**CELEBRATING 113 YEARS • 1907-2020** 



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# **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 vard 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

growth." The wide ranging discussions included: the directions and locations where growth 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 members 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 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 nonprofit 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 Hatcheru

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 example, Echo. for 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.

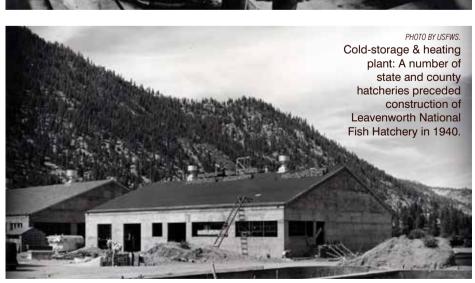
Brook, Mackinaw, silver, Dolly Varden, rainbow, and cutthroat trout by the tens and hundreds of thousands were put into local rivers; and perch and black bass into Fish and Wenatchee

managed

"controlled

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





### 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 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 vear 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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# Cashmere Valley

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The Cashmere Valley Record 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 nonprofit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to publisher@leavenworthecho.com.

### Corrections

The Cashmere Valley Record regrets any error If you see an error, please call 509-782-3781 We will publish a correction on this page in the

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# Why are any Westerners mourning an enemy of freedom and Christianity?

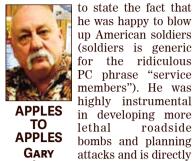
**OPINION** 

"Quesadilla" Salami was killed by our Fearless Leader for a reason. Mike Pompeo told him to do it. Pompeo, secretary of state and former military, knew this guy has been killing Westerners, especially Americans, for decades.

When I was a NCW MEDIA Marine the U.S. MANAGING **EDITOR** Embassy – Tehran, was invaded by mindless religious zealouts and our people were held captive. We were mocked

and called the Great Satan. Here we are four decades later and we are still being attacked and mocked and being called the Great Satan, General Salami was part of the issue back then and he was part of the issue as of the moment he was blown to bits.

There is no pretty way



BÉGIN

troops. So why is anyone, Christian and non, weeping for this mass killer?

fingered for killing of

more than 500 of our

I mock his name and I mock any semblance of respect for asymmetrical warfare specialist. After President Ronald Reagan helped free the Embassy hostages, another attack took place that any Marine will never forget - the bombing of the Beirut barracks in 1983, killing more than 250 of our generic phrase, although PC people are freaking out, I doubt if any women were killed that day).

I am guessing that this "decapitation" strike, as it is called when the head of an enemy is killed, was necessary not only to make a point that anyone can be killed, but also to say enough is enough. How many more American families must be torn apart by Muslim hatred for all things Western?

President Donald Trump may be disliked as a womanizer, as a liar, as a draft dodger and as a (fill in the blank), but he has what it takes to make difficult decisions and take decisive actions vis-à-vis our sworn enemies.

This Salami fellow wasn't some deranged guy with a knife chasing old ladies in the park nor was he a misunderstood nice moderate being drawn to

common practice in the

1900s. The first hatchery in

Leavenworth was fought for

by local residents, eager to

create jobs. In a December



martyrs for Allah. Well now our Fearless Leader has given him his wish, a meeting with his god.

their minions to become

It is true that Christians are being murdered all over the world and we as a people are doing little about it, but in this case, we did and at least to me, it feels righteous.

to the fishing industry in

soldiers of hate only understand one thing - a punch in the nose. If they still persist, another punch and another progressively harder punch until finally - it is time to let them have the dirt nap they have been craving all these decades.

Bullies like these ruthless

God bless President Trump.

Managing Editor Gary Bégin can be reached at gary@ncwmedia.net. His opinions are not necessarily those of NCW Media.



Measuring eggs w graduate: Leavenworth NFH was a place for research right from the beginning. Data were carefully collected to help guide fish production.

### Hatchery

CONTINUED FROM PAGE 1

unable to pass upstream—a clue about the problems migrating fish faced. On May 2, 1913, 60,000 eastern brook trout were released into the Icicle River, hauled eight miles by horseback upstream in cans. Another 140,000 were released into the Wenatchee and

Chiwawa rivers and Nason Creek. Brook trout are native to the east coast, not the west. They are voracious feeders on other fish, and will interbreed with local bull trout, which were listed in 1998 as threatened on the endangered species list. Non-native fish stocking in local streams and lakes has forever altered the ecosystem

throughout the country, as it was a

19, 1913 article, plans were announced. "As it is proposed to propagate both brook trout and salmon the plant will be quite large and give employment to from five to ten men constantly, beside the superintendent. J. B. Adams generously donated the site for the [state] hatchery, which embraces nearly two acres located on the south side of the Wenatchee river (sic) between the Wenatchee river bridge and the city's pipe line just below the dam. When the land across the river from the present town site is taken into the corporation the fish hatchery will be right in town. The present policy of the state is to make these hatcheries show places for the people." Today's national hatchery is on land sold by the Bullitt family, farther south from the original site of the state hatchery. Views of hatcheries have changed over time, as well as our understanding of the fish raised in them. In a June 23, 1911 article, the writer stated. "the propagation of fish has been of great benefit

the state, and the packs of salmon are increasing every year, though the streams are no longer crowded with salmon on their way to the spawning ground, which in former years died by the thousands and added nothing to the wealth, comfort or prosperity of the people." In fact, the death of salmon after spawning, which seemed so extravagantly wasteful then, we now know brings a critical injection of valuable nutrients into our streams, supporting insect populations which then feed young fish, among other benefits. And while hatcheries may have seemed a great solution to reverse the decline of salmon, it has not proved so simple given the radically altered environment the fish must deal with. Biologists the

MCFWCO research native fish, monitor and evaluate hatchery activities, and restore habitat, building our understanding of aquatic ecosystems and helping to improve management of our natural resources. Looking into the past helps shape current understanding. We owe a debt to the local activities more than a century ago.

The mission of the U.S.

Fish and Wildlife Service *is working with others* to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. We are both a leader and trusted  $partner\ in\ fish\ and\ wildlife$ conservation, known for our scientific excellence, stewardship of lands and natural resources, dedicated professionals and commitment to public service. For more information on our work and the people who make it happen, visit "http://www. fws.gov" www.fws.gov Publishers note: The Leavenworth Echo and Cashmere Valley Record have always been available through the state library on micro fiche. Recently, a group in Cashmere has initiated a project with the state library and Cashmere Museum to digitize past editions of the Record and make them available on line. It is an expensive project. If you would like to contribute to the effort contact the museum at 509-782-3230.

Submitted by Tricia M. Cook

Wenatchee River Institute

Leavenworth- Do you fly fish or would you like to fly fish? Then you need flies! Learn the basics of fly tying from Wenatchee Valley Fly Fishers' Bruce Merighi. This is a five-Tuesday series Feb. 11 - Mar. 10, 6-8PM in Wenatchee River Institute's Red Barn, 347 Division St. in Leavenworth. There is nothing like catching a fish with a fly you hand tied.

small-group Eniov instruction by Merighi and the Wenatchee Valley Fly Fishers, assisted by the Trout Unlimited Icicle Valley Chapter. Learn about fly-fishing equipment, philosophy and the basic entomological connections between aquatic food sources and local fish -with minimal Latin. Each student will come away

with an understanding of beginning fly tying techniques, including the use of tools and various fly tying materials enabling the independent tying of diverse patterns.

"Tying a fly is more than bringing together materials to create a lure. It's realizing you must learn so much more in order to fish correctly with a fly. Its not just randomly trolling, casting with large lures, or chucking a glob of fish food out from shore in hopes a fish might randomly swim by and take the bait. It's first understanding why a fish would take your offering and then bringing together those materials to create an appealing fly," tells Merighi.

Merighi received his first fly-fishing outfit for his 8th birthday. After losing most of the flies from the kit amongst tree branches and between deep rocks, he bought a few hooks, gathered a few strands of Christmas tinsel and together with dust bunnies collected from under his bed, he tied his first flies. From then on, Merighi was hooked!

Find out more about observing the natural habitat of the fish species you are perusing to determine the best appearance and action of your entomological creation. You will then be able to experience the satisfaction of catching fish with your own hand tied flies.

All materials and tools are provided. Students will leave with 6-8 flies to begin new fly-fishing adventures.

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Class size is limited to 12, is designed for ages 15 and up with skill levels from beginner to Intermediate.

journalists who reported on

Contact Rachel Bishop with questions, rbishop@ wenatcheeriverinstitute.org or 509-548-0181 x5.



### Link, Cashmere Library Offer Bus Ride, Story Time

has

Free program highlights ways guests can access fun experiences via public transportation.

Transit

Link

partnered the with Cashmere Public Library to offer a free family friendly bus ride and story time. The day starts at 9:30 a.m. Wednesday, Jan. 22 at Link's Columbia Station where participants will board a Link bus for a ride to the library for a special story time titled "Hat's Off." The story time is followed by a craft and a Link bus ride back to Columbia Station. Participants are encouraged to wear their

favorite hat. "We all have a hat we like to wear." said Selina Danko. outreach specialist for Link Transit. "Hats are more than just protection from the elements - they can be a reflection of our personality. The stories picked out for this experience are about hats, but even more so, they are about some interesting characters that like to wear

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

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

Preregistration required. Please call 509-664-7624 or email sdanko@ linktransit.com to sign up.

**BLACK BOX** — C O N C E R T — featuring DOWN NORTH The expansive Numerica PAC stage is turned into an intimate, black box theater experience featuring Seattle funk rock band DOWN NORTH. Tickets \$22 (limited capacity of tickets available) FRIDAY, JANUARY 31 at 7:30 PM

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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

The Underground Youth Group, 6th-8th graders Christ Center, 206 Vine Street 6:30-8 p.m. 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,

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

Highway

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

Aplets Way

15:48 Suspicious, Woodring St. & E. Pleasant Ave. 16:36 Traffic offense, Sunset Hwy. & Mill Rd.

15:25 Fraud/Forgery, 117

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 Selfs

### **January 8**

Motel Rd.

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

Sheri Norris

Licensed Agent

Ave.

No, you can't wrap

a fish in a Web<sub>k</sub>site,

...but you can get the

local news online at

www.cashmerevalleyrecord.com

### 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 playgroup 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.

### Leavenworth

### **Upper Valley Empty Bowls Festival**

Glazing days for Empty Bowls begin on Friday, January 17, 12-8 p,m, and Saturday, January 18 through Tuesday, January 21 from 10 a.m. - 8 p.m., in the Woodpecker Room at the Sleeping Lady Mountain Resort. All ages are welcome, no experience is necessary, and volunteers are on hand to offer advice. All proceeds go to the Community Cupboard food bank and a local art grant benefitting youth in Leavenworth. This event sells out fast, don't delay purchasing your tickets. (er2, 3).

### Sledding Day at Camp Zanika Lache

All families are welcome on January 18, 10 a.m. - 4 p.m. for a free sledding day at Camp Zanika Lache at 16400 Cedar Brae Road, Lake Wenatchee. Parents must accompany their children if under the age of 18. Overnight lodging is free for Camp Fire members. To R.S.V.P. or questions, contact Camp Fire 509- 663-1609 or email campfirencw@ gmail.com. (er3).



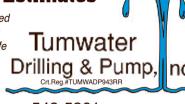
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Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council Board

meeting

Saturday 6:30-9:00 p.m., Music, Public Welcome,

Monday, Wednesday, and Friday 10:00 a.m., Gentle

Tuesday, 1:00-3:00 p.m., Crafts

Thursday, 6:30-7:30 p.m., Bavarian Dancing

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### Leavenworth Senior Center, 423 Evans St., Leavenworth

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

January 17, Friday: Chicken and rice bake, roasted

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vegetables, kale salad, tropical fruit, whole wheat roll, dessert.

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

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

Thursday, 1:00-3:00 p.m., Square Dancing

Friday, 6:00 p.m., Bingo

No cover charge

### **Benefit from Trails**

CONTINUED FROM PAGE 1

conducive to social play, emotional development and improved thinking than indoor activity."

"These studies show what hikers already knowgetting out in nature is more than a hobby," said Jill Simmons, chief executive officer of Washington Trails Association. "It is good for our minds and bodies. When you consider both the economic and health benefits, it is clear that we need to invest more in our trails and public lands."

"Bikes mean business. We've known this for a long time, but the findings of this study now paint a detailed picture of how communities across Washington State benefit from biking," said Richard Smith, executive director of Washington Bikes. "In addition to boosting our state's bottom line through industry, tourism and more, biking brings major benefits for our mental and physical health. By building more connected trails statewide, we'll ensure that every Washingtonian has the opportunity to pedal into a healthier future-and Washington will continue to prosper.'

Commissioned by the Legislature, the twin reports note that poor communities face more significant health challenges and more barriers to accessing trails than more affluent areas. The reports recommend using trails as a health intervention strategy by improving access and decreasing barriers to trails for poor communities.

The reports recommend improving the state's trail system by encouraging new trail development in strategic areas, such as where there are too few trails overcrowded trails, encouraging bv trail development that promotes overnight trips, which generate more money because people are spending multiple days on trails. The reports also recommend improving trail amenities, such as parking and bathrooms, to attract more users.

In addition, the reports recommend conducting comprehensive planning for trails in anticipation of more people living in Washington, improving collection of data on trail use and developing a standard permitting process statewide to make it easier to build trails.

"People are getting outside more than ever, but decades of underinvestment have put Washington's trail system under significant strain," Simmons said. "Washington Trails Association is working to ensure trails can meet the growing demands of hikers today, tomorrow and

forever. We believe these studies are a good first step in recognizing the value of trails and the need to invest in them at the level they deserve."

Created in 1964, the Recreation and Conservation Office provides statewide leadership and funding to protect and improve the best of Washington's natural and outdoor recreation resources.

Washington Trails Association is a nonprofit that mobilizes hikers and everyone who loves the outdoors, to explore, steward and champion public lands and trails.

Washington Bikes advocates for bicyclists and a more bicycle-friendly Washington.

### **Modern Day Child Sacrifice**

During an impassioned acceptance speech, Michelle Williams attributed her Golden Globe win for best actress by alluding the reason for her success is due to aborting her own child.

"I wouldn't have been able to do this without employing a woman's right to choose...To choose when to have my children, and with whom."

Cue the thunderous applause from the Hollywood elite and their celebration of the old pagan rituals of child sacrifice.

You see, as moderns, we are not much more civilized than our pagan ancestors.

To be sure we don't sacrifice our children on rocks in front of ghastly idols made of stone or bronze. Instead, we sacrifice our children in clean, sterile abortion clinics and use

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PASTOR
JOHN
SMITH

We terms like "women's healthcare" or "reproductive rights" to justify the slaughter of innocent children thus searing our consciences

from the conviction of our barbarity.

Michelle Williams is far from just being an actress, she like other pro-aborts

from just being an actress, she like other pro-aborts are clergy and evangelist in the great religion of "selfinterest" with its sacrament of child sacrifice. a hard time with my usage of the word "child sacrifice" as it relates to abortion, I urge them to see the correlation between our modern-day practice and that of old. In ancient times, as recorded and condemned in the Bible, people would take their children and place them on the altars of Molech, burning them alive to curry favor with the pagan deity for a rich harvest and material prosperity. Today, the number one reason why abortion occurs is not because of some sort of victimization of the mother (as in the cases of rape or incest), rather as Michelle Williams noted in her acceptance speech, she couldn't have had a

Although some may have

And so, the ancient Satanic lie perpetuates from the lips of the modern elite, "sacrifice your child and you will gain success and prosperity."

successful career without

having an abortion.

Yet with all the hubris displayed by Williams and the media lauding her as a champion for women, the spiritually discerning one sees through the facade. Michelle Williams is a shell of a woman and she may have gained the whole

world but lost her soul in the process (Mk. 8:36).

Abortion is not a key to success nor is it a pathway to empowerment as the Feminist movement has led many to believe. Rather, it conveys the message that women just aren't capable, strong enough, nor can take on the heroic endeavor to be a mother. So, instead of showing the world that motherhood is the ultimate example of female empowerment, women kill their children with the excuse that they were not ready to be a mom. Additionally, abortion continues to enable women being used as objects by nefarious men. Men can have sexual relations with women without bearing the responsibility of fatherhood. If a woman gets pregnant, a local Planned Parenthood can provide the abortion and the man can continue to use this woman for his gratification.

Abortion is the easy way out. After all, it is much easier to pick on, bully, sacrifice those smaller than us. Furthermore, it is a sign of weakness and cowardice to victimize someone to get ahead and should not be hailed as virtuous. Especially in our day, when everyone is so sensitive about the injustices towards and the victimization of illegals, women, or

members of the LGBTQ+, yet at the same time, they will not acknowledge the greatest of injustices and demonstrated cruelty happening in our day—the murder of the preborn.

Hypocritical.

May the Lord have mercy on us. I often wonder how long will God allow us to continue to celebrate and commend the very things that he considers "abominations" (Lev. 18, 20)? How many children will have to die on the altar of "convenience" and have it considered right and legal according to our Constitution?

I don't know.

But what I do know is that the Church ought to pray for women like Michelle Williams, that they would repent and call upon the mercy of Christ for the forgiveness of their murderous hearts and actions. Also, that we do not remain silent or idle as millions of our preborn neighbors are ushered to their death in abortion mills all across this country.

God has called us to rescue and it is about time we take it seriously (Prov. 24:11).

Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at pastorjohnsmithebc@gmail. com.



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An obituary is a way for family members to commemorate a loved one's life and to notify the larger community of the deceased.

larger community of the deceased.
Obituaries are also used for historical and ancestral data. Memorials are another way of letting the community know about the life and memories of the person who

has died.

A memorial is different from an obituary. An obituary is usually current while a memorial can be

written later.
For publication in the Cashmere
Valley Record or The Leavenworth
Echo, an obituary or memorial

needs to be typed and emailed to editor@leavenworthecho.com no later than 4 p.m. Friday for the next week's issue. Funeral homes and chapels can submit obituaries by noon on Monday, except holidays.

Obituaries are priced per word while the charge for memorial ads are by the column-inch. Cost of the obituary/ memorial is due at the time of placement.

For information call 509-548-5286, or email editor@leavenworthecho.com

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# TOULTURE 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) Washington State

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

Attendees will have opportunity 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 **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/WIN-THROP/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 ence 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

will be held at Conflu- producers because it presents practical information they can use right away."

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

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

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

SEE WOMEN ON PAGE 6

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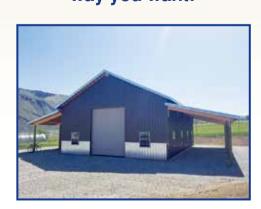
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# Washington State Soil Health Survey

### Consider participating

By WSU TREE FRUIT Research and EXTENSION CENTER

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

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

Eligible participants

- · Identify and describe their "best" and "worst"
- Complete an online soil management survey.

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

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, lmichel@agr.wa.gov

CONTINUED FROM PAGE 5 of 1930.

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

Hort Day at Chelan High

9:20-10 a.m.

School is free of charge and open to the public.

CASHMERE VALLEY RECORD JANUARY 15, 2020

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

### • Allow project staff to participants for the first The project is funded collect "best" and "worst" through the WSDA Speyear of the study in January 2020. Sampling will begin in cialty Crop Block Grant soil samples. Co-sponsored by: The project will use inthe spring. WSU staff will Program.

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 pos-



Dr. Jenny Bolivar-Medina

completed her Ph.D. in Plant Breeding and Plant 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 sea-

This conference is de-

The conference reg-

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.

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

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

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.

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 **Setting up Your Orchard for Consistent** 11:20-11:50 a.m. **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 Beating the Psylla Battle\* 2-2:30 p.m.

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

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• If you are interested in joining our trade show contact: Bailey Dezzllum dezellemb@chelanschools.org 509-860-1950. Proceeds benefit the Future Farmers of America Scholarship.



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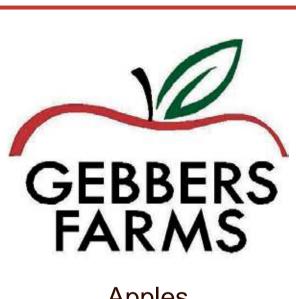
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### **Produce Safety Alliance Grower training**

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

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
- How to identify microbial risks, practices that reduce risks, and how to begin implementing produce safety
- practices on the farm · Parts of a farm food safety plan and how to begin
- writing one • Requirements in the

FSMA Produce Safety Rule and how to meet them.

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

Visit this website for the latest Train the Trainer Information: https://producesafetyalliance.cornell. edu/training/train-trainercourse/.

### **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/ per person

Register for PSA GT Manson, Feb. 16

Manson Grange, 157 E. Wapato Way. Class size limited to 30 people

### 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 Field-

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

Manejo de Frutales Wednesday January 27 • 1-3:30 pm **Wenatchee Convention Center** Co-Sponsored by WSU Extension and

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.

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

**Wenatchee Convention Center** 

fruit.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** 

IPM Toolbox; Singing Psyllids. Agenda at http://tree-

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 ad Root Lesion Nematodes in WA; Cherry Powdery Mildew Management and Fungicide Resis tance. Agenda at http://treefruit.wsu.edu/event/ncw-

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/okanoganhorticultural-meeting/

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### Pre- and Post-harvest Disease Management workshop

By WSU TREE FRUIT Research and EXTENSION CENTER

### **Storage Rots Management:** from Orchard to Packing March 4

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 packinghouses to reduce the impact of postharvest rots and

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

increase pack-out.

For agendas and additional information, visit http://treefruit.wsu.edu/ event/postharvest-workshop/. The Pre- and Postharvest 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 Reserach** 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 Reserach and Extension Center, 509-293-8752, email: a.amiri@ wsu.edu

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January 25, 2020 8:00 a.m.

This conference is for women farmers and anyone who works with women farmers. If you have been farming for years, are a new and aspiring farmer, a banker, lender or in the agricultural industry, this conference is for you!

Enjoy a day of inspiration, learning and networking with other women farmers. Our one-day gathering takes place simultaneously throughout Washington, Idaho, Montana, Alaska and Hawaii!

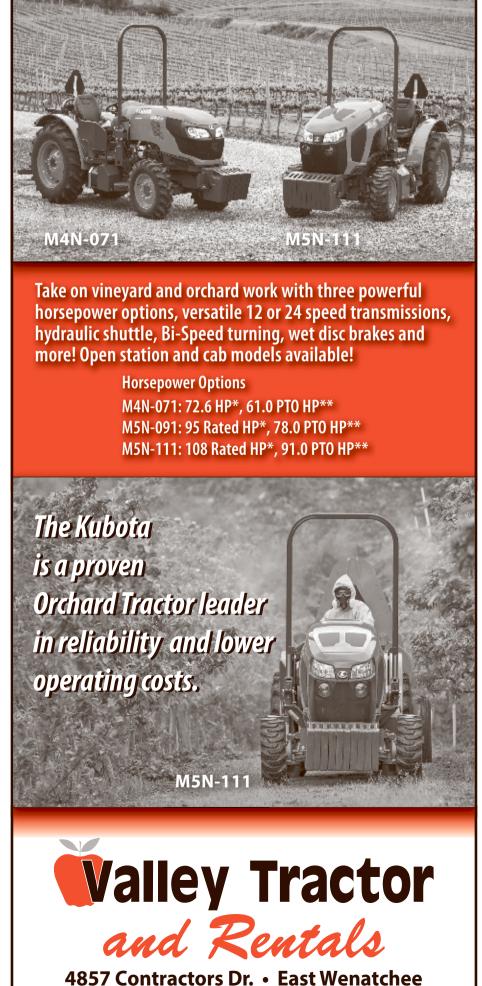
Registration is \$30 and includes a light breakfast, lunch and conference materials!

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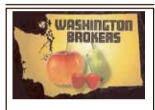
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### HELP WANTED

# Bridgeport School District

accepting applications for the following substi-tute positions: Teacher, ute positions: Teacher Secretary, Food Service Paraprofessional, Custodian, Bus Driver. Apply online at

https:// bridgeportjobs.hrmplus.net For further information or assistance with the application process contact the HR Dept. at Dept. 509-686-5656.

Applications will close . January 31, 2020.



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

Cascade High School Head Volleyball Coach

Cascade High School Fall Cheer Advisor

Fast Track application process and information can be found on our website at:

www.cascadesed.org EOE

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The Cascade School District is seeking qualified applicants for

the following position: Cascade High School

Girls Head Soccer Fast Track application process and information can be found on our

website at: www.cascadesed.org EOE





# CLASSIFIED ADS

### 72. Nonclerical

- THEME: SUPER BOWL ACROSS 1. Wheel stopper 6. "Stinging" Muhammad 9. Greek portico
- . She turned to stone, mythology 14. Loud noise
- 15. \*Like many football fans 16. At full speed
- 17. VHS successor 18. Omit 19. \*Miami
- 21. \*They won their first two Super Bowl appearances
- 23. Time division
- 25. "Swan Lake" steps 28. It often follows tooth or back
- 30. What oars do 35. Part of a jousting outfit 37. Dickens!
- 39. Donkey in Mexico 40. Glazier's unit
- 41. \*Like Bud at a party
- 44. Fraternal letter
- 46 Miso bean 47. Make wet 48. Unmoved
- 52. Tasseled hat 53. Colloquial approval
- 55. Opposite of paleo 57. \*Tonowanda \_\_ team in NFL history , shortest-lived
- 60. \*Hard Rock
- 65. Rapscallion

71. Extend credit

67. It's common? 68. What time does

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

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

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Fast Track application process and information can be found on our website at:

www.cascadesed.org

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Lake Chelan Mirror

Leavenworth

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### **Public NOTICES**

**Superior Court of Washington** For Chelan County
In the matter of the estate of Ronald Wayne Cline, Deceased.

No. 19-4-00408-04 No. 19-4-00406-04 Notice To Creditors (RCW 11.40.030)

The person named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or his attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were com-

bate proceedings were menced. The claim must be presented within the later of:
(1) thirty days after the personal representative served or mailed representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of this Notice. If the claim is not presented within this time frame, the claim is

forever barred, except as wise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's

probate and nonprobate assets Date of First Publication: January 1, 2020. ROBERT D. CLINE, Personal Representative Attorney for the Personal Representative: Joseph C. Brown, Jr., WSBA# 17991 Address for Mailing or Service: J.C. Brown Law Office, PLLC

Cashmere, WA 98815 (509)782-1111 Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 19-4-00408-04 Published in the Cashmere Valley Record/ The Leavenworth Echo on January 1, 8, 15, 2020. #86922.

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to change your ad entirely at no additional charge Place your ad now: NCWMarket.com



9

6

### **Public NOTICES**

ADVERTISEMENT FOR BIDS CITY OF LEAVENWORTH WASTEWATER TREATMENT PLANT IMPROVEMENTS

PROJECT 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 follow-

ing 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 Varela & As centers

Variela & 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 wastewater treatment system for phospho-rus reduction consisting of new building, pre-engineered metal building, flocculation tanks, disc filters, and associated site and electriimprovements; equencements including equipment replacements screening system, mechanism, cer sludge dewatering in-vessel UV system system, electrical system; and controls upgrades; process piping, earthwork, site improve-ments, and associated work. See Contract Documents for project requirements and speci-

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

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 fa-miliarize prospective bidders with the project and answer

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

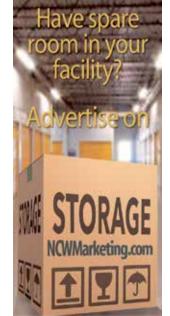
The City of Leavenworth is an equal opportunity and affirmative action employer. Disadvantaged, tribal-, minority-women-owned businesses encouraged to submit bids. All work performed on this project will be subject to prevailing state wage rates. The project is funded by a grant/ loan from the
United 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 Appro-priations Act, 2017) and subsepriations Act, 2017) and subsequent statutes mandating do-mestic preference applies an American Iron and Steel re-quirement to this project. All listed iron and steel products listed iron and steel products used in this project must be produced in the United States. The 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 reinforced precast cone, and construction materi-The deminimis and minor components waiver apply to this

components waver apply to accommodate the city of Leavenworth reserves the right to reject any and all bids, to waive technically and all bids, to waive technically and the cole independent ties, and in its sole judgement, accept the bid which it deems is in its best interest. Additional big provisions are specified in the

Contract Documents.

Copies of the CONTRACT

DOCUMENTS may be pur-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 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. #86799



# 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

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

Wellness Place is a 501(c)3 nonprofit organization in North Central Washington offering free support and services for cancer patients and survivors in Chelan, Douglas, Okanogan and Grant counties. For more information visit www.wellnessplacewenatchee.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 (CMIs). 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

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 vou 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

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 workroup 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

Here are the 4 types of written information for consumers about medica-

### 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 antidepressants. 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 Safe ly. 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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Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 1<mark>2 months or until you cancel it</mark>



# Student Spotlight

### **Student Lauren Kert**

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

**GPA:** 4.0 **Sports:** I play Tennis and Volleyball Future Plans: I plan



Fawnda to attend a four year university in Washington State and I've yet to decide what career I'll be



THE WASHINGTON OUTDOORS REPORT

Grace Erdmann avoids a block for two points against the



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

### **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, enery and leadership to our team. Grace has had 2 big, big games in the month 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

Soccer and

Basketball **Future Plans:** My future plans are 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.







and Old Fashioned Soda Fountain 119 Cottage Ave., Cashmere • 782-2717



### 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

Proud to support THE BULLDOGS!



GO BULLDOGS



Louis McMinds battles a trophy sturgeon in the Columbia River Gorge

### 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 destination accessible 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 ½-mile

Success fishing off the dock at the Rainbow Beach Resort! 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.

PHOTO BY JOHN KRUSE.

### **COLUMBIA RIVER** GORGE - KLICKITAT COUNTY

The Columbia River Gorge offers all sorts of opportunities for hiking, fishing, boating 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 The campground Dalles. 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. northwestern outdoors.comand www. america out doors radio.com



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