



Teacher Shanda Holm, far left, and Home Link students do some jumping exercises to warm up before beginning an orienteering lesson.

## Home Link 2020

PHOTOS SUBMITTED BY MARLENE FARRELL



Daena Medina's students, from front to back, Stella Schmidt, Sola Willard, Charlie Ricketts and Adele Terranella, are looking for animal tracks and signs of water erosion as they hike at Ski Hill.

By MARLENE FARRELL

At Ski Hill on a recent Tuesday, the air held a damp chill, mist clung to the hillsides, trees dripped, and the snow was heavy and saturated. The arriving Home Link students, clad in colorful snow clothes, and their teachers, paras and parent helpers, didn't mind at all.

"The real-life experience of weather is a great curriculum if we translate the experience into opportunities to problem solve, manage ourselves, collaborate, and expand our awareness of the world around us," said Home Link teacher Shanda Holm.

Fellow Home Link teacher, Daena Medina, shared how weather creates a learning opportunity. "Have you ever studied how water can change a landscape while you stomp your way up a rain-soaked, muddy mountain

trail? Suddenly, it becomes a practical and memorable lesson."

Home Link is a hybrid home-based education alternative offered by the Cascade School District. They have been able to meet in-person outside since mid-October.

On this particular day, the students were wrapping up an experiential education unit on orienteering. They divided into groups of older and younger grades. Holm took her group and made a large circle—there was no shortage of space—for a warm-up. Not only did the warm-up get the blood pumping, Holm explained, "It's also an opportunity for everyone to lead, with their voice and their body." Each child led an exercise and some were quite creative, like jumping while spinning in a circle twenty times or dropping to their knees and arching back to touch their head to their heels.



Elle Lundgren holds up a map used for orienteering at Ski Hill.

Next Holm led a discussion about what to pack in their backpacks to provide comfort for two and a half hours in the increasingly wintry weather. Lining the pack with a garbage bag makes for easy waterproofing. Extra hats, gloves, and even socks would be helpful if the clouds started dumping rain.

As for orienteering, several students had never held a map when this unit began a couple weeks ago. When Holm asked where south was, the class had pointed in every direction. Holm had then asked, "Where's Whistlepunk Ice Cream?" and they had all pointed toward downtown. After students learned to orient their laminated maps with a compass, they now unanimously point south, which happens to coincide with the direction of Whistlepunk.

This day they were going to review

the trickiest part of the orienteering course, navigating between two checkpoints on the map (corresponding to flagged trees). The students could follow a meandering trail, but, as student Cosimo Terranella noted, "The bushwhack is faster, but you could get lost." To avoid that, they took a bearing and combined it with known distance to find the second checkpoint.

There's a sense of normalcy that is refreshing. Everyone wears masks, but they take mask breaks when they're spread out and not crossing paths with another group. On a cold day like this one, the masks add a bit of coziness. So much so, that when asked about masks, one student said, "It's part of my face now," and another replied, "It's like my best friend."

The kids all agreed that class outside was fun. They liked to "walk

around," "run around" and "not be stuck inside in a chair." These students are all taking other courses via Zoom, such as math, Spanish or cooking.

Holm explained the educational foundation on which this class is built. "Students develop skill sets in team building, leadership, communication and awareness, while focusing on daily learning units such as orienteering, biodiversity, tracking, shelter building, knots and mapping."

Curiosity-led learning is pervasive. Medina recalled, "I enjoyed when the second and third graders paused to watch a woodpecker and then pooled their knowledge to figure out why it pecks holes in the trees."

Holm gave another example. "Some students did a survey of ponderosa pines and found to their amazement that almost all the trees had significantly more moss on the north side. Another student noticed the south side of the tree smells stronger of vanilla than the north side—it was a sunny warm day. The other students confirmed the findings."

Holm and Medina model adaptive behavior for their students. Both are new to the Cascade School District. And, as Holm said, "Teaching students in-person is one of the best parts. The hard part was the volume of work required to gear up for the year when the program doubled, and a pandemic threw off the 'normal' form and function of the program."

The enrollment of eighty children in Home Link this year shows that a large number of families are willing to do the homeschooling half of the partnership. "I've been impressed with the commitment of parents to reach out for support and adjust their teaching strategies as they learn what works and what doesn't for their family," said Holm.

Home Link students are getting safe social time with classmates, exploring, and learning new concepts. It's no surprise to hear third grader Micah Villalobos say, "My favorite part of the week is this class."

## School Nurses are on the Frontline at the Schools



Teacher wearing Personal Protection Equipment during in person class

By MARLENE FARRELL

Shelly Zehm and Kesha Milne, school nurses for the Cascade School District, are busy these days. While their duties have shifted considerably over the last eight months, they are key in shaping and implementing the district's COVID-19 safety measures.

They stay on top of the latest COVID-19 information and shepherd

staff and parents through potential thickets of confusion.

"We have been very involved with making sure our staff is properly equipped with the correct Personal Protection Equipment for the requirements of their jobs," explained Zehm, who serves the preschool, Alpine Lakes Elementary, Beaver Valley, Icicle River Middle School and special education.



Kesha Milne

"We have been attending building orientations to explain the at-home student health screenings to parents. We provide education for staff and parents concerning screening for COVID-like symptoms and exposure to persons with COVID-19."

Milne, who is responsible for Peshastin Dryden elementary, Cascade High School, Home Link, the Discovery School and special education, is confident that the district's efforts are instrumental to the safe reopening of schools. "We are providing our students with multiple layers of protection through planning and preparing," she said. "And we are able to do



Shelly Zehm

testing for staff and students, which gives families a little peace of mind. Because of all the things in place, when we have had a positive case, the effect has been minimal."

The work gives them a sense of accomplishment. "It is so satisfying to use my years of nursing experience to care for people," said Zehm. "There is a lot of confusion and fear associated with COVID-19. We attempt to offer facts and provide reassurance."

Superintendent Tracey Beckendorf-Edou recognizes the important role Milne and Zehm fill. "Our school nurses have been invaluable during this pandemic

and are consummate professionals. They make sure that what we do is informed by best practices."

Now more than ever, community partners are assisting each other to solve the challenging issues of public health, financial hardship and stress. Zehm mentioned a few valued partners. "Aisha Houghton, Cascade Medical Social Worker, has so much experience and is a huge asset to Leavenworth."

"I've also worked with Upper Valley MEND several times to assist families in need. We collaborate with CVCH and Confluence pediatric case managers to close the loop on student health issues."

Looking ahead to winter gives Milne pause. "People do get sick this time of year normally, and now we have another illness, which means kids will miss out on more time at school."

However, Zehm noted, "Scientists are getting closer to having a vaccine."

"I see us proceeding with caution," said Milne. "I wish all kids could return back to normal, but we need to do it safely. I can't wait for the day I see all our students in the halls and on the playgrounds, back to being kids."



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## Escape to magical Lake Chelan for Small Town Holidays

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SUBMITTED BY HISTORIC DOWNTOWN CHELAN ASSOCIATION

**LAKE CHELAN VALLEY** - Lake Chelan will kick off a new annual event this holiday with Small Town Holidays in the Lake Chelan Wine Valley Nov. 27 - Dec. 31. The Lake Chelan Valley will be blanketed in magical holiday lights, fireworks every weekend, as well as local boutiques, wineries and restaurants dressed up for the holidays. Whether you are visiting for the first time, consider Lake Chelan your second home or are lucky enough to live here year round - the holidays feel a little more magical in Lake Chelan.

Small Town Holidays in the Lake Chelan Wine Valley is a month-long celebration. The event kicks off the day after

Thanksgiving in downtown Chelan and the celebration continues throughout the weekend in the wineries of Lake Chelan and downtown Manson. Event highlights include:

- Hot Friday Shopping in Historic Downtown Chelan Starting at 6 a.m.
- Santa Neighborhood Tours 3 p.m. every Friday and Saturday
- Wine Barrel Train Rides 1 p.m. in Downtown Manson every Saturday
- Light Up the Lake Grand Lighting 5:30 p.m. All Around the Lake
- Fireworks Every Weekend
- Lady of the Lake Holiday Boat Parade Every Weekend
- Holiday Lights at the Lake Driving Tour
- Historic Downtown Chelan Parade of Windows Competition

Lake Chelan Wine Valley wineries will open with take away options as well as a

variety of outdoor, tented, heated, cozy spaces with fireplaces, and holiday lights

This year's event theme is local. Swing into downtown Chelan or Manson and find that uniquely curated gift in one of their shops; grab take-out at any of the restaurants around the lake and enjoy at home; or stop by one of our wineries to take in the views and enjoy an award-winning glass of wine. There is nothing like a local experience in our charming small

town. Join us in focusing on local shopping, dining, sipping and more this holiday season!

Small Town Holiday events and activities have been designed with current health and safety restrictions in mind so patrons have a safe and enjoyable experience in the Lake Chelan valley.

For more information visit [smalltownholidays.com](http://smalltownholidays.com) or the Lake Chelan Chamber of Commerce office on 216 E. Woodin Avenue, Chelan.

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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 echo@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.

All events and meetings are cancelled until further notice. Contact the organization listed for update information.

**AA MEETING SCHEDULE**

**Information numbers for AA:**  
The phone number to call for the Zoom link to Leavenworth AA meetings is 541-480-8946  
The phone number to call for the Zoom link to Leavenworth AlAnon meetings is 509-548-7939  
509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379  
Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St.  
Sunday, 7 p.m., Leavenworth Senior Center, 423 Evans St.  
Tuesday, noon, First Baptist Church, 429 Evans St.  
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin  
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.  
Thursday, noon, First Baptist Church, 429 Evans  
Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain  
Information number for Alanon: 509-548-7939  
Alanon Meeting Schedule  
Monday, 7 p.m., United Methodist Church, 418 Evans St.  
Celebrate Recovery  
Meetings every Friday at 6:30 p.m. at Leavenworth Church of the Nazarene, 111 Ski Hill Drive. Questions: (509)596-1510.

**COMMUNITY CALENDAR**

**Wednesday**  
Peshastin Water District, 5:30 p.m. at the Leavenworth PUD office, Contact Steve Keene, 548-5266. (2nd Wed.)  
Prostate Cancer Awareness & Support Group, 8:30 a.m. Kristall's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.)  
Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 548-5292.  
Leavenworth Rotary Club, Zoom meetings, noon. For more info. call President Teri Miller, 509-669-1585.

**Thursday**  
Leavenworth Chamber of Commerce, 8 a.m. Call Chamber, 548-5807. Everyone is invited to attend as a guest. Email Troy@leavenworth.org for Zoom meeting information. (1st & 3rd Thurs.)  
Leavenworth Lions Club, For more info. email President Anita Wilkie at wilkieam2015@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**  
Chelan County Veteran Service Officer, WorkSource, and SSVF, coffee and organizational information, 10 a.m.-1 p.m., Kristall's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri.)

**Monday**  
Upper Valley Free Clinic, 6:30 p.m., evaluates urgent health needs; dental consultation is available the 1st Mon. of the month. Contact Upper Valley MEND, 548-0408.  
Young Life Club, 6:30 p.m. All high school age students welcome. TJ Kaapuni, 509-679-3247. (2nd & 4th Mon.)  
Cascade School board meetings, 7 p.m., District Office board room. Call 548-5885. (2nd & 4th Mon.)  
Chelan Douglas Republican Women, luncheon meeting, 11:30 a.m. Contact President Ellie, 425-319-9869 (1st Mon. each month).

**Tuesday**  
Icicle & Peshastin Irrigation Districts: Meeting change Call Anthony Jantzer, cell, 509-433-4064, 782-2561 or tony.iid.pid@nwi.net (2nd Tues.)  
Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 548-5815. (4th Tues.)  
Leavenworth People with Parkinson's Disease Support Group, 11 a.m. Church of Jesus Christ of Latter Day Saints, 10170 Titus Road. Call Katherine (206) 356-4288 or Judi (425) 870-2089. (2nd Tues.)  
Cascade Education Foundation. Contact: CEF@cascade.org  
LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 548-5477. (1st Tues.)  
Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavworthmasons.org. (1st Tues.)  
Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 662-7706. (3rd Tues.)

**NCW Libraries**  
1-800-426-READ (7323). Online At ncwlibraries.org  
Leavenworth Public Library: 548-7923.  
Peshastin Public Library: 548-7821.  
Leavenworth Library Hours  
Monday, Wednesday, Friday-Curbside Service 9-10 a.m.  
Monday, Wednesday, Friday-Library Open 10 a.m.-1 p.m.  
Tuesday, Thursday, Curbside Service 2-3 p.m.  
Tuesday, Thursday, Library Open 3-6:30 p.m.  
Masks and Social Distancing are required. We are limited to 11 people at a time. We will have 3 public computers available. All visits are limited to half an hour. 700 Hwy. 2, Call 548-7923 or leavenworth@ncwlibraries.org

**Other events**  
Upper Valley Museum: The Museum is now open, with COVID guidelines in place. Call President, Matt Cade for more information. 253-334-1144 or 548-0728  
Leavenworth Fish Hatchery, 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.**

# Chelan Veterans Service Office features 'Navigator' Mortensen

STORY AND PHOTO BY GARY BÉGIN

Most folks think about ships and/or planes when the word navigator is bandied about, but Trent Mortensen's life as the new Chelan County Veterans Service Office Veterans Corps Navigator still means guidance and direction, but on a different level.

Part of his duties will be to take part in the newly established Washington Department of Veterans Affairs Vet Corps Navigator program

occurring every Tuesday and Thursday via Zoom – meeting ID: 86358564972.

First go to us02web.zoom.us and then input meeting ID number.

The meetings take place from 2 p.m. to 4 p.m. and will feature Navigators like Mortensen as well as Veteran Service Officers Tony Sandoval (Chelan County) and Sarah Simonson (Douglas County).

Trent can be reached by calling the CCVSO: 509-664-6801 for more information.



PHOTO BY GARY BÉGIN/NCW MEDIA.

Trent Mortensen as he stands in front of a combat engineer unit flag in November at the Chelan County Veterans Service Office.

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**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.

**November 13**  
05:05 Disturbance, US Hwy. 2 & Chumstick Hwy.  
06:12 Hazard, 8600 Blk., Main St., Dryden  
07:25 Alarm, 7409 Icicle Rd.  
11:42 Civil, 21325 SR 207, Lake Wenatchee  
13:05 Civil, 18130 Sunland Dr., Lake Wenatchee  
13:07 911, 309 - 8th St., Post Hotel  
15:04 Suspicious, 280 US Hwy. 2, Kristalls  
19:43 Domestic disturbance, 305 - 8th St., Blackbird Lodge

17:01 Suspicious, 12395 W. Shugart Flats Rd.  
17:53 911, 505 US Hwy. 2  
19:22 Unknown accident, Chumstick Hwy., MP 6  
21:40 Disturbance, 820 Front St., Gazebo Park

15:52 Public assist, 300 Enchantment Park Way  
17:20 Public assist, 27621 US Hwy. 2, Stevens Pass  
22:26 Trespass, 12688 Chumstick Hwy.

**November 14**  
09:26 Parking/abandon, 77 Fox Hollow Rd.

**November 15**  
03:25 Domestic disturbance, 9838 1/2 School St., Peshastin  
06:14 Parking/abandon, Stuart Lake Trail  
10:28 911, 311 US Hwy. 2, Enzian Inn  
11:10 Agency assist, US Hwy. 2, MP 67, Stevens Pass  
12:41 Accident/no injuries, Front St. & US Hwy. 2  
13:27 Juvenile problem, 9838 1/2 School St., Peshastin  
14:43 Alarm, 12395 W. Emig Dr.

**November 16**  
08:56 Burglary, 9450 Jeske Rd., Peshastin  
10:34 Theft, 198 Joyful Pl.  
13:19 Accident/no injuries, Chumstick Hwy & Clark Canyon  
14:27 Welfare check, 15353 US Hwy. 2, Lake Wenatchee  
14:43 Suspicious, 12435 Village Valley Rd.  
14:57 Accident/no injuries, Chumstick Hwy. & Beaver Chumstick Rd.  
21:23 Extra patrol, 9962 School St., Peshastin

**CITY COUNCIL MEETINGS**  
Call phone numbers for meetings or Zoom information 7 p.m., Leavenworth Planning Commission at City Hall contact Lilith Vespier, 549-5275. (1st Wed.)  
8 a.m., Leavenworth City Council study session, City Hall, 548-5275. (2nd Tues.)  
3 p.m., Design Review Board, City Hall, Sue Cragun 548-5275 (2nd & 4th Tues.)  
6:30 p.m., Leavenworth City Council meeting, City Hall, 548-5275 (2nd & 4th Tues.)

**SENIOR CENTER MENUS**  
Leavenworth Senior Center, 423 Evans St.  
Currently the Leavenworth Senior Center is closed.  
The meals on this menu will be available 3 days a week at the Leavenworth Senior Center, for take-out and home delivery meals.  
FOR MEAL PICK UP: CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL (509)548-6666. Seniors Age 60 & over suggested donation \$4.00. Under age 60 \$8.00 fee.  
**November 26**, Thursday: No lunch.  
**November 27**, Friday: No lunch.  
Saturday and Sunday: No lunch.  
**November 30**, Monday: Taco tater, 1/2 baked potato with taco fixings, Baja veggies, chilled pears, tortilla chips, dessert.  
**December 1**, Tuesday: No lunch.  
**December 2**, Wednesday: Bacon cheeseburger, sweet potato fries, southwest salad, sliced pears, oatmeal cookies.

**CASCADE SCHOOL MENU**  
**Thursday, November 26**  
Happy Thanksgiving Day  
NO SCHOOL  
**Friday, November 27**  
NO SCHOOL  
**Monday, November 30**  
No menu  
**Tuesday, December 1**  
Breakfast: Bacon muffin, orange juice, chocolate milk.  
Lunch: Homemade chili, Southern cornbread, green beans, apple, chocolate milk.  
**Wednesday, December 2**  
Breakfast: Ham & egg bagel, orange juice, Milk chocolate milk.  
Lunch: Chicken fajita, Mexican slaw, apple, chocolate milk.

**November 17**  
07:08 Disturbance, 11582 River Bend Dr.  
14:43 Parking/abandon, 9501 Jeske Rd.  
15:31 Parking/abandon, US Hwy. 2, MP 97  
15:53 Welfare check, 16883 Fir Dr., Lake Wenatchee  
15:59 Trespass, 9917 Saunders Rd.  
16:36 Vehicle prowler, 8381 Main St., #3, Peshastin  
20:01 Domestic disturbance, 10765 Lone Pine Dr., Peshastin

**November 18**  
13:49 Parking/abandon, 15971 Cedar Brae Rd., Lake Wenatchee  
18:58 Suspicious, 204 Birch St.  
18:59 Attempt to locate, 116 River Bend Dr.  
19:36 Traffic offense, 9211 Otis Rd., Dryden

**November 19**  
01:17 Traffic offense, US Hwy. 2 & Ski Hill Dr.  
01:53 911, 10450 Ski Hill Dr.  
07:32 Parking/abandon, 9725 Eagle Creek Rd.  
09:23 Harass/threat, 12728 Wilson St.  
12:41 Trespass, 116 River Bend Dr., Safeway  
13:05 Suspicious, 4878 US Hwy. 97, Peshastin  
13:42 Welfare check, E. Leavenworth Rd. & US Hwy. 2  
16:15 Fraud/forgery, 12725 Wilson St.  
16:33 Agency assist, Alice Ave. & US Hwy. 2, Dryden

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# Community

## The Washington Outdoors Report



PHOTO BY JOHN KRUSE

Shooting trap at the Cashmere Sportsman's Association Range during the annual November Turkey Shoot

### A Real Turkey Shoot

By JOHN KRUSE

Call it a slice of normalcy in this otherwise surreal year dominated by the Covid-19 pandemic, politics and innumerable sad and stressful

events that have plagued 2020. This event is a fun one. It's the annual Turkey Shoot put on by the Cashmere Sportsman's Association and this year, it took place November 15.

The small range, located on Turkey Shoot Road outside

of Cashmere, boasts two trap houses and is open the bulk of the year. The general public is always invited to shoot clay pigeons for just \$4 a round on Thursday evenings starting at 7 p.m. During normal years, there are also school shooting

nights where youth between the 5th and 12th grade come out and shoot too. Brian James, secretary for the club, said 10 to 15 kids will participate in these shoots and the association itself has some 60 members.

Trap is a deceptively simple game. A squad of up to five shooters occupy five different designated stations located 16 yards behind the concrete trap house. Inside the trap house is a machine that throws clay pigeons at different angles at a speed of 42 miles per hour. Each shooter fires five times from each designated position, and each position gives you a slightly different angle when it comes to shooting at the launched bird. Whoever hits the most pigeons out of the 25 shots fired wins the round.

Serious trap shooters invest in over and under 12-gauge shotguns with long 30-inch barrels. More casual shooters will show up with their 12 or 20-gauge hunting firearm whether it be an over and under, semi-auto or pump shotgun.

This year's Turkey Shoot drew participants from as far away as Yakima and the Tri-Cities. The 110 attendees, socially distanced and coming

and going over a several hour time span, each paid \$30 for a punch card ticket that guarantees the shooter their choice of a slab of bacon or a hefty frozen turkey which by itself is worth the price of admission. You get to shoot five abbreviated rounds of trap with this \$30 punch card. Each round consists of just 10 shots, with two fired from each of the five stations behind the trap house. There are often ties which are settled by a tie-breaking shoot-off and if you win more than one round you can win additional turkeys or bacon!

In addition to this there is a raffle with prizes which raises money for the youth shoots that occur here. There was a diverse crowd of men and women at this year's event. I'd like to tell you I shot well but the fact of the matter is a 70+ year old longtime shooter named Steve from Yakima made me look like the rank amateur trap shooter I am, as did several high-school aged young men and women who had no problem breaking clay pigeons on a regular basis.

Whether you're a good shotgunner or not though you'll find this low stress shooting event is a lot of fun and better still, literally

everyone who buys a \$30 ticket ends up as a winner!

A similar event, the Steak Shoot, is scheduled to occur at the Othello Gun Club on Sunday, December 20. Shooting starts at 9 a.m. and for \$35 you are guaranteed to win at least a two-pack of ribeye steaks. The games rules will be similar, 5 rounds per punch card with 10 birds thrown for each shooter per round. Breakfast and lunch will also be available for purchase. It is unclear at this time, given the current Covid-19 restrictions, whether this event will take place.

In addition to the gun clubs found in Cashmere and Othello there are also ranges with trap shooting available throughout Washington State. Some of them, like the Fort Colville Gun Club near Colville and the Ephrata Sportsmen's Association Gun Range, offer not only trap shooting but also skeet, rifle and pistol shooting too. A detailed list of where other ranges and gun clubs are located can be found is at <http://shooting.org/ranges>

John Kruse - [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)

# Options to Relieve Arthritis Pain and Stiffness

Last month, Richard got a prescription for the new Voltaren® gel for his left knee pain. At 89 years young, his activity level has dropped significantly for the past 6 months, ever since the COVID pandemic restricted access to gyms and exercise classes. The arthritis in his knee is now so bad that he can barely walk on it. Unfortunately, COVID restrictions will prevent him from having knee replacement surgery any time soon.

The Voltaren® gel really helped Richard, but if it hadn't given him enough relief, there are several other non-prescription products he could use in addition to it. Methyl salicylate, camphor, menthol, eucalyptus, capsaicin and arnica are derived from natural sources and have been used for decades to treat aching muscles and stiff joints. Because you apply them to your skin instead of taking them as pills, they work locally instead of affecting your entire system and causing side effects.

Methyl salicylate, camphor, menthol, and eucalyptus work as counterirritants. Instead of calming or blocking nerves to relieve pain, counterirritants give you relief by triggering the sensory nerves located in your skin. This gives you a sensation of intense warmth or soothing coolness while it keeps your nerves too busy to recognize any painful sensations.

Capsaicin is derived from hot chili peppers and works by triggering the release of a nerve messenger called Substance P in the skin where you apply it. Substance P's job is to transmit messages to your brain that there's pain. Applying capsaicin to your knee flushes out all the Substance P in the tissue it touches, keeping your nerves from sending messages to your brain about your painful knee until your body can build it back up.

Lidocaine has been available as a patch for pain, but is now available without a prescription in a roll-on

formulation. Aspercreme® Maximum Strength has 4% lidocaine, and can be used in between applications of Voltaren® gel or other topical roll-on products for additional relief of pain and stiffness from arthritis.

There are also several supplements and medicines that may help relieve arthritis pain. Tylenol® comes in short and long-acting formulations, and there are 2 anti-inflammatory non-prescription medicines available: ibuprofen (Motrin®) and naproxen (Aleve®).

There's new evidence that you don't have to choose between taking Tylenol® over an anti-inflammatory medicine. There's evidence that combining Tylenol® with an anti-inflammatory agent like naproxen or ibuprofen is more effective than either by itself. They actually work BETTER TOGETHER in some people. If you can take ibuprofen or naproxen safely, you can also take Tylenol® at the same time.

Supplements that may give you some relief of arthritis include glucosamine sulfate, powdered gelatin, fish oil, and CBD from hemp oil.

### Here Are 5 Tips for Relieving Joint Pain from Arthritis:

#### 1. Increase your activity level.

The Centers for Disease Control and Prevention (CDC) found that nearly 26% of adults sat for more than 8 hours every day. And this was BEFORE the COVID pandemic and the stay-at-home directives that closed restaurants, gyms, health clubs and exercises classes. Sitting too much increases inflammation and encourages weight gain, both which can aggravate knee and hip pain. Getting up every hour to walk around and stretch, and walking 5-10 minutes several times a day can significantly improve joint pain and stiffness from osteoarthritis.

#### 2. Use topical analgesics on joints first.

Topical pain relievers are best for joints like knees, hands,

elbows, and wrists. There are many options available today in various formulations like patches, gels, and roll-on lotions. You can choose from the local anesthetic lidocaine, the anti-inflammatory Voltaren®, counterirritants like menthol, methyl salicylate, camphor, eucalyptus, and capsaicin. Some people use CBD oil or lotion from hemp with good results. Convenient roll-on formulas reduce mess and waste.

#### 3. Use a combined approach.

It's unusual to have one medicine or supplement give complete relief of arthritis pain and stiffness. Using a combination of topicals and pills can allow each to contribute additional relief of stiffness and discomfort with fewer side effects.

#### 4. Use a symptom diary.

No medicine or supplement works for everyone. Tracking your response BEFORE and AFTER trying different medicines and supplements will help you keep what is



### 5. Try long acting options at bedtime.

Tylenol Arthritis® or Tylenol 8-Hour® work for at least 8-10 hours compared with 5-6 hours of the regular and extra-strength forms. Aleve (naproxen) lasts for 8-10 hours compared to 6-8 hours with Motrin (ibuprofen). Taking them at bedtime can help relieve morning pain and stiffness.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely*. Check out her NEW website [TheMedicationInsider.com](http://TheMedicationInsider.com) for daily tips on how to take your medicine safely! ©2020 Louise Achey

See solutions on page B4

We can't wait for the turkey... ...mashed potatoes and pumpkin pie! Kids: color stuff in! **Newspaper Fun!** www.readingclubfun.com Annimills LLC © 2020 V16-44

## Happy Thanksgiving!

It's Thanksgiving! What do **you** know about the people we call the Pilgrims - who we think about on this day? The Pilgrims left England in search of a place where they could worship God in their own way. They went to Holland where they found more religious freedom, but life was hard there. Also, they didn't like seeing their children begin to take on Dutch customs, language and ways of life. They decided to travel to the "new" land called America, where they could get a completely fresh start.

The Pilgrims had enough people to fill two ships. One ship was called Speedwell, the other Mayflower. The Speedwell was found to be leaky and unsafe, so it was left behind for repairs. One hundred and two people crowded onto the larger Mayflower to set sail.

After a rough voyage, the Pilgrims spotted land and went ashore at Cape Cod to explore, do laundry and exercise. They lived on the ship until December 11, 1620, when they pulled into a cove and (it is said) stepped out onto Plymouth Rock. They settled near that cove, building a common house to share. Through the harsh winter many fell sick and died. By spring only 53 people were still alive to start the new colony!

When spring arrived a Native American named Samoset walked into the Pilgrim's colony and welcomed them. By the next fall, the 53 Pilgrims celebrated the harvest with 90 Native Americans, including the Wampanoag chief Massasoit. They feasted for three days on fish, waterfowl, wild turkey and deer. This "First Thanksgiving" is what we think about as we celebrate our Thanksgiving with family and friends.

Did you know that Pilgrims wore bright, solid colors? Kids studied at home and worked hard doing chores.

**The Pilgrims:**

- were people who \_\_\_\_\_ to find a safe place to live.
- wanted to \_\_\_\_\_ their religion freely.
- left England to go to \_\_\_\_\_.
- were not happy there and decided to sail to \_\_\_\_\_.
- hoped to find \_\_\_\_\_ in America.
- started out with two ships, the Speedwell and the \_\_\_\_\_.
- found the \_\_\_\_\_ leaky and left it behind in England.
- headed for \_\_\_\_\_, but ended up near Cape Cod.
- started a colony near \_\_\_\_\_ Rock.
- lost many people during the first harsh \_\_\_\_\_.
- met the \_\_\_\_\_, Samoset, in the spring when he came to welcome them.
- learned from the Native Americans and shared a harvest \_\_\_\_\_.

**Pilgrims' Journey to Freedom!**

9 Kids played with dolls, marbles and tops!

4

3

8 Speedwell

10 Holland

1

2 Virginia

7

5

11

6

freedom

Mayflower

feast

winter

traveled

practice

Native American

Plymouth

Time for pie!



# Community

## Say your piece but say it in love



**A WALK WITH PASTOR JOHN SMITH**

Tensions have been running high for a while now and it doesn't look like we are going to get any reprieve soon. People are tired, anxious, depressed, and discouraged,

and I for one, don't blame them for feeling that way. We are living in some trying times and it is easy to forget the one thing we must do and that is to love one another as Christ commanded (Jn. 15:12, 17).

For all the good that social media can do for the Kingdom, it does present an opportunity for sinful tendencies to manifest. In the past several weeks, I have seen corrosive language spewed on newsfeeds and a lack of grace and restraint regarding other people's opinions. In my observations, I wonder if we are seriously

taking into consideration what Christ said, "by this [love] all people will know that you are my disciples if you have love for one another." (Jn 13:35)? For example, take any social feed about any hot button topic that Christians engage in and you will find accusations, name-calling, and even cursing one another. Regrettably, I have even fallen prey to the combative nature of my own heart and have had to repent of what I have said or more accurately, typed.

There is a lesson that a dear brother and mentor taught me

as a younger man, that you can be right and still be wrong. Sounds contradictory but let me explain, you can have the truth and even speak the truth but the spirit behind the words can be just downright mean and disrespectful to the person you're interacting with. Now don't misunderstand me that I am encouraging all of us to just play "nice" or that the epitome of Christian virtue is being the "nice guy". That couldn't be farther from the truth. In fact, I would suggest that more damage has been done to the church by Christians

wanting to be "nice" because they didn't engage or confront errors when they should have. However, in recent days, the tendency for Christians to be acidic to one another requires that we add a little bit of base to balance the proclamation of truth.

The Bible calls us to be "peacemakers" (Matt. 5:9) and so what does that look like in a period where peace is absent?

It begins by loving your neighbor as yourself (Lev. 19:18). Those individuals who hold to differing opinions and are just as strong in their convictions as you are, are indeed your neighbor. Yes, it is challenging to love an individual when they aren't so "neighborly", however Christian, look past what is on the surface and see that they are a fellow image-bearer of God, deserving of care and respect.

Second, be willing to go the extra mile with an individual (Matt. 5:41) and bear patiently with them. For many, what is informing them is a past hurt or current struggle. I know in my own experience, the things that I have said or reacted to very strongly which resulted in less-than-kind words were from an internal struggle that I was currently dealing with.

This leads me to another point, it is important to check our own hearts before we engage each other, especially when there are so many opportunities to give our two-cents. As Luke 6:45 says, "out the abundance of the heart the mouth speaks." Asking simple questions like, "Is my heart in the right place?" or "Am I personalizing the issue?" is crucial because undoubtedly, if your heart is not right, it will come out in how you communicate.

Lastly, be willing to walk away or stop engaging. I have spent so much time and energy in conversations that were just arguments for argument's sake. The tit for tat can go on for hours to the detriment of not only your relationship with this individual but also to your mental, emotional, and spiritual health. Yes, the idol of "the last word" is so tempting, but what is the point? Say your piece and be willing to go in peace.

As things continue to develop within our world today that demands our attention, let us remember that when the opportunity arises to give our input or dialogue with another, that we do it in a way that honors Christ and loves our neighbor.

## Faith prompts you to . . .



**JOYCE WILLIAMS**  
PASTOR OF CONGREGATIONAL CARE

Faith prompts you to ... SURRENDER.

Jesus said, "I came to do the will of my Father." Hebrews 10:7

He also taught us to pray: "Not my will but thine be done." Matthew 6:10

A man (a friend of mine) was being sued by a former business partner for millions

of dollars. Both were believers. The lawsuit had been going on for 3 years—costing lawyer fees every month and causing tremendous stress. It was suggested he take a piece of paper and list on it everything in his life, marriage, business, etc. Then write: I hereby transfer legal ownership of the above to God. Then sign it and date it—a contract with God. Then watch to see what God would do. Within two weeks, the former partner notified his attorney that he wanted to settle for a pittance! And he repented for wrongly accusing his partner.

My suggestion is to do this with the things that are troubling you. God takes good care of what belongs to Him!

Faith prompts you to ... OBEDIENCE.

"If you love me, keep my commandments." John 14:15

"Many say, Lord, Lord, but do not do what I command. In that day I will say,

"Depart from me, I never knew you." Matthew 7:22-23

In the movie WAR HORSE, a young boy trained a stallion to wear a bridle and bit and to pull a plow. Years later, during a war, when the horse had to pull a cart—that training saved his life. And we, if we will just put our head down and "pull the plow," will one day discover that obedience will/has saved our life. God sees and knows what we don't—the future!

Faith prompts ... VISION

(PURPOSE).

"Without a vision, the people perish." Proverbs 29:18

Losing my spouse at 64 was not how I expected my life to turn out. But realizing that reality is God's plan for me has enabled me to embrace the purpose God has for me for this new season. I was given a prophetic word 15 years ago. I could see no way for it to come to pass, given the restrictions of my marriage, so I put it in a drawer and forgot it. I found it the other day (while hunting for my passport!)—every item on the list had been fulfilled in the past year and a half. Just as God left me here for a purpose(s) yet to be discovered, so each of us will find the purpose for which we were designed as we put our faith and trust in Him.

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**Due to the COVID-19 virus, all churches in the Upper Valley have suspended Saturday and Sunday services, Sunday School and meetings.**

*Please call or email your church listed below if you need more information. May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.*

## UPPER VALLEY CHURCH GUIDE

New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

**CASHMERE**

**CASHMERE BAPTIST CHURCH**  
103 Aplets Way • 782-2869  
Sunday School 10:00 a.m. - Worship 11 a.m.  
Bible Study, Wed., 7 p.m.  
Pastor Bob Bauer  
Find us on Facebook at Cashmere Baptist Church

**CASHMERE PRESBYTERIAN CHURCH**  
303 Maple Street • 782-2431  
Sunday Morning Worship 10:30 a.m.  
Call for activities: Pastor Charles Clarke  
[www.cashmerepres.org](http://www.cashmerepres.org)

**CASHMERE UNITED METHODIST CHURCH**  
213 S. Division • 782-3811  
Worship & Sunday School at 11:00 a.m.  
Office Hours: Monday - Thursday  
10:00 a.m. - 1:00 p.m.  
Pastor Lilia Felicitas - Malana

**CHRIST CENTER**  
Cashmere Assembly of God: 509-782-2825  
Worship Service Sundays 10:00 a.m., in-person, Conservatory  
Apple Annie's and on-line, [christcentercashmere.com](http://christcentercashmere.com)  
Underground High School Sundays 6:00 p.m.,  
In-person, Conservatory  
Middle School Youth Thursdays 7-8:30 p.m.,  
In-person, Conservatory  
Lead Pastor, Steve Haney  
Children's Pastor, Andy Robinson  
Congregational Care Pastor, Joyce Williams  
Director of Operations, Pastor Ian Ross  
High School Director, Kelsie Folders  
Community Outreach, Steffania Haney

**GRACE LUTHERAN CHURCH**  
Morning Prayer, Evening Prayer or Holy Eucharist. Times and place will vary due to COVID restrictions.  
Service on YouTube or Email link: [CashmereEpiscopalLutheranMinistries.org](http://CashmereEpiscopalLutheranMinistries.org)  
Contact Pastor Rob Gohl  
509-860-0736 for more information.

**ST. JAMES EPISCOPAL CHURCH**  
Morning Prayer, Evening Prayer or Holy Eucharist. Times and place will vary due to COVID restrictions.  
Service on YouTube or Email link: [CashmereEpiscopalLutheranMinistries.org](http://CashmereEpiscopalLutheranMinistries.org)  
Contact Pastor Rob Gohl, 509-860-0736 or Deacon Carol, 670-1723 for more information.

**EVERGREEN BAPTIST CHURCH**  
5837 Evergreen Drive • 782-1662 • Sunday School - 9:45 a.m. • Morning Worship - 11 a.m. • Evening Service - 6:00 p.m. • Pastor John Smith [www.christforcashmere.org](http://www.christforcashmere.org)

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

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

**DRYDEN**

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

**MID-VALLEY BAPTIST CHURCH**  
8345 Stine Hill Rd. • 782-2618  
Worship Service, 10 a.m., Sunday School, 9 a.m.  
Pastor Mike Moore  
[www.midvalleybaptist.org](http://www.midvalleybaptist.org)

**LEAVENWORTH**

**CASCADE MOUNTAIN BIBLE CHURCH**  
"Where God's Word Remains The Pillar Of Truth"  
11025 Chumstick Hwy. • 548-4331  
Sunday School 9 a.m. • Sunday Worship 10:30 a.m.  
AWANA (Youth Program) Weekly Bible Studies  
Wednesday 6:30 p.m. (school year)  
Pastor Todd James • [www.cmbiblechurch.org](http://www.cmbiblechurch.org)

**CORNERSTONE BIBLE CHURCH**  
Leavenworth Grange Hall  
621 Front St. • 548-0748  
Sunday Worship 10 a.m.

**CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**  
10170 Titus Rd. (across from middle school)  
Church: 548-7667  
Meetings: Sunday - 10:00 a.m.

**FAITH LUTHERAN CHURCH - ELCA**  
"Reconciling Works Congregation"  
224 Benton Street • 548-7010  
Worship 9:30 a.m. w/coffee following  
[www.faithleavenworth.org](http://www.faithleavenworth.org)

**FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC**  
429 Evans Street, 509- 470-7745  
Sunday Worship: 11:00 AM  
Website: [www.leavenworthbaptist.com](http://www.leavenworthbaptist.com)  
Email: [info@leavenworthbaptist.com](mailto:info@leavenworthbaptist.com)

**LEAVENWORTH CHURCH OF THE NAZARENE**  
111 Ski Hill Drive • 548-5292  
Sunday Worship 9:00 a.m.  
Lead Pastor: Mark Miller  
Youth Pastor, Kent Wright  
[www.LCN.org](http://www.LCN.org)

**MONITOR**

**MONITOR UNITED METHODIST CHURCH**  
3799 Fairview Canyon • 782-2601  
Church Service & Sunday School 9:00 a.m.  
Pastor Lilia Felicitas - Malana

**PESHASTIN**

**LIGHT IN THE VALLEY COMMUNITY CHURCH**  
8455 Main Street • 548-7517  
Sunday Worship 10 a.m.  
Pastor John Romine  
[www.lightinthevalley.org](http://www.lightinthevalley.org)

**NEW LIFE FOURSQUARE CHURCH**  
7591 Hwy. 97 • 548-4222  
Sunday Worship, 10 a.m.  
Pastors, Darryl and Mindy Wall  
Email: [newlifeleavenworth@gmail.com](mailto:newlifeleavenworth@gmail.com)  
FB page: [newlifeleavenworth.com](http://newlifeleavenworth.com)





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or  
Quad City Herald 509-689-2507

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Three Rivers Hospital is seeking a Dietary Cook/Aide. This position is responsible for preparing food in accordance with established menus, recipes and sanitary standards in a healthcare facility. High School Diploma or equivalent required, and previous experience in food service is preferred. Must have/obtain a Food Handler's permit and Servsafe certification.

Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital  
Human Resources Dept.  
PO Box 577  
Brewster, WA 98812  
(509) 689-2517  
[www.threerivershospital.net](http://www.threerivershospital.net)  
opportunity@trhospital.net  
EOE

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Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital  
Human Resources Dept.  
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Brewster School District is accepting applications for paraprofessionals. These positions are located at the elementary, middle school and high school. The successful candidate will work within the intervention program serving individual and small groups of students. A complete job description is located on the district's website [www.brewsterbears.org](http://www.brewsterbears.org)

Qualifications:  
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Brewster, WA 98812  
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[www.threerivershospital.net](http://www.threerivershospital.net)  
opportunity@trhospital.net  
EOE

**Employment**  
**Help Wanted**

Mansfield School District is now accepting applications for a Part Time Nurse for the 2020-21 school year. To view job description and download an application, access our website at <https://www.mansfield.wednet.edu/>. We are an equal opportunity employer.

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Office furniture available. Items: 2 large wood desks with side desk attachment, One metal desk, one large wood conference table, a large counter approx. 7' x 3 1/2' tall with removable shelves, wood credenza 2 metal and fabric room dividers. All other items are now only \$10 cash and carry out. One large whiteboard for Free. Call to arrange a time to examine or pick up. All items located in Cashmere. For information call Leavenworth Echo, 548-5286 or Bill, at 509-670-1837. Also see photos on [NCWMarket.com](http://NCWMarket.com)

WHAT'S HAPPENING

**EVENTS**

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**Legals**  
**Public Notices**

**NOTICE OF PUBLIC HEARING**  
NOTICE IS HEREBY GIVEN that the City of Cashmere Planning Commission will hold a public hearing on December 7, 2020 beginning at 5:00 PM through a Virtual Meeting (information below), to receive and consider public comments on possible revisions to the Zoning Code to allow Short-term Rentals in the Business, Commercial and Industrial Zones and allow Accessory Dwelling Units in all Residential Zones. A copy of the proposed Zoning Code revisions for Short-term Rentals and Accessory Dwelling Units is available by contacting City Hall. Written comment can be sent to the attention of Director Steve Croci at Cashmere City Hall, 101 Woodring Street, Cashmere WA 98815. To Join the Meeting Go To: <https://zoom.us> Meeting ID: 882 719 9871 Passcode: 788276 Audio Only: PH# 1-(253)-215-8782 Published in The Cashmere Valley Record/Leavenworth Echo on November 25, and December 2, 2020. #1204

**Public Notices**

**Draft Environmental Impact Statement for Leavenworth National Fish Hatchery Surface Water Intake Fish Screens and Fish Passage Project: Public Comment Period**

The Bureau of Reclamation is seeking public comment on the Draft EIS for the Leavenworth National Fish Hatchery Surface Water Intake Fish Screens and Fish Passage Project. The Draft EIS is a result of input received from other agencies, interested parties and the public on possible alternatives to modernize the Hatchery's surface water intake, fish screening, fish passage and water delivery system. The public will have the opportunity to participate in the Draft EIS public comment period and provide input through a web-based virtual meeting room from November 20, 2020 to January 4, 2021. Website visitors will be able to view information about the project, pose questions, view answers and submit comments. **The virtual meeting room is accessible at <https://www.virtualpublicmeeting.com/leavenworth-swisp-draft-eis>.** Reclamation also will hold a two live virtual question and answer/public comment video teleconferences:

December 8, 2020, from 4:30 p.m. to 6:00 p.m. Pacific Standard Time  
December 10, 2020, from 10:00 a.m. to 11:30 a.m. Pacific Standard Time  
Reclamation will be giving a project overview presentation at the start of each meeting followed by a question and answer session, and an opportunity to provide verbal comments. Subject matter experts will be available to answer questions about the project. Attendees may join via computer or phone to participate. Information on how to attend is available on the project website. Comments must be submitted by close of business on January 4, 2021, in the web-based virtual meeting room, by providing verbal comments during the virtual question and answer/public comment teleconference, by email to [BOR-SHA-PNRLSWISP@usbr.gov](mailto:BOR-SHA-PNRLSWISP@usbr.gov), or by U.S. mail. If submitting by email, please indicate "SWISP DEIS Public Comments" in the email subject line. To submit written comments, please address them to Jason Sutter, EIS Team Lead, Bureau of Reclamation, Columbia-Pacific Northwest Regional Office, 1150 N. Curtis Road, Boise, ID 83706. More information can be found on the SWISP Project official website: <https://www.usbr.gov/pn/programs/leavenworth/swisp/index.html> Published in The Leavenworth Echo/ Cashmere Valley Record on November 25, and December 2, 2020. #1205



**Public Notices**

**NOTICE OF EQUALIZATION**  
NOTICE IS HEREBY GIVEN that the Assessment Rolls of the Icicle and Peshastin Irrigation Districts, in Chelan County, Washington, for the year of 2020, has been completed and delivered to the Boards of Directors, and that said assessment books are now and will remain in the office of the Secretary of said Districts for the inspection of all parties interested; AND THAT the Boards of Directors will meet as Boards of Equalization to equalize said assessments on Tuesday December 08, 2020 at 8:00 A.M., at the office of the secretary of said Districts, which is at 5594 Wescott Drive, Cashmere, Washington 98815, at which time and place all person objecting to said assessment as made, may be heard. In accordance with RCW 87.03.250 and RCW 87.03.255  
Published in The Leavenworth Echo/ Cashmere Valley Record on November 18 and 25, 2020. #1161

**Public Notices**

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON COUNTY OF CHELAN  
in re: IRMA HERNANDEZ, Child, IRENE DAWN SPEARS, Petitioner, and ASHLEY CROWELL, Respondent.  
NO. 17-3-00403-9  
SUMMONS SERVED BY PUBLICATION (SMPB)  
SUMMONS SERVED BY PUBLICATION TO:  
Jenaro Hernandez. I have started a court case by filing a petition. The name of the Petition is: Non-Parent Custody Petition. You must respond in writing if you want the court to consider your side.  
**Deadline!** Your Response must be filed and served within 60 days of the date this Summons is published: November 4, 2020. If you do not file and serve your Response or a Notice of Appearance by the deadline: No one has to notify you about other hearings in this case, and The court may approve the requests in the Petition without hearing your side (called a default judgment). Follow these steps:  
1. Read the Petition and any other documents that were filed at court with this Summons. Those documents explain what the other party is asking for.  
2. Fill out a Response on this form (check the Response that matches the Petition):  
[X] FL Non-Parent 415, Response to Non-Parent Custody Petition  
You can get the Response form and other forms you need at The Washington State Courts' website: www.courts.wa.gov/forms Washington Law Help: www.washingtonlawhelp.org, or The Superior Court Clerk's office or county law library (for a fee).  
3. Serve (give) a copy of your Response to the person who filed this Summons at the address below, and to any other parties. You may use certified mail with return receipt requested. For more information on how to serve, read Superior Court Civil Rule 5.  
4. File your original Response with the court clerk at this address: Chelan Superior Court Clerk 350 Orondo Street, Suite 501 Wenatchee, WA 98801  
5. Lawyer not required: It is a good idea to talk to a lawyer, but you may file and serve your Response without one.  
Signed on October 30, 2020, at Wenatchee, Washington.  
JEFFERS, DANIELSON, SONN & AYLWARD, P.S.  
By: JORDAN MILLER WSBA #38863 Attorney for Petitioner Irene D. Spears.  
Published in The Leavenworth Echo/Cashmere Valley Record on November 4, 11, 18, 25, and December 2, and 9, 2020. #1068

# Celebrate the holidays grill-side with these tips

STATEPOINT - Health experts recommend taking festivities outdoors this holiday season, which means your grill may take center stage.

"You can master some impressive culinary feats on your grill, especially with hardwood pellets that add rich, wood-fired flavor to winter dishes," says Ben Madden, product manager at Bear Mountain BBQ Woods, crafter of gourmet, hardwood pellets.

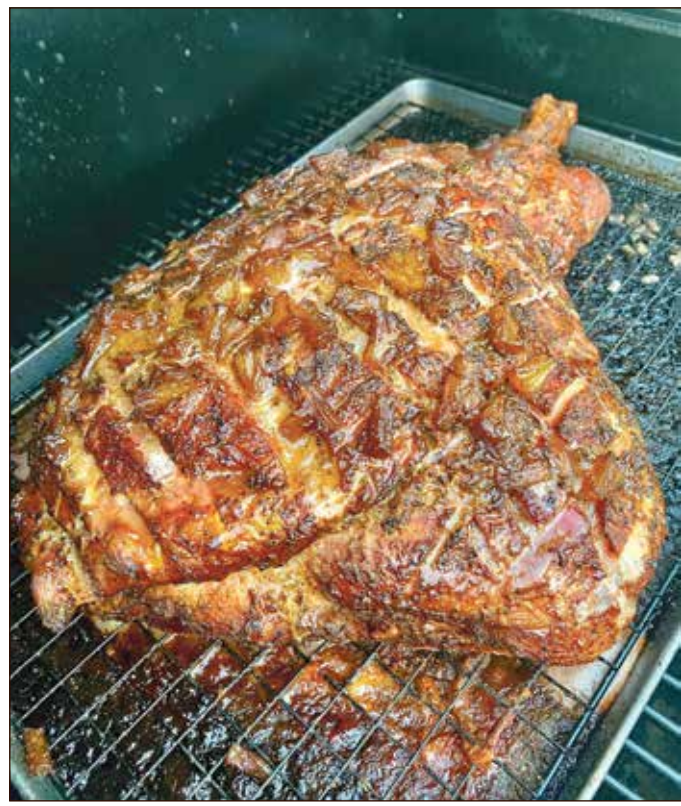
To celebrate grill-side, Madden offers these recommendations: Smooth and Smoky It's the ideal season to indulge in smooth, smoky flavoring. Achieve this robust flavor profile with the new Bourbon BBQ Craft Blend from Bear Mountain. Straight from barrel to BBQ, these hardwood pellets work well with a variety of meats, rubs and sauces. They're the secret seasoning in this delicious recipe for Bourbon Pineapple Glazed Ham, created by James Brown of GrillNation. Total Cook Time: ~6 hours

- Ingredients:**
- 20-pound ham
  - 1 cup pineapple juice
  - 2-3 tablespoons mustard.

- 4-5 tablespoons Java House Seasoning
- For Pineapple Bourbon Glaze:
- 2 cups brown sugar
  - 1 cup bourbon
  - 1/4 cup pineapple juice
  - 2/3 cup pineapple, chopped
  - 2 tablespoons butter, unsalted • 4 tablespoons spicy brown mustard

**Directions:**

1. Thaw ham in fridge for 2-3 days, then in sink for 24 hours. Once thawed, remove both skin and silver skin. Inject ham with cup of pineapple juice. Place in fridge for 12-24 hours.
2. Place at room temperature for 1 hour. Then, cover surface with 2-3 tablespoons mustard. Season generously with Java House seasoning.
3. Set smoker to 250 degrees. Let seasoning rest on meat 20-30 minutes. Place ham in baking pan with wire rack. Place in smoker. Then, pour pineapple juice in pan.
4. Check temperature periodically. Spritz ham every 30 minutes after first 90 minutes.
5. When internal temperature is 140 degrees, make glaze. Place saucepan over medium heat for 10 minutes. Combine pineapple bourbon glaze ingredients. Simmer for 10 minutes. Remove from heat and let thicken. Glaze ham



Courtesy of James Brown of GrillNation (grillnationofficial.com)  
**Bourbon Pineapple Glazed Ham**

when internal temperature is 150-155 degrees.  
6. When internal temperature is 165 degrees, remove from smoker. Let rest for 20-30 minutes. More recipes can be found

at grillnationofficial.com.

**Fire and Ice**

"If you haven't smoked your ice, you haven't lived," says Madden. He's sure once you try this Old-fashioned recipe, you'll

never use regular ice again:  
Prep time: 30 min Freeze time: ~ 4-5 hours

- Ingredients:**
- Water for ice
  - Bear Mountain Bourbon Craft Blend Pellets
  - 2 ounces bourbon
  - 1 teaspoon water
  - 3 dashes Angostura bitters
  - 1/2 teaspoon sugar
  - Orange peel for garnish

**Preparation:**

1. Start grill. Set to smoke. Add enough water to aluminum baking pan to fill 1-2 ice cube trays.
  2. Smoke water for 20 minutes (more or less, depending on smokiness preference). Remove from grill. Pour into trays. Freeze.
  3. Combine sugar, water and bitters in rocks glass. Stir until sugar dissolves.
  4. Add ice to glass. Add bourbon. Lightly stir.
  5. Run orange peel around glass, give quick squeeze and drop in. Enjoy!
- Gift Grill Gear: For gifting and recipe ideas, visit bearmountainbbq.com.

Not only can delicious holiday meals be prepared outdoors, incorporating wood-fired flavors into your festivities may be such a game-changer you make it an annual tradition.

## A delicious holiday meal made simple

STATEPOINT - When planning your holiday menu, consider selecting one ingredient to be the star of the show. Not only is this a good way to simplify your shopping list during a busy time of year, it will unify your meal with complementary flavors. Need some inspiration? Consider sweet tea. Not just a hot or cold beverage, sweet tea can be used in cooking and baking to deepen the flavor profile of mains, sides, desserts and more. For holiday ease, purchase a ready-to-drink version like Milo's Famous Sweet Tea—it's available nationwide and is fresh brewed daily without any added colors or preservatives. Get started on your holiday meal prep by wowing your family with this simple recipe for a Sweet Tea

**Turkey Brine:**

- Ingredients:**
- 1 gallon Milo's Famous Sweet Tea
  - 1 cup kosher salt
  - 3 large sweet onions, quartered
  - 4 lemons, sliced
  - 8 garlic cloves, peeled
  - 5 sprigs rosemary
  - 10 cups ice
  - Whole turkey

**Directions:**

1. In large stockpot over medium-high heat, combine sweet tea and kosher salt; stir frequently until salt is dissolved. Add onions, lemons, garlic and rosemary. Remove from heat; let cool to room temperature.
2. When broth mixture cools, pour into clean 5-gallon bucket. Stir in ice.
3. Wash and dry turkey. Remove innards. Place turkey,

cavity-side up, into brine to fill cavity. Cover and place bucket in refrigerator overnight.

4. Remove turkey, carefully draining excess brine; pat dry. Discard excess brine.
5. Cook turkey, as desired, reserving drippings for gravy.

For those in need of a pick-me-up before or after dinner, try this recipe for Milo's Holiday Hot Tea:

**Ingredients:**

- 12 cups Milo's Famous Sweet Tea
- Two 12-ounce cans frozen limeade juice concentrate
- Orange, thinly sliced (reserve 1 slice for garnish)
- 12 whole cloves
- 4 cinnamon sticks
- 1 teaspoon vanilla
- 1 cup fresh cranberries
- 1 cup ginger ale

**Directions:** 1. Combine all of the ingredients in a large crockpot and stir. For easier serving, place the cloves into a tea ball or a double layer of coffee filters and close with kitchen twine.

2. Heat combined ingredients on high for 30 minutes, then reduce to low for an additional 2 hours; or heat on low for 2 hours then reduce setting to warm overnight.
3. Optional serving garnish: garnish rim of glass with remaining orange slice and sugar in the raw or brown sugar.

For more sweet-tea inspired recipes for your holiday meal, including cobblers, cakes, sauces and dressings, visit drinkmilo.com/recipes.

By using a baking and cooking ingredient you might not have considered before, you can give your holiday meals a delicious twist.

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THEME: FAMOUS LANDMARKS

ACROSS

1. Octagonal sign
5. "Don't have a \_\_\_!"
8. Can of worms
12. Pathetic
13. Spanish sparkling wine
14. Pico de gallo
15. WWII side
16. Like word of mouth
17. Church song
18. "Victoria in Zimbabwe or Horseshoe in Canada"
20. "Home to Rock of Cashel and Blarney Castle"
21. Massachusetts university
22. "\_\_\_ Be Home For Christmas"
23. Olympic torch, e.g.
25. On the move
28. Menu words
29. "Golden Gate or Mackinac"
32. Goodbye, to bambino
34. Ruling in Islamic law
36. Variable, abbr.
37. Can, with thou
38. South American monkey
39. "Versailles or Buckingham"
41. Thus far
42. Yoko's John
44. Collectively
46. Party bowful
47. Memory failure
49. Goals
51. "St. Basil's or Canterbury"
55. Independent, slang
56. Initial stake
57. Field of Dreams style
58. More than one status
59. Barnes and Noble or Barnum and Bailey
60. Jaunty rhythm in music
61. Don Quixote's enemy
62. Urge Spot to attack

DOWN

3. Besides
1. BBQ side
2. Taxon, pl.
3. Fail to mention
4. Bygone Spanish money
5. Jeweler's unit
6. Egg-like curves
7. "The Western one in Israel or the Great one in China"
8. "La Sagrada Familia or St. Peter's"
9. Having wings
10. \_\_\_ of Man
11. Scottish cap
13. Ceiling panel in the Pantheon
14. Type of wheat
19. Cuban dance
22. Glacier matter
23. Medieval knight's spiky weapon
24. Coffee shop order
25. "Home to Taj Mahal"
26. Photograph record
27. Artist's support
28. Back, at sea
30. Director Reitman
31. Indian restaurant staple
33. Giant Hall-of-Famer
35. "Moulin Rouge or Netherland's landmark"
37. Incense without prefix
39. Weasel-related onomatopoeia
40. Enigma machine's output
43. One born to Japanese immigrants
45. Roman magistrate
48. Hawaiian veranda
49. V.C. Andrews' "Flowers in the \_\_\_"
50. Naysayer's favorite prefix
50. Bucolic poem
51. Type in all \_\_\_
52. Agitate
53. Hole punchers
54. Like the White Rabbit
55. Any doctrine

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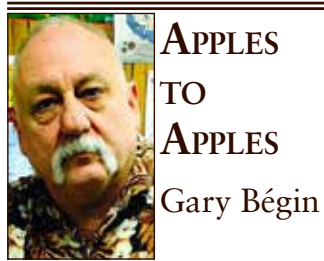
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# How to fight the upcoming war against socialism



APPLES TO APPLES

Gary Bégin

Former Vice president Joe Biden is now President-elect Joe Biden. It is a moot point if you like that or not, what really matters now is – are you in favor of socialism – or not?

Socialism is a softer version of Communism, but can be just as deadly to a thriving economy. Where do all these ideas come from? Where does the un-American dogma of free college, free medicine, free food, free housing, free God-knows-what-else come from? It all starts in grade school when the newly minted college graduate teacher opens his/her mouth to tell our little darlings that it's ok if you don't know what sex you are at 5-years-old or when they tell these tykes that Christopher Columbus was an evil man because he killed

millions of Native Americans or that George Washington and the other founding fathers were also evil because they owned slaves.

Rewriting history and handing out gifts to everyone, regardless of reciprocal value given back to society, is how the far left brainwashes our youth. This sinister version of "education" is the exact same education given to school kids in all Communist countries.

Choose an enemy for a scapegoat and harp on how evil they are ad infinitum until the kids get to college and then double-down on the message in the guise of a deeper, more profound version of how the evil White folks don't deserve to live without feeling guilt and without bestowing money and power on the downtrodden of the past.

"The enemy of my enemy is my friend," is how the saying goes. When I worked for the Three Affiliated Tribes (MHA: Mandan, Hidatsa, Arikara) in North Dakota, I was sent to Washington, D.C. to attend a Native American Journalist Association conference.

One of the guest speakers was none other than the "Minister of Hate" (my words) Louis Farrakhan (LF), leader of the Black Muslims, a fake Islamic group of Black supremacists and militants.

The hate monger spoke to several hundred Native Americans. When I came back to the Ft. Berthold Reservation (New Town, North Dakota) I wrote a column about "the minister of hate."

Turns out, many members of the Three Tribes, aka, MHA Nation, were unhappy I wrote what I wrote because they figured LF was fighting for justice for all minorities that Whitey has maligned, killed, enslaved and fought against over the centuries and for certain his talk also encompassed the ingrained victimhood of the Indigenous people.

So here I am a few years later and I find myself surrounded by socialists and Communists demanding a piece of my earnings every payday to right some alleged wrongs and or to simply redirect to someone else's wallet because of a

perceived injustice that may have been perpetrated by a few White folks 400 plus years ago.

When the far-left attempts to co-opt the Biden Administration's policies, and I think they will eventually succeed, what do we do to fight back?

I think it would be a much more level playing field if more and more private, religious-based and charter schools be founded, thus allowing taxpayers to just say no, as Nancy Reagan would tell us our response to drugs should be, to the built-in propaganda initiated by the public school systems across the country.

Treat the far-left liberal agenda just like heroin and just say no when that slick-talking drug pusher comes 'round your block and tempts you with promises of sweetness and light, unicorns and rainbows.

Show that drug dealer the door, laugh in his face, let him know your kids aren't going to take the bait. Tell the far left agenda that you and your family and your friends and your co-workers are all aware of how the occasional rain

shower and cloudy day must occur in order for crops to grow and mankind to survive.

That, my friends, is a closer picture of reality than the unwarranted dreams of living a life where unmitigated joy grows on trees and forever and ever gifts and glory are bestowed on the masses simply because they exist. Being born American is a great start, but the continued existence of the American Dream requires all-hands-on-deck to continue its success.

It is time to get out the mucking rake, the stalls in Washington, D.C. and Olympia need cleaning. While we're at it, let's find some new horses for 2024.

circulated accusing white people of "reveling in state-sanctioned depravity" and comparing white children to "killer cops."

For more on this example of far left school agenda, go to her website. The saddest part is that this was an expensive private school, but it was still the focus of a leftist attack against White people. Another case for home schooling.



Megyn Kelly

Editor's Note: Former Fox talk show and current blogger host Megyn Kelly just messaged: "... she yanked her two young sons out private school — where a letter allegedly

## Happy Thanksgiving!

*Pilgrims' Journey to Freedom!*

Did you know that Pilgrims wore bright, solid colors? Kids studied at home and worked hard doing chores.

### Why Did the Pilgrims Come to America?

**Eat Tofu!**

9 P  
4 FEAST  
3 HOLLAND  
12  
5  
8 V  
7 S  
2 PRACTICE  
10 U  
1 TRAVELED  
6  
11 NATIVE AMERICAN  
I  
E  
A  
6 MAYFLOWER

### Thanksgiving Family Fun

- watching
- playing
- meeting
- telling
- praying
- traveling
- singing
- decorating
- baking
- giving
- sharing
- walking

- at religious services
- stories by the fire
- a large turkey dinner
- thanks for all we have
- new family members
- a game of touch football
- to a relative's house
- pumpkin pies
- songs together
- with pumpkins and Indian corn
- the parade on T.V.
- together to get a little exercise

### What Did They Bring?

V M T E R T F G Y H U S E L B A T P L  
H O U R G L A S S E S J D F V C R E  
I O U S K I U Y H S E H T O L C J A L  
B K J H K Q I U A P K J H N G O  
E I G H T E K H O U T R D B F T  
D J B C S Y T K I U H L I H F H  
S D F K I U Y S U G E A B C Z A  
A S O I Y G C S V G I H U Y G T  
F O K H F T O O L S G F C H A I R S V  
B C R A D L E S O U H B S L A M I N A

## Letters to the editor

**To the Editor:**  
The Echo's November 18 lead article falsely proclaims, "Governor says cancel Thanksgiving and Christmas." No one is cancelling Thanksgiving or Christmas or any other holiday.

Leavenworth is now a hotspot for the virus, and the number of cases in Chelan and Douglas Counties has skyrocketed to 685.6 per 100,000 over the last 14 days. Pointing to this dangerous rise in COVID-19 cases in our city, county and state, Governor Inslee is urging (not mandating) Washingtonians to limit social gatherings to immediate households through December 14. In other words, Governor Inslee is counting on us to recognize the dangerous spread of Covid and take personal responsibility to do what we can to control this pandemic. Crowded indoor gatherings are primary sources of contagion. This includes large Thanksgiving family gatherings. My husband and I will enjoy our dinner alone. We figure it's worth missing a special family dinner so that we can be around to celebrate Thanksgiving with our family next year. We can still have an outdoor, spaced gathering, visit virtually with our Alaska family, and give thanks for our blessings.

While acknowledging COVID-19 to be "a serious disease [that] can have deadly consequences," the publisher goes on to say that "the danger is not as significant as once thought," and urges "a serious discussion about the issue of COVID-19 policy." After contradicting himself, he offers not a serious and helpful discussion, but three articles supporting the "insignificance" of the pandemic and the primary importance of "freedom."

One writer calls the pandemic "fake," citing the 14th century Bubonic Plague as a "real pandemic," implying

that COVID, having so far killed 1.34 million people worldwide, is not. He cites U.S. COVID-related deaths as 204,613 on October 16. One month later, on November 20, according to Worldometer, that number is more than 260,000 — close to the number of Americans killed in World War II, and more than five times the number of those killed in the Vietnam War. None of these numbers is insignificant. The COVID death toll doesn't include the growing number of "long-haulers," those whose effects of the disease linger still, such as a friend of ours who has been ill with COVID effects for nine months. This same writer calls governors implementing measures to control the pandemic "little human republic dictators."

Another writer seems to embrace "freedom" above all else. What freedom? Freedom to infect others? He refers to leaders who impose "arbitrary and whimsical mandates . . . to control and oppress the governed." He accuses such leaders of regarding him and his followers as "dangerous" because they are "a free people who are united and have faith in the living God." He encourages no change in our Thanksgiving observance as "an act of defiance." This is what is dangerous — insisting on freedom to infect others no matter the cost.

It is striking that in this entire issue of the Echo, there is no perspective from scientists, nor from medical professionals who risk their lives every day to treat people who are paying the price for others' twisted concept of freedom. One article in this Echo, however, gives some important advice on how to "avoid crisis and conflict" during COVID. Advice includes: "Avoid judgment," and "avoid language that could make another person feel anxious or defensive." I suggest the publisher and the other writers read it before writing

falsehoods like "Governor cancels Thanksgiving." We will still observe Thanksgiving but — as Governor Inslee urges — may we do it safely.

**Susan Butruille**  
Leavenworth

**Mr. Randy Agnew,**  
I am writing this to you in response to your letter in the Leavenworth Echo dated 11/12/2020.

I don't live in Washington, I live in Texas near a small country town called Normangee. But, having traveled to Washington state for vacations 11 or 12 times from the late 1990's through 2015, with 10 of those times being winter trips to the Leavenworth area, my wife and I have an affection for your part of the state. It seems it was our second home for a while. I check in with the Echo occasionally to follow the local happenings in Leavenworth and that part of the state.

Knowing the liberal Seattle side of the state is the driving force for all things political there, I was very pleasantly surprised to see your letter. It was very eloquently written with the sentiments that many others in your state, as well as many folks here in Texas, share in these crazy times. So many of us here in Texas see this whole pandemic as a precursor to the next step in an attempt to deprive us of more freedoms and to institute a tighter noose of governmental control. You hit the nail right on the head all through your letter, but the last two paragraphs really drove home the whole point so well. I agree with you...it's a test. How far will we go before we say ENOUGH! Quoting your letter, "Is this the Land of the Free or the Pasture of the Sheeple?"

I want to thank you as an elected official in Washington state, for being bold enough to stand up and say what so many others are saying and talking

about everywhere. It takes a man with a spine to stand up in the crazy political climate that our nation is in right now, and say ENOUGH!

Mayor Randy Agnew, you have my deepest respect and admiration, all the way from TEXAS!  
Best Regards,  
**Dennis Powell**

**Pastors protect your flock!**

Several years ago, a group supported by a Leavenworth church begged former president Obama to settle Syrian Muslim refugees in Seattle and Leavenworth, excluding Syrian Christian refugees.

This movement morphed into creating Leavenworth into a sanctuary city. Now an even more diabolical plan emerges; the establishment of a festival named "The Day of The Dead" so that families can reconnect with the dead.

Our beautiful peaceful town which draws vast numbers of visitors creating permanent and part time settlers is opening itself up for destruction. A warning from Gods' word from the bible, Deuteronomy 18: 10 - 12, regarding detestable practices. There shall not be found among you anyone who makes his son or daughter pass through the fire, one who uses divination, one who practices witchcraft, or one who interprets omens, or a sorcerer, or one who casts a spell, or a medium, or a spiritist, or one who calls up the dead.

Galatians 6: 7 Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. New American Standard bible translation.

As a 55-year Leavenworth resident I am appalled by the current direction of the town of Leavenworth.  
**Alice Cowles**  
Peshastin

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