



YEAR IN REVIEW

Part Two



July 6
SUBMITTED PHOTO
Robin Moser (L) and Claire Seaman (R), a former AmeriCorps volunteer for the glean program, show off the harvested produce they were able to glean for their program.

August 17
PHOTO BY CAROL FORHAN
L-R - Icicle VR Head Chef William Whitney and Director of Operations and Certified Chef, Jack Bartleson cooking up bratwurst for the anniversary party.



July 2022
UV MEND gleaning up and running
By ERIN MULLINS
Reporter

Upper Valley MEND's gleaning program, where community members can help UV MEND employees gather excess produce from farms that will be donated to the foodbank, is up and running for the summer. UV MEND gleans several times a week and welcomes volunteers of all types for any amount that they are available, said Rachel Bishop, Food Programs Manager at UV MEND.

Thomas Lin suggests his land be used for indoor pool
By ERIN MULLINS
Reporter

Thomas Lin, owner of property behind Safeway, proposed that the city build an indoor pool on his land during the June 14 city council meeting, which he attended virtually. Lin previously sold some of his property to Weidner Apartment Homes, the company which manages the apartments behind Safeway and to Link Transit to build a new transit center at Safeway. He donated the road east of the Hampton Inn to the city to provide a route for Link Transit buses. Lin lives in the Seattle area and first bought property in Leavenworth in 2013. His family had visited Leavenworth and suggested he visit. He fell in love with Leavenworth and decided to buy property. Lin grew up in Taiwan and moved to the United States at 19. He attended Boston University for undergrad and Massachusetts Institute of Technology for graduate school and played water polo in college, which is his personal connection with swimming.

CHS Cross Country up and running for the summer with aspirations to win state
By ERIN MULLINS
Reporter

Cascade Cross Country is practicing over the summer for the upcoming fall season, with the first practice held June 21. The team is meeting Tuesday and Thursday mornings to run over the summer, and they recently got back from a team cross country camp in Mazama.

Mayor Carl Florea discusses Leavenworth Oktoberfest
By ERIN MULLINS
Reporter

This week, the city announced an Oktoberfest held by the Leavenworth

Chamber of Commerce. The festival was originally going to be held by SE Productions. The split between Projekt Bayern's Oktoberfest and the City's became clear in 2021 when Projekt Bayern announced their plan to move Oktoberfest to the Town Toyota Center in Wenatchee and the City of Leavenworth announcing their own Oktoberfest run by SE Productions in Leavenworth.

August 2022
Mayor Florea honors our Councilmember, Carolyn Wilson, who passed away this last weekend
By MAYOR FLOREA

Community Members, this week our community lost one of its finest assets with the passing of Councilmember Carolyn Wilson. When events like this happen, it makes us pause – for a bit – our crazy, busy, sometimes frantic-feeling lives. We are reminded that what makes this place special, indeed, what defines community for us, is not buildings or businesses or visitors, or the beautiful setting, as much as it is the people we know: those we work side by side with, recreate with, create art with, share faith with, and serve the community with.

Wenatchee River Institute breaks ground on new classroom site
SUBMITTED BY RANDEE ZERGER

Construction began on Wenatchee River Institute's (WRI) new Outdoor Classroom. This structure gives a solid gathering space outdoors on the WRI Campus. It provides cover for their youth and community education programs, especially during adverse weather or heat. Prior to COVID, when it got too rainy, snowy, or hot, participants simply moved indoors. Now temporary tents are put up around their campus or participants move indoors in small groups. This



August 3 Carolyn Wilson
FILE PHOTO

covered classroom space will allow WRI to continue activities outdoors no matter the weather.

Marlene Farrell New Director of Development for ICCA
By ERIN MULLINS
Reporter

Marlene Farrell is the new Director of Development for Icicle Creek Center for the Arts, a non-profit focusing on bringing art education and performances to the Wenatchee Valley. Farrell will be fundraising, managing donors, finding sponsorships and grants, and managing events for ICCA.

Leavenworth welcomes Leavenworth Family Reunion Captain Charles Frederick Leavenworth
HISTORY SUBMITTED BY JOHN LEAVENWORTH
President
CAROL FORHAN

The ancestors of Captain Charles Frederick Leavenworth who platted our town of Leavenworth had a wonderful reunion with about 45 family members attending from across the U.S. including Washington, Oregon, Florida, Michigan, and Texas. Gathering for 3 days at the Enzian Inn was a time of catching up with family, sharing stories, displaying family heirlooms like oil paintings of famous family members such as General Henry Leavenworth (founder of Ft. Leavenworth, KS), brass buttons, and silver spoons made by other historic family members, the family coat of arms, the Leavenworth family star and quilt, newspaper clippings of significant events pertaining to the family.

Projekt Bayern speaks out about this year's Oktoberfest
By ERIN MULLINS
Reporter

Projekt Bayern board member and media manager Amy Gustin discussed Bayern's plans for this year's Oktoberfest. Gustin said that anytime the city administration asked Bayern to make any changes, they adapted to the requests, but were still left without options for hosting the event in Leavenworth by the city. Adapting the festival to be held at downtown Front Street would not be a good idea, Gustin said, because due to the large crowd size there would not be enough room for emergency vehicles to get in. Gustin said that the way Oktoberfest has been run in the past was able to handle the crowds and that they adapted to solve whatever issues came up each year. Gustin said she understands that some people would get too drunk in Leavenworth in the month of October but is not sure if the blame lies on Bayern.

Icicle Village Resort celebrates 30th anniversary
By ERIN MULLINS
Reporter

Icicle Village Resort recently celebrated their thirtieth anniversary with a free, open to the public event. The celebration featured complimentary ice cream and brats, entertainment from local music performers, and a free raffle for free stays and other prizes. Paul Jinneman, one of the founders of Icicle Village Resort, said the business is doing great. "I feel it's doing great. The hotel does well, and we have a great group of condominium owners also. We have a fantastic team of people. One long time employee, Miguel Gonzalez has been with us since day one, and he still works there," Jinneman said.

Fish Hatchery Stage to be torn down
By ERIN MULLINS
Reporter

The Fish Hatchery Stage, which has been home to Leavenworth

Summer Theatre since the 1990's, is slated to be torn down in two years. When the hatchery stage was built in 1993, it was funded almost entirely by Leavenworth Summer Theatre. Today, the stage needs extensive repair or replacement. However, due to new laws that have been passed since the nineties, it will not be possible for the stage to be rebuilt, said Julia Pinnix, Leavenworth Fisheries Complex visitor services manager.

Long-time Manager becomes CEO & Co-owner at München Haus
SUBMITTED BY KIM EWING
Marketing Manager

What started as a Kettle Corn stand over 20 years ago, is now the well-known Bavarian Grill and Beer Garden, München Haus. Founders Pamela and Oliver Brulotte recently extended leadership of their business operations team to include a Board of Directors, in addition to gifting part ownership to Mia Fehl, a long-time manager responsible for the growth and success at München Haus.

Plain Cross-Country Skiing practicing hard over the summer
By ERIN MULLINS
Reporter

Plain Cross-Country Skiing has been practicing over the summer and head coach Pierre Niess knows that the best way for athletes to find success is for them to become stronger, build their team spirit and work consistently rather than build up individual egos.

City addresses residents' parking concerns
By ERIN MULLINS
Reporter

Christie Voos, communications analyst for the City of Leavenworth, addressed concerns that residents have about parking and the future of the Front Street closure. On Facebook, many Leavenworth residents have expressed displeasure at both the parking issues downtown. When it comes to parking funds, many are wondering how the funds are being used.

September 2022
SUBMITTED

White River and Irving Peak Fire Update as of September 4, 2022
Plain, WA – Lightning started the White River and Irving Peak Fires on August 11. The fires are burning in the Okanagan-Wenatchee National Forest, northwest of Plain, WA.

Bears and more bears, yes, or no? Part 1: To what extent is bear presence changing?
By WESLEY ZHAO
Correspondent

Rich Beausoleil has been tagging, tracking, and researching bears since 1997. Beausoleil is a North American bear expert, lives close by in Wenatchee, and works for our Washington Department of Fish and Wildlife. For the last ten years Beausoleil and the WDFW have used GPS tagging and DNA sampling to acquire a more accurate understanding of bear population, population density, and activity patterns. Washington has a population of about 20,000 bears, and the Eastern Cascade Study Area, which includes Leavenworth, has a population density of approximately 16 bears for every 100 square kilometers (about 38 square miles). According to Rich, there have been no significant changes to either figure recently. But one source estimates the number of bears the WDFW lethally removes every year is growing. It is now close to 50 per year.

Get ready for more cold weather with energy-saving tips

SUBMITTED BY RACHEL HANSEN
Senior Communications Strategist

- When all you want for is warmth, Chelan PUD has a few tips on how to Keep your home cozy without cranking up the thermostat.
- **Door socks:** Place blankets or towels by the door to prevent the cold air from drafting in and the heat from escaping.
 - **Close the shades:** Close your drapes to retain heat. If it's sunny during the day, open the drapes to capture warmth from the sun.
 - **Better air flow:** Replace your air filter. Clogged filters make your heating system less efficient. Keep doors open in your house (unless you have baseboards or other zonal heat).
 - **Take AC units out:** If you still have an AC unit in your window, remove it and close the window.
 - **Dress warmer or put an extra blanket on the bed.** It's less expensive than turning up the heat.
 - **Close the damper:** Fireplaces are designed to move heat quickly up the chimney. When you're not using it, keep it closed so it doesn't suck the heat out of your home.
 - **Lower your water heater temperature:** Keep the water heater temperature at 125 degrees to conserve energy.
 - **Close foundation vents for winter.** If your vents don't close, taping a piece of plastic on the outside will help considerably. Residential Energy Efficiency Adviser Josh Mitchell cautions against switching heat pump systems to e-heat or auxiliary heat, which uses a lot more energy. "If you have a heat pump, keep the thermostat to heat or auto mode," said residential energy advisor Josh Mitchell. "The thermostat is smart enough to tell your back-up heat to turn on when the heat pump can't keep up. Only turn the heat pump off during emergencies like when you defrost cycle stops working." If you're concerned about water pipes freezing:
 - Consider letting a cold-water faucet drip continuously when the weather is at its coldest.
 - Know the location of the water shut-off valve in your home. Check to make sure it works.
 - Open cupboard doors under sinks, especially where plumbing is in outside walls, to let interior heat warm the pipes.
 - The electrical grid is working hard to keep everyone warm as temperatures dip into single digits. As the demand for electricity increases, so does stress on the equipment that delivers electricity. If the power goes out, check for updates on the new outage map: outages.chelanpud.org. If you don't see an outage on the map, call us 24/7 at 877-783-8123 to report it. These tips can help keep you safe, and help PUD crews safely restore power as quickly as possible:
 - Turn off all but one light – on the porch or inside where it can be seen from the street – so you and the PUD crews know when power is restored.
 - Never use fuel-burning devices, like gasoline-powered generators, gasoline-powered pressure washers, camp stoves and lanterns, or charcoal grills inside, or in any confined space, or within 10 feet of windows, doors, or other air intakes. Using these items in your home can produce carbon monoxide, which can be deadly. If you plan to use a portable generator, make sure you

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2022 YEAR IN REVIEW

Opinion/ Community: The Whistle

By RHONA BARON

"The Whistle," is blowing onto the pages of the Leavenworth Echo on the winds of change. Driven by COVID, new peaks in tourism, shifting demographics, skyrocketing real estate values and the City's choices as it looks to the future, our community is being reshaped before our eyes. Change can be good. But change always comes at a price. This column is about that price. It's a price we are beginning to feel in real time as new codes and strategies are implemented by Leavenworth's paid administrators, elected officials and appointed planning commissioners. Having listed these folks, most of whom I voted for and/or have been friends with for decades, does not make me happy. However, I've also been blown to these pages to provide a place for the voices of the community to be heard and respected.

Bears and more bears, yes, or no? Part 2: What should residents expect and do?

By WESLEY ZHAO

Correspondent

There is some evidence that local natural food scarcity may have been more of an issue this year than others. Two local biologists up the Chumstick, Don Youkey and Lisa Foster, noticed snow melted later, continued to fall later, and unforgiving frost continued to form later into the spring. Brit Thurlow, an herbalist who has lived near Eagle Creek Road for six seasons, collected corroborating data: "I track every year. I have a journal for planting and foraging for both my garden and wild foraging. And everything was about two weeks later this year." She witnessed fruit branches knocked over by snowstorms and blossoming reduced by late frost.

On and Off the PCT

By WESLEY ZHAO

Correspondent

"Disaster" earned his trail name from an unfortunate miscalculation made while in the Sierra Nevada. A thousand miles into the Pacific Crest Trail, his equipment was showing wear: "I had these shoes I thought I could push through to the next section." He planned to resupply to the next town. "But halfway through, they fell apart, so I had to walk the last fifty miles in sandals and flip flops, tied together with shoestring. It was kind of a disaster." Disaster is one of the seven hundred or so through-hikers every year who attempt to complete the PCT. And like most, Disaster began at the southern end, at the US-Mexico border, an hour's

drive from San Diego. He then moved north through California, Oregon, and into Washington, with hopes of reaching the northern terminus at the Canadian Border. In total, the trail is 2,653 miles long. NOBOs (northbound hikers) encounter the Sierra Nevada near mile 650 and complete the range at mile 1,700. Stevens Pass is another seven hundred miles from there, marking mile 2,464. After four or five months of continuous hiking, with less than two hundred miles left, NOBOs often pause here and hitch thirty miles into Leavenworth for one last set of "zeros" (rest days with zero miles hiked). But this year a greater number of NOBOs have been flowing through town and staying longer than usual.

Opinion: The Whistle

By RHONA BARON

This week, The Whistle is tearing a page from The Sound of Music to "start at the very beginning" as we shine a spotlight on city codes. The hills (and our neighborhoods) are alive with the impacts of Leavenworth's codes, which are basically a collection of a city's laws, rules and regulations. While unlikely to inspire song, code is key to regulating subdivisions, zoning, environmental factors, building codes, permitting and more.

October 2022

Does Icicle Creek have enough water to meet Leavenworth's future needs

By CAROLINE MENNA

CHS staffer AND ISABEL MENNA

CHS staffer

In this Anthropocene Era of climate change, perhaps the biggest challenge for the Western United States is its dwindling water supply, only exacerbated by the region's widespread drought. Very few days pass without news of the crises that is the Colorado River drainage, water restrictions in California, or falling reservoirs and reduced mountain snowpacks throughout the West. Surely, though, Leavenworth and environs, tucked into the eastern flanks of the lush Cascades, are immune from this predicament. If only that was true.

Kentucky Fried Chicken not in Kentucky, "Leavenworth Oktoberfest" not in Leavenworth

By WESLEY ZHAO

Correspondent

On the morning of Tuesday September 27, Judge Thomas Rice held court two minutes early, at 9:58 a.m., in Room 802 of the US District Court in Spokane.

Christie Voos, Leavenworth Communications Analyst, sat, wearing nearly all black, as attorney Robert Carlson presented opening remarks in a low and slow pitch and cadence. He claimed the defense made "egregious statements" about the City online, citing an "egregious post" from July 25, which claimed "there is no Oktoberfest in Leavenworth." Projekt Bayern president Cary Sanger watched at ease, dressed in a traditional, short-sleeved dirndl with blue accents. Then defense attorney James Breitenbucher offered his reply while wearing a suit matched by a sky-blue dress shirt, speaking a little more quickly, in a slightly higher tone — a noticeable contrast to Carlson. Among the defense's more memorable arguments was the claim that their trademark "Leavenworth Oktoberfest" is "no more a geographic misnomer than a Kentucky Fried Chicken outside of Kentucky." Breitenbucher also noted that the business "Leavenworth Tattoo Haus" also first opened in Leavenworth, then, like "Leavenworth Oktoberfest", moved to Wenatchee.

Impressive recycling and composting at Cascade Schools

By MARLENE FARRELL

Correspondent

Cascade School District has much to celebrate this school year in terms of waste reduction efforts. While something like single stream recycling seems basic, to make it manifest institution-wide requires tweaking a lot of parts, such as supplies and equipment, staffing, contracting services, and educational training. A recycling program had been initiated more than once, only to falter due to logistical challenges and COVID.

Greater Leavenworth Museum celebrates its 20th Anniversary

By MATT AND CAROL CADE

Twenty years ago, residents of Leavenworth had the vision to create a museum to preserve and collect the unique history of the Upper Wenatchee Valley. Over the years, these 'museum pioneers' built the foundation that allowed for the Museum's rebirth as the Greater Leavenworth Museum in the heart of downtown Leavenworth in 2020.

Link unveils "The Icicle" bus design

Submitted by LINK

The striking mountain profile of a sleeping woman that sets the stage for outdoor adventurers to the Icicle River area south of the community of Leavenworth is featured in the

latest Link Transit bus design to appear on the side of one of the agency's 40-foot vehicles.

UV MEND and Marson family working together for affordable housing

Submitted Kaylin Bettinger

UV MEND Executive Director

Upper Valley MEND is working toward purchasing 31 apartment units in Leavenworth to preserve as affordable rentals for the local workforce. This acquisition is part of a larger push to grow MEND's affordable housing portfolio with a goal of housing more Upper Valley workers locally. The 31 housing units have been owned by the Marson family since they were built in the 1970s-90s. The family has kept the rents affordable over time.

Alchemy Tap Project, first of Icicle Creek's Visiting Artists Series, performs at local schools

By MARLENE FARRELL

Correspondent

Thanks to Icicle Creek Center for the Arts (ICCA), a nonprofit dedicated to performing arts and arts education, schools throughout North Central Washington will get a boost of inspirational arts brought directly to the classroom.

Opinion: Troubling Indicators of Cascade Medical's Future

Submitted by CM Citizens

Steering Committee

In the late 1980s, mismanagement east Cascade Medical Center (CMC) into financial ruin. Doctors and staff left in droves. Morale and trust were decimated. A CEO was finally hired to close CMC due to insolvency and imminent bankruptcy. Instead, healthcare leaders came together to face the ugly mess and ended up saving the CMC and bringing it forward. Many of those healthcare workers and leaders who worked to redeem CMC from the brink still live in our community. In the last few years, they have become alarmingly concerned by seeing the same patterns and problems that nearly shut the doors of CMC 30 years ago.

The Alphorn: From the Swiss Alps to the Cascades

By BARBARA WASHBURN

Correspondent

The famous Alphorn: people play it in the rain, in the snow. It is seen in meadows, by the lake sides; melodies heard echoing out of the forests. Also played in the midst of a classical concert performance. A simple piece of wood, raw yet delicate. It has served as the national symbol of Switzerland since the 19th century.

Cascade Medical - Successes, Challenges, and the road ahead

Submitted by Cascade Medical Board and Leadership

Last week, the Echo ran an opinion piece penned by an outside group unaffiliated with our organization. The authors expressed concern with Cascade Medical on a number of fronts: questioning our financial stability, our work environment, and the quality of care we provide for our community. Let us be clear. In any organization, there are always and will always be opportunities for improvement. We recognize this and embrace all the challenges and opportunities consistent improvement efforts afford us. That stated, the opinion piece wrapped understandable questions in faulty assumptions, sweeping generalizations, and attempted to take challenges all health care providers are wrestling with statewide and paint them as concerns unique to Cascade Medical.

County Commissioner Race likely close, voters should stay informed

By WESLEY ZHAO

Correspondent

From 2008 through 2016, Chelan County commissioner candidates raised between ten to fifty thousand dollars per race, margins of victories ranged from one to several thousand votes, and winners were all registered republicans. Then,

in 2018, commissioner race spending soared, and margins tightened.

November 2022

Cascade School Board Wins Board of the Year

By MARLENE FARRELL

Correspondent

The Cascade School District (CSD) school board meeting began with an exciting announcement by Tricia Lubach, representing the Washington State School Directors Association (WSSDA). Lubach notified the school board that they were awarded a Board of Distinction recognition, and, even more impressively, they won the 2022-2023 Board of the Year award for all small school districts in the state.

After bear incident weighing relocation against removal

By WESLEY ZHAO

Correspondent

Last Saturday morning, October 22, residents woke up to an alert from the Chelan County Sheriff's Facebook page; a large yellow graphic rendering of a "caution" sign, with an outline of a bear etched in black in the middle, followed by the inscription "bear in area." Multiple residents shared the warning on Leavenworth's Facebook page, including Communications Analyst Christie Voos, while others surely received screenshots from friends and neighbors who had woken first. Earlier the same morning, at around seven, a local woman let her dog out near her home, adjacent to Enchantment Park Way and Blackbird Island. She was charged by an adult female black bear and sustained severe but non-life-threatening injuries, according to Washington Department Fish and Wildlife (WDFW). An hour later, at around eight, the Sheriff's department posted the warning to residents to avoid the Enchantment Park Way area; and at around noon, WDFW announced that an adult sow black bear had been lethally removed and two nine-month-old cubs were captured and brought to a rehabilitation facility.

ALPS is Brimming with Art

By MARLENE FARRELL

Correspondent

Walking through the halls of Alpine Lakes Elementary (ALPS), one is greeted by art everywhere, whimsical, and bright. The paintings, drawings and paper art are the students' creations under the guidance of Amber Zimmerman, an artist and teacher who works with every class on a weekly basis.

Kilroy at the Leavenworth Nutcracker Museum

By BARBARA WASHBURN

Correspondent

John Bruce of Draper, Utah, enjoys visiting our little town and making stops at the Leavenworth Nutcracker Museum. He owns an inventive woodworking business and has created several nutcrackers for our local museum: even the ones so tiny sitting on the end of a matchstick. Draper and Arlene Wagner, the clever and witty owner of the museum, had discussed the production of several nutcrackers for her large display of over 7000. One of his inventions is the petite Kilroy nutcracker, peeping out at visitors through a glass display.

'Leavenworth's Father Christmas' is Honored with a Quilt of Valor

By MATT AND CAROL CADE

David E. Severance, Jr, known to many as Leavenworth's Father Christmas from 1996 to 2018, was presented with a Quilt of Valor on November 2, 2022. A Quilt of Valor is an expression of gratitude meant to thank and comfort service members and military veterans.

Chelan County election results

STAFF REPORT

Shon Smith who is running for Chelan County Commissioner #2 has maintained a small lead over Anne Hessburg after the second round of ballot counts

were released Thursday, Nov. 10th.

Leavenworth City Council approves funding for PRSA Pool Feasibility Study

By CHRISTIE VOOS

Communications Analyst

On November 8, 2022, at a regularly scheduled City Council meeting, Councilmembers unanimously voted to approve a funding request from the Upper Valley Park and Recreation Service Area (PRSA) in the amount of \$69,820 for a Pool Feasibility Study.

Cascade School District's Home Link classes take deep dive into local river issue

By MARLENE FARRELL

Correspondent

On a chilly morning, Home Link elementary and middle school students and their teacher Shanda Holm were bundled and excited for a tour of the Tumwater Dam, led by Chelan PUD senior fish biologist Catharin Willard and civil engineer Justin Fletcher. This field trip was one of several this fall for the experiential education class, which has been studying river ecology, and key for the social studies class as it learns about the many stakeholder perspectives around river usage and conservation.

December 2022

Healthcare On Wheels: Cascade Medical Mobile Clinic Starts Service December 8

Submitted by Clint Strand

Healthcare is important. On this, there is not any debate. For many, though, recognizing that fact is one thing, but actually accessing that care is far more difficult. Sometimes, there are transportation issues. For others, it's a timing issue — because of where they live or work, one simply can't make it to a physical health care location and back in the time needed to get back to work or pick up the kids from school.

Upper Valley Empty Bowls is Back

By DIANE PRIEBE

Leavenworth's beloved Upper Valley Empty Bowls (UV Empty Bowls) celebration will be back in all of its glory in 2023. The UV Empty Bowls Festival is the most important yearly fundraiser for Leavenworth's Community Cupboard food bank. All proceeds from the Upper Valley Empty Bowls Festival are donated, which total over \$15,000 each year.

Scouts build and donate outdoor pantry house

Submitted by Upper Valley MEND

It took a year to plan and design and two weeks to build. The result was an impressive outside pantry for the Community Cupboard. Boy Scouts Connor Karol and Duke Carrier recently delivered a stout pantry to house food for anyone in need to access 24/7. "This was my Eagle Scout project," Connor explained.

Rainbow Fentanyl: The colors that kill

By MIKE MALTAIS

Reporter

Leave it to the profiteers and predators among us to introduce a deadly new realm of rainbow exposure that warrants a watchful mindset over those we cherish. It's called Rainbow Fentanyl and every family needs to be aware for it.

Exciting Prospects for Collaboration between the Greater Leavenworth Museum and the Chumstick Grange #819

By MARLENE FARRELL

Correspondent

The Upper Valley Historical Society (UVHS) has had a busy year. In April they had their official ribbon cutting at the new location of the Greater Leavenworth Museum on Front Street, with a crowd of supporters coming to enjoy the well curated exhibits of the region's colorful history.



PHOTO BY MARLENE FARRELL

November 2

These beautiful eagle wings were consolidated by Amber Zimmerman, with each student in the school contributing a feather.



PHOTO BY WESLEY ZHAO

September 28 Back row (L to R): Periscope (Ohio), K.O. (France), Sketchy (France), Zippo (Denmark). Front row (L to R): Yoga Daddy (South Carolina), Marmie (Bavaria), Baggins (Montana)

Submitted Photo

December 7

Boy Scouts Connor Karol (pictured left) and Duke Carrier (right) recently delivered a stout pantry to house food for anyone in need to access 24/7.



BY ANN A

September 21 Mom and cub cooling off in the Wenatchee River near Peshastin.



PHOTO: [HTTPS://WORLDHISTORICALARCHIVE.COM](https://worldhistoricalarchive.com), [HTTPS://WWW.ATLASOBSCURA.COM](https://www.atlasobscura.com)

November 2

Kilroy at the Leavenworth Nutcracker Museum

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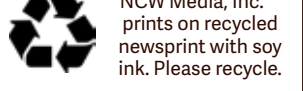
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Letters policy

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

Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

Contact the listed organizations or events for updates.

COMMUNITY CALENDAR

Wednesday

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.

Alpine Water District: meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.

Thursday

Leavenworth Chamber of Commerce, 8 a.m. Call Chamber, 509-548-5807. Everyone is invited to attend as a guest. Email Troy@leavenworth.org for meeting information. (1st & 3rd Thurs.)

Leavenworth Lions Club, For more info. email President Anita Wilkie at leavenworthlionsclubwa@gmail.com

Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)

The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991. (2nd Thurs.)

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

Friday

Veteran Service Office: For information contact Tony Sandoval, 509-664-6801 or email: Tony.Sandoval@co.chelan.wa.us

Leavenworth Rotary Club, In person at Kristalls at Noon, email wordenmike@yahoo.com or call 509-238-3925 for more information.

Saturday/Sunday

No Saturday or Sunday events scheduled

Monday

Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30-8:00 p.m. Call Terri 509-393-8271 for more information.

Cascade School board meetings, 7 p.m., Agenda can be found at https://www.cascadesd.org/Page/166. (2nd & 4th Mon.)

Chelan Douglas Republican Women, Meetings now at Highlander Golf Club, 2920 Eighth St. S. E. East Wenatchee. Please, RSVP if you want to have lunch. Check-in begins at 11 a.m., and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon., monthly).

Tuesday

Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)

Icicle & Peshastin Irrigation Districts Meeting Current meeting time 8 a.m. at 5594 Wescott Drive. Call Tony Jantzer, cell, 509-433-4064, or 509-782-2561 or tony.iid.pid@nwi.net, (2nd Tues.)

Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 509-548-5815. (4th Tues.)

Cascade Education Foundation. Contact: CEF@cascade.org

LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st Tues.)

Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)

Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.)

The Chelan County Cemetery District #2 (Peshastin) meets monthly at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)

NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.

Leavenworth Public Library. Located at 700 Hwy. 2, Call 509-548-7923 or online Leavenworth@ncwlibraries.org

Open on Tues., 10-5, Wed., 11-7, Thurs., 10-7, Fri., 10-5 Sat., 10-2. Closed Sun. and Mon.

Peshastin Public Library. Located at 8396 Main St., Peshastin. Call: 509-548-7821 or Peshastin@ncwlibraries.org

Open Tues., 10-1:30; and 2:30-7, Wed., 10-2, and 2:30-7, Thurs., and Fri., 1-5:30 and Sat., 10:00-2:00. Closed Sun. and Mon.

Other events

The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is open daily through Tuesday, January 2nd, from 11 a.m. to 4 p.m. Check their Facebook page or website at http://www.leavenworthmuseum.org www.leavenworthmuseum.org for updates and information.

Leavenworth Fish Hatchery, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.

Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho.com or call 509-548-5286. Otherwise we are not responsible for any misinformation.

MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

AA Meetings:
Call for the Zoom link to Leavenworth AA meetings: 541-480-8946
Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939
509-548-1627, 548-4522, 664-6469, 206-719-3379
Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.
Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.
Alanon Meetings, call 509-548-7939
Monday, 7 p.m., United Methodist Church, 418 Evans St.
Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509- 596-1510.

Leavenworth Adult Social walking in the Festhalle

Walking times and days are Monday-Thursday from 7:15 a.m.-9 a.m., starting on Wednesday, January 4 and Thursday, January 5. There is no charge, all you need to bring is your smile and a dry pair of shoes. Please enter the Festhalle from Front Street at the middle entrance. The parking meters are not live until 9 a.m. Unfortunately, we cannot accommodate children at this time. Call Sharon Waters for further information. 509-548-7939.

The Leavenworth Women's Exchange monthly luncheon

Will be held on Wednesday, January 11, at noon, at the Icicle Inn Restaurant, 505 Highway 2.

Student Art Show in the Library

From January 3-27, art students from Cascade High School will be having an art show. The student artists will be displaying drawings and paintings in many different media- charcoal, pastel, paintings, watercolor and mixed media. Student artists include Isabel Bentsen, Rhetta Cummings, Brendan Fallon, Lauren Haiduc, Ellie Holm, Miles Hunt, Ande Lain, Zoey

Sheriff/Fire/EMS

The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

Dec. 23	Hwy. 2 17:06 Court Order Violation, 10797 US Hwy. 2, Peshastin 20:18 Hazard, Brown Rd. and Fir Dr., Lake Wenatchee 21:20 Traffic Offense, 320 Ski Hill Dr. 22:17 Missing Person, 280 US Hwy. 2, Kristall's	16:46 Traffic Offense, Chumstick Hwy. and Sunitsch Canyon Rd. 17:01 Agency Assist, US Hwy. 2, and Green Rd., Peshastin 19:16 Traffic Offense, US Hwy. 2, and Stine Hill Rd., Peshastin 19:53 Traffic Offense, US Hwy. 2, and Mill St. 20:06 Welfare Check, 100 Ski Blick Strasse 23:51 Suspicious Circumstance, 9501 Jeske Rd., Big Y Park n' ride, Peshastin
Dec. 24	01:10 Welfare Check, 7502 Icicle Rd. 07:53 911-call, 18895 Alpine Acres Rd., Plain 12:22 911-call, Commercial and Division Streets 18:43 Welfare Check, 9th, and Front Streets 21:27 Theft, Patrick Ln., and Mission Creek Rd.	Dec. 26 06:55 Parking/ Abandoned Vehicle, Camp 12 Rd and Riata St., Plain 12:05 Public Assist, 300 block Evans St. 14:14 Non-injury Accident, 9th, and Commercial Streets 15:22 Property, Leavenworth area 16:35 Public Assist, 18623 Beaver Valley Rd., Plain 18:35 Property, US Hwy. 2, and Front St. 19:41 Non-injury Accident, Ash St., and Price Ave.
Dec. 25	01:50 Alarm, 10773 US Hwy. 2, Peshastin 12:09 Hazard, 200 block Chiawa River Rd., Lake Wenatchee 13:13 Non-injury Accident, 16151 Chumstick Hwy. 14:09 Public Assist, 13933 US Hwy. 2 16:21 Non-injury Accident, 10700 block Lone Pine Dr., Peshastin 16:27 Non-injury Accident, 116 River Bend Dr., Safeway	Dec. 27 04:05 Alarm, 17095 Mule Tail Flats Rd., Plain 08:02 Hazard, 100 block Mill St. 11:18 Unknown-injury Accident, 11724 US Hwy. 2 11:44 Agency Assist, 7150 Icicle Rd. 13:06 Attempt to Locate/ Contact, 3991 Camas Creek Rd., Peshastin 13:23 Malicious Mischief, Beaver Valley Rd. MP 17
Dec. 26	Dec. 28	10:12 Agency Assist, 22515 Chiwawa River Rd., Lake Wenatchee 12:59 Disturbance, 100 Ward Strasse 14:06 Non-injury Accident, Leavenworth Ski Hill 14:33 Non-injury Accident, 10100 block Chumstick Hwy. 16:02 Civil Dispute, 83 Meadowlark Ln., Plain 16:29 Agency Assist, 6008 Campbell Rd., Peshastin 16:51 Agency Assist, 32495 US Hwy. 2, Yodelin 17:07 911-call, 590 US Hwy. 2, Enzian Motor Inn 17:19 Hazard, 0 block Commercial St. 19:40 Juvenile Problem, 100 Ward Strasse 20:11 Property, US Hwy. 2 and Chumstick Hwy. 20:12 Property, Wenatchee to Leavenworth

Winter Weather Preparedness

SUBMITTED BY WASHINGTON STATE FIRE MARSHAL'S OFFICE

Olympia - Winter storms and extreme cold can cause dangerous and life-threatening conditions. Dangers include blinding wind-driven snow, extreme cold, icy road conditions, downed trees, and power lines.

The Washington State Fire Marshal's Office reminds everyone that taking preparedness actions now, can make a big difference in protecting you and your family. Follow these simple tips to keep you safe for winter weather:

- Stay informed of winter weather.
- Prepare your home by insulating walls, attics, and pipes to avoid freezing during cold weather.
- Learn how to shut off water valves in case a water pipe bursts.
- Gather supplies in case you need to stay home for several days without power.
- If you have an emergency generator, follow the manufacturer's instructions.
- Avoid using carbon monoxide producing appliances indoors to include lighting, heating, and cooking equipment. Proper ventilation and following the manufacturer's instructions are key.
- Create an emergency supply kit for your car and if possible, keep a full tank of gas.
- If you have a fireplace or wood stove, store a good supply of dry, seasoned wood for back-up heating fuel.
- When preparing, keep in mind each person's specific needs to include medication, and remember your pets' needs too.
- Create a home emergency supply kit to include rock salt, sand, and shovels, and include extra clothes. For more information, contact the State Fire Marshal's Office at 360-596-3929.

- **Downtown Steering Committee, 10:00 a.m. (4th Tues.)**
- **Parking Advisory Committee, meets 3 p.m., at City Hall in the conference room and on zoom. (1st Thurs.)**
- **Housing Committee, 3:30 p.m. (4th Tues.)**
- **Public Safety Committee, 4:30 p.m. (4th Tues.)**
- **Finance Committee, 5:15 p.m. (4th Tues.)**
- **City Council Evening Meeting, 6:30 p.m. (2nd & 4th Tues.) At City Hall in Council Chambers (1st Floor) and via zoom.**



Energy-saving

CONTINUED FROM PAGE A1

plug appliances directly into the generator. Or, make sure your home is disconnected from the PUD's electric system with a transfer switch installed by a licensed electrician.

Prevent cold-load pickup: When power is restored after an outage, sometimes the pent-up electrical demand can overload the system and result in another outage. For the first two hours after power is restored, keep use of non-heating appliances to a minimum. DO NOT go near, touch or try to move any lines on the ground or trees tangled in them - stay far away and call the PUD at 877-783-8123 or 9-1-1 for help.

Find more tips on "weathering" a cold snap at chelanpud.org/ColdWeatherTips.

Community



Mt. Stuart PT welcomes or new Massage Therapist,
RACHEL NICHOLS

SERVICES:

- RELAXATION ● HOT STONES
- THERAPEUTIC & DEEP TISSUE MASSAGE

50% OFF Call before January 15th to lock our special price.

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101 Chumstick Hwy. Ste 1
Leavenworth, WA 98826

Get the word out

THE LEAVENWORTH ECHO
215 14th Street • PO Box 39 • Leavenworth
(509) 548-5286 • Reporter@leavenworthecho.com

OBITUARY

Leo Hiatt Bodvin

May 9, 1940-December 24, 2022



Leo Hiatt Bodvin, 82, of Selah, Washington, passed away on December 24, 2022.

Leo was an only child, born to Hazel Hiatt and Leo John Bodvin, in Seattle, Washington. When he was two years old, his family moved to Leavenworth, Washington. Upon graduation from high school in 1958, Leo enlisted in the U.S. Air Force, serving in Okinawa, South Korea, Taiwan and Fort Meade, Maryland.

Leo served his country all his life, even after serving in the U.S. Air Force. Honorably discharged in 1966, he joined the federal government as

a civilian and applied his extraordinary knowledge throughout his career as a research analyst with the NSA. He retired in 2002 with 44 years of service.

Leo married his first wife, Wendy Roxanne Moeser, on April 27, 1968. They had two sons, Christopher and Eric, before, sadly, Wendy passed away from complications after surgery in 1974.

Leo was an avid reader, puzzle-solver and, after learning UNIX and LINUX programming languages, could make computers dance to his tune. Upon retirement, he became interested in early Leavenworth history, scouring old newspapers and digitally preserving old photos from 1900 to the 1930's, which was the town's railroad heyday. He also enjoyed listening to music and collecting digitized versions of his favorites.

He is survived by his second wife of 40 years, Francine Elizabeth Elam (who met and fell in love with him at the Agency), and his two sons, Christopher,



and Eric, his daughters-in-law, Rachelle, and Kristen, his five grandchildren, Sarah Bodvin Blosser, Tommy, Zane, Bailey, and Elizabeth Bodvin, and Marilyn Millikan, as well as other cousins.

If you wish, memorial contributions can be made payable to the Upper Valley Museum in Leavenworth, Washington, or to the charity of your choice and sent in care of Shaw & Sons Funeral Home (201 N. 2nd Street, Yakima, WA 98901), who is caring for the family. Memories and condolences may be shared at www.shawandsons.com.

OBITUARY

Donald Joseph May

September 27, 1940 - December 23, 2022

Donald Joseph May, 82, passed away peacefully on December 23, 2022.

Don was born on September 27, 1940. He is survived by his nephews Gary Ping, Ken Johnson, Robert Ping and his niece Deanna Ping. Don is preceded in death by his parents Adrian and Evelyn May and sister Jeanette Ping.

Don was known as

"Don the Flower Guy" in Leavenworth, Washington in the 80's and 90's where he resided until he retired and began to travel. Don traveled everywhere from Washington state to Key West, Florida.

Don enjoyed being outdoors, hiking and exploring new trails, local rivers, lakes and parks with his best friend and companion, his dog Aries. Don excelled at horticulture

and educating himself and others on most native wildflowers. Don enjoyed reading any book he could get his hands on, especially history.

Anyone who knew Don was touched by his kindness, humor, and mild temperament. He was truly a peacemaker and was always a source of positivity.

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. 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 as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-548-5286 for more information Or email classifieds@leavenworthecho.com

UPPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 509-548-5286

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 509-782-2869
Sunday School, all ages, 9 a.m. Worship 10 a.m.
Bible Study, Wed., 6:30 p.m.
Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

CASHMERE PRESBYTERIAN CHURCH
303 Maple Street • 509-782-2431
Sunday Morning Worship 10:30 a.m.
Call for activities: Pastor Charles Clarke
www.cashmerepres.org

CASHMERE COMMUNITY CHURCH
213 S. Division • 509-782-3811
In-person Service, Sunday, 11 a.m.
until further notice.
Pastor Lilia Felicitas-Malana
cashmerecommunitychurch@gmail.com



CHRIST CENTER
Sunday Worship Service at 10 am
5800 Kimber Rd., Cashmere
509-782-2825
christcentercashmere.com



GRACE LUTHERAN CHURCH
• 509-860-0736 401 Elberta Ave.,
Morning Prayer or Holy Eucharist.
Services, 10 a.m.
Pastor Rob Gohl



ST. JAMES EPISCOPAL CHURCH
• 509-860-0736 222 Cottage Ave.,
Morning Prayer or Holy Eucharist.
Services, 9:00 a.m.
Pastor Rob Gohl

DRYDEN

DRYDEN COMMUNITY CHURCH
Hwy 2 at Dryden Ave. • 509-782-2935
Sunday School 9:30 a.m.
• Worship 10:45 a.m.
Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH
8345 Stine Hill Rd. • 509-782-2616
Worship Service, 10 a.m.,
Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
Office: 509-548-4331
11025 Chumstick Hwy.
Please join us Sunday mornings
9 a.m., Sunday School
10:30 a.m., Worship Service

CORNERSTONE CHURCH
Leavenworth Grange Hall
621 Front St. • 509-433-7477
Sunday Worship 10 a.m.



LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH
418 Evans Street • 509-548-5619
10 a.m. Sunday Service, Pastor Jo Dene Romeijn-Stout
leavenworthumc.org
leavenworthumc@outlook.com

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
10170 Titus Rd. (across from middle school)
Church: 509-548-7667
Meetings: Sunday - 10 a.m.

FAITH LUTHERAN CHURCH - ELCA
"Reconciling Works Congregation"
224 Benton Street • 509-548-7010
Worship 9:30 a.m. w/coffee following
<https://www.flcleavenworth.com>

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC
429 Evans Street, 509- 470-7745
Sunday Worship: 11 a.m.
Website: www.leavenworthbaptist.com
Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 509-548-5292
Sunday Worship 9 a.m.
Lead Pastor: Greg Appleby
Youth Pastor Paige Derosssett
Worship Pastor-Jacob Mitchell
www.LCN.org

SEVENTH DAY ADVENTIST CHURCH
10600 Ski Hill Drive • 509-548-4345
Saturday Services • Bible Study 9:30 a.m.
Worship 11 a.m. • Fred Smith • 509-860-3997



SPIRIT LIFE CENTER
210 Benton Street • 509-548-7138
Sunday Worship 10 a.m., Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 509-782-2601
In-person service, Sunday, 9 a.m.
Pastor Lilia Felicitas-Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street
Sunday Worship 10 a.m. • Pastor John Romine
www.lightinthevalley.org



NEW LIFE FOURSQUARE CHURCH
7591 Hwy. 97 • 509-548-4222
Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: newlifeleavenworthwww.newlifeleavenworth.com



PLAIN COMMUNITY CHURCH
Serving Our Valley Since 1941
12565 Chapel Dr. 509-763-3621
Looking for you at 10:30 this Sunday!
plaincommunitychurch.org
facebook.com/plaincommunitychurch
office@plaincommunitychurch.org

More About Phytosterols to Lower Cholesterol

Last week, 61-year-old Richard asked me, "Are there any non-drug options I can try to lower my "bad" cholesterol? My doctor wants to start me on a statin medication, but I want to try non-drug options first. In addition to eating a healthier diet and exercising more, are there any supplements I could try?"

"You can get good results with citrus bergamot, but it interacts with medicines, just like grapefruit does."

Unfortunately, Richard was taking warfarin, a blood thinner, for a congenital blood condition that increased his risk of stroke. It was not safe for him to take citrus bergamot.

"My last blood test showed my LDL as 117, which needs to

be 100 or below. Since then, I have been making much better food choices," he told me. "No more pizza, burgers, or fries. Is there anything else I could do?"

"You could try phytosterols, which are similar in shape to cholesterol but work differently in your body. Phytosterols (PS) are plant-based cholesterol compounds that can decrease your "bad" (LDL) cholesterol by 6-14%. Unlike LDL cholesterol, PS have anti-inflammatory and anti-carcinogenic properties."

I explained, "Although phytosterols can help you drop your LDL and total cholesterol, they can be tricky, you need to take them in a specific way to get the best results.

That's because cholesterol and phytosterols can't get into your body by themselves. They need extra help: a particular molecule, called a carrier molecule, is necessary to move them from your intestines into your bloodstream.

It's like taking a shuttle bus from a parked airplane to an airport terminal nearby. When an aircraft containing passengers arrives on the tarmac, the terminal sends a shuttle bus to the plane. The passengers deplane, then board the shuttle, which transports them to the airport.

Cholesterol and phytosterol act like passengers needing a shuttle bus to get to an airport terminal. Eating a meal that contains fat will signal your

body to send carrier molecules into your intestine. Cholesterol attaches to specific places on the carrier molecules. Those carriers transfer the cholesterol from your intestine into your bloodstream.

Phytosterols lower LDL cholesterol by substituting themselves for cholesterol. They "kick" cholesterol off the carrier molecules/shuttle bus, taking their place. You'll have less cholesterol in your bloodstream because you absorb phytosterol instead of cholesterol.

To get the most from taking phytosterols, you MUST take them with a meal that has some fat in it. If your food doesn't contain enough fat, your body won't send any carrier molecules (the shuttle bus) to your intestine. Without carrier molecules, phytosterols cannot substitute themselves for cholesterol.

Sunflower seeds and pistachios are foods that have the most phytosterols. Other foods rich in PS include broccoli, Brussels sprouts, corn, and carrots. Beverages like pomegranate juice, carrot juice, and milk substitutes like almond, cashew, and oat milk also contain phytosterols.

Benechol® and Take Control® spreads are examples of PS-fortified foods.

For best results, phytosterols need to substitute themselves in place of cholesterol. To maximize the cholesterol-lowering effects of phytosterols, whether in foods, beverages, pills, or gummies, ALWAYS take them with a meal containing some fat. Avoid taking PS alone, with non-fat or low-fat meals or snacks."

5 Tips to Getting the Best Cholesterol Lowering Results from taking Phytosterols:

1. Aim for 2 servings of 1.7 grams of PS daily.

With a healthy diet giving him between 0.2-0.4 grams of PS daily, Richard needs to add two servings of 1.7 grams of PS for best results. That should decrease his LDL by 12-14%, getting him from an LDL of 117 to his goal of 100.

2. Take PS-fortified foods or supplements twice daily.

Richard needs the maximum effect of taking phytosterols, which are more effective in decreasing LDL and total cholesterol if taken more than once daily.

3. Always take PS supplements or



concentrated foods with an adequate meal.

Your meal needs enough fat to activate the necessary carrier molecules to transport cholesterol and phytosterols into your bloodstream.

4. Avoid eating or drinking PS between meals or with a very low-fat meal.

Drinking PS-rich pomegranate juice or almond milk is good for you, but it won't help lower LDL if you drink it by itself or at a very low-fat meal.

5. Avoid slow-dissolving or "extended-release" phytosterol supplements.

For best results, Richard should stick with phytosterol-rich foods and drinks or foods fortified with phytosterols, like Benechol® or Take Control®. Supplements that dissolve slowly may not be fully available to attach to carrier molecules until they are past where the carrier molecules work.

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



SUBMITTED PHOTO.

Wenatchee River Institute Programs

WRI Avalanche Class

SUBMITTED BY WENATCHEE RIVER INSTITUTE

Snowshoe Strolls Thursdays-Saturdays (and select Sundays) in January and February.

Begin the year with new discoveries. Join WRI for a Snowshoe Stroll through winter wonderland at either the WRI campus or the Leavenworth National Fish Hatchery. We will learn about native wildlife and ecology and the history of Leavenworth with many scenic, snowy views along the way.

NWAC Avalanche Awareness Class Tuesday, January 10 at 6:30-8:00 p.m.

Whether you ski, snowshoe, snowboard, or snowmobile, recognition of avalanche danger is an essential and potentially lifesaving skill. In this FREE class, NWAC instructors will explain how to access avalanche and mountain weather forecasts and recognize basic signs of avalanche danger.

Night Sky Snowshoe Stroll and Planetarium Thursday, January 26 at 5:00-7:30 p.m.

Witness the night sky during different seasons throughout the year, learn winter constellations and get to know our sun, moon

and stars like never before. You'll enter our planetarium for a realistic view of our night sky before heading out on snowshoes to see the real thing.

Red Barn Event: The Many Adventures of the Riding Writer Thursday, January 12th at 7:00-8:00 p.m. Join WRI and Link Transit for a Red Barn Event! Danielle Worley is a "Riding Writer" and author. She uses her time in transit to up her weekly word count on her books. Selina Danko will also be joining us to share the myriad of travel options offered by Link Transit.

Red Barn Event: Leavenworth Mill Dam Rehabilitation and Recreation Improvement Project Wednesday, Wednesday, January 18th at 7:00-8:00 pm.

The Chelan County Natural Resource Department has selected the Leavenworth Mill Dam for a development of conceptual design for rehabilitation and recreation

improvement. This event will give the opportunity to share the idea with the community and gather feedback to help guide the direction of project development.

Red Barn Event: Grizzly Grub - Bear Habitat in the North Cascades Wednesday, January 25 at 7:00-8:00 p.m. Join Dr. Bill Gaines, Wildlife Ecologist and Director of the Washington Conservation Science Institute, for a presentation about grizzly bear habitat and recovery. He will talk about their diverse habitat and how the North Cascades could have enough remote areas to support their potential reintroduction and recovery.

Passing the Baton Event Saturday, January 21st at 4:00-5:30 p.m. at WRI River Haus.

Join us for a "passing the baton" open house to welcome Canuche and bid farewell to Carolyn. This will be a great opportunity to meet Canuche, get to know him, and ask questions. It will also be a great time to bid a fond farewell to Carolyn and honor her time and stewardship over the last 4 years. There will be light snacks and drinks available. Stay tuned for more details.



Sports Schedule

GIRLS BASKETBALL	
Jan. 10:	Cascade vs. Omak, Home at 5:45 p.m.
BOYS BASKETBALL	
Jan. 6:	Cascade vs. Chelan, Away at 7:15 a.m.
Jan. 7:	Cascade vs. Granite Falls; Away at 2:00 p.m.
BOYS WRESTLING	
Jan. 5:	Cascade vs. Quincy, Away at Chelan at 6:00 p.m.
Jan. 5:	Cascade vs. Omak, Home at Chelan at 7:00 p.m.
Jan. 7:	Bavarian Invite, Home at 10:00 a.m.



BOYS BASKETBALL	
Dec. 27:	Cascade 48, Manson 62, Loss
Dec. 28	Cascade 66, Kittitas 51, win
GIRLS BASKETBALL	
Dec. 27:	Cascade 6, Manson 52 Loss

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The Contract
Unveiling the healing power of forgiveness
A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel García Márquez was quoted as saying, "All human beings have three lives, public, private and secret." In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least expect it.

Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his family, his congregation and the impacts of that secret life is inspirational. How McCarthy discloses the news of his college indiscretion requires him to take everyone involved on a journey of confession. That journey forces him to deal with issues of homosexuality, judgementalism, divorce and pride.

His pastoring skills and the depth of support from his wife help him bring forgiveness and restoration to many broken relationships.

The bonds of three families are ultimately restored through celebrations of life experiences including fishing, holiday gatherings, the discovery of unknown family connections and a wedding.

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple iBook. The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Carol@leavenworthecho.com. Sales tax applies and if you request mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo office, 215-14th Street, Leavenworth, WA 98826 or Lake Chelan Mirror office 131 S. Apple Blossom Dr. Suite #109, Chelan, WA. 98816

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EMAIL: circulation@lakechelanmirror.com

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CLASSIFIEDS

PUBLISHER'S NOTICE

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

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Administrative

Puzzle Solution

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Announcements

Lost & Found

LOST & FOUND ITEMS
can be placed in our Local Newspapers and Online at NCWMARKET.COM for **ONE week for FREE.** Limit 30 words.
A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere
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or email classifieds@leavenworthecho.com
or
Lake Chelan Mirror
509-682-2213
or
Quad City Herald
509-689-2507
or email mirrorads@lakechelanmirror.com

Deadline Noon
on Friday
for the next week's papers

Happy Ads

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

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers.

It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald
or email mirrorads@lakechelanmirror.com
For

The Leavenworth Echo or Cashmere Valley Record
Call 509-548-5286 or email classifieds@leavenworthecho.com

General Interest

Trouble hearing your TV?
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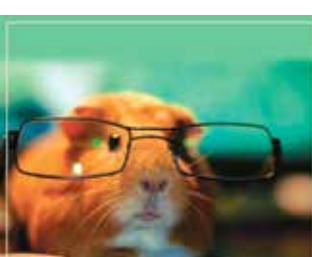
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Reverse Mortgage Specialist
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cmata@mutualmortgage.com
710 N. Miller St.
Wenatchee, WA 98801

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Try the pet section on NCWMarket.com

Employment

Help Wanted

Looking for a great local employee?

It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster
Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR

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

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

City of Pateros Public Works Department

The City of Pateros has a current opening in the Public Works Department. This position is a non-exempt position performing manual to journey level work in the parks, streets, buildings and utilities of the City of Pateros.

This is a full-time position, wage scale starting at \$3,987 to \$4,333 per month plus benefits. Desirable qualifications include a valid commercial driver's license, Public Pesticide License, irrigation and landscape maintenance, street repair and maintenance, water or sewer certifications and heavy equipment operation. The position requires the ability and willingness to perform manual labor, including lifting of heavy objects. Background check and drug test will be required before hiring. Applicant must have a valid WA State Driver's License and provide current driving record from DOL. Experience in similar position is desirable. A complete job description and application can be obtained by calling (509) 923-2571, or email pateros@swift-stream.com. When submitting application, please include a resume and cover letter. Position is open until filled.



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Momi Palmieri - 509-433-2211
Geordie Romer - 509-679-8958
Allyson Romer - 509-630-9898

Help Wanted



Public Works

Truck Driver/ Laborer
The Chelan County Public Works Department seeks one applicant for a Truck Driver/ Laborer in the Leavenworth District. The duties include a wide variety of maintenance activities, such as flagging; performing manual labor; driving trucks with pups, sanders and plows; paving and chip sealing; and/or operating light and heavy equipment. The salary range is Step 2 at \$21.41 per hour to Step 9 at \$29.70 per hour. Starting salary dependent on qualifications and experience. Employees receive an ANNUAL progression of steps until reaching Step 9. Work includes opportunities for overtime. The position includes a state retirement system, with a deferred comp program available. Health insurance package includes Medical, Dental, Vision and county contributions to a personal health savings account. Typical work schedule is four 10-hour days during the summer and five 8-hour days in the winter. Includes 10 holidays and 3 floating personal holidays.

This position requires a Washington State Driver's License, Class A CDL with Tanker Endorsement. We prefer candidates have current First Aid/CPR and flagging cards, but we will work with you to obtain within 4 months of employment. Applications and a detailed job description are available at the Chelan County Human Resources Career Opportunities page: <https://www.co.chelan.wa.us/human-resources/jobs>

The application, letter of interest and resume must be returned to the Chelan County Human Resources Department, 400 Douglas Street, Suite #201, Wenatchee, WA., 98801, or emailed to human.resources@co.chelan.wa.us this position will remain open until filled.

Help Wanted



School District is seeking qualified applicants for the following position:

- Cascade High School Head Golf Coach

Fast Track application process and information can be found on our website at www.cascadesed.org EOE

Permit Technician

The City of Leavenworth is seeking an energetic self-motivated individual for a full-time position as Permit Technician for Community Development Department. The ideal candidate will have demonstrated excellent organization skills through filing or similar job activities, and have good communication (written and verbal) skills. This position performs a variety of technical and administrative tasks to expedite the processing and issuance of complex and routine permits for multiple departments. Incumbents accept, review, route, and issue permit applications for routine projects as well as large commercial projects. Incumbents utilize the permit tracking database, review applications for accuracy and completeness, determine permit fees, route plans for approval, and monitor and coordinate the processing and issuing of permits. Duties include responding to inquiries about the permit application process, applicable codes, and inspection requirements. This position is a union position with a salary range of \$4,831-\$5,440/month (based on step increases over time); excellent benefits and retirement package included. The full job description and application are available on the City website at www.cityofleavenworth.com/employment or by contacting the City of Leavenworth at (509)548-5275 or 700 US Highway 2, Leavenworth, WA 98826. First review of applications will be on January 15, 2023. Position will remain open until filled. The City of Leavenworth is an equal opportunity employer.

For Sale

Antiques & Collectibles

Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds.

Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only?
Call

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509-682-2213 or email mirrorads@lakechelanmirror.com or call

The Leavenworth Echo Cashmere Valley Record
509-548-5286 classifieds@leavenworthecho.com
Deadline: Noon on Friday for all papers.

Garage & Yard Sale

CLEAR SOME SPACE WITH A



Fill your pockets with CASH \$\$
Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only?
Deadline Friday at Noon for all papers

Lake Chelan Mirror Quad City Herald
Call: 509-682-2213

Leavenworth Cashmere
Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price!

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OR
782-3781



Place your Help Wanted Ad online at NCWMarket.com 24/7 and find the best qualified local employee

NCWMarket.com is a classified advertising service of NCW Media, Inc. Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal

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- You can change the ad anytime you want - as often as you want
- We don't sell your email address or any of your personal information
- Our monthly subscription programs allow you to change your ad entirely at no additional charge

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Vehicles

Trucks & Vans

FOR SALE
Leavenworth
Original owner
White, 2008 GMC TRUCK

1/2 ton, 4 x 4- V-8
extended cab and a
canopy, new battery.
New transmission in 2019
Very clean, 143,964 miles,
lots of extras. New price
\$16,500
OBO

Call to make appt. to see
Carol 509-670-1723.
See photo on
NCWMARKET.COM

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON
FOR CHELAN COUNTY
In the Matter of the Estate of **HAROLD L. SMITH**, Deceased.
No. 22-4-00582-04
NONPROBATE NOTICE TO CREDITORS RCW 11.42.030
The notice agent named below has elected to give notice to creditors of the above-named decedent. As of the date of the filing of a copy of this notice with the court, the notice agent has no knowledge of any other person acting as notice agent or of the appointment of a personal representative of the decedent's estate in the State of Washington. According to the records of the court as are available on the date of the filing of this notice with the court, a cause number regarding the decedent has not been issued to any other notice agent and a personal representative of the decedent's estate has not been appointed.
Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.42.070 by serving on or mailing to the notice agent or the notice agent's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the notice agent's declaration and oath were filed. The claim must be presented within the later of: (1) Thirty days after the notice agent served or mailed the notice to the creditor as provided under RCW 11.42.020(2)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.42.050 and 11.42.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
DATE OF FIRST PUBLICATION: December 28, 2022
The notice agent declares under penalty of perjury under the laws of the State of Washington on 19th day of December, 2022, at Wenatchee, Washington, that the foregoing is true and correct.
DAVID J. BENTSEN
Notice Agent:
DAVID J. BENTSEN
Address for Mailing or Service:
c/o Speidel Bentsen LLP
7 North Wenatchee Avenue, Suite 600 P.O. Box 881
Wenatchee, Washington 98807
Court of Notice Agent's Oath and Declaration and Cause Number: Chelan County Superior Court Cause No. 22-4-00582-04
Published in The Leavenworth Echo/Cashmere Valley Record on Dec. 28, 2022 and Jan. 4, and 11, 2023. #5076

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY
In the Matter of the Estate of **JOEL MAXIMILIAN MERK**, Deceased. NO. 22-4-00558-04
PROBATE NOTICE TO CREDITORS
The Administrator named below has been appointed as Administrator of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Administrator or the Administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
DATE OF FIRST PUBLICATION: December 21, 2022. ADMINISTRATOR: Siegfried Stefan Schirmer
ATTORNEY FOR ADMINISTRATOR: Ryan Smolinsky
ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES 23 South Wenatchee Avenue Suite 320 Wenatchee, WA 98801
COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 22-4-00558-04
OVERCAST LAW OFFICES By: /s/ Ryan Smolinsky, WSBA No. 46521
Administrator.
Published in The Leavenworth Echo/Cashmere Valley Record on Dec. 21, 28, 2022, and Jan. 4, 2023. #5035

Public Notices

Notice is hereby given that the Upper Valley Park and Recreation Service Area (PRSA) is announcing its annual meeting dates for 2023. The Board meets six times annually with the meetings scheduled for January 11, March 8, May 10, July 12, September 13, and November 8. Beginning at 3:00 p.m. in the conference room at the Leavenworth City Hall, 700 US Highway 2. Also available via Zoom <https://zoom.us/j/96770135611?pwd=ZkVtMGRhZENiVjZlbnZnZGpSc2Z05QlT09>
See the City of Leavenworth website for agenda details when posted at www.cityofleavenworth.com.
The public is invited to attend said meetings and make comment.
Brandi Mynatt Assistant Deputy / PRSA Clerk City of Leavenworth
Published in The Leavenworth Echo/Cashmere Valley Record on Jan. 4, 2023. #5119

Public Notices

Invitation to Bid
Upper Valley MEND Community Cupboard Roof Sealing Project
PROJECT INFORMATION:
Notice to Bidders: Upper Valley MEND is currently soliciting bids from licensed contractors for the replacement of the roofs at our Community Cupboard food bank building, 219 14th Street in Leavenworth, WA.
SCOPE OF WORK:
The selected contractor will conduct all necessary prep work and replace the existing surfaces of three (3) different roofs on the Community Cupboard building with a fully waterproof replacement material. The replacement material should be warranted for at least 20 years and rated for prevailing local weather conditions.
THE BIDS SHALL INCLUDE:
• An assessment of the contractor's approach to completing the work.
• The total cost of all the work to be performed.
• A projected time schedule of the work. The work should be completed by July 1st, 2023.
Please note: Federal law requires that this contract be paid at prevailing wage rates.
BIDS MUST BE RECEIVED BY 4 PM (PST) ON JANUARY 20TH, 2023
Please complete the attached form and return to Bob Mark, Human Services Director at bob@uvmend.org or send to Bob Mark, Human Services Director, PO Box 772, Leavenworth, WA 98826.
Questions should be directed to Bob Mark at bob@uvmend.org. You can find this form online at: <https://www.uvmend.org/press-rel-eases-and-articles>
• Please provide the following information:
Name: _____
Business Name: _____
Business Address: _____
Business Phone: _____
Business email: _____
Business License #: _____
Bonded/licensed/insured? _____

How will you complete this work?
Include how you will prepare the roofs and what materials you will use to seal the roofs.
Please provide a budget including cost of labor and materials.
Please provide a timeline for this project, including an estimated start date and time to complete.
Published in The Leavenworth Echo/Cashmere Valley Record on Dec. 21, 28, 2022 and Jan. 4, 2023. #5040



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

- Place your ad 24/7 at ncwmarket.com
- Email: classifieds@leavenworthecho.com
- Call 509-548-5286

Helpful tips from 2022

1. SUPPLEMENTS:
Although supplements can be helpful, many people and up wasting their hard-earned money. Here's how to determine if taking a particular supplement is helping you:
First, decide which symptoms you hope to improve.
Answer the question, "If this really helped you, how would you know?" What exactly do you expect it to do? Relieve your pain? Increase your energy? Help you lose weight?

Next, create a BEFORE and AFTER scoring system.
Before starting a supplement, record the current level of each element you'll be tracking. For example, if you want more energy, score your present energy level using a scale of either 1 to 5 or 1 to 10.
Finally, after starting your new supplement, keep score.
At least 2-3 times a week, notice how you are doing on each symptom and record it in your symptom diary.
Checking the scores before and after you start a supplement will show you whether there is any improvement in the areas you are expecting to see a benefit. If there is no measurable difference in scores after four to eight weeks, it's not worth your money. Try something else instead.

ASPIRIN:
Aspirin does not help if you are healthy.
I still run across people who take daily aspirin only because they think they should. If you are diabetic, have heart disease, or have a history of stroke, aspirin can help prevent a future attack. But for healthy people, taking aspirin daily increases your risk of devastating bleeding into your brain should you fall. Your doctor can tell you if you would benefit from taking aspirin.
Avoid using full-dose aspirin for aches and fever.
Taking full-dose (325mg) aspirin for pain or fever increases your risk of bruising and bleeding, especially if you are taking a blood thinner like clopidogrel (Plavix®), warfarin (Coumadin® or Jantoven®), Pradaxa®, Xarelto®, or Eliquis®. Instead of aspirin, try Tylenol® (acetaminophen) instead. Taking a baby aspirin daily is okay if your doctor recommends it in addition to your other blood thinner medication.

NOSE SPRAY:
Always inhale gently when using a nose spray.
Breathe in gently while spraying. Snorting can carry the medicine down your throat instead of where it is needed. Aiming the sprayer's tip toward your ear, away from the tissue



Ask...
Dr. Louise

between your nostrils, helps prevent irritation and bleeding.
Try a different nose spray before giving up.
There are four different steroid nasal sprays to choose from. If, at first, you don't get relief or experience side effects like having a nosebleed, try a different one. You can select from Flonase Allergy Relief® (fluticasone), Nasacort Allergy 24-Hr® (triamcinolone), Rhinocort® (budesonide), or the newest OTC, Nasonex® 24HR Allergy (mometasone). Nasacort Allergy 24-Hr® is safe for children as young as 2 years old.
Limit decongestant nasal spray use to 5-7 days.
Decongestants like Afrin® work fast, but you should switch to a steroid nasal spray for more extended relief to avoid rebound stuffiness. Some people find that using a steroid and decongestant spray together at first works well for them.
FOOT AND TOENAIL FUNGUS:
Scrape off extra toenail material before applying an antifungal product.
It's tough to control fungus that has invaded your toenails. Filing off any excess toenail can help topical treatments get down into the nailbed, improving your odds of success.
When treating "athlete's foot," don't quit too soon.
Once your skin symptoms have disappeared, keep using the medication twice daily for at least another two weeks. This helps the fungus get entirely out of your skin. If you leave any tinea fungus alive inside the skin layers of your feet, it can multiply and spread, putting you right back where you started.
LIQUID BANDAGE:
Which liquid bandage product should you choose?
There are several brands and formulations of liquid bandages. New Skin® will sting for the first 5 seconds when applied to open cuts. Both Bactine® Max with Lidocaine and CVS Liquid Bandage® contains a topical analgesic to minimize the discomfort of "stinging."
Some liquid bandage products use an alcohol-free formula, which minimizes stinging and dry skin. The trade-off is drying time. Alcohol-free liquid bandages take longer to dry, up to 2 minutes instead of just 30 seconds.
MOTION SICKNESS MEDICINE:
Choose meclizine over dimenhydrinate.
Meclizine is the active ingredient of Bonine® and Dramamine® Less Drowsy Formula.
Meclizine works for dogs, too.
Use one 25mg tablet of meclizine once daily for dogs over 25lb, and half that dose if they are smaller. If your dog takes medication, contact your veterinarian.
Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com.
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CROSSWORD PUZZLE

THEME: GEOGRAPHY 101

1	2	3	4	5	6	7	8	9	10	11	12
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73	74	75	76	77	78	79	80	81	82	83	84

ACROSS
1. Piece of data
6. Baryshnikov's step
9. Back wound
13. Soft palate hanger
14. *Any high mountain
15. Tsar's edict
16. Means
17. Bishop of Rome's jurisdiction
18. Female water-elf
19. *Highest mountain
21. *Sea that is also the largest lake
23. A in MoMA
24. *Small island
25. Ignited
28. Lamborghini model
30. Extravagant
35. 15th of March, May, July or October
37. ___-a-Sketch
39. Technology expert
40. Novice
41. Damage one's reputation
43. Lil' Bow Wow's first name
44. Bette Midler's movie "___ Pocus"
46. "I'm ___ you!"
47. Unit of pressure
48. Denver breakfast choice
50. Big rig
52. ___ de Janeiro
53. Excessively abundant
55. Ensign, for short
57. *Great ___ Reef
61. *National Geographic ___
65. Gibson garnish
66. Arabic garment
68. D-Day beach
69. *Longest continental mountain range
70. Nada
71. Energy to motion converter
72. Golf pegs
73. Red Cross bed
74. Follow as a consequence

DOWN
1. Surfer's "man"
2. Tel ___, Israel
3. Ditty
4. Extremist
5. Masters without t
6. Ghost of Christmas ___
7. Miller High Life, e.g.
8. Four-eyes' gear
9. Bypass
10. Uber alternative
11. *The largest continent
12. Past participle of "be"
15. Remove from political office
20. Eyelid infections
22. Opposite of nothing
24. Burning aroma producer
25. * ___ sphere, the solid earth
26. "She is pulling my leg," e.g.
27. 9 a.m. prayer
29. * ___ sphere, air surrounding earth
31. Sleeveless garment
32. Blood of the gods, Greek mythology
33. Harry Belafonte's daughter
34. * ___ sphere, all water on earth
36. Aretha Franklin's genre
38. Type of crime
42. Young Montague
45. Brown and yellow finches
49. Cravat or bola
51. Financial gain
54. 100 centimes
56. "Barefoot in the Park" playwright
57. Summer ride
58. "Green Gables" protagonist
59. Amusement park attraction
60. Sturgeon ___ and salmon ___
61. Table mineral
62. Chow or grub
63. Biblical pronoun
64. Ready and eager
67. ___ sphere, all life on earth

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The Washington Outdoors Report

Catch and keep sturgeon

By JOHN KRUSE

Catching and actually keeping a sturgeon is a great way to kick off the new year and you can do just that this winter in the Columbia River Gorge. This special sturgeon fishery opens on New Years Day and anglers will be able to keep one sturgeon a day and a total of two per year upstream of Bonneville Dam to McNary Dam.

In the Bonneville pool to the Dalles Dam there is a harvest quota of 675 sturgeon. The size limit for sturgeon is a little smaller here than in the other two pools. Keepers must measure between 38 to 54 inches from the tip of the nose to the fork of the fish's tail.

The Dalles pool, like the Bonneville Pool, is open for sturgeon fishing on Mondays, Wednesdays and Saturdays. There is a 190-sturgeon quota in the Dalles pool to John Day dam and the fish must measure between 43 and 54 inches from The Dalles to McNary dam. The John Day pool has the smallest quota, only 105 fish, and is open for fishing seven days a week. Despite this it is historically the last pool to close for catch and keep sturgeon every winter.

Marc Bush is the owner of Twisted Waters Guide Service and will be fishing in the Gorge for sturgeon again this January. I asked him why the John Day pool is the last to close despite the seven day a week fishery and the smallest harvest quota. Marc replied, "Those fish have a lot of good terrain to hide out in and it's a little bit harder to catch them up there in my opinion."

Asked about what kind of bait he uses for winter-



PHOTO COURTESY MARC BUSH.

Sturgeon, Waterfowl and Boats

time sturgeon, Bush said, "Sometimes they are biting sturgeon candy (aka - squid), sometimes it's nightcrawlers or shad or chunks of dead fish. It's kind of an experimental, find out as you go thing for me".

Bush will be fishing between The Dalles and John Day dams this winter for sturgeon. You can book a trip with him by calling 253-468-0610.

Waterfowl Hunting

Ponds, wetlands and lakes are pretty well frozen over at this point but waterfowl hunters can find success in the new year hunting rivers and streams where ducks and geese will congregate. The Columbia River shines as a great place to go this now for both diving and puddle ducks but smaller rivers and streams hold healthy numbers of ducks

as well. The ducks and geese need to feed as well and will often do so twice a day during the winter months. Scouting wheat or cut corn fields for ducks or geese and getting permission to set up on them can lead to limits if you are willing to brave the cold and wait for those web-footed birds to come in.

Portland Boat Show

The first big boat show of 2023 will be taking place at the Expo Center in Portland. It's the Portland Boat Show put on by O'Loughlin Trade Shows from January 11-15. With hundreds of boats of all sizes spread out over 200,000 square feet, there will be a big selection of watercraft and accessories to see here.

Trey Carskadon with O'Loughlin Trade Shows says,

"This show is interesting because it has evolved into one of the largest sportfishing boat shows in the country. There's more variety of fishing boats to look at and buy at this show than any other show in the country we are aware of. There's also lots of pleasure style boats (wakeboard, wake surfing, cruisers, runabouts) available as well.

Trey continued by saying, "Being the first boat show of the year, it gives buyers the opportunity to find inventory that hasn't been picked over at the later boat shows later in the month and in February and on." You can find out more about the Portland Boat Show at www.pdxboatshow.com.

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

Community Foundation Awards and Grants to NCW Nonprofits

SUBMITTED BY JENNIFER DOLGE

The Community Foundation of NCW has awarded \$412,000 through the Regional Impact Grant (RIG) program to 52 nonprofits across North Central Washington.

The RIG provides annual core operating support to eligible nonprofits in Chelan, Douglas, and Okanogan counties serving their community in a variety of ways - through access to the arts and cultural experiences, protecting the environment, building and maintaining recreation areas, improving health services, and programs that support our youth and seniors. "The RIG is the largest grant opportunity for nonprofits in our region" said Beth Stipe, the foundation's executive director. "Over the years, we have continued to shape the grant program to best serve the needs of our region and this round of grants really showcases the breadth of nonprofit work that our communities depend upon." Often in philanthropy, the larger and more established organizations have a competitive edge in the grant process, but the Community Foundation strives to support a variety of nonprofits including smaller, volunteer-run organizations. This year the size of the grant award was based on the size

of the organization which allowed the Trustees to focus on providing a balanced number of grant awards across budget sizes. "We don't expect organizations to have professional grant writers on staff, so our Board is committed to connecting with every applicant through a site visit with a team at the Foundation to learn more about their work" said Claire Oatey, director of community grants. "We find this helps level the playing field and it's such a rewarding experience to connect with these groups who are so passionate about making their community a better place for all." The funding for the grants comes from unrestricted dollars gifted to the foundation and a portion of the fund management fees. "These grants wouldn't be possible without the generosity of people in our community who have left legacies to ensure the community they loved continues to be cared for and protected for future generations," said Stipe.

Upper Valley 2022 Regional Impact Grant Awards

Chumstick Wildfire Stewardship Coalition: \$6,000.00
Grunewald Guild: \$10,000.00
Icicle Creek Center for the Arts: \$10,000.00
Lake Chelan Arts Council:

\$6,000.00
Leavenworth Community United Methodist Church (Backpack Food Program): \$6,000.00
Leavenworth Summer Theater: \$6,000.00
Mountain Sprouts Children's Community: \$10,000.00

NCW Arts Alliance: \$6,000.00
NCW Community Toy Drive: \$6,000.00
Small Miracles: \$6,000.00
Stage Kids WA: \$10,000.00
Together for Youth: \$10,000.00
TREAD (Trails Recreation Education Advocacy Development): \$10,000.00

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