. There are lots of hiking trails and destinations within a short drive, and a great one that is easy for the whole family is a nearly flat 1/2-mile

walk amongst towering pines and cedars to Hidden Lake. Want more? Icicle Outfitters offers trail rides from the State Park during the summer months and if you simply must eat out try the Headwaters Pub by the State Park. Locals swear by their signature pizza, the Dirty Face.

COLUMBIA RIVER GORGE – KLICKITAT COUNTY

The Columbia River Gorge offers all sorts of opportunities for hiking, fishing, boating and exploring in a beautiful setting dominated by the Columbia River, basalt rock cliffs and Mt. Hood.

If you are looking for places to camp Maryhill State Park, just off of US Highway 97 on the Columbia River, is a clean place with a nice boat launch. Right next to it is the Peach Beach RV Park, privately owned but popular with RV owners in the know.

Another good place to stay is found at Columbia Hills State Park northeast of The Dalles. The campground is located on Horsethief Reservoir, which connects to the Columbia River. The reservoir is a decent place to fish for trout and bass or to enjoy time on the water in a kayak or canoe. As an added bonus, there are petroglyphs here too.

There are three more parts of this park, all separated by a short distance and accessible off of State Highway 14. The first is Horsethief Butte, east from the campground and reservoir. This basalt rock formation is popular with both hikers and rock climbers who soak in views of the gorge and nearby mountains. Crawford Oaks Trailhead and the Dalles Mountain Ranch both offer hiking and wonderful opportunities to take in wildflowers in the spring and early summer with the vibrant yellows of arrowleaf balsamroot and purples of growing lupine carpeting the hills here. <https://parks.state.wa.us/489/Columbia-Hills>

Looking for something else to occupy your time? Go fishing! This section of the Columbia River offers a variety of species during the summer to include salmon, shad, walleye, sturgeon and smallmouth bass. The nearby Klickitat River also offers fishing in the summer and fall for steelhead, salmon and rainbow trout.

John Kruse – www.northwesternoutdoors.com and www.americaoutdoorsradio.com

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BULLDOG SCOREBOARD

CASHMERE GIRLS' BASKETBALL	
Jan 7	Cashmere 58 Cascade 8
Jan 10	Cashmere 69 Omak 43
Jan 11	Cashmere 63 Medical Lake 27
UPCOMING GAME	
Jan 17	Cashmere vs Chelan 5:45
Jan 21	Cashmere at Cascade 5:45
BOYS BASKETBALL	
Jan. 7	Cashmere 69 vs Cascade 50
Jan, 10	Cashmere 51 Omak 46
Jan 11	Cashmere 50 Medical Lake 55
UPCOMING GAME	
Jan 17	Cashmere vs Chelan 7:15
Jan 21	Cashmere at Cascade 7:30

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GO BULLDOGS

RATE PLANNING

CHELAN COUNTY P.U.D.

Based on what customer-owners told us during strategic planning, Chelan PUD is discussing five-year rate changes.

The proposal reflects your preference for smaller predictable rate changes to reduce the risk of larger increases in the future.

- 3-percent electric rate change – about \$1.75/month each year for residential customers
- 4-percent water and wastewater change per year to move the systems toward sustainability
- 3-percent per year wholesale Fiber rate change

Join us at 1 p.m. for details on **Jan. 20** and a **hearing at the Feb. 3** commission meeting.

More information at chelanpud.org under "Rates Planning."
 Send questions and comments to contactus@chelanpud.org