



DECEMBER 7, 2022 • VOLUME 122, NO. 49

#### **UPPER VALLEY NEWS SINCE 1904**

## 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.

For those individuals, Cascade Medical finally has a solution - if they can't make it to their clinic in downtown Leavenworth, Cascade Medical will come to them.

Thursday, December 8, Cascade Medical will deploy their Mobile Clinic to its first regular outreach date, at the Lake Wenatchee Fire and Rescue parking lot in Plain, from 9:00am to 3:30pm. The following Thursday the Mobile Clinic will head out to Peshastin to care for patients in the east end of the Upper Valley, and should switch back and forth between the two locations most Thursdays for the foreseeable future. Lake Wenatchee Fire & Rescue Chief

David Walker is thrilled about the partnership: "This is a great step to removing barriers to healthcare for many if our rural communities." Cascade Medical CEO Diane Blake said it takes a team to put together an effort such as this: "We're grateful for our community partners who are supporting the work with outreach locations, and we're grateful for the CM Foundation and their community engagement for outstanding efforts in raising funds to purchase the mobile clinic. The mobile clinic is

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WHERE WILL THE CASCADE MOBILE CLINIC BE LOCATED?

Thursday, December 8, 9-3:30: Lake Wenatchee Fire & Rescue Plain

Thursday, December 15, 9-3:30: Chelan County Fire District 6, Peshastin

WHAT THE CASCADE MOBILE CLINIC CAN DO FOR PATIENTS:

Basic preventive health exam and referral to specialists.

Minor acute complaints

Routine medication refills Acute gynecological/pelvic complaints

Urinary complaints/suspected bladder infection

pregnancy tests

Sexually transmitted infection testing

Well women exams and PAP smears

Chronic headaches

Small skin laceration repair

suture or staple removal

Wound checks

Vaccinations

Skin rashes, biopsies

Asthma/bronchitis/COPD flares.

Ear wax checks

Acute anxiety or mental health complaints

Follow up appointments for acute injuries or basic medication check-ins

Cough/cold/Sore throat.

HOW TO ACCESS CARE AT THE MOBILE CLINIC:

Call (509) 548-5815 during business hours to make an appointment.

### WRI announces new Executive Director SUBMITTED BY RANDEE ZERGER

look forward to continuing the great experience in complex organizational work and to find new connections management, people management,

## Christmas **Tree Fire** Safety

SINGLE COPY \$1.00

SUBMITTED BY WA STATE FIRE MARSHAL'S OFFICE

Olympia – At Christmas time many families in Washington State enjoy gathering around the tree to celebrate the holiday season and reflect on the past year. As you prepare for the holiday, the Washington State Fire Marshal's Office wants you to know that a small fire involving a Christmas tree can grow very quickly.

When picking, placing, and lighting your Christmas tree, follow these tips to increase fire safety:

- Select a tree that is fresh and has green needles that do not fall off when touched
- Cut two inches from the base of the tree trunk before placing it in the tree stand.
- Keep all heat sources at least three feet away from the tree. This includes fireplaces, portable heaters, and candles. Heat sources too close to the tree cause more than one in every five of home fires.
- Do not block exits or exit pathways with the tree.
- Add water to the tree stand reservoir daily to keep the tree hvdrated.
- Use lights that are listed by a qualified testing laboratory, and select the type appropriate for the location of the tree. Some lights are to be used only in indoor or outdoor settings.
- If using an extension cord for you tree lights, avoid putting cords under rugs and carpets, across doorways, or where they can be damaged or pinched.
- Follow manufactures instructions for all light strands, and replace any with worn or broken cords or loose bulb connections. Almost one third of home Christmas tree fires are caused by electrical problems.
- Never use lit candles with live flames to decorate a tree.
- Always turn off your tree lights before leaving home or going to bed. Remove dried-out trees from inside
- your home, and do not place them in



SUBMITTED PHOTO. Canuche Terranella, New Executive Director at WRI

(WRI) announces their new Executive reach of our community." Director.

retirement of Carolyn Griffin-Bugert, Executive Director of 4 years. Now, after a robust search and interview process. WRI is excited to announce their new Executive Director, Canuche Terranella of Leavenworth, Washington.

"Carolyn Terranella says, has built a great track record of and the natural world at WRI. I experience,

The Wenatchee River Institute and opportunities to expand the

Terranella and his family settled Back in August, WRI announced the in Leavenworth a few years ago and quickly became an integral part of the community. He showed his commitment to WRI early on, as a donor, advocate, parent, volunteer, and board member, always having the best interests of the organization at heart, and a dedication to our mission clearly at the fore

> Terranella comes to WRI with including

and strategic planning and implementation. He has a master's degree in sustainable business, a bachelor's degree in biology, and a background in teaching.

The WRI Team would like to thank you for your support of WRI and its mission to connect people, communities, and the natural world. The future looks bright!

There will be an open house planned in January where you can ask questions and get to know WRI's new Executive connecting people, communities, over 10 years of senior management Director. Stay updated by visiting: deep https://wenatcheeriverinstitute.org/.

your garage or against your home.

For more information, contact the State Fire Marshal's Office at 360-596-3929.

Washington state's COVID-19 response website was Decommissioned **Dec.** 1

#### Stay up to date on COVID-19 information on the DOH website

SUBMITTED BY DEPARTMENT OF HEALTH

OLYMPIA - Washington State Department of Health (DOH) decommissioned the Washington State Coronavirus Response (COVID-19) website coronavirus.wa.gov on Dec. 1, 2022. As of that date, site visitors will be redirected to the DOH COVID-19 landing page at https://doh. wa.gov/emergencies/covid-19.

This streamlining of online resources reflects the end of the COVID-19 emergency order and a decrease in web traffic on the coronavirus.wa.gov website. As part of the decommissioning, the public health content on the site will move to the DOH website. DOH is also working with partners to transfer pandemic information to other state agency websites where appropriate.

DOH remains committed to supporting all Washington state

CONTINUED TO PAGE A2

## **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. This donation funds over 50 percent of the food bank's budget each year, helping to stock its food shelves and provide food boxes to over 1000 local households annually.

After a COVID-related pause in 2020, and a modified Community Soup Supper in 2021, UV Empty Bowls will return with four celebrations in 2023. Mark your calendars!

#### **Glazing Days January 20-24**

The events get started with the Glazing Days, beginning on Friday,

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Sheriff Reports3	Classifieds 2-3			215 14th St. • P.O. Box 39,
AA Meetings3	Outdoors Report4		17256	Leavenworth, WA 98826
Church Guide4	Business Directory4		1 ARK	Phone: 509-548-5286 www.leavenworthecho.com

#### Community



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## **Expect longer ER wait times**

**Confluence Health ED** ask residents to help prioritize patients with severe illness

SUBMITTED BY ADAM MACDONALD *Corporate Communications* 

Program Manager

Wenatchee — Due to high volumes of community members seeking care in departments, emergency patients are experiencing longer than normal wait times. Far from being only a local issue, this is a state and national challenge that all

P

hospital systems are currently experiencing.

With the sharp increase in the number of patients seeking care in our emergency departments, patients with less severe illness sometimes are asked to wait significantly longer than normal while priority is given first to patients with life-threatening conditions," commented Dr. Jason Lake, chief medical officer for Confluence Health. "We want to keep patients informed about these longerthan-usual wait times and thank them for their understanding as our staff and providers work tirelessly to care for patients with the most severe illness first."

Emergency departments across the state and the nation are experiencing longer wait times as they navigate caring for the high volumes of patients with influenza, respiratory syncytial virus (RSV), and other respiratory infections that have surged the last few months, and especially in recent weeks. While these conditions can sometimes develop into illness that requires immediate medical

THE LEAVENWORTH ECHO

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

care, very often mild cases can be treated at home with bedrest and over-the-counter medications

"It is essential that our communities remember that we will not turn away anyone seeking care," continued Lake. "That said, our capacity issues are a real challenge, and longer wait times are inevitable at this time. We are dedicated to providing care to all those in need and appreciate our communities understanding the challenges that we and other hospitals throughout the state are experiencing."

### Get the word out

- Downtown Steering Committee, 10:00 a.m. (4th Tues)
- 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)
- ALL are at City Hall in the Conference Room (2nd Floor) and via zoom.
- City Council Evening Meeting, 6:30 pm (2nd & 4th Tues)
- At City Hall in Council Chambers (1st Floor) and via zoom.

#### **Empty Bowls**

CONTINUED FROM PAGE A1

January 20 (12-8:00 p.m.) and Saturday, January 21-Tuesday January 24 (10 a.m.-8 p.m.) in the Woodpecker Room at the Sleeping Lady Mountain Resort. The community is invited to paint bowls during the glazing days, then the bowls will be fired and picked up at the Community Soup Supper in March. All ages are welcome, no experience is necessary, and volunteers are on hand to offer advice. While at the glazing days, be sure to visit the table of local artists at work decorating beautiful bowls for the UV Empty Bowls Artist Bowl Auction in March.

#### **UV Empty Bowls Artist Bowl Showcase and Gala Celebration** March 5

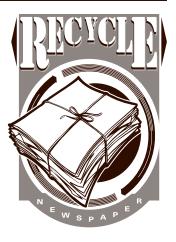
View the spectacular UV Empty Bowls online auction bowls in person by attending the annual UV Empty Bowls Artists' Showcase and Gala Reception. Music, wine, appetizers, community, local artists, and a chance to win a raffle bowl. This event will be held Sunday, March 5. Stay tuned for details.

#### **Online Artist Bowls** Auction March 13-22

Don't miss the 27th annual UV Empty Bowls on-line auction of bowls and platters hand painted by local artists. From March 13-March 22, nineteen bowls designed and created by local artists and potters will be available for bidding on-line at the Upper Valley Empty Bowls website (www.uvemptybowls. org). Each masterpiece is also available for immediate purchase with a "buy it now " price.

#### **Community Soup Supper March 23**

The final event of the UV Empty Bowls Festival is the community soup supper in the Leavenworth Festhalle on Thursday, March 23. The soup supper brings hundreds of members of the community



together to collect their finished bowls and enjoy a simple meal with family and friends. Food for this event is donated by local restaurants, bakeries, and grocery stores in our community.

The UV Empty Bowls Festival committee is blessed to have so many local potters, artists and community members as active participants and supporters of this annual event. Please join us as we help feed our community's hungry, strengthen community and celebrate the arts through the Upper Valley Empty Bowls Festival!

*For more information, go to* www.uvemptybowls.org, or call the UVMEND office at 509-548-0408.

### **A CHRISTMAS GIFT** FOR THE ENTIRE FAMILY



SUBMITTED BY UPPER VALLEY MEND

It took a year to plan and Connor met with a City of

people feel better about using said. the pantry." During the design process

Connor only needs two more badges to achieve his Eagle Scout status. We're sure this enterprising and thoughtful with dignity.

Scouts build and donate outdoor

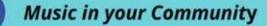
pantry house

young man will be successful. Thank you Connor for helping us meet the food needs of the Upper Valley and Cashmere



Four Performances December 9th - 11th Friday - 7pm Saturday - 2pm & 7pm Sunday - 2pm

Information & Tickets wenatcheesymphony.org or 509-663-2787 (PAC Box Office)







Slidewaters Christmas PO Box 1601 Chelan, WA 98816

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. 'You need to get a certain

number of merit badges to rank up. There are more than 200 merit badges and you need 22 to become an Eagle.'

Connor got the idea to build an outside pantry for the Cupboard when he was volunteering at Das Thrift Haus a few years ago. He observed that groceries were being displayed on a black rack on the sidewalk in front of the Cupboard.

"I asked around and concluded that what we were using was not Bavarian themed. I thought I could build something with more storage and that looked nicer," Connor said. "I hoped it would make

Leavenworth council member for advice on permitting, which was needed since the pantry would be located on the sidewalk. He also went the extra step of submitting his plans to the City of Leavenworth Design Review Board.

"It wasn't required but I decided to do it for the experience," he said. " Their advice was helpful and resulted in lowering the roof pitch."

Connor, his dad Bryan, and fellow Scout Duke, who lives in Covington, built the pantry on Connor's back deck in the snow. The pantry weighs about 200 pounds. Moving it around the house to the truck in the driveway was the most challenging part of the project, and also where Connor practiced his leadership skills.

"It was the most scary part since if it slipped the entire project would be gone and someone could have been smushed under it," Connor



SUBMITTED PHOTO

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.

#### **COVID-19 website**

CONTINUED FROM PAGE A1

communities in the fight against COVID-19 and urges everyone to stay up to date on their vaccinations to prevent severe illness. Hospitals are operating at higher-than-usual capacity this winter and it has

become even more important to utilize preventive measures to ensure there is space for those with critical health needs.

Everyone six months and older should be vaccinated for influenza and COVID-19 to lower the risk of transmission and serious illness. If you have already been vaccinated against COVID-19, make an appointment now to receive your booster. People ages five years and older who had their last COVID-19 shot at least two months ago can get the updated booster. Influenza and COVID-19 vaccines can be safely administered at the same time. By taking just a few precautions, we can gather with our loved ones safely and help prevent the spread of COVID-19 and other serious respiratory illnesses throughout the holidays.

The DOH website is your source for a healthy dose of information. Find us on Facebook and follow us on Twitter. Sign up for the DOH blog, Public Health Connection.



#### Information You Can Rely On! Kathy Z. Smithson

720 Valley Mall Pkway. East Wenatchee Let Kathy assist you with

#### answers to your questions about:

 Your Medicare Plan - Your Prescription Plan • How much is your out-of-pocket maximum What really are the differences regarding Medicare Supplements vs Medicare Advantage Plans

If you really want good, solid answers to these and other questions, Kathy's Team is who to call!!

SmithsonInsuranceServices.com smithsoninsuranceservices@gmail.com



Brad Blackburn, CFP®

### Your Future, Planned with Care.

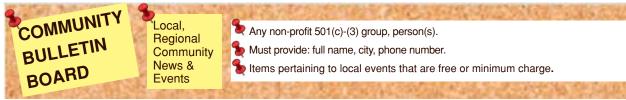
Investment Management **Retirement Planning Financial Planning** 



Stephen Allen



509-782-2600 121 Cottage Ave Cashmere, WA 98815





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website: www.ncwmarket.com www.leavenworthecho.com e-mail: Reporter@leavenworthecho.com

Publisher

Carol Forhan • 509-548-5286 publisher@leavenworthecho.com Bill Forhan publisher ex officio

#### Reporter/Photographer

Reporter@leavenworthecho.com Editor@ncwmedia.net

#### **Advertising Sales Manager**

Carol Forhan 509-548-5286 • Ext. 1002 carol@leavenworthecho.com

#### **Creative Services**

Carol@leavenworthecho.com

#### **Front Office Classified / Legal Notices Obituaries/Memorials**

Classifieds@leavenworthecho.com Online ads at NCWMARKET.COM

#### Circulation for all NCW Media, Inc. newspapers.

1-509-293-6780 circulation@lakechelanmirror.com

#### **DEADLINES:**

Calendar Listings:	Noon, Friday
News Submissions:	Noon, Friday
Letters to the Editor:	Noon, Friday
Display Advertising:	Noon, Friday
Legal Notices:	Noon, Friday
Classified Ads:	Noon, Friday

#### SUBSCRIPTIONS:

In Chelan County (yearly) \$40.00 \$5.00 to include online subscription In State-Out of County (yearly) \$50.00 Online E-edition only \$40.00

The Leavenworth Echo does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization. 1-509-293-6780

#### SERVICES:

Back Issues are available up to one ear after publication for a fee. Archive Research: \$25 per hour Includes mail or email copies.

#### 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.)
- Parking Advisory Committee, meets 3 p.m., at City Hall in the conference room and on zoom. (1st 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.leaveworthmasons.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.)

- Sewant to place Your Community News Online? Go to NCWMARKET.COM 24/7
- 둘 Garage and Yard Sale Ads are paid events, please email:
- classifieds@leavenworthecho.com or place online at NCWMARKET.COM **5** For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com
- Scashmere: 509-782-3781, email: reporter@leavenworthecho.com

**ESL & Citizenship Classes** Tuesday, December 13 at 6:30-8 p.m. at Peshastin Library Main Room.

Study English or Citizenship. Classes are open to all levels of English speakers.

#### **Ukulele Circle**

Leavenworth

Thursday, December 8, 10:15

librarian Amy welcomes little

kiddos and their adults to a fun,

easygoing baby, and toddler

lap time filled with interactive

activities, songs, and stories.

Held in the Leavenworth City

Hall Council Chambers across

from the library, this event is

free and open to all as space

 $Thursday, December\,8\,at\,11\,a.m.$ 

- 12 p.m., Leavenworth Library

Council Chambers. Join Gracie

and a group of super awesome

preschoolers for weekly

Preschool Storytimes. If you

love to sing songs, jump around,

and read awesome books, then

this is the Storytime for you.

Takes place in the Leavenworth

City Hall Council Chambers.

Free and welcoming to all as

Thursday, December 8 at 2-

4 p.m. at the Bookmobile for

South Bookmobile will be

parked at Plain Hardware

for community members to

return, browse and check out

library materials. Age group:

Baby & Toddler, Preschoolers,

Kids (Elementary), Tweens

(Middle School), Teens (High

School), Adults. Contact

Elizabeth & Svitlana at

(509)670-9628, bookmobiles@

Saturday, December 10 at 9-10

a.m. at Peshastin Library

Start your weekend with

a fun easy yoga flow with

Melissa, a Certified Yoga

All are welcome, no

experience needed, mats are

Bookmobile at

space allows.

community stop.

ncwlibraries.org.

Main Room.

Instructor.

provided.

**Community Yoga** 

South

Plain

**Preschool Storytime** 

10:45 a.m. Leavenworth

Library events

**Baby Lap time** 

allows.

Wednesday, December 14 at 5:30 - 6:30 p.m., Peshastin Library Main Room.

Join us for a ukulele strum along at the Peshastin Library on Wednesdays at 5:30 p.m. during the month of December. All levels welcome. Music packets will be provided. Need a ukulele? Check out our Ukulele Lending Program. Contact the Peshastin Library for more details at (509)548-7821 or peshastin@ ncwlibraries.org.

#### Children's Holiday Party at the library

Join us at the Annual Holiday Children's Party, hosted by the Leavenworth Friends of the Library at the Leavenworth Library on Thursday, December 8 from 6-7 p.m. There will be a special holiday, Storytime, crafts, and refreshments. All ages are welcome.

#### Celebrate Christmas with the Leavenworth Village Voices

the Leavenworth Join Village Voices (LVV) for one of three concerts this Christmas season. Come share the magic of the Christmas season with us this year. Performances 2 p.m., Sunday Matinee on December 11 with the Marlin Handbell Ringers at Leavenworth's Snowy Owl Theater. The second concert with LVV and guest artists will be at 7:30 p.m., December 11 at the Snowy Owl Theater. The final concert will be December 17, 7 p.m., at the Numerica Performing Arts

Center (PAC) in Wenatchee. Tickets are available in advance at https://www. leavenworthvillagevoices. org/, or at the door. Merry from your Christmas Leavenworth Village Voices.

#### The Leavenworth Women's Exchange annual Christmas party

Will be held on Wednesday, December 14, at 6 p.m., at the Tumwater room at Icicle Village Resort, 505 Highway 2. The cost of dinner is \$35 per person. Each person brings a small gift (\$15 limit) to exchange. Invite a friend and enjoy an evening of wonderful food, socializing and our renowned gift exchange. For information, entrée choices and reservations, contact Claire Burlingame at 509-548-7142 by Thursday, December 8.

#### Merry Christmas Seniors

The Leavenworth Senior Center invites all community seniors to join us for a fun traditional ham and sides Christmas lunch, from 12-1:30 p.m. on Wednesday, December 14. Must call for a reservation by December 10. 509-548-6666. \$8 per meal.

#### Regional

#### The Cascadia **Conservation District**

Regular Board meeting will be an in person and call-in / Zoom meeting, held on Friday, December 16, 1:30 p.m. If you wish to attend in person, please call the office as space is limited. More information and instructions will be available on our web site at cascadiacd.org or by calling the district office, 509-436-1601.

### 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.

- 13:27 911-call, 590 US Hwy. 2, Enzian Motor Inn
- 18:23 Welfare Check, 5950 US Hwy. 97, Peshastin
- 21:24 Property, 820 Front St.,

18:07 Alarm, 2462 Tamarack Crest, Lake Wenatchee

#### Nov. 30

00:45 Hazard, Chumstick Hwy.

The Leavenworth Echo (USPS 308 160) is published every Wednesday by NCW Media. Inc. 215 14th St., Leavenworth, WA Telephone: 509-548-5286. Fax: 509-548-4789. Periodical postage paid at Leavenworth, Wash.

(and additional mailing offices) Postmaster:

Send address corrections to: The Leavenworth Echo, P.O. Box 39. Leavenworth, WA 98826-0039



NCW Media Inc prints on recycled newsprint with soy ink. Please recycle.

#### **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 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 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.

#### **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.

11550 US Hwy. 2 19:44 Traffic Offense, Evans St., and Summit Ave.

12:52 Littering, 8891 Derby

Canyon Rd., Peshastin

14:17 Non-injury Accident,

#### Nov. 24

Nov. 23

- 06:54 Non-injury Accident, US Hwy. 2 MP 90, Lake Wenatchee 13:10 Vehicle Prowl, 261 Mine
- St. 14:23 Welfare Check, 3300 US Hwy. 97, Blu Shastin RV
- Resort, Peshastin 17:10 Welfare Check, 19559
- State Rd., Lake Wenatchee 22:06 Suspicious Circumstance,
- 23336 Lake Wenatchee Hwy., Lake Wenatchee 23:12 Warrant Arrest, 116 River
- Bend Dr., Safeway

#### Nov. 25

- 00:41 Suspicious Circumstance, Main St., and Jones Rd. area. Peshastin 08:41 Vehicle Prowl, 254 Pros-
- pect St. 08:49 Animal Problem, 412
- Burke Ave.
- 10:07 Civil Dispute, 8333 River View Rd., Peshastin 11:03 Vehicle Prowl, 210 Pros-
- pect St. 14:56 Welfare Check, 17458 N.
- Shore Dr., Lake Wenatchee 14:59 Domestic Disturbance, 7600 US Hwy. 97, Peshastin
- 15:09 Harassment/ Threat, 71 Cowin Ln.
- 17:35 Suspicious Circumstance, Icicle FS Rd. 7600
- 18:44 Suspicious Circumstance, 17057 Chumstick Hwy. 19:23 Fireworks, 68 Prusik Peak Ln.
- 20:52 Trespassing, 505 US Hwy. 2, Icicle Village Resort 21:59 Non-injury Accident, 116
- River Bend Dr., Safeway 22:31 Alarm, 920 Front St., Wok
  - About Grill

#### Nov. 26

- 00:33 Welfare Check, 505 Birch St.
- 00:55 Diversion, 505 Birch St.
- 10:37 911-call, 590 US Hwy. 2, Enzian Motor Inn
- 12:28 Alarm, 423 Evans St.

- Gazebo Park 22:11 Animal Problem, 505 US
  - Hwy. 2, Icicle Village Resort

#### Nov. 27

- 01:00 Disturbance, 221 8th St., **Ducks and Drakes** 04:22 Non-injury Accident,
- 11145 North Rd. area 05:53 Unknown-injury Accident, US Hwy. 97, MP 171,
- Peshastin 08:06 911-call, 309 8th St., Post
- Hotel 11:51 Attempt to Locate/ Contact, Xanadu Trail
- 16:27 Hazard, Chumstick Hwy. and Little Chumstick Rd.
- 18:27 Miscellaneous, US Hwy. 2 and US Hwy. 97, Peshastin 23:11 Welfare Check, 9030 Icicle Rd.

#### Nov. 28

- 06:37 Hazard, 23095 Lake Wenatchee Hwy., Lake
- Wenatchee 10:44 911-call, 9204 Jeske Rd., Peshastin
- 12:27 Trespassing, 500 Pine St., Alpine Lakes Elementary
- 14:05 Civil Dispute, 24601 Spur St., Plain
- 14:28 Civil Dispute, 422 Cascade St.
- 15:00 Traffic Offense, 817 Commercial St.
- 16:21 Property, 820 Front St., Gazebo Park
- 20:33 Theft, 10174 Main St., Old Mill Tavern
- 23:55 Animal Problem, 418 Birch St.

#### Nov. 29

- 00:15 Traffic Offense, 10135 Peshastin Mill Rd., Peshastin 08:49 Graffiti, 225 Central Ave.,
- Osborn Elementary 09:08 Unknown-injury Accident, 707 US Hwy. 2, Rhein Haus
- 10:25 Hazard, 19358 Chiwawa Loop Rd., Plain
- 11:18 Parking/ Abandoned Vehicle, 11670 Eagle Creek Rd.
- 14:35 Harassment/ Threat, 11007 US Hwy. 2, Prey's Fruit 17:28 Domestic Disturbance, Leavenworth area

- and Merry Canyon Rd. 05:23 Hazard, Chumstick Hwy. MP 4
- 05:29 Injury Accident, 10571 Beecher Hill Rd., Peshastin
- 10:27 Agency Assist, Coles Corner area, Lake Wenatchee 12:09 Civil Dispute, 8200 E.
- Leavenworth Rd. 12:13 Sex Offense, Camp 12
- Rd., Plain
- 12:17 Alarm, 2462 Tamarack Crest, Lake Wenatchee
- 12:41 Public Assist, Leavenworth area.
- 13:31 Non-injury Accident, Chumstick Hwy. and US Hwy. 2
- 14:02 Parking/ Abandoned Vehicle, 300 block Park Ave.
- 14:17 Non-injury Accident, Chumstick Hwy. and US Hwy. 2
- 14:22 Agency Assist, 20752 Chiwawa Loop Rd., Thousand Trails
- 14:26 Agency Assist, 108 Central Ave
- 14:46 Property, 715 Front St., Copper Creek
- 15:50 911-call, 10135 Peshastin Mill Rd., Peshastin
- 18:31 Domestic Disturbance, 11202 North Rd.
- 18:36 911-call, 590 US Hwy. 2, Enzian Motor Inn
- 19:08 Hazard, O'Grady, and W. **Center Streets**
- 19:46 Non-injury Accident, 700 US Hwy. 2, City of Leavenworth

#### Dec. 1

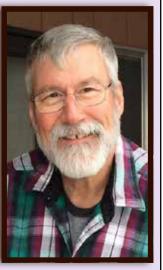
- 00:16 DUI Arrest, Stemm Rd., and US Hwy. 2, Peshastin 02:44 911-call, 12482 Prowell St. 08:54 Parking/ Abandoned Vehicle, Icicle Rd. MP 4 08:55 Parking/ Abandoned Vehicle, Lakeview Dr., Lake Wenatchee 10:14 Traffic Offense, 8333 River View Rd., Peshastin 15:01 Welfare Check, 8290 Icicle Rd. 16:22 Welfare Check, 17458 N.
- Shore Dr., Lake Wenatchee

#### Community

OBITUARY Richard Michael Harris

February 7, 1952 -November 23, 2022

Richard Michael Harris, age 70, of Chelan, Washington, passed away Wednesday, November 23, 2022. He was born February 7, 1952, to Vernon and Eleanor Harris at the Lake Chelan hospital. He graduated from Chelan High School, in 1970, and received his BS from Washington Eastern University, in 1975. He planned to major in music while being a part of the university's choir, and then later, changed his major to business. During his tenure at EWU, he met and sustained many lifelong friendships that were very dear to him. After college Richard was hired by Seafirst Bank and started his banking career in Wenatchee, Washington, After a couple years, he took a job with Cashmere Valley Bank in Cashmere, Washington. In 1982, he became the manager of the Leavenworth branch, where he stayed until his illness forced him to retire, in 2015. After retirement, they moved to the "Riverhouse" north of Chelan on the Columbia River. Richard met his wife, Jan Reinhart, in 1983. They had many adventures including high mountain horseback trips, boating Lake Chelan, on traveling in Europe, Hawaii, and driving all over North America. They also loved to watch their grandchildren and would often travel many miles to cheer them on. Richard was an avid hunter and loved being in the woods. Richard is survived by his wife, Jan Reinhart; stepsons: Kirby Reinhart (Kris) and Ryan Reinhart (Angela). "Papa Rich" had five grandchildren that he was very proud of: Megan, Greg, Hunter, Jailyn, and Kellen. Richard also had three sisters: Verneta (Cliff) Carstens, Karen,



and Jeanne (Howard) Thiemens; and many nieces and nephews.

Please leave your thoughts and memories www.prechtrose. at com. The family is being assisted with arrangements by Precht Rose Chapel, Chelan, Washington.

In lieu of flowers please make a contribution the Alzheimer's to Association. There will be a celebration of life next summer at the Riverhouse.

#### **Cascade Medical**

#### CONTINUED FROM PAGE A1

a key component of our work towards continuing to meet the needs of our community. This is a proud moment for the many, many people who worked to make the Cascade Medical mobile clinic a reality for our Upper Valley.'

All folks need to do is call 509-548-5815 during business hours and make an appointment, and the Mobile Clinic will be ready for them Thursday. When they show up, they'll find Sam Linn, PA-C. Linn is fully bilingual in English and Spanish, and in her year-plus at Cascade Medical has already earned a reputation for amazing patient care. "Sam is so easy to connect with," said Cascade Medical Clinic Director

meet all patients at their level and explain what is happening with them, what she is prescribing or recommending and why, and how it will affect them. She has an uncanny ability to put patients at ease regarding the best specific treatment plan for them. We're really lucky to have her."

Whitney Lak. "She's so able to

For her part, Linn said "I think back to all our conversations with patients from the far reaches our our hospital district. Some are pulling strings for neighborly transport, others scheduling extra time use public transport, all for a single healthcare appointment. I'm so excited to bridge this gap for so many locals, and bring our healthcare team out into the field for our community."

"Our providers and Physicians at Cascade Medical do such a good job meeting people where they are wherever they are on their health journey," Lak said. "It's so rewarding to know we can now meet them where they are physically if they have roadblocks to finding their way to us for care."

For the latest local news and advertising see the NCW Media websites
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cashmerevalleyrecord.com
qcherald.com
NCWBusiness.com
lakechelanmirror.com

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## **Wenatchee Valley Humane** Society has the highest intake numbers in 55 years

SUBMITTED BY JENNIFER BUSHONG

The Wenatchee Valley Humane Society (WVHS) has a record number of animals flooding into the shelter. The after-effects of COVID-19 have left many people struggling to make tough decisions. Surrendering their pets to the Humane Society is one of them. As winter sets in, the numbers are expected to increase. In fact, the intake is the highest in 55 years of saving pets' lives.

The Community Foundation of North Central Washington's (CFNCW) GIVE NCW campaign will ensure our shelter animals have the best

possible medical treatment and services available. WVHS will be using this opportunity to raise funds for the shelter and aid in much-needed medical services. WVHS medical clinic offers on-site treatment and care to the animals.

"The Give NCW campaign is a great opportunity for community members to directly impact the Wenatchee Valley Humane Society in the best way possible," says Dawn Davies, WVHS Interim Executive Director. Imagine a more Humane Society is the statement being used this giving season by WVHS.

"Every dollar to the Give NCW campaign is maximized and will make a tremendous difference in a pet's life," added Davies.

For more information on Give NCW or the Wenatchee Valley Humane Society, visit www. wenatcheehumane.org, email wvhs@wenatcheehumane.org or call 509-662.9577.

About WVHS: Founded in 1967. the Wenatchee Valley Humane Society is a private, non-profit organization with a mission to serve Chelan and Douglas *counties through education,* protection, and pet adoptions. WVHS cares for displaced

### **Obituary & Memorial Policies**

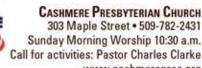
NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials 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

### New to our area? On vacation? **PPER VALLEY CHURCH GUIDE** 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



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



213 S. Division • 509-782-3811 In-person Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana



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.midvalley baptist.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 Derossett www.LCN.org



Sunday Worship 10 a.m., Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. **Pastor Russell Esparza** 

#### MONITOR

#### MONITOR UNITED METHODIST CHURCH

SEVENTH DAY ADVENTIST CHURCH

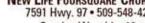
10600 Ski Hill Drive • 509-548-4345

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: newlifeleavenworth www.newlifeleavenworth.com

#### PLAIN

#### **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









#### Community

## *How to Get Enough Vitamin B12*

A few years ago, one of my patients, a 72-year-old retired Marine, mentioned how he had been having shooting and burning pains in his legs and feet for the last several years. Although his doctor had given him several pain medicines, none helped.

Then, he noticed his feet and legs didn't hurt quite as much.

"The only thing I could think of that I had done differently was starting a new vitamin. That supplement contained a hefty dose of vitamin B12. Week after week, I kept expecting the pain to return, but it's been over 6 months, and my feet and legs are still practically pain-free. I'm going to keep taking that stuff, since it's really helping me."

Vitamin B12 is a watersoluble B vitamin that helps your nerves to function. B12 also helps your body make new red blood cells, which can prevent a specific type of anemia. A deficiency in vitamin B12 can show up as fatigue, weakness, depression, or pain in your feet or hands. The most common factors contributing to vitamin B12 deficiency are advancing age, a vegetarian diet, and acidreducing medicines.

According to the National Institutes of Health (NIH), animal proteins, such as fish, meat, poultry, eggs, milk, and milk products, are good sources of vitamin B12.

Most healthy adults get enough vitamin B12 in their diet. However, you may be deficient in this vital vitamin if you don't eat much animal protein or can't absorb vitamin B12 from your food.

If you are a strict vegetarian, you may not eat enough animal protein to get the recommended amount of 1 to 2 mcg of vitamin B12 daily. You may also become deficient in vitamin B12 if you are elderly, have had gastric bypass surgery, or take certain medicines that interfere with the absorption of vitamin B12.

The most common cause of vitamin B12 deficiency is not being able to absorb enough of it from your food. This can be due to atrophic gastritis, a condition affecting 10-30% of older Americans. When you have atrophic gastritis, you secrete less gastric acid into your stomach when digesting your food.

Gastric acid is essential to absorbing vitamin B12, which is usually attached to animal proteins like ground meat or chicken. Without enough stomach acid, your body can't break down the animal proteins enough for your body to absorb the vital vitamin B12 they contain.

Most people with adequate vitamin B12 absorption will require only 1 or 2 mcg daily. If you are over 70 years old, take medicine for heartburn or ulcers, or have had gastric bypass surgery, you may need much more vitamin B12 daily than that. You can combat poor absorption of vitamin B12 by

taking 1000-2000mcg daily as an oral or a sublingual tablet.

Acid-reducing or aciddrugs blocking can significantly impair vitamin B12 absorption. These medications include (omeprazole), Prilosec® Prevacid® (lansoprazole), Protonix® (pantoprazole), Nexium®(esomeprazole), Zantac® (ranitidine), and Pepcid® (famotidine). Metformin, standard а medicine for diabetes, may also interfere with your body's ability to absorb vitamin B12. Vitamin B12 deficiency can

show up as fatigue, weakness, depression, or pain in your feet or hands. If you are noticing these symptoms, talk to your doctor. Vitamin B12 deficiency can be detected with a blood test, and your doctor or medical provider can advise you if you need testing. They can also guide you on which vitamin B12 supplement would be best for you and how much you should take.

Here are 4 Tips on **Getting Enough Vitamin B12:** 

**1. Include fortified** breakfast cereals in your diet if you are vegetarian or vegan.

Since vitamin B12 isn't found in plant foods, the National Institutes of Health (NIH) suggests including fortified breakfast cereals as an alternative vitamin B12 source if you are vegetarian or vegan.

2. Avoid acid-reducing or acid-blocking medications.

Stomach acid helps you absorb vitamin B12 from your food. Minimize your use of medicines that reduce stomach acid to avoid becoming vitamin B12 deficient. These agents include Prilosec® (omeprazole), Prevacid® (lansoprazole), Protonix® (pantoprazole), Nexium® (esomeprazole), and older Tagamet® drugs like (cimetidine), Zantac® (ranitidine), and Pepcid® (famotidine).

3. Oral and sublingual vitamin B12 supplements don't require a prescription.

Most people with vitamin

a free tree permit, they must present an Every Kid Outdoors pass or a valid paper voucher printed from the Every Kid Outdoors website (https:// everykidoutdoors.gov/index. htm). Please note, not all national forest offices are open daily, so be sure to call before visiting offices.

Traditional permits may be purchased in person from the Chelan, Entiat, Methow Valley, Wenatchee River, and Cle Elum Ranger District offices. Be sure to check their hours of operation at https://www. fs.usda.gov/detail/okawen/ about-forest/offices. Naches Ranger District office will not be selling Christmas tree

There are many vendors selling national



B12 deficiency can safely take 1000-2000 mcg daily of an over-the-counter (OTC) B12 supplement.

#### 4. Avoid timed-release and long-acting forms of vitamin B12.

These formulations are more challenging for your body to absorb and may not be as effective as immediate-release vitamin B12.

can find more You information about vitamin B12 from the National Institutes of Health at www.nih.gov.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and 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,  $The {\it Medication Insider.com}.$ ©2022 Louise Achey

### Christmas tree permits now available for tree cutting on National Forest

#### SUBMITTED BY ROBIN DEMARIO

Okanogan-Wenatchee National Forest

NCW - Holiday season is just around the corner, and for those individuals wanting to cut their Christmas tree from the national forest there are three options for obtaining a Christmas tree permit. Permits may be purchased online through Recreation.gov, at some Okanogan-Wenatchee National Forest offices, and from local vendors.

To purchase a Christmas tree permit online, go to Okanogan-Wenatchee National

Forests Christmas Tree Permit in Washington - Recreation. gov. It is important to carefully read the overview and needto-know information prior to purchasing the permit. Permits purchased online have to be printed to be valid and must be with you when removing your tree.

Christmas tree permits cost \$5 each (if purchased online there is an additional \$2.50 charged for the reservation/ transaction fee). Each tree permit allows a family to cut one tree, with a tree height limit of 15 feet, or dig a small

live transplant tree. Permits are limited to two permits per household. The permits are non-refundable and are only good on the Okanogan-Wenatchee National Forest. Christmas trees cannot be harvested in Wilderness areas, campgrounds, developed recreation areas, or tree plantations.

High clearance 4-wheel vehicles drive are recommended for driving on national forest roads during the winter months. Please check conditions ahead of time, as many forest roads are already closed due to early snow. Remember to leave early in the day to allow for maximum daylight. Also, be prepared for all types of weather. It's also a good idea to bring traction devices for cars, a shovel, warm clothing, blankets, a flashlight, and a first aid kit. Don't forget to bring a saw to cut down the tree, a tarp to wrap around the tree, and a rope to secure the tarp in place on your vehicle.

Free tree permits are available to fourth graders as part of the national Every Kid Outdoors initiative. Fourth graders with a valid Every Kid Outdoors pass can get one free holiday tree cutting permit from the Okanogan-Wenatchee National Forest. In order for students to receive

permits this season.

forest

Christmas tree permits. A list of vendors is posted at https:// bit.ly/3nM83Az.

For more information about the Christmas tree program on the Okanogan-Wenatchee National Forest, please contact local ranger district offices or visit the forest website at https://go.usa.gov/xV7SG.

Be aware, some Forest Service roads are a part of the Washington State Sno-Park system and are closed to wheeled vehicle traffic and groomed for winter recreation. A Sno-Park permit may be required to park at a Sno-Park beginning Dec. 1. Check the forest website or call ranger district offices for information on roads or suggestions on where to go for your tree.

## **Rainbow Fentanyl:** The colors that kill



of Americans between the ages of 18 and 45, according to the Center for Disease Control and Prevention (CDC). Of that number more than 65 percent were fentanyl related. That comes as no surprise considering that fentanyl packs 50 times the potency of heroin and 100 times that of

Do you know that in Washington State citizens can order free Naloxone kits by mail? The website for the Addictions, Drug & Alcohol Institute (adai.uw.edu) at the University of Washington has more detail.

The website stopoverdose. org shows locations closest to



Just about everyone loves rainbows. They rank among the visual sights of the natural world as some of its most thrilling and photographed. But 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.

Elsewhere in this issue is a safety bulletin issued by the Columbia River Task Force warning the public about the dangers of counterfeit pills laced with Rainbow Fentanyl, a new twist to the deadly synthetic opioid. As the name implies it is deviously disguised as colored candy to make it more appealing especially to children.

As much of the public's attention was riveted on the COVID pandemic and its rising death toll, those caused by drug overdoses rolled along under the radar. In 2021 alone more than 100,000 of our countrymen died of drug overdoses, the leading killer

morphine.

A milligram is very small, only one-thousandth of a gram. It takes 28,000 of them to equal an ounce. It takes only two milligrams of fentanyl to deliver a fatal dose.

Families across the nation are dealing with the losses of loved ones from fentanyl overdoses and reliving the "would have, should have, could have" agonies after the fact. Mine included. Recently an 18-year-old niece on my wife's side of the family was found deceased in her college dorm room. The coroner's results identified the cause. She was steady and studious, the last person one would associate with a fentanyl overdose. But she was away from home for the first time, and this was college.

While vigilance of and communication with family and friends is vital, so is preparation in the event of an overdose. For the latter there is the antidote Naloxone also known as Narcan, a nasal spray that, if administered quickly, can keep an overdose victim alive until help arrives.

you where Naloxone/Narcan is available online or in person. The site also tells you what steps to follow for a person experiencing an overdose.

Worried about "getting involved" and accusations of drug possession? The state's 911 Good Samaritan/Overdose Law (RCW 69.50.315) protects both you and the overdose victim from drug possession charges.

The Washington State Department of Health website (doh.wa.gov) offers more information about Naloxone, detailed instructions about helping an overdose victim, and more useful information.

Consult your physician, pharmacist, or county health department, all good sources of factual information in this atmosphere of unreliable sources.

Fentanyl, first created in 1959, is an old painkiller all painted up in a new disguise to lure more partners into its web of addiction. Watch for it. Educate your children and friends about it. And keep Narcan close by. You never know whose life you might save.

Nobel Prize winning author Gabriel García Márquez was quoted as saying, "All human beings have three lives, public, private and secret."

WILLIAM E. FORHAN

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

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

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.

## **Columbia River Drug Task Force issues Safety Bulletin: Rainbow Fentanyl**



SUBMITTED PHOTO. Rainbow fentanyl pills



Purple fentanyl pills

SUBMITTED BY JESSICA PETERSON

On behalf of the Columbia River Drug Task Force we want to make the public aware of different colored Fentanyl or what is considered "Rainbow" Fentanyl that has been confiscated by law enforcement in the Wenatchee Valley within the last month. CRDTF detectives have seen pictures of this multi-colored Fentanyl on suspect's phones who reside in the Wenatchee Valley.

We want the public to be aware of this latest trend as the Fentanyl looks very similar to candy or children's vitamins. Also, there have been drug seizures in Washington

State, specifically in Eastern Washington, of colored Fentanyl powder that looks similar to colored chalk. We believe it will only be a matter of time before this type of Fentanyl will also make its way into our community.

We urge the public to talk with your children about the dangers of drugs, to include not ingesting any type of pill that is not prescribed by

a Doctor, and not trying or experimenting with any pills or powder that are given to them by an acquaintance, friend, or family member. Fentanyl is an extremely dangerous substance. For more information on the dangers of Fentanyl and to learn more please visit the following websites.

https://www.dea.gov/pressreleases/2022/08/30/dea-warnsbrightly-colored-fentanyl-usedtarget-young-americans https://www.dea.gov/onepill

Fentanyl chalk

SUBMITTED PHOTO.

#### Classifieds

Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record NCW 509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald MARKET.COM CLASSIFIED ADS **BUSINESSJOURNAL** PECORD MIRROR FERALD

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#### **Help Wanted**

**Bus Driver/ Operator Full-time** Organization: **Okanogan County** Transit Authority (TranGO) **TranGO IS HIRING** DRIVERS; Full-time (36 plus hours per week) positions available now; hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit www.okanogantransit.com



#### **Help Wanted**

The Loup is hiring a Retail, Rental and Repair (RRR) Shop Manager. This position will report to the Executive Director, and will manage not only the day-to-day operations of the RRR Shop but will with also work the Executive Director and the Loup Loup Ski Education Foundation (LLSEF) management staff team to develop short and long term goals in support of LLSEF mission, programs, and goals. The strategic position requires good interpersonal skills excellent customer service, and the ability to create a comfortable, clean, and inviting retail space. Does this sound like you? If so, email your resume

manager@skitheloup.com

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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

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

#### Legals

#### **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 roof surface at our Community Cupboard food bank building, 219 14th Street in Leavenworth, WA.

#### PUBLISHER'S NOTICE All real estate advertis-ing in this newspaper is subject to the Fair Housing Act, which save any makes it illegal to advertise "any preference, limitation or discrimina-tion 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 advertis-ing for real estate that is in violation of the law. To complain of discrimi-nation call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

**B2** 

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsi-ble for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical er-rors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



Administrative

#### **Puzzle Solution**

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Announcements

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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.

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SPECIAL EVENT

COMING UP?

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@

The Leavenworth Echo or Cashmere Valley Record Call 509-548-5286 or email classifieds@leavenworth

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Try TV EARS' Voice
Clarifying Wireless TV
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Special, limited time \$50
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1-844-541-3425



Happy Ads

#### **Help Wanted**

Employment

Cascade Pipe And Feed Supply is hiring for a Stihl sales and service Technician/ Snow plow sales and service. \$18-\$27 per hour. WDOE Health Insurance and paid vacation after 6 months of employment. Employee discount on all store items. Qualifications \*High School Diploma or equivalent Valid drivers license and clean driving record \*Physically able to lift heavy objects \*Experience in small engine repair and maintenance. \*Stihl service qualifications a plus but not mandatory Requirements \*To obtain Stihl Technician certifications 'To obtain Snow Plow certifications Job Description \*Sales and service on all

Stihl power equipment Sales and service on all Boss Snow plow equipment \*Managing a service schedule on customer equipment Creating quotes, orders, and purchasing parts. Email resume to cascadepipeandsupply@ gmail.com

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



lakechelanmirror.com For echo.com

Check the weathercams online before traveling over the mountain passes!

www.leavenworthecho.com www.cashmerevalleyrecord.com

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for required qualifications. application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to financehr@okanogantran sit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, Suite A, Okanogan. Application Deadline:

Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal

www.NCWMarket.com Register and pay on our Opportunity Employer.

**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 509-548-5286 or email classifieds@leavenworth echo.com or Lake Chelan Mirror 509-682-2213 or **Quad City Herald** 509-689-2507 or email mirrorads@lakechelan mirror.com

**Deadline Noon** on Friday for the next week's papers

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· Call 509-548-5286

STEVENS

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

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

SCHOOL DISTRICT

School District is seeking qualified applicants for the following position:

Cascade High School Head Volleyball Coach

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

Cashmere Valley Record 509-548-5286 classifieds@leavenworth echo.com **Deadline: Noon on** Friday for all papers.

NCW MARKET.COM **CLASSIFIED ADS**  SCOPE OF WORK

The selected contractor will conduct all necessary prep work and replace the existing roof surface with a fully waterproof The replacement material. replacement material should be warrantied for at least 20 years and rated for prevailing local weather conditions. THE BIDS SHALL INCLUDE:

 An assessment the of 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 DECEMBER 30TH, 2022

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.

Leavenworth Published in The Echo/Cashmere Valley Record on Dec. 7, 14 and 21, 2022. #5011

## **AMBUSH AUTOMOTIVE** BUYERS

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it



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- Privacy Link (interested buyers contact you through the site protecting your identity)

#### Classifieds

Steps you can take to care for

#### **B3**

#### Public Notices

#### **City of Leavenworth** Request for 2023 **Comprehensive Plan**

Amendment (Docket) Proposals The City of Leavenworth is into entering the annual Comprehensive Plan (20-year visioning document) amendment cvcle and is requesting community input for ideas, suggestions and proposals regarding amendments, including December 7, 2022. The project is changes to Land Use Designation Map. Amendments will be finalized and addressed in the 2023 Planning Commission Docket. For an amendment to be considered for sponsorship by the City Council, submittal is due by December 31, 2022. Additionally, individuals may request privately sponsored amendments when submitted by January 31, 2023. Suggested amendments. applications and / or questions may be sent to Community Development, Lilith Vespier, phone (509) 548-5275, e-mail at lvespier@cityofleavenworth.com, or mail City of Leavenworth, P.O. Box 287, Leavenworth, WA

98826 Published in the Leavenworth Echo /Cashmere Valley Record on November 2, and December 7, 2022. #4657

#### **Public Notices**

#### **City of Leavenworth** Street Closures

Pursuant to RCW 47.48, the Leavenworth City Council is considering continued closure of Front Street (all or portion) between 600-1000 blocks and 8th Street (all or portion) between Front and Commercial Streets. Closed streets will be posted after Council consideration at a Public Hearing on December 13, 2022 at 6:30 PM. The Public Hearing is open to public comments. It will be held at City Hall, 700 Hwy 2, Leavenworth or via Zoom, see citv calendar for information https://cityofleavenworth.com/your -city-hall/calendar/. Questions and comments may be directed to Lilith Vespier, Community Development Director Email: dsmanager@cityofleavenworth.com, Phone: 509-548-5275 extension

Published in The Leavenworth Echo/ Cashmere Valley Record on Dec. 7, 2022. #4932

6

#### **Public Notices**

NOTICE OF APPLICATION NOTICE IS HEREBY GIVEN that the City of Leavenworth has received an application for a short subdivision of 303 Whitman Street, Leavenworth WA. within the Multifamily zoning district; Assessor's parcel numbers 241712815310 and 241712815315. The application

determined complete was described as: LUA2022-033: An application for

three-lot short subdivision а (currently two lots). The proposed lots sizes are 6,326 square feet for lot 1: 6.472 square feet for lot 2; and, 6,180 square feet for lot 3. Lot 3 has an existing house. Access for all three lots is proposed via an access easement from Whitman Street through proposed lot 3. This project is from the State exempt Environmental Policy Act (SEPA) process in accordance with LMC 16.04.250 and WAC 197-11-800(6)(d).

The public is encouraged to provide comments now through December 21,2022. This will be your only opportunity to comment on the proposed project. Materials may be viewed at City Hall, during normal business hours, or on the City's Public Portal at https://bit.ly/2RMadlw; Search LUA2022-033, address, or use the interactive map. Questions may be directed to Lilith Vespier. Community Development Director, phone 509-548-5275 or email lvespier@cityofleavenworth.com

Published in The Leavenworth Echo/ Cashmere Valley Record on December 7. 2022. # 4978



Looking for a home for your Furry friend?

Try the pet section on **NCWMarket.com** 

1-855-576-5653

SPECIAL OFFER



#### You may be aware that the more free radicals you have in your body, the more skin damage can accumulate over time. But did you know that exposure can be particularly high during the holiday season? There are a few reasons for this. One is that cooler temperatures are linked to sugar cravings, making sweet treats especially hard to resist at a time of year when there are so many to choose from. Increased sugar intake can boost the production of advanced glycation end products, and ultimately unwanted free radicals. In general, diets high in fat, sugar, and processed foods can contribute to free radical production, as can stress.

Fortunately, you can take steps to protect your skin from the inside out during the holidays and beyond. Fernblock PLE (Polypodium leucotomos extract), the natural antioxidant in the dietary supplement Heliocare Daily Use Antioxidant Formula, can help neutralize free radicals and the damage they cause. Dermatologistrecommended, Heliocare aids in eliminating free radicals to help maintain youngerlooking, more resilient skin.



PHOTO SOURCE: (c) Viktor\_Gladkov / iStock via Getty Images Plus

While it can be hard to set aside time in your schedule when there's so much to do, a bit of daily self-care is sure to have a restorative effect that helps you refresh, reset and be more focused.

"Along with the cheer of the season comes skin hazards," says New Yorkdermatologist, based Rachel Nazarian, MD. "But the holiday season is the perfect time to gift your skin additional protection from the damaging effects of free radicals. You can do this by incorporating a supplement like Heliocare into your routine in addition to using a topical broad-spectrum sunscreen."

To learn more, visit (These heliocare.com. statements have not been evaluated by the Food and Drug Administration. Heliocare is not intended to diagnose, treat, cure or prevent any disease.)

Be sure to take time for yourself each day to receive the combined physical and mental health benefits of movement. Head outdoors for a morning or afternoon walk to get some fresh air. improved blood circulation and some mood-boosting sunlight during the short, dark days of winter. To promote agility, flexibility, and relaxation, take a few minutes to unwind with some meditation or gentle yoga.

**Practice Healthy Habits** Holiday office parties and family gatherings often involve indulging in the kinds of food and drink that can leave you feeling more dehydrated, bloated, and fatigued than you might normally. Counteract these effects by adopting healthy habits now that you can carry into the new year. Drink plenty of water each day, and incorporate decaffeinated green tea, coconut water or smoothies into your routine for added electrolytes. Likewise, get high-quality sleep each night. It's especially important to do so if you're burning the candle at both ends. For better shut eye, avoid caffeine, and blue light exposure before bedtime, and keep your bedroom temperature comfortable and consistent.

While it can be hard to set aside time in your schedule when there's so much to do, a bit of daily self-care is sure to have a restorative effect that helps you refresh, reset and be more focused.

Move Daily

### Preventing scams and fraud this holiday season

STATEPOINT - Scams and fraud are more deceiving these days, reaching you in more ways than ever before. The FTC reported 2.8 million fraud reports from consumers in 2021 alone, with reported fraud losses increasing 70% from 2020 and more than \$5.8 million. Scammers begin their

traditional uptick at and phone calls. The most recent trending scams are occurring using person-toperson payment platforms or P2P, remote access software and even public Wi-Fi.

Kerskie says the most desirable accounts to criminals include bank accounts, mobile phone accounts, credit card accounts and Amazon accounts. Now, with P2P payment platforms, criminals can get access to your bank account and use it to transfer money within moments. The latest tactic that concerns Kerskie is using remote access software to gain access to everything on your computer without having to directly ask you for things like your social security number, bank account or credit card number. While many workers use remote access software safely from their companies' IT departments, criminals are also using this software in

#### their scams.

Criminals also try to access your information in settings like coffee shops or libraries using public Wi-Fi. A laptop or smartphone using public Wi-Fi can easily fall victim to scams. An easy fix is to use your smartphone's wireless data and hotspot to help keep your personal information

fraud safeguards offered by your mobile carrier. In the case of T-Mobile's Scam Shield, services include enhanced caller ID, scam ID and blocking, which flags suspicious calls and gives customers the option of blocking those numbers. Additionally, customers can get a free second number to keep their personal number

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the start of the holiday season, and identity theft protection expert Carrie Kerskie says being aware of what new cyber and phone fraud trends to look out for is your biggest defense against unwanted fraud "Unfortunately stories. when it comes to technology, privacy and identity theft, the same old advice that was given 10, 15 years ago is still the gospel of what you're supposed to do. And that is outdated. None of it works. It's not true, it's not relevant anymore."

Scammers have expanded from targeting consumers with only traditional email secure. Kerskie says there are ways to keep scammers and fraud at bay ahead of the holiday shopping season.

Prioritize Privacy: Kerskie says, if it's easy for you, it's easy for a criminal. Privacy means having strong and unique passwords with a minimum of 12 characters, and pins using random numbers and taking advantage of extra security. Enabling multi-factor authentication on your various apps and accounts will also protect yourself from potential threats. Use Available Resources: Take advantage of the free antipersonal, or even change their primary number completely.

Validate or Eliminate: Whatever potential threat vou come across via email, text message, letter or even a phone call, try to validate the information. If you cannot confirm the information is true or confirm the senders' validity, throw it away, block the phone number or email address and report it as spam or junk mail. Understanding how potential cyber threats and fraud work will help protect vou this holiday season and beyond.



DOWN 1. Eyelid affliction Asian weight unit 3. Smoothie bowl flavor 4. Russian hunting sighthound 5. Chemistry lab measuring device 6. Parting words 7. New Year's Eve get-together, e.g. 8. Running competition 9. \*Twitter's new proprietor 10. Western Samoan money \_ you ready?" 13. Relating to shinbone 14. Asparagus unit 19. Amnion, pl. 22. Barely obtain 23. Erie or Suez 24. Port-au-Prince country 25. Like something vintage, usually 26. About to explode 27. Olfactory organs 28. Athos' or Porthos' weapon 29. Throw up 31. Lecherous look 32. Funereal container 35. \*Tom Cruise's callsign -la 39. Type of Christmas lights 40. All together 43. T-shirt style 45. Small bomb 47. Rabbit trap 48. 1970s big dos 49. "Musical" constellation 50. Dollar bills 51.7-year affliction 52. International Civil Aviation Org. 53. Electrical resistance units 54. Egg holder 55. 100 lbs.



StatePoint Media

#### **B4**

#### Recreation

## **The Washington Outdoors Report**





#### Winter Trout and **Christmas birds** BY JOHN KRUSE

#### WINTER TROUT OPENER:

StaciLehman, a spokesperson for the Washington Department of Fish and Wildlife in Eastern Washington, shared reports from the Winter Trout Opener that occurred on Black Friday, November 25, at several lakes in our region. In her words, "Fourth of July (Lake) fished pretty well for those willing to put in a little effort to get to open water. Most people who did were rewarded with limits. Overall, the fish were a little smaller than in years past, but were still really nice (only two

sized, hovering around a pound. One went over, and the rest were just below this weight. They ranged 14-17 inches. The trail to get to the "fishable" part of the lake was overgrown, with lots of logs to cross, and a small stream to cross, but it was a successful trip. There were multiple Kayakers in the water and everyone that was fishing the unthawed area of the pond were catching fish.'

#### AUDUBON CHRISTMAS **BIRD COUNT**

It's once again time to participate in the annual Christmas Bird Count. Put together by the Audubon Society, it's billed as "the nation's longest-running community science bird project." If you have not participated in this event before, here's how it works. Between December 14 and January 5, both novice and experienced bird watchers will meet up with a coordinator and then go out and count the birds they see by number and species within a defined circular map area that is used every year. Last year's volunteers surveyed birds in 1.842 circles across the nation. The one-day counts are tallied and you can see both statewide and national trends regarding the populations of birds for this time of year. You will want to contact the coordinator for your area in advance or sign up online to participate at https://www.audubon.org/ conservation/join-christmasbird-count. The trends are interesting. Some birds, like the American bald eagle, have been doing well with numbers up over

5 percent on average each year since 2009. Likewise, the California valley quail has done well adapting to our habitat with a 2.8 percent year over year increase. Also, up this year, our state bird, the goldfinch, which saw a 2 percent increase per year over this timeframe. On the other hand, western meadowlark numbers are down 2.2 percent and snowy owl numbers have decreased each year by 1.6 percent in our state.

Are you wanting to participate and want to find a circle near you? Here's the ones in our region that have openings for participants:

**COLVILLE** Compiler: Barbara Harding, Email: stellerijay@ hotmail.com. Count Date: Dec. 17, 2022 OMAK/OKANOGAN: Compiler: Matthew Danielson, Email: mattie\_rubio@hotmail. com

Count Date: Dec. 18, 2022 **LEAVENWORTH**: Compiler: Joe Veverka, Email: joe\_ veverka@yahoo.com Count Date: Dec. 20, 2022

Dates for bird counts in the Goldendale, Wenatchee, Chelan, Bridgeport, Grand Coulee and Chewelah Circles have yet to be determined. Check the Audubon Christmas Bird Count website for updates. Then, sign up, break out your bird guides, your binoculars, and spend a day in nature looking for birds and having a good time while you are at it.

John Kruse – www.





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of the 50+ fish checked were over 20 inches. Most were 15-18 inches)

Hog Canyon (in Spokane County) was 90% ice covered. Staff observed several people ice fishing, but only checked one angler who walked down to the open water and caught 3 fish about 14 inches.

The one lake that was stocked for this event (North Elton Pond) in Yakima County was very successful. Staffer Joe Tucker says he arrived around 10 a.m. and searched a while to find somewhere to fish – due to the lake being about three quarters iced over. He ended up bushwhacking along the South end of the pond to find some non-frozen water where he limited out in 45 minutes. He was using roughly a 1-ounce barrel weight with around 3 feet of leader, and a size 6 hook, with garlic scented power eggs to float the bait above the weeds.

The fish were very nice

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	<ul> <li>Support Vetera</li> <li>Free Pickup &amp; 1</li> <li>Top Tax Deduct</li> </ul>	lowing.
	our Vehicle Today 389-8170	*

While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or reational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (844) 889-8170

northwesternoutdoors.comand www. americaoutdoorsradio.com

### **Sports Schedule**

#### **GIRLS BASKETBALL**

Dec. 8:	Cascade vs. Chelan, Home at 5:45 p.m.
Dec. 13:	Cascade vs. Omak, Away at 5:45 p.m.
В	OYS BASKETBALL
Dec. 8:	Cascade vs. Chelan, Home at 7:15 p.m.
Dec. 13:	Cascade vs. Omak, Away at 7:15 p.m.
G	IRLS WRESTLING:
<b>G</b> Dec. 20:	IRLS WRESTLING: Ephrata Mix n' Match, Away at 5:00 p.m.
Dec. 20:	
Dec. 20:	Ephrata Mix n' Match, Away at 5:00 p.m.

## **Kodiaks** Scoreboard

#### **GIRLS BASKETBALL**

Nov. 29:	v. 29: Cascade, Sultan Canceled	
Dec. 1:	Cascade, Kittitas Canceled	
Dec. 2:	Cascade, Connell Canceled	
B	OYS BASKETBALL	
Nov. 29:	Cascade, Sultan Game canceled	
Dec. 1:	Cascade 85, Kittitas 63 Win	
Dec. 2:	Cascade, Connell N/A	

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