

Hepatitis A outbreak alert

SUBMITTED BY OKANOGAN COUNTY PUBLIC HEALTH

OKANOGAN - Okanogan County Public Health (OCPH) is reporting four (4) confirmed cases of Hepatitis A within Okanogan County. We have identified all current cases and are working with close contacts to provide Hepatitis A vaccinations.

For more information about Hepatitis A: <https://doh.wa.gov/HepatitisAOutbreak>

There are Hepatitis A outbreaks in Seattle, Spokane, and across the United States with an increased rate of deaths.

Persons who are at high risk of becoming infected should get vaccinated with the Hepatitis A vaccine. Vaccination is recommended for all children starting at 1 year of age, for travelers to certain countries, and for people at high risk for infection with the virus. Hepatitis A vaccine can be obtained through healthcare providers and pharmacies providing vaccinations.

Okanogan County Public Health reminds all residents to wash your hands. Good hand-washing decreases the spread of disease.

For questions related to possible Hepatitis A exposure, please contact Lauri Jones, Community Health Director at 509-422-7158.

Brewster council moves closer to Senior Center agreement

Bridgeport, Pateros are key players

BY MIKE MALTAIS
STAFF WRITER

BREWSTER – The city council took a step closer to inking an agreement with the Brewster Senior Center at its regular monthly meeting on Jan. 8.

City Attorney Chuck Zimmerman reviewed documents submitted to the council by Senior Center officials as part of the evaluation of what the city will be assuming if it takes responsibility for the center building.

“Our recommendation would be to conduct a minimal walk-through of the building to see what we’re getting for free,” said Zimmerman. “Based on that inspection you may want to get a formal building inspector to look at it.”

Zimmerman said that once the city takes responsibility for the building it will be required to make sure it complies with all existing codes. He also suggested that the city consider its long-term commitment to the Senior Center. Zimmerman included seniors from the Pateros and Bridgeport communities as part of the consideration since Brewster hopes to se-

“It doesn’t matter where the senior citizens live. This is one big community.”

-- Art Smyth,
Mayor of Brewster

cure commitments from both neighboring cities to remain involved with the center’s future operations.

“What involvement does the city want to require of the two partners that exists right now in the Senior center and those partners are Pateros and Bridgeport,” asked Zimmerman. “Part of the problem with the Senior Center is they didn’t have a plan...and the city needs to figure out what its commitment is going to be.”

Coincidentally, Bridgeport mayor Janet Conklin attended the council meeting to observe how Brewster was addressing its pit bull dog ordinance. Conklin said she would like further information as to how many senior members are from Bridgeport, what it costs to run the center, and what improvements need to be addressed. She added that she does encourage the Bridgeport council to contribute to the center’s operations. It currently contributes \$2,000 annually.

Mayor Art Smyth suggested that Pateros and Bridgeport might consider doubling their contributions.

“It doesn’t matter where the senior citizens live,” said Smyth. “This is one big community.”

Council Finance Committee members Avis Erickson and Manny Hurtado agreed to perform the building walk-through and pursue the issues with current center president Neal McKee.

Zimmerman predicted that as the cities move forward with resolving the issues raised an agreement should be ready to sign in 60 to 90 days.

“What involvement does the city want to require of the two partners that exists right now in the Senior Center and those partners are Pateros and Bridgeport.”

-- Chuck Zimmerman
Brewster City Attorney

Brewster City Council approves amended pit bull ordinance

Complies with new state law

BY MIKE MALTAIS
STAFF WRITER

BREWSTER – Council members approved the addition of language to the city’s breed-specific pit bull dog ordinance at their regular monthly meeting on Jan. 8 that brings the measure into compliance with a new state law that took effect on Jan. 1.

Last year the state Legislature passed House Bill 1026 that compelled more than two dozen cities across the state to amend or repeal municipal ordinances that apply to pit bull dogs. The new state law requires that said ordinances establish and maintain a reasonable process for exempting any dog from the breed-based regulation or a breed-



Mike Maltais/QCH
Bridgeport mayor Janet Conklin addresses Brewster council members with respect to the pit bull ordinances both cities have in their municipal codes.

based ban if the dog passes the American Kennel Club Canine Good Citizen Test or a reasonable equivalent canine behavioral test as determined by the city.

While Brewster’s municipal code (Title 6, Chapter 6.10.010) did not ban the ownership of pit bulls, it required the owners to comply with a number of compliance measures and did not include an optional AKC equivalent test to certify a safe and well-behaved

pit bull.

A prolonged discussion between council members on both sides of Brewster’s existing ordinance and the recommended amendment

SEE **DOGS** ON PAGE 2

Brewster council welcomes city’s newest police officer

BY MIKE MALTAIS
STAFF WRITER

BREWSTER – It was a night of sworn oaths, but the good kind, at the first regular meeting of the city council on Wednesday, Jan. 8.

Brewster police chief Marcos Ruiz administered the oath of office to the city’s newest police officer, Christopher (CJ) Harmier.

“Officer Harmier graduated the academy last month,” said Ruiz. “He was third in marksmanship in the entire class.”

Harmier is now in the STO (Specially Trained Officers) program and will be working the night shift next, Ruiz said.

Mayor Art Smyth administered the oath of

SEE **OATH** ON PAGE 2



Mike Maltais/QCH
Brewster police chief Marcos Ruiz, left, administers the oath of office to the city’s newest police officer, Christopher (CJ) Harmier at the January city council meeting.

Brewster chamber addresses venue changes, new events

BY MIKE MALTAIS
STAFF WRITER

BREWSTER – The first regular meeting of the Brewster Chamber of Commerce included the introduction of 2020 officers and a few new developments regarding an adjusted meeting time and some of the year’s forthcoming events.

As of this writing the new monthly meeting will still fall on the first Wednesday of each month but at 11:30 a.m. rather than 12:30 p.m. at the American Legion’s Columbia Post 97 building at 102 N. Third St.

In another development, the 2020 Cherries Jubilee will occupy two days during Father’s Day weekend, Saturday and Sunday, June 20-21. Pending approval from the city, Cherries Jubilee will be held at Columbia Cove Park. Along with the new location will be a new event this year, a two-day Cherries Jubilee Bass Open-

ing fishing tournament featuring the Okanogan Valley Bass Club.

“The tournament will be open to all who want to enter with big money for the biggest bass,” Chamber president Mike Mauk said.

Sports are also on the mind of Chamber organizers this year.

“We are in the early stages of planning a Softball Tournament on the Fourth of July,” said Mauk adding that further information is forthcoming.

Harvest Fest, Trick or Treat on Main Street, and the costume contest will all be held on Halloween again this year.

The Chamber’s Awards Banquet will coincide with Shop Small Business Saturday, Nov. 28, to include the Christmas Tree Lighting Ceremony and a visit by Santa and Mrs. Claus.

The Chamber is current-

SEE **NEW** ON PAGE 2



Mike Maltais/QCH
Brewster School Superintendent Eric Driessen holds up a Brewster Schools yard sign that, along with pennants and flags, the school is making available to those who want to become Bears boosters.



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OPINION

Envisioning a Maternity Center of Excellence to better serve Okanogan County

Collaboration has been key to the envisioning of a sustainable future for maternity services in Okanogan County. Included in this vision is a comprehensive obstetric support training and education program that will serve families from conception to early parenthood. It will also increase physician retention and strengthen the OB provider pool in Okanogan County well into the future.

As the plans for transitioning OB services from Three Rivers Hospital to Mid-Valley Hospital this year, we are working to-

gether to build a Maternity Center of Excellence that embodies the high-quality programs that each hospital has historically provided to expecting families in the County. This is supported by combining thin resources in one location to keep OB services sustainable in the County as opposed to struggling to maintain services in more than one location. A \$100,000 Molina Grant awarded to Family Health Centers provides initial funding to begin this work this year.

Family Health Centers seeks to further whole per-

son care by building a collaborative system of care, bringing together community members, maternity care case managers, behavioral health providers, and medical providers to support healthy childbirth. Local EMS staff may be trained in obstetrical basic life support, and maternity care providers in obstetrical advanced life support.

This will enhance patient-centered maternity care for our patients.

The thinking and decisions around the OB issue have been highly influenced by the following key challenges:

- Recruitment and Retention: Despite best efforts to recruit physicians offering obstetrical care, a significant decline in the available labor pool throughout the nation puts rural areas at a disadvantage. This problem is escalated when trying to sustain multiple locations with other existing issues (IE: aging facilities, low patient volumes, other staffing needs).
- Skills Maintenance: While each hospital has or had a high-quality OB program, we have all heard from providers themselves, that to main-

tain sharp skills and credentials, there is a minimum number of deliveries (especially C-section) that must be met. If we are to save OB from disappearing from this county, we need to build an OB center of excellence that inspires confidence not only for patients to choose local care, but also for medical professionals to choose to come work here.

- Declining Birth Rates: Declining birth rates are occurring across the country and are intensified in rural areas like ours. The cost to provide labor and delivery services is

prohibitive with a smaller number of births.

We are grateful for the collaborative spirit in problem-solving this difficult issue. We look forward to serving our communities with the highest standard of care you deserve.

Contributors to this editorial include: from Family Health Centers Dr. James Wallace, Medical Director and Jesus Hernandez, CEO; from Mid-Valley Hospital Alan Fisher, CEO and from Three Rivers Hospital and North Valley Hospital Scott Graham, CEO.

LETTER TO THE EDITOR

Brewster School District is a great place

I started teaching at Brewster School District back in 1988. I have made the commute from Chelan each day for 32 years. I have been asked many times why I do not teach closer to home and my answer each and every time has been, “because Brewster is a great place to work”. I believed that back in the beginning and I believe it now as well. There have been ups and downs in the time I have been here, but I can say with all hon-

esty that we are in a great place right now as far as the school district. Our facilities are getting an upgrade that will help continue the success we are seeing in the classrooms. The faculty and staff are some amazing individuals who have adapted their teaching styles over the years to best educate your children and prepare them for life beyond high school. And the students that have come through my door over the years have been respectful,

studious, entertaining and even challenging. The different types of personalities that each student possess, helps shape the culture of Brewster Schools.

I just told a staff member this morning that in the past seven years as principal, this year the students are more respectful as a whole, than any other year that I can recall. This comes about by the effort of the teachers to understand students better. Parents for raising their children to understand

the importance of a good education and the students themselves, who are putting forth a great effort each day and it is showing in assessment results and graduation percentages.

Some of my former students have found their way back to the Brewster Bear family after graduating and earning a degree. This year there are nine classroom teachers at Brewster that were students of mine. Sixteen para professionals were once students of mine who

are now employed by the Brewster District. As well as three District staff member who have returned to Brewster. These 29 individual see what I see, here at Brewster School District. They see a place that they are proud of. A place that they want to see continue to grow and produce graduates year after year.

The Brewster Bear community will continue to grow and strengthen because of the people that make it up. I still have a

handful of years to continue to call myself a Brewster Bear and work for a school district that really has been a great place to have a career.

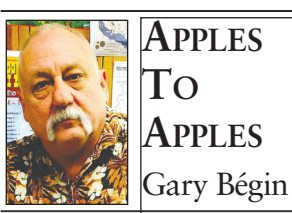
I encourage other employees, community member and current and past students to write a letter and submit it if you feel the same way I do about Brewster School District.

Greg Austin
Brewster Middle
School principal
Chelan

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

General Casey “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 Marine the U.S. Embassy – Tehran, was invaded by mindless religious zealots 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



APPLES
TO
APPLES
Gary Bégin

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 to state the fact that he was happy to blow up American soldiers (soldiers is generic for the ridiculous PC phrase “servicemembers”). He was highly instrumental in developing more lethal roadside bombs and planning attacks and is directly

fingered for killing of more than 500 of our troops.

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

I mock his name and I mock any semblance of respect for this 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 brothers in arms (another 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 radicalization by YouTube or Tweets under the sheets in his college dorm. He was the epitome of what the Ayatollahs wanted all their minions to become – martyrs for Allah.

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

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

feels righteous.

Bullies like these ruthless 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.

God bless President Trump.

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

Okanogan PUD revenue increase will include expense reductions

BY MIKE MALTAIS
STAFF WRITER

OKANOGAN –The PUD Board of Commissioners approved the utility’s 2020 budget by a 2-1 vote at its Dec. 16 meeting that calls for a two percent revenue increase together with expense reductions to reach that revenue goal.

The 2020 budget includes \$58.3 million in revenue, \$48.9 million in expenditures, \$4 million in debt service and a \$13.5 million capital budget. How the path to a two percent revenue increase “will affect the different rate classes

(residential, general service, irrigation, etc.) will be determined through a rate setting process in early 2020,” a PUD media release said.

Among budget cutbacks will be staff elimination at the Omak office which will still have a payment drop box but no attendant after April 1.

“Buy not hiring a currently open customer service position and not staffing the Omak office, the district will save \$84,000 annually,” the release said. “The current customer service staff member at Omak would still work for the district.”

Other district departments will contribute to budget cutbacks through such actions as project delays and deferred equipment purchases.

Commissioner Scott Vejraska said the community is economically stressed with both orchardists and cattlemen feeling the losses through low crop and livestock prices.

Commissioner Bill Collyar acknowledged the tough economic times but does not see an alternative to a rate increase to maintain the electrical grid.

Yarn device is a marriage mender

Mike Maltais/
QCH

This innocent-looking little device is actually one of history’s most helpful inventions where couples’ therapy is concerned. Its technical name is a yarn ball winder, but it is more commonly referred to as a marriage-saver where one member of the marital union is a knitter. The X-shaped revolving wheel at right replaces the outstretch arms of a beleaguered assistant while the little offset hand-crank spindle at left winds the yarn into a neat ball in a matter of minutes – not arm-aching hours. Gone are such phrases as: “Oh! We have a tangle,” and “Could you get these knots out for me?” and similar terms of endearment. Every knitter should find one.



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OBITUARIES

Genelle (Nell) Tarbell

Genelle (Nell) Tarbell, 94, passed away on January 6, 2020, at the Brewster Hospital after a brief illness. Daughter of Samuel and Lessie Wagg, Nell was born in Mouth of Wilson, Virginia in May, 1925. She was the third youngest of 12 siblings. The family headed “west” when Nell was five years old and settled in Pateros, where she attended and graduated from Pateros High School. Nell married Jack Tarbell in December, 1949, and moved to Brewster where she happily lived until her passing. They had one daughter, Julie. Nell worked for Martha Gebbers as a bookkeeper for many years. She also worked as a bank teller at the National Bank of Commerce, and kept books at the Rio Auto Supply in Brewster. She was meticulous about her work and it was not

complete until she balanced to the penny. Nell attended the Episcopal church. She loved music and played the piano and danced at many of the Senior Citizen Centers up and down the valley. All of the siblings played instruments by ear, none of them ever learning a note. Her last four years were spent at Holder Colonial Home. She continued to go to the Brewster Senior Center for lunch every day, and enjoyed an occasional trip to the casinos. Survivors include her daughter, Julie, husband Chris, grandchildren Christopher and Michael, and many nieces and nephews. Preceding her in death were 11 siblings and husband Jack. Services will be March 20, 2020, with a reception at the Senior Center to follow. Please leave any thoughts and memories for the family at barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

DEATH NOTICES/SERVICES

Cathy Ann Westerdahl

Cathy Ann Westerdahl, 65, of Brewster, Wash., passed away on January 12, 2020.

Services will be held in the spring. Please leave any thoughts and memories for the family at barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

Ungers now living in Wenatchee

WENATCHEE - Kay Gould and Arleen Florence Unger, are now residents of Seniors Delight Adult Family Home in Wenatchee, located at 2519 Cordell Avenue. That phone number is 509-662-5300. The Ungers would enjoy cards, letters and visitors. Their cell number is 509-686-1961.

OBITUARY & MEMORIAL POLICIES

NCW MEDIA, INC.

An **obituary** is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data. **Memorials** are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later. Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to. Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday. *Obituaries are priced per word while Memorial ads are per column-inch.* For info call Ruth 509-682-2213, or email ruthk@lakechelanmirror.com

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LIBRARY EVENTS AT PATEROS & BREWSTER

Jan. 17

Toddler story time
PATEROS - The Pateros Public Library Toddler Story Time is held every Friday at 11 a.m. Join other toddlers for story and craft time.

Jan. 21

ALTAS program
BREWSTER - Join us at the Brewster Library for our At The Library After School Program, every Tuesday, 3:45-5 p.m. It is geared towards children K-6th grades. Activities include crafts, STEM, games, snacks, and stories. For more, contact Rebecca Zion at (509) 689-4046 OR email brewster@ncrl.org.

Jan. 22

Toddlers & Waddlers Storytime
BREWSTER - Looking for an exciting way to start off the day for your little ones? Join us at the Brewster Public Library for rhymes, stories and playtime every Wednesday at 11 a.m. For more information, Rebecca Zion at (509) 689-4046, email brewster@ncrl.org

Jan. 22

ALTAS program
PATEROS - Every Wednesday, the Pateros Public Library will hold their Atlas (At the Library after School), at 3:30 p.m. for children Kindergarten through 6th grade. There will be Fun activities, Games, Arts & Crafts, Lego's, Stem and more.

Jan. 22

Teens At The Library
BREWSTER - Join us for our Teens At The Library Program (TATL), geared towards teens ages 12 and up, every second and fourth Wednesday of the month at the Brewster Library, 5-6 p.m. Each

meeting we will host programs requested by teens. Activities include games, crafts, STEM, and special programs just for teens. For more, contact Rebecca Zion at 509-689-4046 or email brewster@ncrl.org.

Jan. 25

Half Stitch - calling all crafters
PATEROS - Every Saturday at the Pateros Public Library at 11 a.m. bring your knitting, cross stitch, and meet other like minded individuals and show off your skills. This is a free event and beginners are welcome.

Jan. 25

Make a quick beaded bookmark
PATEROS - This Saturday, Jan. 25, 12-1 p.m., the Pateros Public Library will hold a Quick Beaded bookmark event for adults. Join them and maked a cute little bookmark to hold your place.

Jan. 30

Make a Vision/Inspiration/Goal board
PATEROS - All adults are invited to join the Pateros Public Library staff for an hour of fun on Jan. 30 at 1 p.m. for an hour. They will be making Vision/Inspiration/Goal setting boards for the New Year. All materials will be supplied.

About North Central Regional Library (NCRL): NCRL is a rural library district with 30 branch libraries, a couple of bookmobiles, and a mail order library serving five counties. Established in 1960, NCRL currently has a collection of more than 700,000 books and other materials. The library district maintains this wonderful collection and provides the staff for each branch. The mission of the North Central Regional Library is to promote reading and lifelong learning.

COMMUNITY BULLETIN BOARD

Tuesday, Wednesday, Thursday

Brewster Senior Center Rummage Room
BREWSTER – Hours at the Brewster-Pateros-Bridgeport Senior Center are 8 to 12:45 a.m. Tuesday through Thursday. Donations will be accepted during store hours at the back door for the Rummage Room. No children's clothing. They will take “small pieces of furniture and sometimes larger items.

Tuesday, Wednesday, Thursday

Senior meals
BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$8.50. All diners are welcome.

Jan. 21

Cheeseburger Deluxe, Sweet Potato Fries, Coleslaw, Orange Quarters, Dessert

Jan. 22

Tuna Noodle Casserole, Peas & Carrots, Tossed Salad, Peaches, Garlic Bread, Dessert

Jan. 23

French Dip, Pickled Beets, Three Bean Salad, Waldorf Salad, Dessert

Tuesdays and Thursdays

S.A.I.L. classes
BREWSTER - S.A.I.L. (Stay Active and Independent for Life) classes are Tuesday and Thursday, 10-11 a.m. at the Brewster-Pateros-Bridgeport Senior Center.

Wednesdays

Brewster Senior Center Bingo
BREWSTER – Bingo is back at 10:15 a.m. every Wednesday morning at the Brewster-Pateros-Bridgeport Senior Center at 109 S. Bridge St. Cost is 25 cents per card.

Jan. 17, Feb. 24

Brewster area monthly bus trips to Omak and Wenatchee
BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is Feb. 14. The bus starts picking folks up at their homes at 7:30

a.m. Riders may request destination(s); medical appointments etc. On the third Friday of each month, Jan. 17, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

Jan. 20

TOPS meeting
BREWSTER – TOPS (Take Off Pounds Sensibly) meets Mondays, 10 a.m., 600 W. Indian Avenue. Preteens, teens, adults – male, female welcome. First meeting is free. TOPS Club, Inc. ® is an affordable, nonprofit, weight-loss support and wellness education organization. Learn about nutrition, portion control, food planning, exercise, and motivation. For info: Joyce Anderson, Coordinator, (509) 922-8820, visit www.tops.org, call TOPS Headquarters, (800) 932-8677.

Jan. 21

Help available for Douglas County veterans
BRIDGEPORT - Sarah Simonson the Veterans Service Officer for Douglas County, sets up an outreach/satellite office in Bridgeport once a month on the third Tuesday of the month, in the town office's conference room 10 a.m. to 2 p.m. You can find her on Facebook at: <https://www.facebook.com/douglascountytvs>

Jan. 31

School retirees' to meet
OKANOGAN - Okanogan County School Retirees' Association meets 11 a.m., Friday, Jan. 31 for a general meeting and no-host luncheon at Cariboo Inn, 233 Queen St., Okanogan. Kim Sanford Lancaster will discuss the Archaeology of Okanogan County. Information: Jennie Hedington: 509-422-2954.

Submitting your Bulletin Board item

Who: Any non-profit 501(c)3 group. Person(s) must submit full name and contact phone number. What: Items pertaining to local events, meetings etc., that are free or a minimum charge. Where: email to: ruthk@lakechelanmirror.com, subject line QCH Bulletin. Deadline: Monday at 5 p.m. Be sure and include Date, time, place and cost if any.

DOUGLAS SHERIFF REPORT

Dec. 30

Abuse at 434 23rd St. in Bridgeport.
Sick person at 222 Morrow St. in Mansfield.

Dec. 31

Suspicious incident at 310 Fairview Ave. in Bridgeport.
Property incident at 2740 Fun Club Road on Bridgeport Bar.
Warrant at 335 E. Railroad Ave. No. 9 in Mansfield.
Agency assistance at 434 23rd St. in Bridgeport.
Noise at 1705 Raymond Ave. in Bridgeport.

Jan. 1

Noise at 420 State Route 173, downstairs on Bridgeport Bar.
Personal assistance at 1817 Raymond Ave. in Bridgeport.

Jan. 3

Property incident at 1400 Ta-

coma Ave. in Bridgeport.
Domestic disturbance at 2327 Rd. A N.W. in Mansfield.
Traffic offense at 10th Street and Douglas Avenue in Bridgeport.
Traffic offense at Fisk Avenue and 17th Street in Bridgeport.

Jan. 4

Suspicious incident at 15 Buckingham Alley on Bridgeport Bar.
Harassment/threat at 1617 Fairview Ave. in Bridgeport.

Jan. 5

Traffic offense at the 800 block of Maple Street in Bridgeport.

Jan. 6

Sex offense at 929 Maple St. No. 143 in Bridgeport.
Noise at 124 Firs Ave. on Bridgeport Bar.

Jan. 7

Alarm at 217 S. Bridge St. in Brewster
Child Protective Services/ Adult protective Services at 16 Central St. in Bridgeport.
Public assistance at 415 State Route 173 on Bridgeport Bar.
Public assistance at 1400 Tacoma Ave. in Bridgeport.
Non-injury accident at 39 E. First Ave. in Mansfield.

Jan. 8

Public assistance at 2327 Rd. A N.W. in Mansfield.

Jan. 9

Traffic offense at the 200 block of Douglas St. in Mansfield.
Vehicle prowl at 1827 Tacoma Ave. in Bridgeport.
911 at 1626 Columbia Ave. in Bridgeport.

Jan. 10

Agency assistance at State Route 17 and Foster Creek

Avenue in Bridgeport.
Unknown accident at Douglas Avenue and 17th Street in Bridgeport.
Civil incident at 335 Second St. in Bridgeport.

Jan. 11

Domestic disturbance at 14 Arden Ave. on Bridgeport Bar.
Abuse at 2400 Tacoma Ave., No. 8 in Bridgeport.

Jan. 12

Stabbing/gunshot at 1004 Columbia Ave. in Bridgeport.
Agency assistance at 88 Washburn Ave. in Bridgeport.

Jan. 13

Suspicious incident at 209 Fifth St. in Bridgeport.
Fraud/forgery at 1713 Raymond Ave. in Bridgeport.
Animal problem at 1514 Washburn Ave. in Bridgeport.

QUAD CITY CHURCH GUIDE

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

BREWSTER

SEVENTH-DAY ADVENTIST CHURCH AND SCHOOL

Saturday Bible Study 9:30 a.m.
Saturday Worship 10:45 a.m.
Church: 509-689-3537
17 Hospital Way NE, Brewster
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~ Matthew 19:26



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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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 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, lmi-chel@agr.wa.gov The project is funded through the WSDA Specialty Crop Block Grant Program.

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 Dezzllum at dezzlemb@chelanschools.org or 509-860-1950. Proceeds benefit the Future Farmers of

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

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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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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

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 Dezzllum dezzlemb@chelanschools.org 509-860-1950. Proceeds benefit the Future Farmers of America Scholarship.

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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://producesafetyalliance.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/ per 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 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/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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SATURDAY
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Mike Maltais/QCH
Vicky Sanchez, 24, guards a Manson shooter. More photos at qcherald.com

Lady Bears edge Lake Roosevelt, still tied for No. 1

By Mike Maltais
Staff Writer

BREWSTER – The Lady Bears varsity basketball team won a 37-36 squeaker on the road at Lake Roosevelt on Jan. 7 to push their Central Washington 2B league record to 5-1 and remain in a three-way tie with Waterville-Mansfield and Liberty Bell for the top spot in the league.

The Lady Raiders took a two-point, 6-3 lead into the second quarter but Brewster caught them by halftime with the score knotted at 19 apiece. The Lady Bears gained a three-point, 12-9 advantage in the third quarter and Brewster's only points in the final quarter, two three-point bombs by Mikenna Kelpman kept Brewster in front despite being outscored 8-6 by Lake Roosevelt going down to the buzzer. Kelpman hit a trio of threes on the night.

Mikenna, 11 points, and Michaun Kelpman, 6, combined for 17 of Brewster's 37 points. Sammi Emigh added 7.

The Lady Raiders remain in fourth place with one win ahead of Tonasket.

Brewster 4-15-12-6 37
LRHS 6-13-9-8 36

Brewster scoring



Alexia Hurtado, 30, moves the ball through a crowd with help from teammate Abi Boesel, 22.

Mikenna Kelpman: 11
Sammi Emigh: 7
Michaun Kelpman: 6
Halle Aparicio: 5
Anah Wulf: 4
Vicky Sanchez: 2
Cynthia Sanchez: 2

Brewster did not have nearly as much trouble hosting the Lady Trojans of Manson last Thursday, Jan. 9. The Lady Bears took an early lead and cruised to a 46-14 win over Manson.

On the road against Bridgeport last Saturday, Jan. 22, Brewster grabbed a

16-1 lead over the Fillies on their way to a 57-22 final.

The Lady Bears were scheduled to decide part of the tie at the top of the CW2B when they hosted Waterville-Mansfield on Tuesday, Jan. 14. The Lady Shockers were 7-1 coming into the Tuesday game.

Brewster will be on the road at Tonasket, Thursday, Jan. 16, and will host Oroville at 6 p.m. on Tuesday, Jan. 21.



Mike Maltais/QCH
Cade Gebbers (4) and Kelson Gebbers converge on a Manson ballhandler. More photos at qcherald.com

Bears lose to Raiders, fall to second in CW2B, defeat Manson

By Mike Maltais
Staff Writer

BREWSTER – The battle for the lead in the Central Washington 2B league was decided last week when the CW2B's only two undefeated teams, Brewster and Lake Roosevelt, met on Jan. 7.

"We knew coming in that Lake Roosevelt had a good team and it would take big effort, execution and poise to win," said Bears head coach Michael Taylor. "In the end we didn't have what it took to get the job done."

The Bears and Raiders were knotted 17-all at the end of the first quarter and a point apart at halftime.

"We had some bright spots with Cade Gebbers scoring and keeping us in the game in the first half," Taylor said.

Gebbers led Brewster with 21 points.

The Bears hit a bump in the third quarter and could only manage six points from the field while Lake Roosevelt had another consistent quarter with 18 points.

"We had a difficult time scoring in the third quarter," said Taylor. "LR built a solid lead that we didn't overcome."

Ubaldo Arellano helped

keep the Bears within striking distance with 75 percent shooting on six-for-eight and 14 points during the game. Brewster rallied somewhat in the final quarter with 14 points, but the Raiders maintained a steady pace with 19 fourth-quarter points for the 67-54 win.

Brewster: 17-17-6-14 54
LRHS: 17-18-18-19 67

Brewster scoring
Cade Gebbers: 21 points, 4 rebounds
Ubaldo Arellano: 14 pts, 3 reb.
Kelson Gebbers: 7 pts, 5 reb.
Corey Jarrell: 6 pts, 4 reb.
Adaih Najera: 2 pts.
Conner Ashworth: 2 pts, 6 reb.
Kade Kelpman: 2 pts, 6 reb.
Logan McGuire: 7 reb.
AJ Woodward: 4 reb.
Ricky Garcia: 3 reb.
Mason Kelly: 2 reb.
Tyson Schertenleib: 2 reb.

Trojans routed

The Bears came within five points of their third 100-point game with a 95-42 win over visiting Manson last Thursday, Jan. 9. With five players scoring in double figures the Bears took a 28-point first-quarter lead and put together four consistent scoring periods to win by 53.

Brewster: 31-18-29-17 95
Manson: 3-21-12-6 42

Brewster scoring
C. Gebbers: 24
C. Jarrell: 15
K. Gebbers: 14
U. Arellano: 14
C. Ashworth: 12
A. Najera: 9
R. Garcia: 2
L. McGuire: 2
A. Woodward: 2



Corey Jarrell shoots over two Trojan defenders.

Mustangs tamed
For the third time this season, Brewster broke the 100-point ceiling with a 102-50 road win over Bridgeport last Saturday, Jan. 11. The Bears were scheduled to host Waterville-Mansfield on Tuesday, Jan. 14, and will play at Tonasket on Thursday, Jan. 16.

Lady Shockers win by 50 over Bridgeport

By Mike Maltais
Staff Writer

BRIDGEPORT – The Waterville-Mansfield Lady Shockers varsity basketball team demonstrated why its tied for the lead in the Central Washington 2B league with a convincing 61-11 win over the Bridgeport Fillies last Friday, Jan. 9.

Led by sophomore forward

Ella Osborne the Lady Shockers did not allow Bridgeport to get on the scoreboard until there were four minutes remaining in the first quarter. With that 11-point head start Waterville-Mansfield employed a combination of tough turnover defense with good passing to open players to continue to widen its lead to 50 by game's end.



Mike Maltais/QCH
ABOVE: Lady Shockers sophomore Ella Osborne drops in two of her game-high points against Bridgeport. LEFT: Senior Filly Catalina Martinez drives for Bridgeport. More photos at qcherald.com

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The Lady Shockers share a 6-1 CW2B league record with the Lady Bears of Brewster who suffered their only loss to Waterville-Mansfield, 67-27 on Dec. 5. The Lady Shockers lost to Liberty Bell, 58-44 on

Dec. 10. Waterville-Mansfield was scheduled to host Lake Roosevelt on Saturday, Jan. 11, before taking on the Lady Bears on the road on Tuesday, Jan. 14.

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Bridgeport School District is accepting applications for the following substitute 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 509-686-5656. Applications will close January 31, 2020.

Manson School District is seeking applicants for the following positions:

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THEME: SUPER BOWL

ACROSS

- Wheel stopper
- "Stinging" Muhammad
- Greek portico
- She turned to stone, mythology
- Loud noise
- "Like many football fans
- At full speed
- VHS successor
- Omit
- "Miami
- "They won their first two Super Bowl appearances
- Time division
- Do like phoenix
- "Swan Lake" steps
- It often follows tooth or back
- What oars do
- Part of a jousting outfit
- Dickens!
- Donkey in Mexico
- Glazier's unit
- "Like Bud at a party
- Farm structure
- Fraternal letter
- Miso bean
- Make wet
- Unmoved
- Agitate
- Tasseled hat
- Colloquial approval
- Opposite of paleo
- "Tonowanda", shortest-lived team in NFL history
- "Hard Rock
- In the buff
- Rapscaillon
- It's common?
- What time does
- Lawyers' league
- Load carrier
- Extend credit

DOWN

- Angler's enemy
- Type of cotton fiber
- Sound of pride
- Do like a good citizen
- Family subdivisions
- Contributes
- "54
- Lemur from Madagascar
- The only one
- "Ronde to Tiki or Maurkice to Mike
- "Gambling
- Pirate's "yes"
- Echo
- "Popular stadium snack
- Nile reptile
- Clergy house
- Halftime show sponsor
- "Encore!"
- "What halftime performer does
- 43 Across residents
- "That hurts!"
- Measure of alcohol
- Jagged, as a leaf's edge
- Halftime performer
- Highway hauler
- Boxer's last blow
- House coat
- Not seeing eye to eye
- Tiny Tim's guitar
- To the lowest degree, pl.
- Relating to axis
- Theater to Socrates
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Join the Digital Age!

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.saifitness.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, Okanogan and Grant 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 a personalized diet can help you achieve better results

STATEPOINT -From custom-designed sneakers to tailor-made sunglasses, the trend of personalization is going head-to-toe, and for good reason, making its way to the world of weight loss and wellness.

Specifically, researchers have been studying two converging topics in recent years. One is the importance of body type in determining the combination of fats, carbohydrates and protein that will provide the best results for a given individual. The other is the variability of results associated with a single diet – the idea that if two people start the same diet at the same time, their results could be drastically different.

On top of that, consumer research shows that people overwhelmingly prefer personalized experiences. Sixty percent of consumers agree that personalization is essential to weight loss and overall wellness.

Here’s what to know about why personalized diets are becoming so popular and how to find the right diet for you:

The Importance of Body Type

The places your body stores excess fat may be the single greatest predictor of health outcomes. This is the concept behind Nutrisystem’s assessment of the four most common body types: “Apple,” “Pear,” “Hourglass” and “Rectangle.”

“We’re going a bit old school here, because these categories have stood the test of time for a reason. They provide crucial information on how you respond to food intake and can help you to adjust what you eat based on your goals,” says Courtney McCormick, corporate dietitian at Nutrisystem.

Body type can also influence how macronutrients like fat, protein, and carbs are processed. To fulfill your individual needs, first determine your body type, food preferences and goals, then look for a weight loss plan that takes these important factors into consideration, such as Nutrisystem.

One Size Does Not Fit All

The DIETFITS study, a large, randomized research study comparing low-fat versus low-carb dietary patterns found no difference in weight loss between them. But drilling down into the data, one can see great variability. Some dieters gained weight while others lost a lot. But it’s not always about weight outcomes, as recent research has shown that factors such as body shape may play a bigger role in the determinants of health risks than body weight alone.

For instance, a woman who is apple-shaped tends to carry her extra weight in the mid-section. She would see best results on a lower-glycemic nutrition plan that is lower in refined carbs and higher in healthy fats and protein.

“Research shows that one size does not fit all when it comes to weight loss and disease prevention,” says McCormick. “That’s why we’ve created a unique, personalized approach that’s easy to follow and designed to help participants lose weight and get healthy.”

For more insights on how to personalize your diet and maximize results, visit leaf.nutrisystem.com.

While it’s no secret that achieving one’s weight loss goals is challenging, personalizing your plan can help make things easier, ultimately providing you a greater chance of success.

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 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 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



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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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