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YOUR BEST SOURCE OF NEWS FOR LOWER OKANOGAN AND DOUGLAS COUNTIES

Registered Apprentice Program information session scheduled for Feb. 22

By MIKE MALTAIS STAFF WRITER

OKANOGAN - Apprenticeship programs and how to develop and register them for both adults and youth in Okanogan County will be the topic of an information session at the Okanogan PUD on Thursday, Feb. 22, noon to 2 p.m.

Sponsored by WorkSource, Okanogan County Economic Alliance and the Washington State Department of Labor and Industries, the session will be led by L&I Apprenticeship Outreach and Education Specialist Rachel McAloon. McAloon is working under a Federal Department of Labor grant to develop apprenticeships with Washington State employers. McAloon previously underwrote and managed employer industrial insurance accounts with L&I.

McAloon said apprenticeships are not just showing up in the traditional fields of plumbing, carpentry, and electrical work but also in business like Information Technology (IT), financial services, early childhood care and education and insurance among others.

"The Department of Labor's list of apprenticeable occupations – jobs permitted to have registered apprenticeships - contains over a thousand entries," said McAloon. "In order to meet rural challenges, communities have the opportunity to stretch their thinking beyond tradition to imagine an apprenticeship infrastructure that meets a wider variety of community needs.'

McAloon stressed that the health of rural America is dependent upon a wellresourced and well-staffed healthcare and education network as well as a skilled workforce pool in traditional trades. While these apprenticeship programs fill a vital community need, they can also provide students an option to the heavy student loan debt that often comes with earning a college degree.

The information session will be held in the Okanogan PUD building at 1331 Second Ave. N. in Okanogan.

More information on and applications for Registered Apprenticeship Programs can be found online at https:// fortress.wa.gov/lni/arts/ExternalReports/ProgramsBy-CountyReport.aspx.

Interested participants are requested to RSVP to Kristi O'Neill at email kroneill@esd. wa.gov or call (509) 826-7555.

Jess Auto, Ford Motor Company donate \$1,700



Photo courtesy of Brewster Boys and Girls Club

Brewster Boys and Girls Club Director Brian Paine, left, accepts a check from Cody and Cassidy Jess of Jess Auto during last year's Thanksgiving-Christmas holiday season. Jess Auto, in conjunction with the Ford Motor Company, presented the \$1,700 donation to the BBGC as part of the Ford Focus on Hunger Campaign that helps provide healthy meals and snacks for youngsters and their families during the holidays.

Pateros Chamber welcomes guest speakers Majors, Noma

By Mike Maltais STAFF WRITER

PATEROS - Despite an agenda of topics worthy of attention, including the new Pateros sign still under construction and the city's first major event of the spring, the April 1 Easter Egg Hunt, the Paterps Chamber of Commerce lacked the necessary voting quorum of members at its regular monthly meeting, Feb. 1, so the floor was turned over to the morning's guest speakers.

Chris Majors, Business Development Coordinator for Three Rivers Hospital, addressed the group on the topic: How to use Facebook to build your business.

Majors designed and maintains the website for the Three Rivers Hospital Foundation and shared his expertise with the Chamber that is looking for more ways to spread its message of community activism and recruit more members from the business community.

Arian Noma, the newest member of the legal team at Thomason Law and Justice introduced himself to Chamber members and spoke about his new position at the Thomason Pateros office.

According to his profile on the website www.thomasonjustice.com, Noma is a litiga-



Chris Majors is the Business Development Coordinator for Three Rivers Hospital.

tor who represents his clients in immigration, criminal, family law, and business disputes, and by his record, a good one who has not lost a jury trial since May 2017.

Noma is a University of Washington graduate who was a general and special education teacher in the Washington, D.C. area before earning his Juris Doctor from the University of the District of Columbia David A. Clarke School of Law. By his second year of law school, Arian was working as a Rule 9 attorney in the D.C. Superior Court specializing in child custody, guardianship, and social security.

Following graduation, Noma

SEE CHAMBER ON PAGE A3

Same levy as previous one

Pateros School District seeks voter approval of replacement four-year levy

By MIKE MALTAIS

PATEROS - Voters in school district 122-70J will cast their ballots next Tuesday, Feb. 13, either in support of or in opposition to a fouryear Educational Programs and Operation Levy (EP&O) for Pateros schools.

Linda Ehlenbach, Executive Administrative Assistant for the Pateros School District said last Monday that the \$2.656 million measure is the same as the previous four-year levy approved by Pateros voters and that will expire at the end of 2018, only this one has a slightly different name.

The new four-year EP&O levy seeks \$664,000 per year from 2019-2022. The estimated rate is \$2.95 per \$1,000 of assessed valuation or about \$295 per \$100,000 of property value.

If approved, the EP&O levy will allow the district access to state funds between \$134,000 and \$245,000 next year. Those monies will help cover a variety of operating costs for transportation,



Photo by Mike Maltais

The Pateros School District is asking voters to approval a replacement four-year EP&O levy this month.

staff compensation, health, education, technology, arts and other enhancements and enrichments to day-to-day operations.

Unlike bonds, levies support educational programs. and require only a 50-percent-plus-one vote approval

Bonds are earmarked for

expanding or rebuilding facilities or for new construction and require a 60-percent approval margin. Bonds generate state-sourced School Construction Assistance Program (SCAP) funds that can support maintenance needs and safety upgrades throughout the school district.

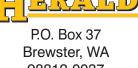
Ballots were mailed late last month for the Feb. 13 measure. Voters who want to learn more about the LP&O levy can attend a levy informational meeting scheduled from 6-7 p.m., Thursday, Feb. 8, in the Pateros Brewster Community Resource Center at 169 Pateros Mall, Suite A.





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Public works crew works in all weather



Photo by Mike Maltais

Chris Pruitt, left, and Tyler Hand of the Brewster Public Works Department worked in the near-freezing temperature from the bucket of a front-end loader and installed flag brackets on light poles around the perimeter of Columbia Cove Park last Tuesday morning.

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

Corrections

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Wrote The Sasquatch Seeker's Field Manual

Author and naturalist will discuss **Bigfoot at Pateros Public Library**

By Mike Maltais STAFF WRITER

PATEROS - Speculation about the existence of a manlike creature called Sasquatch or Bigfoot has been a topic of interest to outdoorsmen and researchers of mysterious phenomena for decades. The Pateros Public Library will be one among 10 North Central Regional Libraries that will offer the public an opportunity to learn more about this elusive and thought-provoking

Northwest writer and naturalist David George Gordon, author of The Sasquatch Seeker's Field Manual among numerous other nature books, will speak about Bigfoot at the Pateros Public Library at 3 p.m., March 9.

During the free hour-long program, Gordon will explore the collective folklore, testimonies and evidence of Bigfoot in the Northwest to help people become better informed citizen scientists.

Gordon will be at the following NCRL library branches: March 7: Okanogan Public

Library, 3:30 p.m.; Omak Public Library, 6:30 p.m. March 8: Grand Coulee Pub-

lic Library, 6:30 p.m. March 9: Pateros Public

Library, 3 p.m. March 10: Soap Lake Public Library, 12:30 p.m.

March 12: Royal City Public Library, 6 p.m.



Author and naturalist David George Gordon will speak at the Pateros Public Library on March 9.

Photo courtesy of NCRL

March 13: Chelan Public Library, 7 p.m.

March 14: Waterville Public Library, 3 p.m.; Wenatchee Public Library, 6:30 p.m.

March 15: Cashmere Public Library, 6:30 p.m.

March 16: Tonasket Public Library, 2 p.m.

March 17: Oroville Public Library, 2 p.m.; Republic Public Library, 5 p.m.

Bigfoot burst onto the national scene in 1967 when the late Roger Patterson of Yakima and his partner Bob Gimlin shot movie footage of what the pair claimed to be Bigfoot in Humboldt County, Northern California. Since that time many scientists and researchers of various stripes have weighed in on discussions which attempt to either authenticate or debunk the



Sasquatch drawing by Richard Goettling This artist's sketch depicts one version of Sasquatch

film's subject matter.

According to a media release from NCRL, Gordon has spoken at the American Museum of Natural History, The Philadelphia Academy of Sciences, Yale University, the Smithsonian Institution, and Ripley's Believe It or Not! museums in San Francisco, Hollywood and Times Square.

He has been interviewed by National Geographic, Time, The New York Times, and The Wall Street Journal, and has appeared as a guest on The Late Late Show with James Corden, The View and ABC's Nightline.

He will be speaking as part of the Humanities Washington

Fans have room to relax at Super Bowl event

Patrons had room to stretch out and relax while watching Super Bowl LII on large flat screens in both the loft and downstairs at **Howard's Central** Building last Sunday. A beverage bar and buffet refreshments kept everyone in trim as the crowdfavorite Philadelphia Eagles won their first National Football League championship, over five time winner and title-defender New

England. Photo by Mike Maltais



OPEN HOUSE

Family Health Centers invites you to view our newly expanded clinic in Bridgeport.

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4 — 6pm

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Please join us for refreshments and a tour of the clinic.

Our Bridgeport clinic is home to medical, dental and

behavioral health services; all conveniently located



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CHAMBER

CONTINUED FROM PAGE A1

clerked for the Honorable Judge Sheryl M. Long and practiced family law for a year prior to joining the Baltimore City State's Attorney's Office.

Noma joined the Carroll County State's Attorney's Office in 2007 where he prosecuted a range of felonies and misdemeanors from armed robbery to trespass during his four-year tenure.

Noma left public service to form the Noma Firm and focused on immigration, criminal and litigation issues. He assisted small business in contract, liability, real estate, and personal injury

With roots in rural Mississippi, Noma is a descendant of the American melting pot with a heritage linked to Native American, slave, and immigrant traditions. He chose to settle in the Okanogan Valley out of his love for



Arian Noma is the newest member of the Thomas Law and Justice legal team.

Photo courtesy of Thomason Law and Justice

this small community and its diverse citizenry.

Noma met the love of his life, Kenita, while she was a criminal investigator for the Criminal Justice Act Panel, and convinced her to move from Maryland to Pateros, where they now raise their family.

DOULAS COUNTY PUBLIC UTILITY DISTRICT

SUBMITTED BY Douglas County PUD

EAST WENATCHEE - Douglas County PUD Commissioners Ronald E. Skagen, Molly Simpson and Aaron J. Viebrock executed the following actions during the January 22, 2018 Commission meeting held at the District's East Wenatchee

 Conducted a public hearing for questions regarding Local Utility District No. 1 of Douglas County for the Rio Vista Street Assessment Roll. No one being present with questions regarding the assessment and having received no other form of comment, the Commission declared the hearing closed. The Assessment Roll for 2018 is \$31.00 per lot.

· Authorized the City of Brewster 2017-2018 Operations and Maintenance budget for parks. The District's portion is \$67,631 and is required by the Wells Project license. (18-011)

Approved the City of Pate-

ros 2017-2018 Operations and Maintenance budget for parks. The District's portion is \$67,631 and is required by the Wells Project license. (18-012)

 Affirmed change order No. 15 to contract 14-19-W, Wells Hatchery Modernization. Necessary to address intent of the mitigation programs and provides a safe working environment for District personnel. This change order increases the contract \$46,217 bringing the total not to exceed limit to \$37,371,720. (18-013)

• Heard a report for the bid opening for bid document 17-26-D, supply and deliver two 115 kV breakers to the Lone Pine Substation. All bids will be evaluated prior to contract

· Amended the Electric Distribution System Customer Service Policies. This amendment updates sections 27 and 32 to reflect the current business needs of the District. (18-004)

 Authorized amendment No. 1 to the professional service agreement with Grette Associates LLC. to extend the time of performance to January 31, 2019. (18-005)

· Approved a professional service agreement with Central Washington University for pilot and aircraft services for monthly meter reading. (18-006)

 Authorized an interlocal agreement with the City of Mansfield for the purchase of street light fixtures for the Relight Washington grant program. (18-007)

• Approved interconnection and service agreement with Ant Creek, LLC as required by the Customer Service Policies. Section 36. (18-008)

• Authorized an interconnection and service agreement with Third Coast Capital, LLC as required by the Customer Service Policies, Section 36. (18-009)

· Approved award of contract 17-26-D, supply and deliver two 115 kV breakers to the Lone Pine Substation to ABB Inc. the lowest responsive bidder. (18-010)

· Authorizes acceptance of work and final payment to Reeves Lawn and Spray Service, LLC under contract 16-29-W, 2017 Grounds Maintenance. All work has been completed and determined to meet bid specifications. (18-014)

· Approved acceptance of work and final payment to Trenchless Construction under contract 17-16-W, directional drilling of HDPD pipe through a railroad/roadway embankment at the Wells Hydroelectric Project. All work has been completed and determined to meet bid specifications. (18-015)

· Authorized publication of Request for Qualifications 18-06-W, engineering services for modifications to the Trashrack lifting beams at the Wells Hydroelectric Project. Necessary to reduce risk of injury to personnel. (18-016)

• The next meeting of the Commission is scheduled for 1:30 p.m. February 12, 2018 at the District's East Wenatchee

Area glaciers topic at Wenatchee Valley Museum February 13

SUBMITTED BY WENATCHEE VALLEY ERRATICS CHAPTER

WENATCHEE - Wenatchee Valley Erratics Chapter of the Ice Age Floods Institute will meet at 7 p.m.., Tuesday, Feb. 13 at the Wenatchee Valley Museum, 127 South Mission, Wenatchee.

Glaciers from Icicle Creek advanced multiple times over the past several hundred thousand years and left deposits near Leavenworth. Some thought lakes or slack water from Glacial Lake Missoula outburst floods deposited the boulders lying between Leavenworth and Peshastin. The late local geologist Bill Long collected data about these boulders, and others near Wenatchee, during the 1960s to 1980s. That data tell a different story about Icicle Creek glaciers and the location of past termini.

Kelsay Stanton, WVC adjunct instructor and licensed professional geologist, will talk about work she's done in the Leavenworth area with



Kelsay Stanton, WVC adjunct instructor and licensed professional geologist

USGS geologist Richard Waitt, using information collected by Long, and describe how it fits into the regional glacial and glacial outburst flood story.

The program is free and open to the public.

For overviews of the Ice Age Floods and more information on the Ice Age Floods Institute, please see our website: http://www.iafi.org; http:// www.hugefloods.com; and quadricopter videos of Ice Age features, http://www.bruceb-

Donors urged to help the Red Cross maintain blood supply

Severe winter weather, flu disrupting blood donations

SUBMITTED BY THE American Red Cross

CHELAN / WATERVILLE Winter storms and the flu don't just mean a lot of people are missing work and school it also means they can't keep their American Red Cross blood and platelet donation appointments. The Red Cross is urging healthy donors of all blood types to roll up a sleeve to help maintain the blood supply for patients in need.

Make an appointment to donate this winter by downloading the free Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation

opportunities Feb. 16-28 Chelan

Feb. 21: 12 Noon - 6 p.m., Lake ChelanUnited Methodist Church Chelan, corner of 206 North Emerson and Johnson

Wenatchee

Feb. 20: 12:30 - 5:30 p.m., Wenatchee Community Center, 504 S. Chelan Avenue

Feb. 28: 10 a.m. - 4 p.m., Wenatchee Valley College, 1300 Fifth Street

East Wenatchee Feb. 19: 1 - 7 p.m., Holy Apostles Catholic Church, 1315-8th

Waterville

Feb.22: 1 p.m. - 6 p.m., North Central Washington District Fair, 601 North Monroe

How to donate blood

Simply download the American Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information.

Free concert Feb. 10 presented by OVOC

SUBMITTED BY OKANOGAN VALLEY ORCHESTRA AND CHORUS

OMAK - On Saturday, Feb. 10, the community is invited to a free concert featuring music for the family. Each winter the Okanogan Valley Orchestra and Chorus (OVOC) present their "Family Concert" with a program of music that will appeal to children and adults alike. This year OVOC has been awarded funding by The Woods Family Arts and Music foundation, administered by North Central Washington Community Foundation, as well as sponsors Okanogan-Omak Rotary Club and Brewster Drug & True Value Hardware, which allows this concert to be offered free to the public. "A primary goal of our organization is to make beautiful music performed live by a full orchestra and chorus available to our communities in as affordable way as possible. We are so thrilled for the support of our funders!" says OVOC Coordinator Judy Johnston.

The theme of the Feb. 10 concert is "Game Time". The Chorus will open the program with songs that bring fun and excitement to mind, including "The Jabberwocky", "Take Me Out To The Ballgame" and "Baba Yetu", the theme to the video game Civilization IV (the first video game music to win a Grammy). The orchestra features the brass section in "Fanfare for the Common Man", often played at sporting events, plus "Prelude to Carmen" (theme music for The Bad News Bears) and the "Olympic Fanfare" in honor of the opening of the Winter Olympic Games on Feb. 9. OVOC is thrilled that The Second Strings group will once again entertain during intermission, a novice group of string players led by Roz Nau.

Join the fun by coming to the concert in your favorite sports apparel. The "Game Time" Family Concert is at the Omak Performing Arts Center, 20 S. Cedar, at 3 p.m. on Saturday,

\$50,000 Endowment Grant open to support one NCW non-profit

Deadline May 1

SUBMITTED BY COMMUNITY FOUNDATION OF NCW

WENTCHEE - The Community Foundation of NCW is now accepting applications for a \$50,000 Endowment Grant to support one nonprofit in Chelan, Douglas, or Okanogan county.

An endowment fund at CFNCW provides a nonprofit agency an annual income disbursement to support its operations while the principal of the fund grows in perpetuity.

The ideal grantee is a wellestablished, extraordinary organization making a significant impact on the community it serves. The organization must have experienced leadership at both the board and staff level who will use the \$50,000 Endowment Grant to move the organization to the next level of expertise.

"Part of our mission is to help strengthen nonprofit agencies in an effort to support strong, healthy communities," said Beth Stipe, the foundation's executive director. "An endowment

is an important component to securing long-term financial sustainability. The endowment grows over time through additional gifts and prudent investment through the foundation, which gives the organization the ability to continue their mission for generations to come."

Previous recipients include Methow Trails, Numerica Performing Arts Center, and the Children's Home Society of Weantchee.

The application is now open and is due on May 1, 2018. The award will be announced and disbursed in

September.

For more information on eligibility requirements, guidelines, and to apply, visit www.cfncw.org.

The Community Foundation of North Central Washington's mission is to grow, protect, and connect charitable gifts in support of strong communities throughout Chelan, Douglas, and Okanogan counties. Established in 1986, the Community Foundation manages \$70 million in assets through 450 individualized funds and has awarded over \$35 million in grants and scholarships.

PRESENT

Business & Services Directory

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Keeping up with people submissions P.O. Box 249 are printed as space is available. Chelan, WA 98816 Include a photo (opt.) **Phone:** 509-682-2213

Email: RuthK@LakeChelanMirror.com 310 E. Johnson Avenue, Chelan Send by: Noon on Thursday.

featuring KERMET APIO **TICKETS:** \$20 **Tickets & Info** VIP Table of 4: \$120

No. 1 Billygoats and No. 2 Nannies headed to District playoffs

By MIKE MALTAIS STAFF WRITER

PATEROS - The leagueleading Billygoats varsity boys' basketball team had little trouble handling a visiting Cascade Christian Academy team, 58-37, last Monday night, Feb. 5, while the Nannies almost kept the CCA girls in single digits with a 45-11 win.

Playing their second-to-last game of the regular season, the Billygoats took an early lead over the Wolverines after CCA scored the first basket after morel than two minutes of scoreless play. Mid-way into the second quarter Pateros was up by more than 15 points and never relinquished that lead for the remainder of the game.

The Nannies held CCA in single digit scoring well into

the second half before the Lady Wolverines managed to break 10 points with a free throw.

The Billygoats, 10-1 in the Central Washington 1B League were scheduled to host number two Moses Lake Christian on Tuesday, Feb. 6, before advancing to post-season play at Eastmont next Tuesday, Feb. 13, to meet the CW1B fourth place team.

The second-place Nannies, 8-3, will face the CW1B third place team at Eastmont on Wednesday, Feb. 14. The Nannies will have to get past undefeated Entiat, 10-0 in league who will be their likely opponent in the second round of play.

Both games for the Billygoats and Nannies are loser-out contests with the winners advancing to the District semi-finals.

RIGHT: Aleeka Smith puts up a shot on her way to a 10-point night.

FAR RIGHT: Sam Larsen threads the needle between two CCA defenders. Photos by Mike Maltais





Waterville-Mansfield loses to Raiders on the road

Shocker boys fall by three points

By Mike Maltais STAFF WRITER

LAKE ROOSEVELT - Nobody left the spectator seats early during the down-to-the-wire varsity boys' basketball battle between the visiting Waterville-Mansfield Shockers and the host Raiders in the Shockers' final Central Washington 2B League regular season game last Thursday, Feb. 1.

Shockers varsity coach Heath Jordan said Waterville-Mansfield enjoyed a one-point lead during most of the game, to illustrate how closely matched the teams were.

In the second half Lake Roosevelt "put on a trapping press making us turn the ball over and rushing our offense," Jordan said.

The game was tied with 16 seconds left Raider Cameron St. Pierre made a jumper on the right baseline to give Lake Roosevelt the lead and the game, 53-50.

"We blew a one-point lead with five minutes left," said Jordan. "It was a really tough loss being our third in a row and fourth straight on the road."

Lake Roosevelt was just one of several cliffhangers for the Shockers lately. On Jan. 20, Waterville-Mansfield dropped a one-point, 68-67, decision to Tonasket. The Shockers lost by two, 57-55 at Soap Lake, Feb. 25.

"We led the whole game except the last minute," said Jordan of the Tonasket loss. "We had an open shot in the corner with eight seconds left and missed long."

The Shockers then fouled, and the Tigers missed the front end of the one-and-one but got the offensive rebound. The Shockers fouled again, and that time Tonasket missed the double bonus. "We got the rebound and called time out with 4.7 seconds left," said Jordan. "We drew up a full court play and got a good shoot on the left wing that bounced off the front of the rim."

The Shocker boys finished the season 7-9 in the Central Washington 2B League and 10- $10\ {\rm overall},$ good for sixth place.

"We play Liberty Christian at 4 p.m. on Friday, Feb. 9, in Granger in a loser-out game," said Jordan.

If the Shockers win they will



The Shockers Cole Koenig drives for the basket. RIGHT: Rochelle Laney, right, brings the ball down court against the Raiders.

face Oroville at 6 p.m. Saturday, Feb. 10, also at Granger.

Lady Shockers advance It wasn't as close for the

Roosevelt, 55-40, to end the regular season in third place at 11-5 in league and 13-7 overall. Elizabeth Katovich Lady Shockers who fell to Lake led all scorers with 17 points

for Waterville-Mansfield.

In the District 5/6 playoffs at Granger, the Lady Shockers face DeSales at 5 p.m. Friday, Feb. 9, in a loser-out

game. If Waterville-Mansfield wins it will meet White Swan at 12:45 p.m. Saturday, Feb. 10, at Granger.

Generous supporter purchases new mat for Pateros wrestlers

By Mike Maltais STAFF WRITER

PATEROS - Billygoats varsity wrestling coach Bill Halev has a new wrestling mat for his team to practice and compete on, thanks to a generous donor who would like to see the Billygoats host a few more home tournaments.

As Haley related the story, he and Greg Swezey, a Brewster school alumnus,

COMPLETE DEGIGN, INC.

"Construction Design Special

were splitting and stacking nine cords of wood for Pateros brothers Mark and Lewis Miller who suffered injuries in a wood-hauling accident in late summer 2016.

During the conversation that ensued - and nine cords of wood's worth is a lot of conversation - Swezey, whose sons all wrestled for Haley, inquired why Pateros High School did not host more home matches.

NCW's Premier Home Show

Haley explained that a home tournament required a second wrestling mat that Pateros did not have. To manage the one or two home tournaments Pateros does host every season required borrowing a second mat from neighboring Brewster.

"That arrangement was hard on moving the mat and getting permission," said Haley. "The school bought one mat five years ago, but

KXCS

BOYERMOUNTA

we needed two to have more

room to invite others." Swezey asked Haley to secure a quote to cover the cost of a second mat "and that got the ball rolling," Haley said. Before long, Pateros had its second mat and is now ready

to move forward to Phase

And what is Phase Two? "We do need to get a wrestling room," said Haley, "The only room we have is approximately 20 feet by 20 feet

and the mats underneath are

25 years old."

Haley said the underlay mats were purchased from Bellevue Christian School some 15 years ago. Some new mats along the walls for safety would be nice to have also, Haley said.



Photo by Mike Maltais

Coach Bill Haley, left, watches members of the Pateros varsity wrestling team during an early season practice.





Mansfield **High School Honor Roll**

Seniors: Rebecca Haney Juniors: Eugene McDonald Sophomores: Ian Minatani, Abbigale

4.0

3.5 - 3.99 Riley Wisdom, Christian

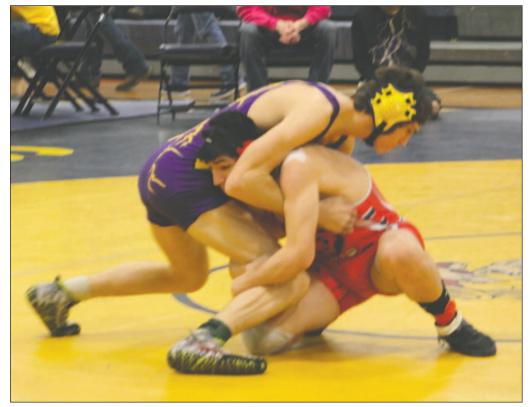
3.0 - 3.49Juniors: Ariana Salcido, Breana Ballmes, Orion Smith

Have a Community or Sports Story idea?

Contact Mike Maltais at 360-333-8483 or qchreporter@gmail. com

Advance to District 5/6 Regionals

Brewster, Pateros wrestlers compete at District 6 championships



Brewster junior Gabe Garcia, in red, mixes it up with Jesse Ginter of Pateros in the 160-pound bracket at the District 6 Championships at Oroville last Saturday. Garcia defeated Ginter by a point and finished fourth in his weight class.

RIGHT: Brewster's Gabe Garcia is declared the winner as Jesse Ginter of Pateros heads toward the sideline.

By Mike Maltais STAFF WRITER

OROVILLE - For Brewster varsity heavyweight wrestler Alex Garcia, the District 6 Championship Tournament at Oroville last Saturday, Feb. 3, was another grueling ordeal of non-matches leading up to his first-place medal.

While Garcia occasionally checked his iPhone and watched from the upper balcony seating surrounding three sides of the Hornets gym, teammates Gabe Garcia (160 pounds) and Javier Rosario (113 pounds) on the mats below battled for positions in next week's District 5/6 Regionals in Kittitas. As was the case in the Central Washington 2B League Seeding Mixer at Lake Roosevelt the previous week, Garcia again had no competitor at Oroville in his 285-pound weight bracket.

The District 6 wrestle-off drew six teams - Brewster, Lake Roosevelt, Pateros, Liberty Bell, last year's state champion Tonasket, and host Oroville – and 63 individual wrestlers competing in 12 weight brackets - 106, 113, 120, 132, 138, 145,152, 160, 170, 182,195, 220, and 285 pounds - but Garcia was the only heavyweight.

The competition consisted of three, two-minute rounds and consolation bouts were one, two, and two minutes. Medals were awarded to the top three finishers in each weight class.

Brewster only sent three wrestlers to District 6,

Pateros, the only 1B school among the six competing, fielded the fourth largest team with 11 wrestlers. Only Tonasket, with 19, and Lake Roosevelt



Brewster heavyweight Alex Garcia was unopposed in his 285-pound weight class at the District 6 competition.

and Oroville with 12 apiece, had larger teams then the Billygoats.

The Tonasket Tigers have another strong team this year to defend their state title and are the top-ranked favorite to do so. The Tigers lost two senior wrestlers to graduation last June, but all their 2017 state champions returned this season to the 19-man squad.

At Oroville last Saturday the Tigers finished first, second or third 19 times in the 14 weight classes and dominated five with both first and second places.

The top five placers in each weight bracket advance to District 5/6 Regional competition in Kittitas this Saturday, Feb. 10. The top three finishers in

each division at Regionals will advance to the State Championships at the Tacoma Dome on Feb. 16-17.

Individual finishes

4th Ramiro Ambriz - Pateros 113 lbs. 6th Danny Dowers - Pateros

132 lbs 5th Seth Russell - Pateros

6th Josh Smith - Pateros

160 lbs. 4th Gabe Garcia - Brewster 6th Jesse Ginter - Pateros

170 lbs. 1st Slade Ginter - Pateros

285 lbs

1st Alex Garcia - Brewster Team scores

Tonasket 153 Lake Roosevelt

113 Liberty Bell 60 36

46





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OBITUARIES

Dr. James W. Lamberton, M.D.

Dr. James W. Lamberton, D.O. died at the age of 67, Sunday morning, January 28, 2018 in his home of Brewster, Washington after a courageous battle with cancer. Jim leaves behind a lifelong legacy of kindness and generosity and was a loving husband, father, grandfather, brother and friend. Jim approached his life with optimism and faith. He had a smile that could light up a room. Jim thoroughly enjoyed his work as an Orthopedic Surgeon, serving the Okanogan County for nearly 30 years. Jim's interests were broad. He enjoyed traveling, hiking in the North Cascades, playing tennis with his wife at the WRAC and spending time with friends and family at the lake. He also loved music, and especially playing his trombone. Jim took opportunities to do short term medical missionary work in Borneo, Peru and Jamaica. He was a lifelong member of the Seventh-Day-Adventist church. Jim was devoted to teaching others about the Bible through his Bible study

Jim was born in Portland. Oregon on March 11, 1950 to Ned and Verna Lamberton. Jim grew up in Washington state, he graduated from high school at Upper Columbia Academy, where he met and later married his wife of 47 years, Judy. He then graduated from Warner Pacific College in Portland, Oregon. He



received his medical degree from Kansas City University of Medicine and Biosciences.

Jim leaves behind many broken hearts to those who loved and knew him. He was committed to his family as well as his community and found joy in serving others. Even during his final days, he never gave up his optimistic attitude. He did not let cancer take his spirit. He will be greatly missed by his family including his wife Judy, son Greg (Tiffany) of Tacoma, daughter Jill (Jon) of Kirkland, brother Tom (Helen) and sister Ruth, as well as his four grandchildren: Alivia, Noah, Drew and Cole.

A Celebration of Life service will be held on March 9, 2018, at 11 a.m. in the gymnasium at the Brewster Adventist Christian School, 115 Valley Road, Brewster, Wash. 98812.

Memorials may be made to the Pancreatic Cancer Action Network or Brewster Adventist Christian School

Please leave any thoughts and memories for the family at www.barneschapel.com. Barnes Chapel of Brewster is entrusted with services.

DEATH NOTICES

Marion Martin Litchfield

Marion Martin Litchfield, 87, of Brewster, died Feb. 5, 2018. No public service. Please leave any thoughts and memories for the family at www.barneschapel.com. Barnes Chapel of Brewster is entrusted with the services

Marilyn Entwistle

Marilyn Entwhistle, 70, of Oroville, Wash., died in Brewster, Wash. on Feb. 4, 2018. No local services. Please leave any thoughts and memories for the family at www.barneschapel.com. Barnes Chapel of Brewster is entrusted with the services.

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

COMMUNITY BULLETIN BOARD

The Quad joins the Digital age

The Community Bulletin Board has been a popular feature ever since we bought the papers nearly 18 years ago. But times have changed and we are changing as well. We have launched our new digital classified ad section and it is a powerful tool for promoting your events. You can include photos, videos and

Non-profits can still post a free notice in the paper - up to 100 words, but events that have an entry fee or are a fund raising project will have to pay for an ad. The cost is not significant \$10 for 30 days and \$20 if you want it to be a featured ad. A featured ad posts at the top of the listings and rotates among other featured ads on the home page.

Check out the new site at NCWMarket.com. You can set up an account and post your ads 24/7. If you have lots of local events you want to post you can even set up a subscription account that allows you to post a number of ads every month and change them daily if you would like for no additional charge. Free notices should be emailed to heraldads@qcherald.com, subject line: Bulletin Board

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The digital age runs on email. So help us make sure we have your correct email address. Just send an email to Publisher@LeavenworthEcho.com. Make sure to put your name, phone number and paper subscribed to in the email so we can find you in our subscriber files

Monday-Thursday

Senior Center Thrift store, S.A.I.L classes, lunch

BREWSTER - Hours at the Brewster-Pateros-Bridgeport Senior Center are 8 to 11:45 a.m. Monday through Thursday; and every other Saturday 10 a.m.-2 p.m. Donations will be accepted during store hours at the back door or just knock or come on in. They take just about everything except children's clothing. The Center will also take "small pieces of furniture and sometimes larger items. S.A.I.L (Stay Active and Independent for Life) classes are on every Tuesday and Thursday from 10-11 a.m. Please check with the Center to confirm this schedule. The Center is hosting Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. The new suggested donation is \$4.

Feb. 9, 10

Story Time at library

Friday, Saturday story times BRIDGEPORT - A Friday Story time as as been added as part

of the Washington Reading Corps Program at the Bridgeport Public Library. Story Times are now Fridays 3:15-4:15 p.m., for Kindergarten through second grade; and most Saturdays, 10:30-11:30 a.m. and 1-2 p.m. for Kingergarten through fourth graders. These Story Times will be for the the rest of the school year and reading will be in English. For more information call Molly Westlund at (509) 449-2009.

Feb. 9, 16

Brewster area monthly bus trips to Omak and Wenatchee

BREWSTER - OCTN takes Brewster area residents to Wenatchee for the day, every second Friday of the month. Next trip will be Feb. 9. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request the destination(s); typically, it will be medical appointments, the mall, Walmart, a restaurant and so on. On the third Friday of each month, Feb. 16, riders will be taken to Omak for the day. Again, riders request their destination(s) and make a day of socializing, shopping and errands. 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). Call (509) 826-4391 to reserve your seat.

Feb. 13, 28

Cancer Support Groups

CHELAN - The Women's Wellness Group, cancer support group, has 2 support groups. The second Tuesday of each month for lunch, with lunch provided by the Wenatchee Wellness Place. at the Lake Chelan Community Hospital Board Room at 11:45 a.m.; and the fourth Wednesday of each month at LaBrisa at 5 p.m. For more information, contact Anne at 682-8718.

Feb. 14

Bingo Wednesday

BRIDGEPORT - Bridgeport Eagles hosts bingo every Wednesday. Bingo begins at 7 p.m., with dinner available until the bingo is over. Everyone is welcome.

Feb. 17

90th birthday celebration

The children and grandchildren of Margaret Reynolds are having an open house to celebrate her 90th birthday. The open house will be at her home, 78 Lakeview Way, Brewster, on Saturday, Feb. 17, 2-5:00 p.m. No gifts please, your presence will be her present. Cake, coffee, and punch will be served.



Feb. 23

School retiree's to meet

Okanogan County School Retirees' Association meets at 11 a.m., Friday, Feb. 23 for a general meeting and no-host luncheon at Koala Street Grill, 914 Koala St., Omak. Okanogan High School Business Teacher, Zach Spaet, will explain the Future Business Leaders of America (FBLA) program. Information: Jennie Hedington, (509) 422-2954

Russiagate vs Watergate

Watergate is ancient history to most American vot-

Apparently, it has also been forgotten by some of those who lived it. Carl Bernstein was the Washington Post Reporter who was made famous by the "worst political scandal of the 20th century." Now he dismisses the greatest political scandal of the 21st century as ushering the darkest days of America since McCarthy.

Bernstein wasn't condemning the actions of the FBI, Justice Department or the Democrats. No, in fact he called the Nunes memo a "disingenuous partisan document.'

Bernstein went on to say. "In the whole Cold War, the Russians were not able to do what Putin has done through Donald Trump to destabilize the U.S. and its Democratic institutions."

Really? If the allegations made through the Nunes memo are true then the damage done to our democracy through the corruption of the FBI and Justice Department did far more to endanger our great Democracy than even Nikita Khrushchev could have envisioned (look him up). And it's not Putin or Trump that did the damage. It is the Democrat Party ma-



chine and their weaponization of our American law enforcement and intelligence agencies against any and all political opponents. Let's review. Bernstein's Watergate

scandal involved illegal activities undertaken by members of President Nixon's administration. Those illegal activities included bugging the offices of political opponents. Nixon and his closest aides also ordered investigations of activist groups and political figures using the FBI, CIA and IRS as political weapons. The scandal resulted in the indictment of 69 people with trials or pleas resulting in 48 being found guilty.

What the Nunes memo claims is that the Clinton campaign with the support of the Obama Administration paid for a dossier about President Trump that was then used to support a "legal" effort to wiretap Trump's telephones.

The problem is the dossier has been largely discredited. Yet according to the Nunes memo that memo was used to petition the FISA Court (Foreign Intelligence Surveillance Act) for legal authority to tap an American citizens phone. The memo also claims the petition left out key facts about the FISA application that were material to the courts decision to authorize the surveillance. Facts like the dossier was paid for by the opposition party. Facts like the dossier was never independently corroborated.

At this point one could question why the FISA court judge, whoever that might have been, didn't question the application. The identity of the judge is not to be released for security reasons, but that individual would have to been living on a different planet not to know Trump was a Presidential contender.

We may never know who the judge was or why that individual didn't question the documents supporting the application.

What we do know is that given the tainted nature of the FISA Court application the entire matter is legally flawed.

Think of it like you are charged with a crime but never read your Miranda rights. The result is your case is thrown out. Those laws are written to protect us from abuse by the government.

This scandal is another case of how easy it is for the party in power to abuse that power. It is no different than Watergate. It's just another party at another time in our history trying to hang onto their power any way they

It is also time to end this ridiculous "Russia Conspiracy" probe. It has been a year with no evidence and only a handful of people being indicted for such heinous crimes as "lying to the FBI." Apparently, the FBI can lie and distort the truth with impunity.

That is not how our American justice system is supposed to work and all of those who were involved in this scandal need to be removed from office and permanently barred from public service. They need to lose their government pensions and many need to go to jail for breaking the laws they were charged to uphold.

Future government employees need to understand they are not above the law. It was true for the Republicans involved in Watergate and it must also be true for the Democrats involved in this scandal.

QUAD CITY CHURCH GUIDE

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

• BREWSTER

COMMUNITY LOG CHURCH Sunday Worship 10 a.m.

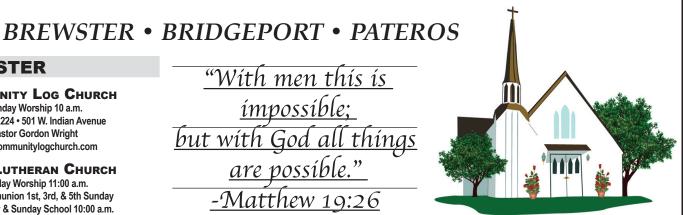
509-689-2224 • 501 W. Indian Avenue **Pastor Gordon Wright** www.communitylogchurch.com

Sunday Worship 11:00 a.m.

Holy Communion 1st, 3rd, & 5th Sunday Bible Study & Sunday School 10:00 a.m. 509-689-3106 • 1520 Sunset Dr. Kevin Moore, Pastor

Wednesday 7 p.m. Adult Prayer & Bible Study and King's kids-509-689-2420 • 412 W. Hanson

"With men this is impossible; but with God all things are possible." -Matthew 19:26



TO PLACE YOUR **CHURCH INFORMATION OR SPECIAL EVENT** IN THE CHURCH GUIDE CALL RUTH 682-2213



BREWSTER

SEVENTH-DAY ADVENTIST

• BREWSTER

www.brewstersda.com School: 509-689-3213 115 Valley Road, Brewster www.brewsteradventistschool.com Pastor Ryan Kilgore

CALVARY BAPTIST CHURCH Sunday Worship 9:30 a.m.

509-689-2920 • 6th & Jay www.cbcbrewster.com Greg Thorn, Pastor



HOPE LUTHERAN CHURCH

NEW TESTAMENT BAPTIST Sunday 10 a.m., 11 a.m. & 6 p.m.



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any subsequent issue. No monetary refunds will be given. For more information call 548-5286



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www.cascadesd.org EOE

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ELA Para – Elementary Spanish Required

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heraldads@qcherald.com All Classified Ads go in all of

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Okanogan: Medical Schedulers
(4) full-time positions Bilingual Required

Omak: Technician **Pharmacy** - full -time MA-R/ Phlebotomist full-time MA-C or LPN - full-time

Tonasket: Certified Nurse Midwife - full-time, Bilingual lpreferred

See www.myfamilyhealth.org for job descriptions. Submit cover letter, resume and application to FHC, c/o Human Resources, PO Box 1340, Okanogan, WA 98840 or email: <u>HR@myfamily-</u> <u>health.org</u>. Open until filled. FHC is

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Alex or Buddy at 77 Wa-

pato Way. Must be 21 to

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an EOE Employer.

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Executive Director, Lake Chelan Valley Habitat for Humanity Salary - DOE

To apply, submit cover letter, resume, and contact information for 3 references. Email to chelanvalleyhabitat@gmail.com or mail: PO Box 911 Chelan WA 98816-0911 Applications must be received by Feb. 15, 2018. EOE

For job qualifications see our ad on ncwmarket.com



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

Cascade High School Spanish Teacher

Middle Icicle River Counselor School Non-Continuing

To apply go to www.cascadesd.org EOE

year-round resort temporary fullseeks time Maintenance Tech Apply at 305, 8 th Street Leavenworth, WA.

PUZZLE SOLUTION



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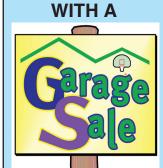
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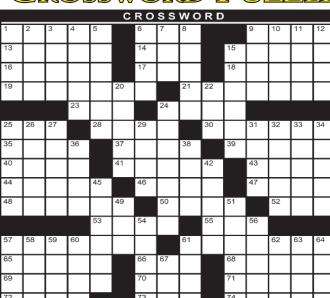
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Lake Chelan Mirror 682-2213 mirrorads@lakechelanmirror.com Leavenworth/ **Cashmere**

509-548-5286 classifieds@leavenworthecho.com Deadline Tuesday at noon **Quad City Herald** 509-689-2507 heraldads@qcherald.com

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THEME: U.S. PRESIDENTS **ACROSS** 1. Little rascal

6. 6th sense? 9. Cell status 13. Pentateuch

14. "To Kill a Mockingbird" recluse 15. Most famous hobbit

16. Enlighten 17. --Wan 18. Willow tree 19. *Smallest President 21. *"Oh Captain, My Captain" 23. Prepare to shoot

24. Tulip's early stage 25. Geological Society of America 28. Symphony member 30. Hank Williams' "Hey Good *Pre-election commotion 37. Unpleasant road display

40. Full of enthusiasm 41. Musician's exercise 43. Seedy source of Omega-3s 44. Nine musicians 46. What those on the lam do

39. Actress Watts

47. Kind of palm 48. Threefold 50. Accepted behavior 52. *Barack Obama's former title 53. Toothy tool 55. H+, e.g. 57. *Lincoln follower

First book of Old Testament

65. Bye to Emmanuel Macron

66. It doesn't mix with water 68. French wine region 69. Battery units 70. Spy org. 71. Emulate Demosthenes

 Education acronym
 Musical finale 3. Extra dry 4. Godfather's family

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apply.

10. Hodgepodge 11. Cain's brother 12. Between dawn and noon 15. Candy in Paris 20. Spaniard without "h' 22. The Jackson 5's " 24. Cole Porter's "Begin the ___ "
25. *He commanded the Union army

26. Enjoy yumminess 27. Raspberry drupelets 29. *____ of office 31. Stumblebums

32. Caffeine-containing nut tree, pl. 33. *Candidate's concern 34. *First US president to resign 36. She played a TV genie 38. Cocoyam 42. Chill-inducing

45. Group of foot bones 49. One from Laos 51. *Inspiration for Liberia's capital 54. Beginning of a joke 56. India's first P.M.

58. Detected by olfactory 59. Sword handle

57. Cup of Joe

60. Brooklyn players 61. Happy 62. Fly like an eagle 63. A fan of 64. Gets the picture

67. Roman three

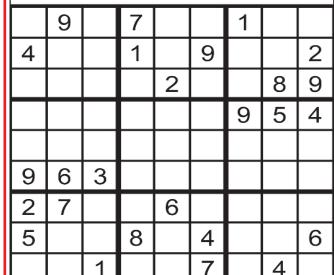
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Public NOTICES

Notice of Special

Board Meeting
The Bridgeport School District
Board of Directors will hold a special meeting to review documents pursuant to the district's construction/remodel The meeting will be held on February 13, 2018 at 3:30 p.m. in the Superintendent's office, 1300 Douglas Ave., Bridgeport,

Pubished in the Quad City Herald February 8, 2018. #81096

IIN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF **OKANOGAN** LAND WRANGLER LLC, an Arizona limited liability company,

Plaintiff,

OKANOGAN RIVFR RANCHES, J.V., a Washington joint venture consisting of R.E. Gladys Deputy husband and wife, Stu-Rogers & Madge husband and wife, Ar-Olson & Selma E. Ol-Rogers. husband and wife, and Donald S. Olson & Barbara L Olson, husband and wife and Unknown Heirs thereof; GER-ALD F. ZACHOW, an individual, and Unknown Heirs thereof; GERALD R. ZACHOW, an individual; JOHN L. HOWARD, an individual; Also All Other Persons Or Parties Unknown Claiming Any Right, Title, Estate, Lien, Or Interest In The Real Estate Described In Complaint Herein,

Defendants.

NO.18-2-00017-5

SUMMONS BY PUBLICATION STATE OF WASHINGTON TO DEFENDANTS: OKANOGAN OKANOGAN RIVER RANCHES, Washington joint venture consisting of R.E. Rogers & Gladys Deputy Rogers, husband and wife, Stuart E. Rogers & Madge A. Rogers, husband and wife, Arnold S. Olson & Selma E. Olson husband and Donald S. Olson & Barbara L. Olson, husband and wife and Unknown Heirs thereof; GER-ALD F. ZACHOW, an individual, and Unknown Heirs GERALD R. ZACHOW, thereof an individual; Also All Other Or Parties Unknown Or Parties Unknown Claiming Any Right, Title, Estate, Lien, Or Interest In The Real Estate Described In The

EACH OF YOU ARE HEREBY SUMMONED to appear within sixty (60) days after the date of the first publication of this Summons, to wit, within sixty (60) days after the 11th day of Janu-2018, and defend above-entitled action in above entitled court, and the swer the Complaint of Plaintiff Land Wrangler, LLC, and serve a copy of your Answer upon the undersigned attorney for Plaintiff, at his office below-stated and in case of your failure to do so, judgment will be rendered against you according to the demands of the Complaint, which has been filed with the Clerk of

The object of this action is to quiet title to real property described with a legal description

THE LAND REFERRED TO HEREIN BELOW IS SITUATED IN THE COKANOGAN, WASHINGTON, COUNTY STATE AND IS SCRIBED AS FOLLOWS: THE NORTH HALF OF SOUTHEAST QUARTER THE NORTHWEST QUARTER OF SECTION 7, TOWNSHIP 38 NORTH, RANGE 28 E.W.M. SITUATE IN THE COUNTY OF OKANOGAN, WASHINGTON. STATE

Assessor's 3828070005.

in the name of Plaintiff, and to cancel and remove from Plaintiff's title any claim to any right, title, estate, lien or interest in the real property by the Defendants stated herein.
DATED this 8th day of January,

ZORETIC LAW
By /s/Michael T. Zoretic
Michael T. Zoretic, #21221

215 Pateros Mall P.O. Box 427 Pateros, WA 98846 206.465.8109 (tel) mike@zoreticlaw.com (email) Attorney for Plaintiff Published in the Quad City Herald January, 11, 18, 25 and February 1, 8, and 15, 2018. #80865



District Court

Luis Rolando Garcia, 20, from Brewster pleaded guilty to fourth-degree Assault. He was sentenced to 364 days with 344 days suspended.

hristian Adrian Hernandez Redon, 21, from Brewster pleaded guilty to first-degree License Vehicle Out of State. He was sentenced to 364 days with 364 days suspended and fined a total of \$2,012.

uis Ruiz Pureco, 24, from Brewster pleaded guilty to third-degree Driving While License Suspended. He was sentenced to 90 days with 90 days suspended and fined a total of \$613.

Tyce William Jason Windle, 22, from Brewster pleaded guilty to second-degree Rule Violation of Hunting Game

Animals and second-degree Hunting Game Animals with No License. He was fined a total of \$843.

Superior Court Criminal

The court found probable cause to charge Ricky James Crowl, 36, from Bridgeport with Possession of a Controlled Substance Other Than Marijuana. Bail was set at \$10,000.

Decrees of Dissolution

Juan Guzman Alvaez from Brewster has filed to dissolve his marriage with Catalina Marmolejo Escareno.

Antonio Sanchez Rivera from Brewster filed to dissolve his

marriage with Elvira Sanchez Farias.

Maria M. Montiel from Brewster filed to dissolve her marriage with Jose de Jesus Godinez. Seth Adam Larson from Pateros filed to dissolve his marriage with Jennifer Rae Larson from Pateros.

911 Calls

Monday, Jan. 29

A report from Ansel Street in Brewster of child abuse.

Tuesday, Jan. 30

A report from Third Street in Brewster of a civil issue A report from Seventh Street in

Brewster of found property. A report from First Street in Brewster of an animal problem. There was a complaint about a dog.

A report from Bridge Street in Brewster of a wanted per-

Wednesday, Jan. 31

A report from Third Street in Brewster of an abandoned vehicle.

A report from the corner of Second Street and Ester Avenue in Brewster of an abandoned

A report from Valley Road in Brewster of a recovered vehicle. Two vehicles were at the scene and subjects were looking into a vehicle alongside the road and also into the cars near the shop. report from North Star Road

in Brewster of a domestic dispute. Male subject at location and is out of control, he has now left in a dark green Subaru. Earlier he pushed the reporting party and lit a trash can on fire.

Thursday, Feb. 1

A report from Highway 97 in Brewster of a citizen assist.

A report from Fourth Street in Brewster of a civil issue. Male subject was evicted on Jan. 25 and he is refusing to leave.

Friday, Feb. 2

A report from Seventh Street in Brewster of child abuse.

A report from Highway 97 of forgery.

Saturday, Feb. 3

A report from Beach Street in Pateros of harassment.

Sunday, Feb. 4

A report from Highway 97 in Brewster of a traffic offence.

DOUGLAS COUNTY SHERIFF'S REPORT

Jan. 30

Agency assistance at 24 McCormack St. on Bridgeport Bar. Burglary at 228 Douglas St. in Mansfield.

Traffic offense at State Route 173, milepost 5 on Bridgeport Bar.

Warrant at 24 McCormack St.

on Bridgeport Bar.

Jan. 31

Trespass at Berry Street and Whitlam Avenue on Bridgeport Bar.

Traffic offense at 1500 Columbia Ave. in Bridgeport.

Feb. 2

Extra patrol at 1509 Fairview Ave. in Bridgeport. Warrant at State Route 17, milepost 136 in Bridgeport.

Feb. 3

Traffic offense at Fairview Avenue and Fourth Street in

Bridgeport. Miscellaneous at 1127-1/2

Agency assistance at 525 10th St. in Bridgeport.

Fairview Ave. in Bridgeport.

Traffic offense in the alley at 1200 Fairview Ave. and Columbia Avenue in Bridgeport.

Feb. 5

Animal problem at 1627 Tacoma Ave. in Bridgeport.

Animal problem at State Route 173, milepost 4.5 on Bridge-

Public assistance at 410 23rd St. in Bridgeport.

American Red Cross seeking nominations for 'Hometown Heroes'

Deadline for nominations is Feb. 15

SUBMITTED BY MEGAN SNOW, American Red Cross

WENATCHEE - The American Red Cross is inviting nominations from the community for the "Hometown Heroes" among us. If you know of a local individual or organization who has done something courageous or exceptional that deserves recognition, please take the time to nominate them. Nominations will be accepted until Feb. 15.

Heroes may be professional rescuers, ordinary citizens or local groups/organizations. Nominees must live in or have performed their heroic act in Grant, Douglas, Chelan or Okanogan County within the last two years. Examples of heroes include someone who has rescued another person from a dangerous situation, individuals or organizations who are addressing an unmet need in our

community, or first responders (military, fire, police, etc.) whose actions have gone above and beyond the call of duty.

Members of the community are invited and encouraged to submit nominations. Nomination forms are available by calling (509) 663-3907 or contacting megan.snow@redcross.org. Nominations are also accepted online at http://www.redcross. org/local/washington/newsevents/events/heroes-breakfast/ nominate

Those nominees selected as

a Hero award recipient by an independent panel of community leaders will be honored at the annual "Hometown Heroes Celebration" on Thursday, March

29 at the Wenatchee Convention

If you have any questions or would like more information, please contact Megan Snow at (509) 990-0969. Media interviews regarding this event can be ar-

About the **American Red Cross:** The American Red Cross

shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families. The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit www.redcross.org or join our blog athttp://blog.redcross.org.

Practice your home escape plan

SUBMITTED BY THE WASHINGTON STATE FIRE MARSHALS OFFICE

OLYMPIA - We are only 31 days into the New Year and already there have been four fire fatalities in homes with no working smoke alarms. The State Fire Marshal's Office is encouraging every household to develop and practice a home escape plan. This is a critical component to giving you and your family the best chance of survival in a home fire emergency.

Here is what you can do to

protect the ones you love: • Sketch the floor plan of arrows to indicate secondary

your home.

· Identify all doors, windows, and other possible emergency exits for every room in your

• Draw arrows to indicate your primary exits.

• With a different color, draw

· Choose a meeting place outside of your home, and mark it on your escape plan.

· Write the emergency telephone number for the fire de-

partment on your escape plan. • Twice a year, practice your escape plan with everyone living in your home. • Keep your escape plan

posted on the refrigerator.

To learn more about home escape planning and how to prevent home fires, visit the State Fire Marshal's website at:http://www.wsp.wa.gov/fire/ public

Selecting the correct fire extinguisher

NCW -The National Fire Protection Association notes that portable fire extinguishers can "save lives and property by putting out a small fire or containing it until the fire department arrives, but portable extinguishers have

limitations." The three most commonly used fire extinguishers are air-pressurized water, carbon dioxide and multi- purpose/ dry chemical. According to OSHA:

· Air-pressurized water extinguishers are designed to be used only on Class A fires (wood, paper, cloth, rubber and certain plastics). Never use an APW extinguisher on flammable liquid fires, as it may make the situation worse, or electrical fires, as it may

cause electrocution. · Carbon dioxide extinguishers put out fires by displacing oxygen. Be aware that pieces of dry ice will shoot from the device. Carbon dioxide extinguishers are meant for use only on Class B fires (oils, gasoline, some paints, lacquers, grease, solvents and other flammable liquids) and Class C fires (electrical fires, including fires in wires, fuse boxes and energized electrical equipment).

· Multi-purpose/dry chemical extinguishers coat the fuel element with a thin layer of fire-retardant powder, OSHA notes. Although generally rated for Class B and C fires, they may be marked as multipurpose for use in Class A, B and C fires. All fire extinguishers will be marked with labeling that identifies what class of fire it can be used on.

NFPA recommends remembering to "PASS": · Pull the pin and hold the

To use a fire extinguisher;

pointed away from you, then release the locking mecha-

• Aim low – point at the base of the fire.

Squeeze the lever slowly. • Sweep the nozzle in a side-

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to-side motion.







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Horticulture 2018 Lake Chelan Horticulture Day Inside Story Index Wooly Apple Aphid 4 Spotted Wing Drosophila 5 Cosmic Crisp discussed 5 Wrap Up Stink bug study 6 Proper spray application 7 Breaking down fiber 7

Fire blight identification, prevention, management explained



Photos courtesy of Tianna DuPont, WSU Extension

Gwen Hoheisel demonstrates calibration of a sprayer.

By Erin Rossell, STAFF WRITER

CHELAN - Fire blight, a disease effecting apple and pear trees, is caused by Erwinia amylovora, a rod-shaped bacterium. The bacteria grow by dividing, with a rapid division rate in temperatures 70 degrees and above. The disease can be detrimental to first

blight canker with 20 to 50 percent of the pathogen cells surviving into the next bloom period. The prevention and management of the disease was the focus of the presentation led by Tianna DuPont, of WSU Extension, during the Lake Chelan Horticultural Meeting. Monday, Jan. 15 at Chelan High School PAC.

and second leaf fruit trees petal fall, visible symptoms clinging of the shoot "firmly and can overwinter in the appear on infected blossoms to the host after death." The

resulting in a dull, graygreen appearance on the floral receptacle, ovary and peduncles. In infected shoots, rapid wilting may be visible and can "often show blackening along the midrib and veins before becoming fully necrotic," according to the WSU Tree Fruit website. which also pointed out the key indicative feature of One to two weeks after infected shoots being the is moving that direction.

bacteria from the infected flower cluster move in the phloem of the plant tissue, explained DuPont, "much more quickly than you actually see symptoms."

So, now the bacteria are moving in the phloem and you're getting more and more infection. DuPont stated. "you're concentrating in the shoot tips because the phloem

SEE **BLIGHT** ON PAGE B2

Proper weed I.D. is critical for maximum herbicide control

By Mike Maltais, STAFF WRITER

CHELAN -Weeds, while a nuisance to most agriculturalists, highly adaptable living species in their own right and require an arsenal of research, identification, and understanding to best determine how to control their presence in crop environments.

Lynn Sosnoskie, a WSU weed scientist began her discussion at the 72nd Lake Chelan Horticulture Day with a primer on the various methods used to identify weeds.

One way is by growth form, whether a grass species or broadleaf species, said Sosnoskie. Another way is by life cycle; annual,

"The strategies that we use to manage weeds differ based on their life cycle,"

Lynn Sosnoskie, WSU weed scientist

biennual, or perennial.

An annual weed, such as common lambsquarters. completes its life cycle within a single year.

A biennial, like wild carrot, occurs over two years, with a rosette forming the first year, dormancy over the

SEE WEED ID ON PAGE B2



Photo courtesy missouristate.edu

Common lambsquarters completes its life cycle within a

Proprietary Variety Management team provides Cosmic Crisp updates for growers, consumers

Consumer, retailer excitement for the apple is out of this world

BY ERIN ROSSELL, STAFF WRITER

CHELAN - Washington State's newest pride and joy in the apple varieties, the WA 38 "Cosmic Crisp", has been a big topic throughout not only Chelan Valley, but all of Washington State, and was the basis of the presentation provided by Proprietary Variety Management (PVM) Vice-President Kevin Brandt and Director of Marketing and Operations Kathryn Grandy.

The Cosmic Crisp apple variety has been in the development process since 1998, when seeds were germinated and raised in a greenhouse until planting and eventually budding in 1999. The Enterprise-Honeycrisp offspring offers the beautiful red coloration that Washington Apples are well-known for, and the sweet crunch found in the honeycrisp. The pleasantly balanced sweet and tart taste of the Cosmic Crisp is not the only an excellent tasting apple, but it also maintains freshness longer, taking slower to brown when cut and

texture and flavor storage more than a year," according to the Cosmic Crisp website.

Brandt began the presentation with updates the grower's side of the spectrum, focusing purchasing, growing,

distribution of the Cosmic allowed to Crisp. A limited number of trees for WA 38 were made available to Washington State growers in 2017, whom were chosen by way of a drawing. There were only a limited amount available because there were only a limited number of budwood to grow trees, explained Brandt, "2018 is open to any Washington State grower, right now we have 5 million trees in the books."

PVM has the rights to commercialize WA38, and in doing so has given the exclusive propagation rights to the Northwest Nursery Improvement Institute (NNII). At this time, the trees



the Kevin Brandt, vicepresident, Proprietary Variety Management (PVM)

You're propagate your own trees outside of purchasing from the NNII nurseries, Brandt explained, "but we have to do so in a specific manner," he expressed, explaining, "what you have to remember is this is not an open variety ... it's a managed variety. It's

patented, it's trademarked, and it's only available to Washington State growers for the next 10 years." The propagation material, he continued to explain, can only be taken out of G1 through G4, that references certified material. "Once that leaves the nurseries and is put out into the orchards, that's no longer considered

purchased through participating NNII member nursery, in which of the 13 member nurseries are participating in growing, propagating and selling the WA38 'Cosmic Crisp trees, he emphasized the audience.

Cosmic Crisp apples.



Photos courtesy of Kevin Brandt, Proprietary Variety Management

certifiable," he said, "the state does not certify anything that's placed in the commercial orchards, so we can't take any propagation off of that. We can take it off the trees in the nurseries, and the certifiable material." If you're considering propagating, you would need to obtain a onetime propagation agreement, said Brandt, "that one-time propagation agreement is given directly to you, you

can use that agreement to go to another nursery if you want."

The budwood from the WA 38 is used in three ways. First, and most importantly, it is used to produce trees within the NNII network to supply the industry, then leftover budwood is used for grafting, and lastly, anything after that goes out to anyone who interested in individual tree propagation. There are no

propagation fees, explained Brandt, but there is a 25-cent industry support propagation fee "to give back to the research and industry". You can also expect the standard budwood collection fee from the nurseries, that's standard, but there's nothing on top of that. Other fees that you may come across include a \$1 royalty fee. "That's straight across," he expressed, "when

SEE COSMIC ON PAGE B3



Researcher Jared Dean, with Tianna DuPont's lab team of WSU Extentension, inoculates fire blight in order to look for new management tools.

Photos courtesy of Tianna DuPont, WSU Extension A young branch of leaves displaying signs of a fire blight infection.

BLIGHT

CONTINUED FROM PAGE A1

The young, one to two-yearold tissue is susceptible and that's where you're getting those shoot tip infections, she explained. It could take weeks, or even up to two months after the shoots have those initial infections until you will be able to noticeably see a lot of blight in that block, and weeks until a canker in the infected area will be visible. Wind, hail and abrading can make it so the shoot tips are more likely to directly get infected from the bacteria, not from the cluster infection itself. "So, when you're out there pruning or braiding, that tender tissue," she began to explain, "when that tissue gets damaged is when that bacteria can directly infect, so that can be happening too, and you want to limit the abrasion

of that tissue as much as possible."

In the event of infection, first and second leaf trees/plants are generally best to just be pulled up, treating and pruning. Due to the immaturity and the rapid growth of the



younger plants, the infection is more likely to spread at a highly rapid rate. "If it's a really young tree, one to two years old, you're probably going to want to just cut that tree out because it's already moved through the phloem of the tree and it's probably not going to survive," DuPont

emphasized. On more mature plantings, the rule of thumb is to cut 12-18 inches below the visible canker, she pointed out, "but it depends on the variety and how young the tree is." If the space doesn't allow to cut

that far below the canker, "consider making a stub cut or a dirty cut," DuPont suggested, "leaving four or five inches when you're cutting away from the main, central leader from the trunk." This will promote new growth which will receive the infection, instead of the central leader, in which case

you'd have to cut that tree out, she said.

In addition to cutting out the cankers, DuPont recommends treating with Actigard, a systemic acquired resistance (SAR), in addition to cutting out the infection and pruning. "This isn't a silver bullet," she expressed, "nothing is a silver bullet, but if we look at 10 years now of research, a couple things that it can be helpful with is reducing the total amount of wood needing to be cut out of a block, by about 80 percent," she said, then added, "the other thing that was impressive was looking at the number of trees that were killed by the fire blight. When they were just cutting and doing all the good pruning, but weren't using the Actigard, they were losing about 25 percent of the trees, and only about 10 percent of the trees when Actigard was used." DuPont clarified the purpose of using Actigard, stating that it doesn't actually kill or cure the bacteria, but rather, acting as an immune system stimulator for the plant, it helps the plant to be stronger and fight off the infection.

After block treatment and cutting out the canker, you definitely want to be thoughtful about what you spray with, explained DuPont. "Oxytetracycline in particular," she began, "the way it works is that it's slowing down the bacteria from multiplying," but in younger trees, she advised using soluble coppers because "those actually do kill bacterial cells when they come into contact with them." Once the block has been treated, the canker has been cut out and the plant has been sprayed, focus on ensuring a complete clean-up to prevent chances of the bacteria returning.

Burning the cuttings, if possible, is best. However, if you are unable to burn, DuPont suggests removing the cuttings from the orchard or as far away from the block as possible and cover with a tarp.

The life span for fire blight in wood can vary based on the diameter of the tissue branch," she explained, "when the fire blight is in living tissue it can continue to live, but once that tissue is completely dried up and dead the fire blight cannot live in that anymore." For organic orchards, DuPont suggested fixed copper at delayed dormant, lime sulfur at early bloom, blossom protect or bloomtime biological.

More information on fire blight is available online at www.treefruit.wsu.edu or email questions to Tianna DuPont at tianna.dupont@ wsu.edu.

WEED ID

CONTINUED FROM PAGE A1

winter, and a flowered seed stalk the second year.

A perennial, like quack grass, has a life span that exceeds two years.

Sosnoskie explained the importance of knowing these weed differences: "The strategies that we use to manage weeds differ based on their life ' said Sosnoskie. "Our

effective against all weed species.'

Since herbicides differ in their selectivity, the spectrum of weeds they can control, a sound knowledge of the weed type under consideration is essential for effective results. And it gets even more technical. Weed species, even closely related ones like purple nutsedge and yellow nutsedge, can vary in their sensitivity to herbicides.

Sosnoskie recommenaea strategies aren't equally two books she prefers as

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reference tools to help growers identify weed species.

 Weeds of the West published by the University of Wyoming Agricultural Extension is a guide to weeds in Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington and Wyoming. Its 900 color

photographs show both growth early and mature plants and ones which complete with crops and

those poisonous to people and livestock.

· Weeds of California

and Other Western States (2 volumes) provides full description of 451 species plus an additional 361 plants. Shortcut identification tables, grass identification keys, and more than 60 tables comparing difficultto-distinguish weedy species help the user navigate the many aspects of habitat, seed dispersal, methods of

reproduction, longevity and

many other traits.

A perennial, like

quack grass, has

a life span that

exceeds two years.

An ID Weeds App, created by the University of Missouri for smartphones is also now available. The app allows the user to input weed characteristics such as grass or broadleaf, where found, leaf and stem details, and other data and then pulls up images and information about possible

matches. It also allows searches specific weed species from alphabetized list.

Another phone app, Pl@ntNet App, developed in France, allows the user to upload a photo of a leaf, flower, fruit or bark for comparison against a database of images.

Closer to Sosnoskie revealed some distinguishing characteristics between two major classes of weeds in Washington State: grasses and broadleaves. explanations, while easy to follow with the help of visual aids that focused on specific plant parts and patterns, emphasized the importance of dedicated dirt time paired with a comprehensive reference manual if one is really determined to understand and identify the world of weeds.



Photo by Mike Maltais Lynn Sosnoskie is a weed scientist with the WSU Extension

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COSMIC

CONTINUED FROM PAGE B1

you buy that tree, when you propagate that tree, it's \$1." When you take it into the packing house, however, there is a 4.75 percent (of total box sale price) production fee, which only applies "if it's \$20 or higher," said Brandt, "if it's below \$20 then there's no production fee. The total production fee amount will be deducted from the packing house returns to the grower, which is configured through a database used by the packers, so the growers will not need to figure the fee out themselves. "The reason for that (the fee or waiving of the fee), is that the growers need to make money and the industry needs to make money," he explained.

Washington State grown fruit is unrestricted with marketing, including marketing for the Cosmic Crisp apple. Brandt explained that the fruit can be marketed anywhere in the world with the appropriate licensing. "There will be peer-to-peer marketing," he began, "we will need to make sure we have

Washington State

grown fruit is

unrestricted with

marketing, including

marketing for the

Cosmic Crisp apple

(trademark) protection in those other countries though." you choose to sell your own fruit, rather than going to a packing house, you can do so by checking a box

within the grower agreement. The selling "of one's own fruit is termed 'farmgate sales' within the WA 38 grower agreement," explained Brandt. The grower will still be receiving the standard \$1 royalty fee per tree, however because a packing house isn't being used and a production fee is not being charged by the packer, the grower will instead see a production royalty fee of \$2 per tree, per year. The production royalty fee differs from the production fee from a packing house in that it is a flat \$2 per tree rate, as opposed to a fee of 4.75 percent of the selling price of each box over \$20.

When you bring your fruit to the packer of your choice, as long as they are in Washington State, you will need to bring your grower agreement with you and present it to

the packer. Your grower's agreement, which is generated at random by the Idyia database system and specific to you, will track how much fruit you're bringing in and calculate the 4.75 percent growers royalty fee, there's need for

manual Proprietary Variety calculation, Management

eliminating the chance of cost error. The Idyia database "works with all ends of WA 38," Brandt stated, "all the way from production to the marketing desk." So, when a grower orders from the nursery, they will input all the information, such as type and quantity of rootstock ordered, and generate a license number that is specific to you. So, every time you order, it will track how many of the rootstock you have purchased to date. The database system, as well

as informative seminars for growers regulations, rules and trademarking help protect the intellectual property on Cosmic Crisp. Concluding

portion of the presentation, Brandt expressed his excitement for the new apple, "together,

through the nurseries, the grower, the packer, the marketing desk, we think we've got something put together for a truly premium variety, so we can actually get some really good premium prices." Kathryn Grandy, Director

of Marketing andOperations with PVM then took the stage and provided an update on the marketing and public relations (PR) aspect of acquiring demand for the produce. "As you can see from Kevin's presentation," she began, "we are going to have a very large volume of Cosmic Crisp to the market, very quickly. So, my responsibility is to create a very dynamic marketing system to support the growers' efforts in Washington, and to raise consumer awareness



by nearly 95

advisory

percent of the Kathryn Grandy, Director of apple industry Marketing and Operations, in the state of Washington, the marketing

> group meets quarterly to discuss items such as marketing, growing and quality standards for the Cosmic Crisp. Within the marketing committee is a subcommittee specifically for focusing on quality standards, explained Grandy. industry has made the decision to manage the variety as an industry," she said, and the growers, with the assistance of Washington State Department of Agriculture

as well, are working with the group to create quality standards for Cosmic Crisp. One of the industry standards includes the branding of Cosmic Crisp. "Right now, 38.5 percent

products

within produce the department are branded," Grandy explained, that's a huge growing trend, but the disconnect is that 55 percent of shoppers go into the store without a specific brand in mind." There's a lot of competition for the "shelf space" in shopping markets with all the new apple varieties, she stated, adding that will the competitive knowledge, the marketing committee decided to proceed with a standard brand across all companies. After completing consumer focus groups and sensory testing, the Cosmic Crisp name and logo were developed. "It's the first apple brand ever

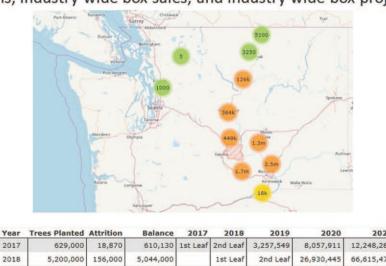
developed by consumers,"

the industry took that and

Grandy expressed,

Marketing and Sales

Marketing desks will be provided information related to planting locations, industry wide box sales, and industry wide box projections.



Photos courtesy of Kevin Brandt, Proprietary Variety Management The Idyia Database will be able to provide marketing desks with information related to planting locations and industry wide box sales and projections.

said we're going to have a custom price look up (PLU) codes, packaging and we're going to be uniform across all sales companies, so there's a tremendous collaboration." The PLU has been submitted, but the marketing advisory

group

has

asked for an "It's the first apple exception, she brand ever develexplained. Typically, oped by consuminternational ers." standards do not give Kathryn Grandy, PLUs unless Director of Marketing this apple has

been at retail, and Operations, Proprietary Variety however the Cosmic Crisp Management will not be at retail until fall of 2019. "So, with the support and letters of Wal-Mart, Costco, Albertson's and Safeway," she stated,

> The apple has been a tremendous success with PR,

"which is also unprecedented

to have that kind of support,

we're very hopeful to get

the PLU within the next few

said Grandy. After a broadcast on national radio, the day the broadcast came out the Cosmic Crisp website "went crazy," she stated excitedly, with around 3,500 hits "which was a lot for us." There have since been articles in grower magazines such as Good Fruit Grower and American Fruit Grower, and even on the cover of the Seattle Business Journal, "That article (in the Seattle Business Journal) was very favorable to Washington State and really seen all over the country," she said. The apple is, in fact, getting very high-level PR with cooperation from influential icons in media such as the Produce Mom, "who is the industry advocate for marketing and promoting produce ... (and) has national relationships with retailers such as Kroger and Wal-Mart," Grandy supplied. After a trip to New York, the apple has also earned the interest of Martha Stuart, Chef Emeril, various digital agencies and consumer magazines including 'Good

Housekeeping', which has the

nutritional seal of approval

and has already committed to publishing a teaser article this fall and a major article the fall of 2019, when the Cosmic Crisp is set to go to retailers. "(We're) working very hard not only to contract good media," Grandy explained, "but also get earned media that we don't have to pay for ... there is a lot of consumer excitement out there now and the retailers feel like it's an exceptional apple and they can't wait to get it in their hands."

For more information on Cosmic Crisp, visit the website at www.cosmiccrisp.com. If you're interested in purchasing the WA 38 Cosmic Crisp trees or for inquiries, email NNII at nwnurseryii@gmail.com or visit the website at www. nniifruittrees.org.

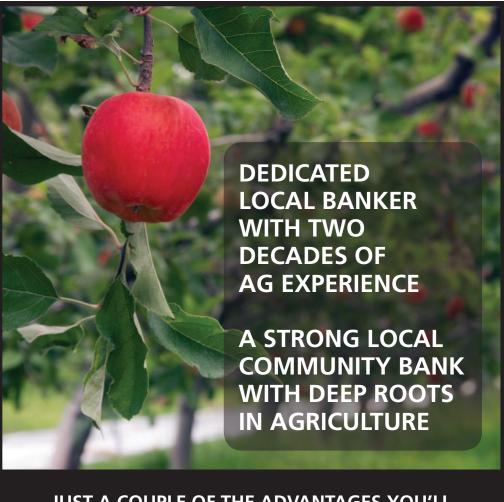
Training, growth, characteristics of Cosmic Crisp Apple discussed See Page B5

Nurseries participating in the growing and selling of the WA38 cv. Trees are:

Biringer Nursery Brandt's Fruit Trees **C&O Nursery Cameron Nursery** Gold Crown Nursery **Helios Nursery** Mike & Brian's Nursery ProTree Nursery Tree Connection Van Well Nursery Willow Drive Nursery

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Wooly Apple Aphid: The presence, the damage, the earwig

By Erin Rossell, STAFF WRITER

CHELAN - The wooly apple aphid is an apple tree pest that is most commonly found feeding at the base of leaf axels, tree trunks and branches, explained Robert Orpet, with WSU Entomology during his presentation. The wooly apple aphids can essentially be found wherever there is a type of wound or cut on the tree, at the base of trees feeding on roots, and most importantly they're found underground feeding on the roots, "and that's the major problem," he emphasized. The aphid exists both above ground and below ground, year-round. "What you have is females that are reproducing by giving birth to clones of themselves," he explained. They have also been seen in a winged form, but the wings are not necessarily important for dispersal, Orpet said, "because the offspring of the winged aphid normally can only survive on elm trees." The wooly apple aphid is believed to spread mostly by crawling and by human mediated transport, such as moving tools. "I've seen large amounts of winged aphid," explained Orpet, "but if you take a close look, they're wooly, but they're not the wooly apple aphid. When I look at them they're also the smoky-winged ash aphid, which is not a pest, they're migrating to ash trees."

Wherever they feed, either above ground or below ground, they induce the formation of root galls. These galls interrupt nutrient and water distribution throughout the tree, explained Orpet, which can greatly reduce the growth of the tree. "Because these are an indirect pest, not feeding on fruit, it's very difficult to measure damage," he said, "that's why there are no established economic thresholds for this pest, but the scientific evidence that is available suggests that root feeding is a more important type of damage they cause."

By utilizing a resistant root stock, you can minimize, if not eliminate, the wooly apple aphid presence on your roots. Some of the new Geneva series rootstocks

supplied Orpet, so you'd likely have no or very few aphids on the roots. The question has to whether or not a resistant root stock would decrease the amount of the wooly apple aphid above ground was the basis of an experiment Orpet performed. To test the theory, he used six, 12-tree sections that he used sticky bands on, which were made of a substance called tanglefoot and known for its stickiness. He compared this section's results to another six, 12-tree sections that didn't have the sticky bands. Each week, the number of aphids from the west side of all the trees were counted, as well as the number of aphids present below the sticky bands, where Orpet had also placed a layer of double-sided sticky tape. "So, when the aphids come up, some of them get trapped on that tape," he explained on his process, "I can collect the tapes and count the number of aphids in the laboratory." The results showed that blocking the wooly apple aphid movement up had "no effect on aerial population dynamics," he concluded, adding, "there were actually even more aphids in the sticky band tree sections, and this was despite the thousands of aphids that were trapped on the tape." Orpet's conclusion was that resistant root stocks are highly important because they prevent aphid population on the roots, however, eliminating the population at the roots showed no effect on the above ground populations. The aphids can overwinter above ground, he explained, and survive in the summer, returning without any apparent influence from the roots. During Orpet's experiments in 2014 and 2015, he also discovered that in testing with both Gala and Fuji apples, the Fuji apple tended to have more of the wooly apple aphids.

Chemical control options may help with above ground populations, Orpet suggests that "these will do nothing for below-ground populations, for that you need a systemic insecticide," he explained. The important thing about insecticides is that you need to apply it early so that the leaves absorb it, he emphasized. Trying this are resistant to the aphid, method in an outbreak of



Photos courtesy of Robert Orpet, WSU Entomology

A large wooly apple aphid colony on a fruit tree branch BELOW: Earwig shown nestled in an apple stem split

the aphids however, will not be effective. "The main goal (in chemical control) is to not disrupt natural enemy populations," he stated.

The studies conducted by Orpet in 2014 and 2015 looked at both conventional and organic orchards, and despite the lack of presence of chemical tools in the organic orchards to manage the aphids, they didn't show to be any more of a problem in organic orchards than in conventional orchards. "Perhaps because biological control is very important in attacking these aphids," suggested Orpet. Different things can be attacking the aphids, he said, such as lady bugs, lace wings and beetles, but he wanted to focus on the European earwigs, which are commonly found within apple orchards, as a biocontrol agent. "Studies suggest it's a key predator and also earwigs in general can feed on many other pests," he stated, "so, perhaps they're an underappreciated

beneficial insect." There has been a lot of concerned from growers on the perceived negative effects that earwig populations have on fruit. Orpet, however, voiced that he feels the earwig isn't appreciated enough. This prompted another experiment. One focusing on the earwig as a biocontrol agent on the apple wooly

spaces. Once they move into

or absence of earwigs showed any changes in the amount of damages to apples. "I wanted to critically test for both the positive and negative effects, experimentally," he explained. Orpet divided up an orchard into sections, removing earwigs in some sections while adding earwigs to another and leaving the remaining section completely untouched. Discovery of the earwigs is easy to do using rolled pieces of corrugated cardboard, he stated, because

the corrugations, he is then easily able to shake them out and count them. Each section was 30 meters apart. the distance based on studies showing that earwigs don't generally move more than 30 meters within a month's period. "I was successful in having different earwig levels in each section," he explained on his results, "and more earwigs resulted in fewer wooly apple aphids." In the high earwig sections, aphids, and if the presence of the preference for tight with five or more earwigs

per tree, Orpet stated that there was a very low level of aphids, and never more than one colony per tree. In the low earwig situations, the average number of colonies discovered on a tree was six, "some trees would have no colonies while others would have a lot more than six," he stated. Feeling that his experiment successfully showed the effectiveness of earwigs suppressing the wooly apple aphids, he then looked at approximately 12,000 apples from the same sites and categorized them. The inspection of the apples showed that it was just as likely to find good apples in the high earwig populated section as it was in the earwig removal areas. "Side tracks were equally likely, as well as limb rubs and small and large holes," said Orpet, "but I want to discuss stem hole splitting, which is very common especially on Gala apples when they're ripe or over ripe." At times, these splits seem to be expanded or rounded off, and were more likely in the earwig augmentation areas, he explained, but they were still very uncommon with only 17 out of 6,000 apples. "But if you consider those as a type a split and you group those out together," he suggested, "the occurrence of any type of split was equal between both styles." He then suggested that perhaps earwigs are not causing the splits, but rather attacking them where they've already occurred, as they attempt to nestle in the tight space. They're exploiting the damage but not causing or creating, he said, "so, I call that a horticulture issue, not an entomology issue ... I would suggest thinking about including earwigs in your integrated management plans for the wooly apple aphid," he suggested before concluding his presentation, "(but) keep in mind, the earwig only has one generation per year, so if they're eliminated for any reason their population could be really slow to recover."

Contact Robert Orpet with any inquiries by email at robert.orpet@wsu. edu or look for his videos from his experiements on youtube https:// www.youtube.com/ watch?v=sSFakIgkfMI.

WSU Libraries to host national agriculture information conference

SUBMITTED BY WASHINGTON STATE UNIVERSITY

PULLMAN - Washington State University Libraries will host the 16th U.S. Agricultural Information Network Biennial Conference May 13-16 in Pullman — the first time members will convene in Washington state.

"This conference has never been hosted west of Arizona, so it's a big opportunity for WSU to

showcase Washington state agriculture," said WSU agriculture librarian and conference chairwoman Lara Cummings. "Approximately 100 agriculture and science librarians from around the nation will attend."

U.S. Agricultural Information Network provides a forum for information professionals

- Discuss food and agricultural issues.
- Influence the formation

of a national information and director of WSU's Food policy related to food and agriculture.

 Make recommendations to the National Agricultural Library (NAL) agricultural information matters.

• Promote cooperation and communication among its members and with other organizations and individuals.

Keynote speaker for the conference will be Carolyn Ross, associate professor Science Sensory Laboratory. One of WSU's top food scientists, Ross has studied waste streams in food production and worked to look at the influence of longterm ozone exposure on the nutritional and sensory properties of different crops. She has conducted sensory studies on the biodynamics and organics of fruits and vegetables through her lab.

NAL director Paul Wester also will speak at the

conference. Prior to heading NAL. Wester worked for the National Archives and Records Administration and was the U.S. government's first chief records officer. The NAL is one of four national libraries and houses one of the world's largest collections devoted to agriculture and its related sciences.

For more information about the 2018 conference, http://libguides. libraries.wsu.edu/usain2018.



Carolyn Ross, associate professor and director of WSU's Food Science Sensory Laboratory





Research continues potential controls for Spotted Wing Drosophila

By MIKE MALTAIS, STAFF WRITER

CHELAN - Like the brown marmorated stink bug (BMSB), the Spotted Wing Drosophila (SWD), is an invasive fly species first discovered in Eastern Washington State in 2010.

Molly Darr, an WSU entomologist spoke about SWC control measures at the 2018 Lake Chelan Horticulture Day last January.

"Trapping is essential, so we can determine exactly what is going on in that specific year," said Darr of SWD populations. "We can do O.K. with pesticidal control for now, but we have begun to see some incidence of resistance popping up, so we want to move more toward varied IPM (Integrated Pest Management) strategies."

Darr outlined population variances of SWD numbers from 2015 to 2017, with 2015 reflecting the highest number and traps counts in 2017 significantly lower. The variance was confirmed with help from the Washington State Department of Agriculture packing house inspections.

Darr said the variable in SWD density offers and

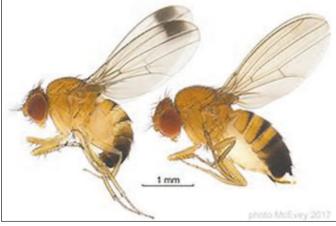


Photo courtesy of en.wikipedia.org

Spotted Wing Drosophila

opportunity to change control

Darr explained how the attracticide GF-120, which is a combination of attractant and toxicant, did not prove to be a

good stand-along treatment for SWD because there was still evidence of damage in the field after its use.

We tried some other attractants," said Darr, "and combined all them with Entrust so we could use that as a control variable and we could see the effects of the attracticide itself. We then compared that result standard with a full year canopy spray

of Entrust."

While GF-120 showed results almost as effective as the full year spray of Entrust "the other attractants we used were not quite as good, so we need to continue with the studies to see if we can get any positive results," Darr said.

Darr said products coming onto the market to treat SWD are being tested for the control efficacy and to expand the choice of effective suppression remedies. Those include Dimlin, Rimon, and Ecotrol and liquid baits like Dros'Attract and Suzukii Trap.

"We may not be able to kill

the female," said Darr, "but if we can prevent her from ovipositing then we've really done the work that we need to do."

Darr reviewed some of the products currently being tested to address ovipositing females. "We need to think about multiple control tactics instead of just a single treatment."

significantly lower oviposition.

Selective lures designed to attract SWD but proved to be very effective in luring all other species of Drosophila.

The average amount of Spotted Wings caught per trap was three," said Darr noting that more than 5,000 other Drosophila were also trapped. "So, you have to go through this pile of flies that are all the same size, shape, color – except for the spots on the wings and it's difficult to sort through the flies in the field when this is what you're looking at." Darr said.

Methyl benzoate, discovered recently by USDA researchers was another deterrent tried. Combined with Ecotrol, methyl benzoate was found to result in

Darr's associate, Elizabeth Beers, WSU Professor of Entomology, posted research results on such aspects

to tip again leavening two to

three buds," he said. Using

the bending method, tends

to result in blind wood since

the WA 38 is a type 4 tree,

he explained, adding "this

blind wood not only reduces

fruiting potential but also

exposes the branch to sun

and sunburn due to the fruit

orientation." Taking these

concerns into consideration,

Musacchi expressed that he



Photo by Mike Maltais

Molly Darr

of SWD life cycles as lure efficacy, chemical control, and oviposition deterrence. Significant finds following

two years of research reveal:

 Ecotrol and methyl benzoate deterred SWD females from ovipositing in fruit.

- Dimlin and Rimon residues completely shut down fly emergence.
- Entrust gave high levels of mortality for 21 days.
- Two liquid baits Dros'Attract and Suzukii Trap are more selective for SWD but capture fewer flies.

Training, growth, characteristics of Cosmic Crisp discussed

By Erin Rossell. STAFF WRITER

CHELAN - Concluding the day's presentations on the WA 38 'Cosmic Crisp' was a characteristic and horticultural update on the apple given by Stefano Musacchi with WSU Horticulture.

The Cosmic Crisp tree is a type four tree, like that of the Granny Smith, Musacchi explained. The tree tends to have long branches with blind wood production near the trunk of the tree, and "is a reasonably vigorous variety which can be managed with cropping." During bloom, the tree produces a lot of secondary lateral bloom, which can be up to 40 percent of the total cluster. A lateral blossom, as explained in Musacchi's Characteristics and Horticulture handout, "forms along the developing shoot at the base of the leaf blade." The bloom period for this apple is mid to late season, he explained.

The Cosmic Crisp "is a very exceptional variety," expressed Musacchi, "and it is a very large fruit ... and the color is more of a bi-color variety than it is more of a red variety." The training system the grower chooses to use will affect the amount of light that the apple receives, which in turn will affect the coloring of the fruit, as it requires uniform light exposure to develop a good coloring. "Low light locations in the canopy will produce a poorly colored fruit," he explained, "it is important to match the tree training, pruning and thinning techniques as well as pollinizers to the tree habit."

The Cosmic Crisp will perform well at any elevations in Eastern Washington if the right rootstock is used, and its bloom period and harvest period are suitable for both early and late districts.

Bi-Axis, Spindle European V training types were tested for the Cosmic Crisp. The Bi-Axis system is

based on two axes (leaders), which can result from the heading back of the tree in the field or budding two buds on the nursery rootstock. The trial on the Bi-Axis system occurred after initially heading back the tree to a 1.5-foothigh trunk immediately after planting,

explained Musacchi. After the emergence

of shoots, the stem was headed back once again, at about one foot, "removing the strong vertical shoot and leaving two shoots in the lower portion of the trunk that generally exhibited a more open crotch angle," he stated, "in both cases the two axes are grown as small, independent spindle trees." Having two axes generally reduces vigor in comparison to a single spindle. The Bi-Axis system tends to have a high early yield and light exposure and doubles the axes/fruiting units without doubling the cost. The Cosmic Crisp performs well in the Bi-Axis system, explained Musacchi, and results in a good fruit coloring for the apple. Trunk spacing for the Bi-Axis WA 38 would be 4 X 10 foot to 4 $\,$ X11-foot spacing.

The Spindle system "is designed to maximize profitability through early yield, improve fruit quality, reduced spraying, pruning and training," Musacchi began.

The trees are planted "high density on dwarfing rootstock," he tional variety, and explained, but no permanent limbs are inside the canopy, rather renewal cuts are made, removing than it is more of a limbs to large diameter for the canopy. Stefano Musacchi with

Spindle spacing

Crisp should be

3 x 8 foot to 3 x

12 foot. "On a

WSU Horticulture for the Cosmic

The Cosmic Crisp

"is a very excep-

it is a very large

fruit ... and the

color is more of a

bi-color variety

red variety."

been harvested. Lastly, the European V system. This system "consists of staggered spindle trees grown at 10 to 15-degree angles," Musacchi explained. In trials, the Cosmic Crisp was planted at 1.5 feet X 10-11 feet. This system, however, was the least favorable for the apple, resulting in shade in the lower

of fruit with good color has

areas due to the canopy, and difficulty pruning and cropping inside the 'V'. Because of this, the Bi-Axis or spindle systems are recommended over the European V system.

Due to the Cosmic Crisps susceptibility to blind wood, Musacchi recommended does not recommend this tipping the one-year-old wood training method for Cosmic branches. Simply "tip the end of the one-year-old wood and come back the following year

The Cosmic Crisp apple boasts exceptional storage capability and retains its crispness and flavor. The apple is described as "red, symmetrical with red-striped blush (55 to 80 percent), attractive with prominent lenticels and a medium to large size," explained Musacchi. Typically, 80 to 90 percent of the fruit fits into four different class sizes due to it's narrow size profile and is not sensitive to bruising.

Typical storage time to maintain freshness is six or more months in refrigerated air storage, however, in a controlled atmosphere can keep its appearance and taste up to 12 months, without any of the storage disorders found in other apples such as water core, internal browning, sensitivity to carbon dioxide or low oxygen, superficial scald, chilling injury or shrivel. The occurrence of stem bowl splits is low (below five percent), but "can rise drastically if harvested too late," he expressed.







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Stink bug study sheds light on movements, numbers and controls

By MIKE MALTAIS, STAFF WRITER

CHELAN - It turns out that a stink bug is an interesting creature to more than just another stink bug.

Take stink bugs in orchards, for instance. When it comes to their attraction and populations in fruit trees, stink bugs get attention from Adrian Marshall, an Entomology Ph.D. student at the Tree Fruit Research and Extension Center at Washington State University.

Marshall devised some ingenious experiments to help determine how, when, and in what numbers stink bugs invade orchards. In one case, he constructed barriers six feet wide and nine feet high with sticky traps every foot and one on the ground.

The idea was to catch the stink bugs as they were flying in to determine how high they travel. The results were interesting. Almost no stink bugs were trapped at ground level. The majority were caught between two and eight feet off the ground.

That tells us that we don't need a barrier that sticks all the way into the ground," said Marshall. "You can pretty much start at a foot high though



we don't know the maximum height yet so we're going to test that in future years."

He also added a flap to the barrier wall and discovered that stinks bugs crawling up the wall will not progress past that flap.

Marshall found that stink bug numbers fluctuate at different times of the season, some helpful information for orchardists trying to determine when to apply control measures.

"Even in early June we have a huge spike in stink bugs that seem to be moving into the orchard," said Marshall. "Then another one around mid-July and another one around August and another one around September."

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have produced some helpful insights on the bugs' behavior: Stink bugs move into orchards as early as June, so growers are advised to begin control measures earlier rather than later, but only when adult bugs are present.

The folds or flaps added to in the large barriers trapped stink bugs from climbing over the barrier and into the orchard. Future tests might show that the fold feature might actually stop the bugs from moving in.

Stink bugs also migrate out

of orchards several times a

year, "so a single timed spray

won't be effective against

Several other configurations

of barriers and complete

enclosures were used to not

only measure the effective of

artificial barriers but also see

what effect they had on the

Marshall will conduct future

tests to refine and reveal more

details about effective measure

against stink bugs. In the

meantime, his initial studies

natural predation cycle.

them," Marshall said.

Stink bugs have a number of natural predators including the lacewings, tachinid fly, praying mantis, and assassin bug, among others that attack the pest in the egg, nymph and adult stages.

Marshall had some practical spraying advice for orchardists trying to control stink bugs. He recommended that spraying be delayed until actual adult stink bugs are found. The infestations change from year to year depending on the amount of heat, said Marshall. To find adults he suggested orchardists inspect nearby vegetation such as mullein,



Photos courtesy of Adrian Marshall

Full enclosure barriers like this one helped Marshall study the stink bug controls both inside and outside the barrier. LEFT: A stink bug clings to a barrier wall.

elderberry bush or other plants that have fruiting bodies and stink bugs will be found.

"Wait until they are adults," said Marshall, "If you're finding nymphs out there, they are not causing damage in your orchard."

Marshall also reminded growers that if there are no apples on the tree yet there is no need to spray because the stink bug only attacks the

Marshall also addressed a new larger invasive threat, the brown marmorated stink bug (BMSB), that was first found in Washington in 2012 in the Vancouver area. Since that time the pest has spread along the major highways and Columbia River. The five counties with BMSB include Clark, Yakima, Walla Walla, King and S. Chelan around Wenatchee and Leavenworth.

The BMSB is fast-moving and can fly 70 miles a day. It produces two generations a year rather than one that is typical of our native varieties.

"It affects a ton of source crops," said Marshall. "It can be found in more than a hundred different source plants, so it eats everything we eat."

Fruit crops at greatest risk include apples, pears, grapes and peaches/nectarines. At



Photo by Mike Maltais

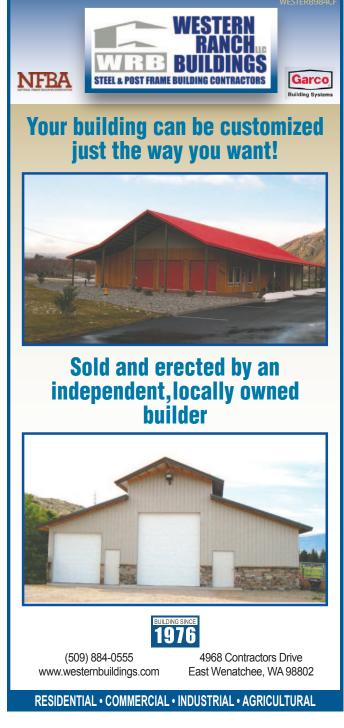
Adrian Marshall is a Ph.D. student of Entomology at the WSU Tree Fruit Research and Extension Center.

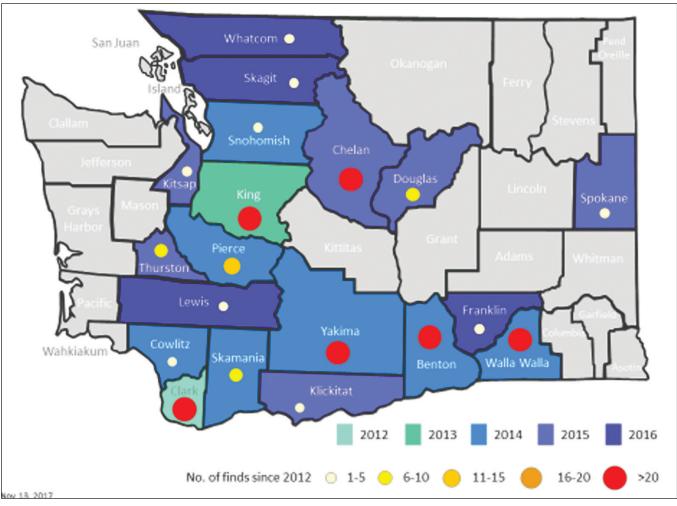
moderate risk are apricots, cherries and blueberries. Fruit varieties that are late blooming and remain on the tree longer are particularly vulnerable.

Marshall and his crew continue to work on control options for the BMSB. ranging from mechanical measures to biological

Marshall said while the BMSB has not yet appeared in Chelan, he asked growers to be vigilant for the presence of the invader and report any

Late blooming and on the tree longer meaning it's the only remaining food source later in the season.





The Brown Marmorated stink bug (BMSB) have been found in at least five counties in Washington State (red dots).

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Proper spray application is a technique perfected by practice

By MIKE MALTAIS, STAFF WRITER

CHELAN - One statement by Gwen Hoheisel, WSU Regional Extension Specialist, sums up her dedication to an aspect of orchard horticulture: "I am extremely passionate about sprayers," Hoheisel said and describes her job as "I evaluate, I educate, and I recreate."

Hoheisel said her goal at the 72nd Lake Chelan Horticulture Day presentations was to show orchardists "how to match the air to the canopy and how to assess and control your air and to inspire you while there is still snow on the ground to think about this.".

Hoheisel's rationale to get growers to give spray operations some early attention was logical.

"Come March, you're running," said Hoheisel, "and really none of you grow trees because you like sprayers."

Hoheisel used slides taken from a sprayer research project done on an Omak orchard to demonstrate the way spray applications change according to the demands of different types and sizes of fruit and the trees on which they grow. She also shared some survey results from other growers and what parts of the spray process they wanted to improve.

Hoheisel stressed that despite their wide variety, there is no perfect machine; all can be operated perfectly or poorly and much of the difference has to do with a properly maintained machine. What makes a sprayer effective is the degree of upkeep on the machine and attention to details like tractor speed, air control and direction and outside wind speed.

Sprayer pressure gauges, hoses and filters need to be inspected and replaced regularly. Tire pressures need



Photo courtesy of Gwen Hoheisel, WSU Extension Wind forms a boundary layer, like these leaves around a parked pickup, that can help growers understand how the same principle works when applying pesticide to fruit.



Gwen Hoheisel

to be checked to ensure that rate application controllers tied to correct tire pressure are working in synch.

Water pH should be tested and spray chemicals correctly mixed and properly loaded.

Hoheisel stressed optimizing air control to increase the amount of pesticide that hits the intended target and to reduce drift.

"Air flow controls where you place the drops," said Hoheisel. too much and you blow through and miss the target."

In addition to the dollar cost of wasted pesticide, missing the target results in more culls and increased resistance to pest control. Hoheisel showed some research lab video clips to demonstrate how air responds to target size. She also explained how a boundary

layer that forms around an object is affected by the size of

Hoheisel also discussed techniques to monitor air flow, direction and volume in an orchard setting. One technique utilizes ribbons tied to the fan guard to measure the force and speed of air flow. Ribbons blowing straight out can be in indication of too much force while ribbons not moving can indicate too little or no air flow.

Donuts and shrouds attached to the fan guard can help reduce and direct air to the desired target Gearing up the tractor while throttling down can also reduce the fan speed to prevent over-flowing the target.

In summary Hoheisel said that there are easy and inexpensive ways to monitor and control air flow. One of those is to keep the equipment properly maintained so that all the components necessary to effective pesticide application are working as they should.

Tractor speed and air flow volume needs to be adjusted during the season to account for aerodynamics of boundary layers and canopy barriers.

"Air controls where we put or don't put – the droplets," Hoheisel said.

Breaking down fiber: Nutritionists gives insight into the nation's understanding of fiber

PEAR BUREAU NORTHWEST

PORTLAND, OREGON Fiber is considered an under-consumed nutrient and nutrient of public health concern according to the current Dietary Guidelines for Americans. While the nation's need for increased fiber intake is well established, education is needed in order for people to better understand fiber and fiber needs. For an inside look into how registered dietitian nutritionists and the patients, clients and communities they counsel view fiber, Pear Bureau Northwest surveyed over one thousand dietitians from across the nation to tap into a cross-section of their experiences2.

In sharing their experiences as they relate to fiber, dietitians revealed the following takeaways:

Education is needed on fiber

Most dietitians have a similar experience when it comes to talking about fiber with their patients. 50% or less of the individuals/communities they counsel seem to understand the benefits of fiber. Moreover, dietitians shared that 50% or less of the people they counsel understand how to include fiber in their daily diets, and the same amount, 50% or less, take action to include fiber into their daily diets.

Fruit takes the lead

In practice, dietitians recommend fruit more often than any other high-fiber food. When recommending ways to increase fiber, dietitians stick with whole foods, while fiber-enriched foods and fiber supplements are recommended least often.

When it Comes to Fiber, **Pears Rank Higher**

With 6g of fiber in one medium pear providing 24 percent of daily fiber needs,



With 6g of fiber in one medium pear providing 24 percent of daily fiber needs, pears are a top choice among dietitian recommendations to increase fiber intake.

pears are a top choice among dietitian recommendations to increase fiber intake, and it's no surprise why. Pears are an excellent source of fiber and have vitamin C with only 100 calories per serving. Plus, pears are sodium free, fatfree and cholesterol free.

Preparation is Key

The most common roadblock dietitians have found to prevent people from getting enough fiber is a lack of knowledge among those they counsel about how to prepare highfiber foods. Additionally, more than half of dietitians have encountered a dislike of high-fiber foods as a major barrier to proper fiber consumption among individuals/communities they counsel.

Pears are in season now and plentiful at grocers nationwide, making this the perfect time to enjoy the many varieties of pears. To help overcome the preparation barrier commonly encountered with high-fiber foods, try the following tips to enjoy pears and their nutrition benefits:

The best way to judge the ripeness of a pear is to Check the Neck™: Apply gentle pressure to the neck of the pear with your thumb. If it yields to pressure, it's

Leave firm, unripe pears at room temperature so that they can ripen. Once a pear is ripe, it can be refrigerated to slow the ripening process and saved for use up to five

If you find yourself with a few too many overripe pears, blend them into smoothies, soups, sauces and purees.

Pear Bureau Northwest continues to pursue opportunities to better understand the health benefits of pears and their ability to contribute to a healthy diet. Visit www. usapears.org for additional pear research, nutrition resources and recipes.

About Pear Bureau Northwest

Pear Bureau Northwest was established in 1931 as a nonprofit marketing organization to promote the fresh pears grown in Washington and Oregon. As the nation's largest peargrowing region, 900 grower families produce 88% of all fresh pears commercially grown in the United States. Pears grown in these two Pacific Northwest states are distributed under the "USA Pears" brand. Pears are an excellent source of fiber (24% DV) and a good source of vitamin C (10% DV) for only 100 calories per medium-sized pear. Sweet and juicy with no fat, no sodium and no cholesterol, pears are a perfect choice for snacking and make a great addition to any meal. For more information, visit www.usapears.org, www. facebook.com/USApears, and follow @USApears on



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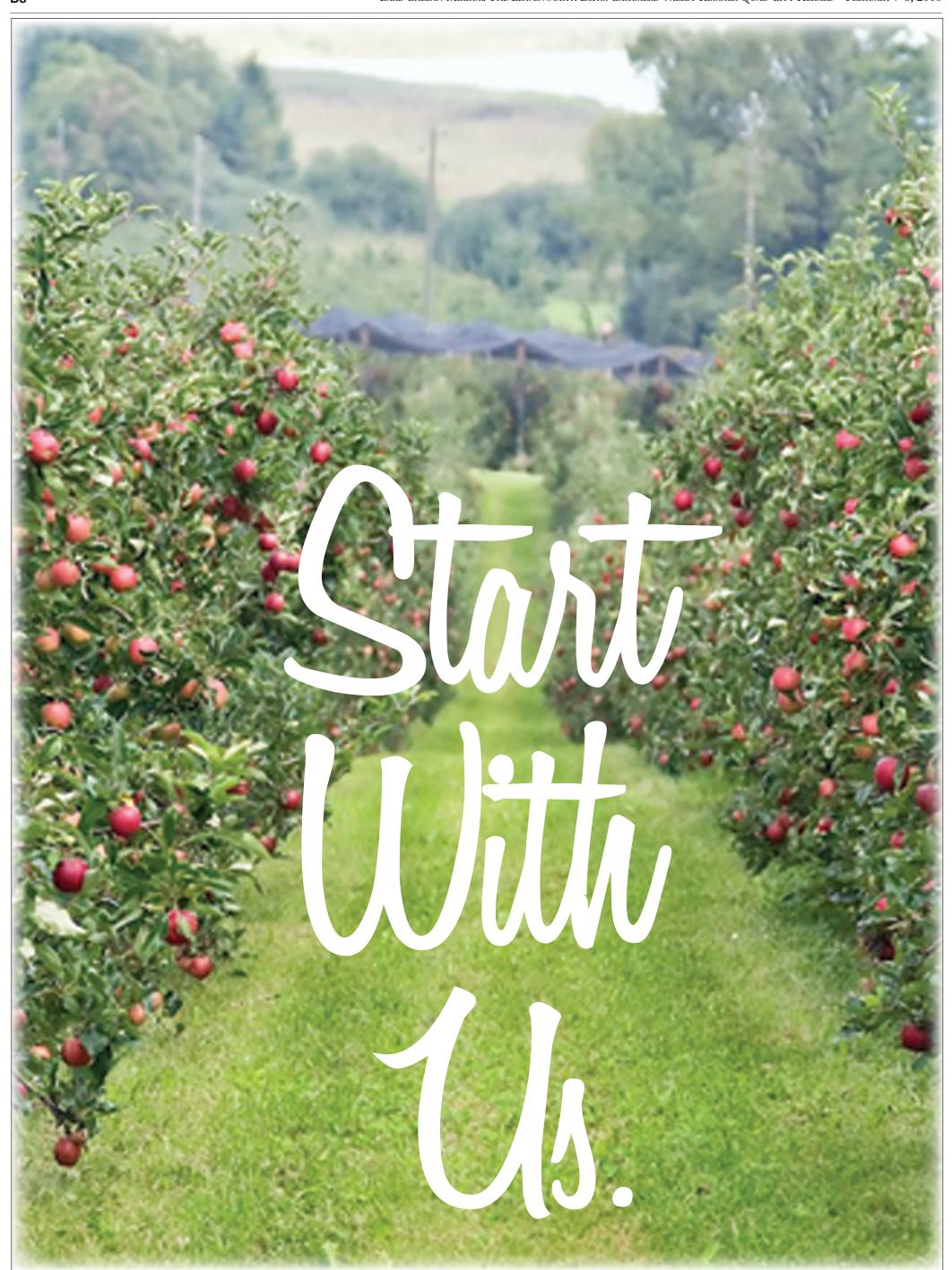
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