



Photo by Kevin Farrell

Lennea Hopkins demonstrates the joy of Double Dutch jumping, while Matt Hopkins and Micah Rieke swing the jump ropes.

Grant Will Have Students Jumping Rope for fitness

BY MARLENE FARRELL

Sometimes magic happens with the simple combination of an idea and an opportunity.

Over four hundred jump ropes, soon to be in the hands of Cascade School District students for use at home and back at school, happened just that way.

Brett Johnson, Cascade School District Special Education Director, has applied for grants with the Northwest Foundation for Youth in the past, always with the idea to help students stay active.

Recently, after consulting with the district P.E. teachers,

Micah Rieke, Paul Fraker and Paula West, he applied for and received a \$1000 grant, which pays for jump ropes to be used by P.E. classes in third through twelfth grade.

Rieke thinks he'll be able to seamlessly add jump ropes, which can be loaned out, to his IRMS P.E. curriculum.

Right now, he assigns his students to be physically active twice a week, and parents must sign that activities were completed, or students can submit short videos of their exercise.

Often Rieke makes his own instructional videos for stu-

dents to follow along, but there's a degree of free choice so long as they are moving and outside in nature.

"I haven't typically used jump ropes, but with remote learning, this is another tool to get kids to exercise," he said.

During virtual learning, sport skills and strategies might be harder to teach, but Rieke can make sure students understand fitness fundamentals.

He's already taught students about resting and aerobic heart rates and how they should try to be in their aerobic zone some of the time.

Track coaches work with team members



Photo by Isabel Menna

Junior David Ising throws the javelin at a recent Cascade High School track practice. Five coaches have volunteered for three weeks to work with team members who want to do optional conditioning. On this day, students got to do a mock mini meet, with even the distance runners trying events like the shot put and high jump.

Once jump ropes are in hand, that aerobic threshold will be easy to reach.

"Beyond fitness, jump ropes help with footwork, speed and agility," Rieke noted. These abilities come in handy for numerous other sports.

The jump ropes come from a local company, www.buyjumpropes.net, owned by Matt and Lennea Hopkins. Matt was a former P.E. teacher in the district, and both served as competitive jump rope coaches.

"We coached a competitive team, the Mountain Jumpers, for ten years and invented

a jump rope which started a new business for us," Matt Hopkins explained. "We've grown from a small home business to a medium-size business of 25 employees. We have recently expanded and work out of a large warehouse in Wenatchee."

Rieke said, "I hope to pick Matt's brain on developing a good progression." The P.E. teachers will also be able to use Hopkins' website as a resource, as it has videos for beginners to experts.

One ten-minute video on the site, featuring local and former world jump rope cham-

pion Heather Butler, shows how to gradually add difficulty to a jumping routine, adding moves like skier jumps, which go side to side, scissor jumps, which alternate legs front to back, and single foot jumps.

The jump ropes will arrive soon, as colder weather is setting in. While snow play and snow sports are great activities for kids, jump roping can serve as an easy indoor alternative.

The students will be able to challenge themselves to learn techniques and tricks, with a side benefit of fitness and endurance.

Chelan County Sheriff's Department maintains peace in the county

By BILL FORHAN, PUBLISHER

Around the country we hear cries to "Defund the Police." The Seattle city council and mayor are already in a dispute over how much the city will reduce the police budget. Seven of the nine council members have called for a 50 percent reduction. Virtually gutting the current law enforcement in the city.

With that in mind we felt it was important to look at law enforcement in our rural communities – The Chelan County Sheriff's Department.

The Sheriff's department provides police services for the cities of Chelan, Entiat, Cashmere, and Leavenworth. It also provides service in the unincorporated county including the communities of Manson, Dryden, Monitor, Peshastin, and Lake Wenatchee.

In total the department patrols 2921 square miles of Land and 73 square miles of water. To accomplish its duties the Department has a total of 61 officers assigned to a number

of functions including Patrol, Investigations, Drug Task Force, Search and Rescue, Marine Patrol, Contract Cities, Training, SWAT, Administration and Reserves.

The Chelan County Sheriff's Department is a key part of the Columbia River Drug Task Force. Through that program the department works closely with a number of other local and national drug enforcement agencies to remove drug trafficking criminals from our communities.

CCSO maintains an Air Support unit that has 2 OH-58 helicopters. These helicopters are used for search and rescue, evidence search and patrol assistance.

Chelan County is promoted across the state as Washington's Playground. As a result, our county draws millions of tourists who come here each year to recreate in our magnificent outdoors. Many local residents have chosen to live here to take advantage of these same

outdoor recreation opportunities. Sometimes they get into trouble and the Sheriff's search and rescue division is called on to help. In addition to their air support unit, the department maintains High Angle Rope Rescue and Swiftwater Teams who train for difficult rescue activities in the rivers and mountains in Chelan County.

Many of our local communities hold regular festivals and events that draw large crowds that sometimes can overwhelm our ability to handle traffic and maintain the safety of our visitors. Working with these communities the Sheriff's Department provides important traffic control and security.

The accompanying charts provide a quick overview of the work done by the Sheriff's department in your local community.

You can read the entire 31 page report on our website. You will find it under the Special Sections list at the bottom of the home page.

Activity Summary	Cashmere	Chelan	Entiat	Leavenworth	Outside Cities	Totals
Adult Arrests	52	357	35	108	675	1227
Calls for Service	948	2296	426	1534	9469	14673
OV Incident	22	45	10	25	200	302
Fatality Collision	0	0	0	0	6	6
Injury Traffic Collisions	2	12	1	5	88	108
Juvenile Arrests	4	27	0	10	43	84
Marine Related	0	59	3	0	100	162
Non-Injury Traffic Collision	60	144	17	102	383	706
Violent Offenses	1	3	1	2	23	30
Warrant Arrest	103	239	53	79	806	1280

Arrests (Not DV or Traffic)	Cashmere	Chelan	Entiat	Leavenworth	Outside Cities	Totals
Alcohol	1	10	0	2	27	40
Arson	0	0	0	0	0	0
Assault	7	7	0	0	15	24
Burglary	0	1	0	0	3	4
Drug Violations	3	5	0	0	7	15
Forgery	0	0	0	0	0	0
Harassment	0	1	0	0	1	2
Mischievous Mischief	2	0	0	2	9	13
Minor in Possession	0	6	0	2	43	51
Sex Offenses	0	3	0	0	3	6
Theft	7	11	0	4	8	25
Trespass	0	0	2	0	11	13
Other offenses	38	106	3	35	211	393
Total	48	151	5	43	338	588

City of Leavenworth		
	2019	Prior 4Yr Avg
City Patrol Hours	10512	10032.25
Calls For Service	1716	1441
Adult Arrests	137	85
Juvenile Arrests	5	13.25
Violent Offenses	2	2
Injury Traffic Collision	5	5.25
Non-injury Collisions	112	101.5

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

Inside The ECHO this week

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Photo by Bill Forhan

The Leavenworth Nutcracker Museum Board honors Ms. Arlene Wagner with a special 20-year service plaque as The Founder with her husband George in 1995. Ms. Arlene, The Nutcracker Lady as she is known, is also the current Curator of the Museum as well as the past president. The museum board from left, are Maynard Man, Briar Hoper, Diana Zumini, Carol Forhan, Ms. Arlene Wagner and President Penny Carpenter. Not pictured are Diane Wells, Hans Andersen and Christina Zuckriegel.

Rattlesnake cleanup



Photo by Brett Johnson.

Firefighters with Fire Department #3 have been working hard clearing out fire hazard debris and ladder fuels on Rattlesnake Hill. The long-term plan for the site is to develop a multi-user trail system to be utilized by CSD classes, sport teams and community members.

CDHD Health Officer asks families to avoid trick-or-treating this year

SUBMITTED BY VERONICA FARIAS

East Wenatchee, WA – The health officer for the Chelan-Douglas Health District urges families to skip the tradition of trick-or-treating this year and plan holiday activities closer to home.

It may be a hard message for some families to hear, but trick-or-treating during a pandemic is a bad idea, said Dr. Malcolm Butler, CDHD health officer.

"I know Halloween is a very exciting time, especially for our kids," he said. "But I have to tell you, if I was an evil virus and I wanted to design the perfect holiday to make sure I could spread myself around the community, what I would do is encourage young people with a sweet tooth to go house to house, passing infection around."

For the past three weeks, Douglas and Chelan counties have seen their case counts per 100,000 people rise weekly. On Sept. 30, the positive case count was at 114 per 100,000 people.

This week, that number is 168 per 100,000 people.

Butler stressed that he would like to see families celebrating the holiday within their households, continuing to follow COVID-19

safety precautions, such as social distancing, wearing a cloth mask when outside the home and washing hands frequently.

"This Halloween needs to be a holiday that we stay home and focus on family," Butler said.

The health district offers the following family friendly activities to safely celebrate Halloween:

- Visit a local pumpkin patch and bring a pumpkin home to carve. When outside your home, always wear a cloth mask and maintain social distancing, even in the outdoors.

- Put a new twist on trick-or-treating. Try a candy scavenger hunt in your yard, or fill up a pinata.

- Have a costume parade with your family.
- Throw a Halloween movie marathon. Settle in for the night with your holiday favorites.

Local communities also are organizing events in place of trick-or-treating. Candy drive-thrus are being organized in Wenatchee, Cashmere and Chelan.

With the drive-thrus, families will be able to drive up to locations to receive individually bagged candy.

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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

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 Services are available ONLINE ONLY at 10 a.m. Sundays
All updates on COVID-19 can be found at christcentercashmere.com/cc-updates
Underground High School Group, ONLINE ONLY at 6 p.m. Sundays
Lead Pastor, Steve Haney
Children's Pastor, Andy Robinson
Congregation Care Pastor, Joyce Williams
Director of Operations, Pastor Ian Ross
High School Director, Steffanie 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
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
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

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. • 782-2616
Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore
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

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

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

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

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Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number.
What: Items pertaining to local events that are free or **maximum charge of \$100 fee.**
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THE LEAVENWORTH ECHO

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www.leavenworthecho.com
e-mail:
echo@leavenworthecho.com

Publisher
 Bill Forhan • 509-548-5286
publisher@leavenworthecho.com

Reporter/Photographer
 509-548-5286
Reporter@leavenworthecho.com

Advertising Sales Manager
 Carol Forhan
 509-548-5286 • Ext. 6513
carol@leavenworthecho.com

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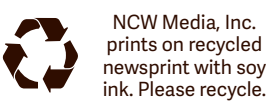
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Letters policy

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a 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.

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, 1-206-719-3379

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, Leavenworth
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
 We will be meeting via Zoom weekly on Fridays at 6:30 p.m. Please email celebraterecoverylcn@gmail.com for more information.

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 for Sept. and Oct. now at 5 p.m. Call Anthony Jantzer, cell, 509-433-4064, 782-2561 or tony.lid.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.leavenworthmasons.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.
 Order books online and pick up with curbside service on Monday, Wednesday and Friday 10 a.m.-2 p.m and Tuesday-Thursday 3 - 6:30 p.m. STEM and child craft kits available once a week. Adult craft kits available once a month.

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.

leavenworthecho.com

Notice

Please check with your church, local businesses, organizations, meetings and events that may have closed, cancelled, or postponed until further notice. We will have updates on our websites as well.

Feel free to update us by email at Reporter@leavenworthecho.com or Publisher@leavenworthecho.com.

Stay Well!

City Council Meetings

Call phone numbers for meetings or Zoom information 7 p.m., Leavenworth Planning Commission at City Hall contact Liliith 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., Leavenworth
 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.
October 29, Thursday: No lunch.
October 30, Friday: Spaghetti and meat sauce, Caesar salad, apricots, garlic bread and Dessert.
October 31, Saturday and November 1, Sunday: No lunch.
November 2, Monday: Beef & broccoli stir fry over rice, Asian coleslaw Mandarin orange, egg roll and Dessert.
November 3, Tuesday: No lunch.
November 4, Wednesday: Tuna & rice bake, peas & carrots, Greek salad peaches, garlic bread and Dessert.

Cascade School Menu



Thursday, October 29
Breakfast: Pancake and syrup, Orange Juice, Milk and water.
Lunch: Chicken salad sandwich, Potato Salad, Fruit, Milk and water.
Friday, October 30
Breakfast: Egg, sausage and cheese wrap, Orange juice, Milk and water.
Lunch: Chicken burger, Pea salad, fruit, Milk and water.
Monday, November 2
Breakfast: Cold cereal, Yogurt, Fruit, Milk and water.
Lunch: Chicken Nuggets, Carrots and Ranch, Fruit, Milk and water.
Tuesday, November 3
Breakfast: Bacon, cheese muffin, Fruit, Milk and water.
Lunch: Beef and bean burrito, Pico De Gallo, Fruit, Milk and water.
Wednesday, November 4
Breakfast: Hard cooked egg, Yogurt, Fruit, Milk and water.
Lunch: Chicken burger, Fries, Fruit, Milk and water.
Thursday, November 5
Breakfast: Zucchini bread, Fruit, Milk and water.
Lunch: Chili and cornbread, Pea salad, Fruit Milk and water.

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.

October 16
 07:02 Theft, 410 Ski Hill Dr.
 08:17 Alarm, 23379 Lake Wenatchee Hwy.
 09:42 Suspicious, 24102 Morgan St., Plain
 10:57 Hazard, Beaver Valley Rd., MP 17, Lake Wenatchee
 11:39 Trespass, 85 Wedge View Ln.
 18:54 Harass/threat, 19160 Gill Creek Rd., Lake Wenatchee
 21:41 Domestic disturbance, 116 B. River Bend Dr., Safeway
 22:14 Noise, 1217 Front St.

October 17
 03:30 Weapons violation, Pine Tree Rd. & Salal Dr.
 08:22 Weapons violation, 8800 Blk. Deadman Hill Rd., Dryden
 08:59 911, 12790 Fish Hatchery Rd.
 10:11 Parking/abandon, 7500 Blk. Roller Coaster Rd.
 10:23 Property, 16626 Fir Rd., Lake Wenatchee
 10:38 Public assist, 123 W. Whitman St., #B
 11:10 Agency assist, Lake Wenatchee Hwy. & SR 20
 13:20 Fraud/forgery, 9350 North Rd., Peshastin

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Das Thrift Haus is opening its doors. We will also be taking clothing and household donations at the sorting center again.

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888-9990
 Open Monday - Saturday 10:30 a.m. - 5 p.m.
 Sunday 12 - 5 p.m.
 211 - 14th Street • Leavenworth

This announcement courtesy of The Leavenworth Echo.

15:54 Domestic disturbance, 111 Cedar Brae Rd.
 15:57 Property, 300 Enchantment Park Way
 16:17 Civil, 6057 US Hwy. 97, Peshastin
 16:35 Trespass, 213 - 9th St.
 17:19 Weapons violation, Chumstick Hwy., MP 1
 17:20 Welfare check, 9760 Dye Rd.
 17:33 Harass/threat, 17632 Winton Rd., Lake Wenatchee
 17:44 Accident/no injuries, US Hwy. 2 & River Bend Dr.
 18:05 Public assist, 11720 Pear Tree Ct.
 19:15 Traffic offense, Chumstick Hwy., MP 2
 19:25 Noise, 9940 Saunders Rd., Peshastin
 19:44 Noise, 11003 US Hwy. 2, Peshastin
 20:17 Property, 20701 Club House Dr., #108
 20:51 Suspicious, 8381 Main St., #3, Peshastin
 21:32 Search and Rescue, W. Chiwawa FS 6306 Rd.
 21:37 Extra patrol, 10001 School St., Peshastin
 22:44 Noise, 10462 Fox Rd.
 22:56 Animal problem, Cottonwood & Hansel Lanes
 23:08 Welfare check, 300 US Hwy. 2

October 18
 01:20 Welfare check, 9151 Icicle Rd., #B
 10:07 Property, Icicle Ridge Trailhead
 17:13 Attempt to locale, Icicle Rd., MP 8
 18:40 Hazard, Beaver Valley Rd., MP 17, Lake Wenatchee
 19:43 Traffic offense, US Hwy. 97, MP 181, Peshastin

October 19
 03:42 Trespass, 9073 US Hwy. 2, Transfer Station
 10:59 Sex offense, 18130 W. Dardanells Rd., Lake Wenatchee
 14:02 Public assist, 11566 River Bend Dr.
 14:48 Welfare check, 347 Division Street
 15:03 Accident, no injury, 9966 Lee St., Peshastin
 15:34 Hazard, Merritt Lake Trailhead
 16:23 Weapons violation, US Hwy. 2, MP 84, Lake Wenatchee
 17:02 Property, 116 River Bend Dr., Safeway
 17:26 Civil, 290 Winery Ln.
 22:37 911 call, 184 Eagle Place

October 20
 05:33 Agency assist, 590 US Hwy 2, Enzian Inn
 06:44 Trespass, 17 Steelhead Ln., Dryden
 09:18 Suspicious, Leavenworth
 09:54 Trespass, 8817 North Rd., Peshastin
 12:17 Agency assist, 18955 US Hwy 2, Lake Wenatchee
 14:28 Suspicious, Blewett, Peshastin
 14:46 Suspicious, 148 West St.
 14:50 Domestic disturbance, 8731 Deadman Hill Rd., Dryden
 15:48 Parking/abandon, 13995 Brae Burn Rd., Lake Wenatchee
 16:46 Property US Hwy 2, MP 105, EB, Dryden
 20:20 Domestic disturbance, 19762 US Hwy 2, Peshastin
 21:36 Property, 645 Front St., Victorian Simplicity

October 21
 07:05 Alarm, 11411 Shugart Flats Rd., Plain
 08:39 Theft, 111 Ski Hill Dr. Leavenworth Church
 10:13 Animal problem, 190 US Hwy 2, Der Ritterhof
 10:41 Property, 707 US Hwy 2, #B
 12:35 Alarm, 11720 Pear Tree Ct.
 13:06 Parking/abandon, Pine St. & Ski Hill Dr.
 13:56 Civil, 3400 Hansel Ln., Peshastin
 14:33 Public assist, 9079 Deadman Hill Rd., Dryden
 18:15 Burglary, 136 Prospect St.
 21:37 Traffic offense, 920 US Hwy. 2, Union 76

October 22
 08:29 Civil, 7098 Icicle Rd.
 09:15 Agency assist, 9855 Eagle Creek Rd.
 16:10 Public assist, North Road Cemetery
 10:31 Suspicious, 12837 Ranger Rd., East of 1 mile
 15:28 Weapons violation, 9084 Deadman Hill Rd., Dryden
 15:29 Agency assist, US Hwy 2, MP 5
 17:33 Weapons violation, 8898 Deadman Hill Rd., Dryden
 17:37 Search and Rescue, Lake Ingalls
 21:58 Harass/threat, 14690 Fish Lake Rd., Lake Wenatchee
 22:37 Domestic disturbance, 12732 Ranger Rd.

Opinions

Hate

Hate can cause you to despise people for the color of their skin.

Today most of us see racism as the biggest social problem in history. The quickest way to end any discussion is to call someone a racist.

Hate can cause you to dismiss people based on their religious beliefs.

Wars have been fought and people have been executed because of what they believe.

Even those who profess a common understanding of faith often dismiss those who see its tenets differently. There is rarely any attempt to reconcile those issues.

Hate can cause us to despise people who are wealthy.

Many people today believe rich people had to steal or cheat to become wealthy.

They ignore the fact that most successful people were creative, lucky or possessed a special talent.

Many great singers and ac-



IN MY OPINION
Bill Forhan
Publisher

tors of our time are creative and talented but many are not very intelligent.

Hate can cause you to despise and mistrust the opposite sex.

Need I say more?

The problem is that hate can cause us to dismiss people because they are different. It is an ugly part of our nature.

Very few people are racists, sexists or homophobic in our society today, but too often we all make decisions about them based on those acerbic descriptions.

We are faced with a decision in the next week that will likely change our country

for decades to come. Decisions that have caused other people in other countries and other times to have their lives plunged into darkness and despair.

We have a President who is quarrelsome, confrontational, and yes, even arrogant.

We have a challenger who will not answer specific questions, who bases his campaign on besmirching the character and record of his opponent.

Joe Biden ostensibly represents the party of the working man.

A once proud party that today stands together with groups and activists who would tear our country down.

Black Lives Matter, Antifa, and most Climate Activist groups want you to believe that our country is "fundamentally flawed."

These groups do not represent the interests of the working man or woman.

They would destroy many of the good paying jobs that currently provide hard working Americans with gainful employment.

Biden promises he will replace their jobs with new higher paid, green energy jobs that will make the world a better place by 2035 – long after he would be out of office.

Biden said oil pollutes and he would replace it with green energy jobs.

Wind and solar cannot begin to provide the energy needed to power our economy. The batteries that now power electric cars are toxic.

As usual the dreamers have not thought the entire issue through.

They have no plan to dispose of those batteries when they have exhausted their usefulness.

The horrible forest fires that have ravaged the world are blamed on climate change.

The problem is the fires are primarily the result of misguided green policies that have left our forests overgrown with dead and diseased trees and brush.

Healthy trees scrub the air by absorbing carbon dioxide and producing oxygen for us humans to breathe.



Let it burn policies demanded by many climate activists have exacerbated the current problem.

Despite 3 years of resisting President Trump's policies with lies and contrived conspiracies regarding foreign influence, Trump has made significant progress in reviving a moribund American economy.

He has made incredible progress in building new alliances in the Middle East that promise more peace in a corner of the world torn by strife.

He has gotten America's allies in Europe to pony up for the cost of the American military's defense of their homelands.

He has eliminated thousands of Federal regulations, strengthened border security and provided funding to minority colleges. All with little help from the opposition party.

He continues to expose the corruption and bureaucratic abuse from our Federal agencies.

His policies created the lowest unemployment rates in our history for minorities.

With all of their attempts to unseat him through impeachment finally defeated. The only issue they have left to blame him for is mismanagement of the COVID-19 pandemic.

The hypocrisy is incredible. This is a disease that the medical experts have no real idea about what caused it, how it is spread, or how to treat it.

Early predictions said there would be over two million dead. It has been devastating to over 200,000 but that is far from the early projections.

All Biden can promise to do is to install a national mask mandate. He says because of Trump's inept handling of the pandemic, we are about to enter a dark winter with little hope that a vaccine will be available before the middle of next year.

President Trump on the other hand continues to be derided for his attempts to encourage Americans to be hopeful and works to reopen the economy.

If you are on the fence about this election, do not let the panders of hate dissuade you from supporting the only candidate who has delivered on his campaign promises.

Trump might offend your sense of decorum but give him a chance to continue to drain the swamp.

Otherwise the Washington alligators will move back in and the Constitution that built this great country will be shredded.

Numbers Don't Lie: Trump's Success by the Numbers

By CATHERINE MORTENSEN

With so much information coming at us each day, it can be hard to get through all the data to know what's important, and what's not.

Our research team did the heavy lifting for you and came up with what we think are the most compelling numbers to focus on in the upcoming election.

Economy

\$68,703 median household income for 2019, highest ever!

56% of registered voters say they are better off now than they were four years ago.

10.5% U.S. poverty rate for 2019, lowest ever recorded!

2.81% 30-year fixed-rate mortgage,

lowest in modern history!

1.4% U.S. inflation rate.

\$31.7 billion decline in U.S. trade in goods deficit with China in first eight months of 2020 compared to 2016.

Covid-19

128 million coronavirus tests administered nationwide, by far the most in the free world!

4 number of coronavirus vaccines in Phase 3 trials, which is the last phase.

Jobs

14 million number of jobs recovered since April.

50 million number of jobs saved by Paycheck Protection Program.

Border security

371 miles of border wall completed.

53 percent drop in illegal border

crossings in fiscal year 2020.

World peace

50+ hostages President Donald Trump has freed from 22 countries.

4 Nobel Peace Prize nominations for President Trump

3 peace deals brokered by President Trump with Serbia and Kosovo, Israel and Bahrain, and Israel and United Arab Emirates.

Courts

218 lifetime appointments to federal courts by President Trump.

Bonus

\$0 amount of current individual mandate.

Catherine Mortensen is Vice President of Communications for Americans for Limited Government.

The Washington Outdoors Report

Outdoors Round-Up



A brace of drake green-winged teal taken opening day.

STORY & PHOTO
BY JOHN KRUSE

Between fall hunting, fishing, bighorn sheep and news from our state parks there's a lot to cover this week:

HUNTING:

There were no official deer check stations set up last weekend for the modern firearm opening of deer season in Northeast Washington due to Covid-19 concerns but checking with several Washington Department of Fish and Wildlife Enforcement Officers, Spokesperson Staci Lehman was able to relay hunting was slow in Pend Oreille County where one officer checked 29 hunters with no harvested deer.

Other officers working in Stevens and Ferry Counties said Ferry County was the most productive and the majority of animals checked

there were mule deer.

Participation also appeared to be above normal in Ferry County during the opening weekend.

Unfortunately, enforcement officers did cite several hunters for violations, the most common one, for having a loaded firearm in the vehicle.

On the duck hunting front participation was much greater than in recent years in the southern portion of the Desert State Wildlife Area encompassing the land around Potholes Reservoir as well as public land along Winchester and Frenchman Wasteways.

That's where I went hunting with my longtime friend Rusty Johnston and we had a fine morning, bagging nine ducks.

Checking a total of 19 hunters at access points along the two wasteways I found the av-

erage harvest to be between three and four ducks each, a bit higher than previous opening weekends.

The majority of the ducks taken were green-winged teal.

FISHING:

When it comes to coho salmon fishing the two hottest rivers in Southern Washington are the Kalama and Klickitat Rivers where state creel checkers found a number of anglers with not only coho, but also a few Chinook salmon too.

There are also reports of better coho fishing on the Icicle River below the fish hatchery near Leavenworth though photos posted on social media of these fish indicate their table fare might be better out of the smoker as opposed to the grill. These Icicle River salmon ➤

➤ are getting pretty dark in color.

BIGHORN SHEEP:

The good news is as of October 22nd Kyle Garrison, an Ungulate Specialist with WDFW, says so far it does not appear a pneumonia causing bacteria has spread from a domestic sheep to wild sheep in the Quilomene Herd, which calls the region between Vantage and Malaga home, though biologists continue to monitor this situation.

Unfortunately, the Cleman Mountain Herd, has now been found to be infected.

Located west of Yakima, a hunter found a dead bighorn lamb and several other lambs that were lethargic.

WDFW biologists tested

the dead lamb and found it tested positive for pneumonia.

The WDFW Regional Director for this area, Mike Livingston, stated "The fact that this bacteria has been found in the Cleman Mountain herd is significant, and we have limited options for how to address this positive test.

"We reviewed options such as lethal removal, testing, or increased monitoring.

"Because of the size of the herd and their range, we don't believe that removing animals from the population is the best option at this time."

WDFW officials plan to collect samples from legally harvested animals from this herd to get an idea of how

far the bacteria and pneumonia, which is often fatal, has spread.

CAMPING SEASON EXTENDED AT STATE PARKS:

Last but not least, Washington State Parks is keeping 100 of their parks open this winter and camping is available at many of them as well.

This is due in part to the huge increase of usage of our state parks during this Covid-19 pandemic.

You can find out exactly what parks are open and find out about making reservations at <https://parks.state.wa.us/CivicAlerts.aspx?AID=650>

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

Public invited to comment on PFAS Chemical Action Plan

SUBMITTED BY DEPARTMENT OF ECOLOGY

OLYMPIA – The Washington Department of Ecology is asking the public to provide input on a draft Chemical Action Plan (CAP) that addresses per- and polyfluoroalkyl substances (PFAS), a class of highly persistent chemicals that do not break down in the environment. Those interested can review and comment on the plan through Dec. 7, 2020.

Exposure to these substances can lead to negative health outcomes, and PFAS have already contaminated some drinking water systems in Washington.

The plan's recommendations offer pathways for protecting people, wildlife, and the environment from PFAS exposure.

The CAP also comprehensively assesses the impacts of PFAS chemicals in Washington and recommends strategies to reduce or mitigate those impacts. CAPs are advisory in nature, so the plan does not create new regulations or restrictions.

Ecology is specifically seeking feedback

on the following recommendations outlined in the CAP:

- Ensuring drinking water is safe
- Managing environmental PFAS contamination
- Reducing PFAS in products
- Understanding and managing PFAS in waste

Members of the public, business and industry representatives, non-governmental organizations, local governments, state agencies, tribal nations, and others can submit comments through Ecology's online comment form or by emailing ChemActionPlans@ecy.wa.gov.

Interested parties can also register to attend an upcoming public comment meeting (Nov. 12, 18, or 19) on the PFAS CAP website.

Ecology will review comments and use the feedback to develop the final CAP, expected in 2021.

More information is available on Ecology's website ecology.wa.gov.

Health & Wellness

Remedies for Vaginal Dryness

Q: Since menopause, I've noticed more and more vaginal dryness. Is there anything besides hormone pills that can help?

You are not alone. Over 75% of post-menopausal women, plus many women taking anti-estrogen medicines like aromatase inhibitors for breast cancer treatment or prevention, suffer from vaginal dryness and discomfort.

Without estrogen, the cells lining the vagina and birth canal begin to shrink or atrophy, losing elasticity and secreting less lubricating fluid. Vaginal atrophy creates dryness, itching, burning, even pain or bleeding during sexual intercourse.

Vaginal secretions are also crucial in maintaining an optimum level of vaginal acidity, supporting the growth of "friendly" bacteria like lactobacillus, discouraging yeast infections.

Our bodies host many different types of bacteria. These "good bacteria" live on our skin, inside our mouth, and along our intestines and vagina. Some are helpful, but others aren't. Lactobacillus is a "good" bacteria, helping to keep out "bad" bacteria and prevent vaginal infections.

Today there are low-dose estrogen and non-estrogen options that can successfully treat vaginal atrophy and discomfort.

Replens® is a long-acting moisturizing vaginal gel that gives up to 3 days of moisture between applications. It's available without a prescription in premeasured doses inside individual plastic applicators and as a tube with a reusable applicator. Although it relieves dryness and burning



and makes sexual intercourse more comfortable, Replens® won't change your vaginal cells, the pH of your vagina, or restore lactobacillus.

Instead of estrogen pills, low-dose vaginal estrogen reverses the atrophy of the vagina's lining by supplying estrogen directly to those cells. This approach restores vaginal elasticity and its ability to secrete lubricating fluids. Vaginal secretions encourage beneficial lactobacillus, reduce dryness, and make sexual activity more comfortable.

Can a breast cancer survivor safely use low-dose vaginal estrogen to reverse the symptoms of vaginal atrophy? The evidence suggests YES. You don't need much estrogen when applying it directly to vaginal cells. When used at appropriate doses, it doesn't create detectable estrogen levels in the blood that could reach endometrial or breast tissue.

There are several forms of low-dose vaginal estrogen: vaginal creams used with an applicator (Premarin®, Estrace®), vaginal tablets with individual applicators (Vagifem®), and a gelatin ring that releases estrogen (Estring®).

The starting dose for the cream and vaginal tablet is once daily at bedtime for 2 weeks, then twice a week as maintenance.

Estring® is a vaginal ring that's inserted and left in for up

to 3 months. As a pharmacist, I have to be careful when filling prescriptions for vaginal rings. There are 3 different vaginal ring products available, each containing different estrogen concentrations.

Estring® has the least amount of estrogen and is worn for 90 days at a time for vaginal atrophy. Femring® has two strengths available to relieve hot flashes and other menopausal symptoms, worn for up to 90 days. NuvaRing® is used for birth control and worn for 3 weeks at a time with one week off.

Other prescription options for vaginal atrophy include Ospheña® and Intrarosa®. Ospheña® mimics estrogen's action in vaginal tissue but blocks estrogen action in breast tissue. Ospheña® is a pill taken daily by mouth.

Intrarosa® is a tablet containing DHEA (dehydroepiandrosterone) inserted into the vagina every night. This is more effective than supplements containing DHEA, which don't work well to ease vaginal dryness and increase breast cancer risk.

Testosterone vaginal cream is in clinical trials as an alternative to vaginal estrogen.

If you have significant vaginal discomfort, see your doctor. After ruling out infection or other issues, ask about whether low-dose vaginal estrogen or another medicine is a possible option for you.

Here Are 5 Tips to Help Relieve Vaginal Dryness:

1. Use a long-acting vaginal moisturizer. Estro-

gen-free Replens® is available without a prescription.

If you try it, watch out for some weird vaginal discharge during the first week of use, when dried out vaginal cells slough off and come out, looking like cottage cheese.

2. Apply a lubricant. You'll find a lot of choices available today for a "personal lubricant" for sexual contact besides the old standby, K-Y Jelly®.

3. Assess the relative risks between the various options available. Discuss your options for vaginal estrogen and other prescription medicines for relief of vaginal dryness with your physician.

4. Premarin® vaginal cream is more effective than Estrace® or estradiol. Although Estrace® and estradiol vaginal creams are slightly cheaper than Premarin®, they don't relieve symptoms as well.

5. Use more than one product. Using a vaginal moisturizer plus locally applied estrogen, a lubricant, or all three, can improve your results.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely.

Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely.

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 Articles from Dr. Louise Achey
 Carol Forhan, survivor
 Cancer resources: American Cancer Society

And to our wonderful survivors to complete our special awareness pages!

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In honor of breast cancer awareness month, Cascade Medical is offering free mammograms to those without insurance. Same-week appointments, 3D imaging, and fast results. Call 548-2512 for details.

CASCADE MEDICAL
 PARTNERS IN YOUR HEALTH

Senior epidemiologist explains community testing by CDHD

SUBMITTED BY VERONICA FARIAS
 CHELAN-DOUGLAS HEALTH DISTRICT

East Wenatchee, WA – Since mid-August, the Chelan-Douglas Health District has been conducting community COVID-19 testing, with drive-thru testing having been administered in 15 communities.

As of Oct. 9, more than 4,500 tests have been administered. There have been 77 positive test results, or about 1 percent positive cases.

Dr. Peter Houck, senior epidemiologist with CDHD, explained that the health district's epidemiologists pay close attention to the actual number of positive tests in a community to look for possible outbreaks.

The trick is to figure out what to worry about and what is of no concern, Houck said.

"The numbers can sometimes be misleading, because if we increase the number of tests being performed we are also likely to find more positives," Houck said.

"The harder we look the more we find, even if there is no outbreak and the actual number of infections in the community is not changing."

For this reason, epidemiologists pay close attention to the percent of tests that are positive.

A large increase in this number can be a stronger indicator that something unusual is going on, explained Houck, whose background includes serving as a pandemic specialist for the U.S. Centers for Disease Control and Prevention.

For example, the percent of tests that have been positive

in Chelan and Douglas counties has been stable at about 1 percent, give or take a small amount, he said.

But in the second week of September the percent of tests done in Leavenworth that were positive increased suddenly to over 3 percent (see table below).

"Clearly, something unusual was happening," Houck said.

"Closer investigation found an outbreak with over 20 infections in workers at one agricultural workplace."

Measures including isolation of infected people and quarantine of those who had been exposed to infection were put in place and the outbreak was quickly controlled, Houck said.

The number of new infections being found in Leaven-

worth returned to its baseline, he added.

Sometimes, even an increase in the percent of tests that are positive can be a false alarm for an outbreak, Houck explained.

For example, during one week the percent of tests that were collected in Peshastin that was positive increased suddenly to over 7 percent.

"This time, close investigation showed us that the increase in the positive percent was caused by only four positive tests among 53 total tests done," Houck said.

"The positive percent went up because so few tests were being performed.

Epidemiologists refer to this as 'rate instability.'

It can happen when there are random changes in the number of infections in a small group of people.

There was no real outbreak and the number of cases returned to baseline on its own."

There are ongoing planning efforts to set up more community testing sites throughout Chelan and Douglas Counties.

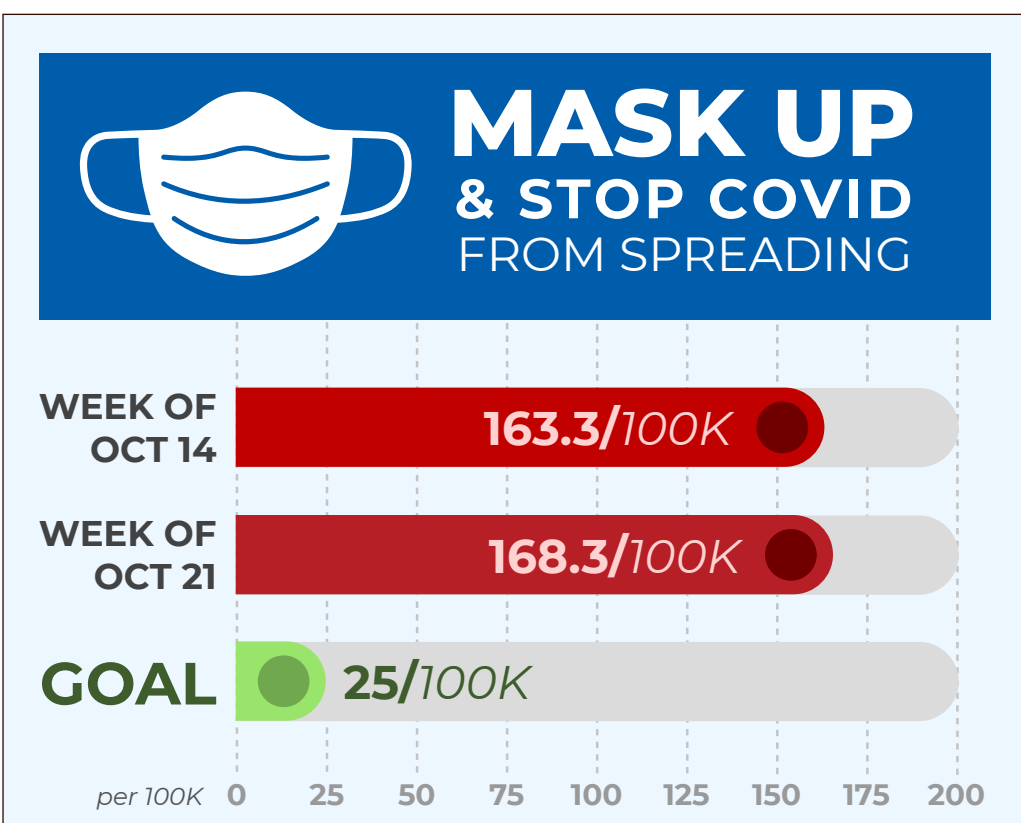
The health district is looking for community partners who have significant outside open space available to set up drive-thru community testing sites.

If you are interested in helping us, please contact the Incident Management Team – Operations Section at imt.osc@cdhd.wa.gov; the team will evaluate the site to see if it fits the needs for a testing site.

For more information, visit www.cdhd.wa.gov/covid-19 and follow CDHD on Facebook & Twitter.

Chelan-Douglas Community Testing

City	Dates	Total Tests	Positive	Negative	Percent Positive
Bridgeport	8/18 - 8/20	299	3	296	1.00%
Chelan	19-Aug	76	2	74	2.60%
Manson	20-Aug	80	1	79	1.30%
Rock Island	9/1 - 9/4	132	2	130	1.50%
Leavenworth	9/1 - 9/4	404	5	399	1.20%
Leavenworth	9/8 - 9/11	679	23	656	3.40%
Dryden	9/8 - 9/11	39	0	39	0.00%
Peshastin	9/8 - 9/11	53	4	49	7.50%
Plain	9/17 - 9/18	183	0	183	0.00%
Cashmere	9/22 - 9/25	431	3	428	0.70%
Entiat	9/29 - 10/2	252	3	249	1.20%
East Wenatchee	10/6/2020	153	3	150	2.00%
Rock Island	10/6-10/7	26	0	26	0.00%
Wenatchee	10/6 - 10/9	1705	28	1677	1.60%
Mansfield	8-Oct	19	0	19	0.00%
Chelan Falls	9-Oct	0	0	0	0.00%



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7	9	3	5	6	1	2	4	8
8	5	2	4	7	3	9	6	1
1	6	4	8	9	2	7	5	3

Announcements

Lost & Found

LOST AND FOUND can be placed in our local newspaper and online for **ONE week for FREE.** Limit 30 words
Leavenworth/Cashmere 509-548-5286 or Lake Chelan Mirror 509-682-2213 or Quad City Herald 509-689-2507
Deadline is Noon on Friday

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Chelan-Brewster 682-2213 or Leavenworth-Cashmere 548-5286

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Find the Best Qualified Local Employee in our Classifieds Ads.
Place your ad online 24/7 at www.NCWMarket.com It is easy, just register and pay online.
Print only? Deadline is Monday by Noon for all papers:
Lake Chelan Mirror 683-2213
Leavenworth Echo 548-5286
Your ad will appear online and in the newspapers for one low price!



Chelan Auto Parts is hiring Countermen for retail sales. Must be able to lift 50 pounds and have excellent customer service skills. Automotive knowledge is a plus. Must have Washington Drivers License in good standing. Full-time, competitive wage DOE and health benefits. Pick up an application or bring a resume to Chelan Auto Parts. Call Robert at 682-4561 for more information.

Popular Boutique in Leavenworth now hiring, part or full-time. Fun and enjoyable environment. Email resume to frenchquail@gmail.com or pick up an application at Simply Found, 833 Front Street. Cynthia 425-330-2756

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Help Wanted

Brewster School District is seeing a para professional with a positive and enthusiastic personality who has an interest in working with Alternative and High School Students for the 2020-21 school year. The successful candidate will work within the Migrant/Bilingual Program serving small groups in classrooms who need support. The specific duties will include, but are not limited to: providing instruction in vocabulary, supervision and translation. Other duties as assigned by the Special Programs Director. Qualifications:
• High School Diploma
• Spanish Required
• Must meet Title 1 requirements which are:
1. AA Degree or
2. 2 years of college course work documented with transcripts or
3. Pass the ETS paraprofessional test in areas of math, reading and writing (test given at the school).
The successful candidate will be placed on the district salary schedule for classified employees according to years of experience. Starting salary is \$14.64 with medical, dental and optical benefits offered. Applications may be obtained on the district's website www.brewsterbears.org or by contacting the district office at 689-3418. A completed application consists of the following:
• Letter of Interest
• District Application
• Resume
• Three Current Letters of Recommendation
This position is open until filled.
Brewster School District is equal opportunity employer.

Mountain Meadows Senior Living Campus is currently hiring a Dining Services Assistant. Full-time benefited position ranging from 32 to 40 hours per week. Must be available for afternoon shifts ending at 8:00pm and also weekends. Pay range \$13.50 to \$14.50/hour DOE. Primary responsibility is to provide outstanding customer service and an excellent dining experience for our Seniors including efficient order taking, serving of meals, busing and general clean up. Will assist with meal preparation when needed. Apply at 320 Park Ave., Leavenworth. Criminal Background and Personal reference checks required.

OCTN is accepting applications for a part-time cook in Brewster. See us online at www.octn.org for complete job description and application information. **OCTN** is an EOE

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Help Wanted

Full and Part-Time Breakfast Catering Staff
The Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course. Apply in person. 590 Hwy. 2 Leavenworth

For Sale

Antiques & Collectibles

Get cold hard cash for your Antiques and Collectibles by placing them in our classifieds.
Place your ad with pictures online 24/7 at NCWMarket.com Just register and pay online and you are done.
Your ad will appear online and in the newspaper for one low price.
Deadline Monday at Noon for all papers:
Lake Chelan Mirror Quad City Herald 682-2213 or call **Leavenworth Echo Cashmere Record** 548-5286

Furniture

NCW Media Newspapers Cashmere
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. 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

Garage & Yard Sale



CLEAR SOME SPACE WITH A CASH \$\$\$ AD
Let others know what items you are selling!
Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? Deadline Monday at Noon for all papers

Lake Chelan Mirror Quad City Herald Call 682-2213

Leavenworth Cashmere Call 548-5286

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

Real Estate

Acreage

Rare opportunity! 20 acre parcel near Manson. Great views of Lake Chelan! Water, power available. Pick from many parts of the land to build your dream home or cabin. 206-310-4904. See more photos, information at <https://www.ncwmarket.com/classified/20-acres-with-great-views-of-lake-chelan-listing-2120.aspx>

Rentals

Your Trailer on my lot. Leisure Manor has an opening for a mobile home or 5th wheel. 1 year lease. \$400 a month for lot. You pay utilities. Very desirable location. Available now. Bridgeport, WA. 425-301-2328.

Legals

Public Notices

NOTICE OF PUBLIC HEARING ON CITY OF CASHMERE PRELIMINARY 2021 BUDGET
The Cashmere City Council will hold a public hearing on Monday, November 9, 2020 at 6:00 p.m. at the Cashmere City Hall on the City of Cashmere Preliminary Budget for 2021. The public is invited to attend said hearing and make comment. Please call City Hall the Friday before at (509) 782-3513 for information necessary to connect to the public hearing, if in-person participation is not permitted by law. Written comments can be sent to Kay Jones, City Clerk-Treasurer at Kay@cityofcashmere.org. Kay Jones
City Clerk-Treasurer
CITY OF CASHMERE
Published in The Cashmere Valley Record/Leavenworth Echo on October 28, 2020. #1014

Public Notices

NOTICE OF PUBLIC HEARING
Notice is hereby given the Upper Valley Park and Recreation Service Area, Chelan County, Washington will conduct a public hearing via Zoom Conferencing on Thursday, November 12, 2020 at 9:00 AM at the Leavenworth City Hall, located at 700 US Highway 2, to review and approve the 2021 Final Budget that includes proposed expenditures, revenue sources, and a possible increase in property taxes. Copies of the proposed budget will be available by November 6, 2020. The public is invited to attend said zoom conferencing hearing and make comment; for more information on zoom conferencing, copies of the budget, or general questions you may contact Chantell Steiner, Finance Director/City Clerk at 509-548-5275, ext. 123. Published in The Leavenworth Echo/Cashmere Valley Record on October 28, and November 4, 2020. #1044

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Chelan PUD partners up to address wildfire threats

SUBMITTED BY RACHEL HANSEN
CHELAN PUD

WENATCHEE – Massive fires in Douglas County, California and Oregon last month put an exclamation point on an area of increasing concern. Wildfire risks are growing for Chelan PUD and its customer-owners. Chelan PUD is rising to meet that challenge with new tools and collaboration.

At the PUD Commissioner meeting Monday, staff outlined a community-based approach to build resiliency before, during and after a fire.

The PUD is working with partners like Cascadia Conservation District, Firewise neighborhoods and government agencies to identify projects with mutual benefit to electrical infrastructure and fire-prone communities. Many of these

opportunities come with the possibility of matching grants.

One of the early benefits of collaboration is shared data. PUD staff presented several studies and maps produced by other agencies that showed where Chelan County faces the highest risk of wildfire. Those maps matched a study commissioned by Chelan PUD to assess wildfire risk to PUD's transmission lines.

"Everyone has a role in reducing wildfire risk to communities in fire-adapted landscapes," said Patrick Haggerty, Forestry Program Manager at Cascadia Conservation District. "It is great to see Chelan PUD using the best available data to identify where their wildfire resilience investments can be most strategically located, and how those investments can best align with the ongoing work of communities, responders, and land managers."

For several years, the PUD has been strategically fortifying the electrical grid against wildfire, including steel pole installation and fire-retardant paint. The utility has also adopted higher standards for tree-trimming and line inspection. This work was initiated by damaging fires in Chelan County in 2014 and 2015. Enormous fires along the West Coast in the past three years accelerated the PUD's development of fire risk management strategies.

The PUD is also considering moving some power lines underground in a few isolated, rural, high-fire risk areas where a business analysis would indicate it is the lowest

cost option for all PUD customer-owners.

PUD staff are also researching best practices and protocols regarding preemptive power shutoffs as an option during extreme fire and high-wind events.

"We're beginning to rethink our position with respect to public safety power shutoffs," General Manager Steve Wright said. "As wildfire damage to homes and businesses has become more prevalent, insurance premiums are increasing. Proactive actions to reduce fire risk are increasingly perceived as a best-practice."

In other business, commissioners:

- Reviewed the budget plan and strategic plan initiatives for 2021
- Heard a report about recent outages due to wind and rainstorms during the week of Oct. 12.
- Heard an update about a temporary change for customer service phone hours. Starting Nov. 2, customer service will be available by phone noon-5 p.m. weekdays to accommodate training and outreach efforts. In January, customer service will resume their typical hours, 8 a.m.-5 p.m.

Upcoming events:

- Nov. 2 – Commission meeting, 10 a.m., virtual meeting
 - Nov. 16 – Commission meeting, 10 a.m., virtual meeting
 - Nov. 24 – Tri-Commission meeting, 1 p.m., virtual meeting
- Here for you, providing the best for the most for the longest – chelanpud.org

Public Notices

CHELAN COUNTY
PUBLIC HOSPITAL DISTRICT #1
NOTICE OF SPECIAL MEETING
AND BUDGET HEARING
CASCADE MEDICAL CENTER

NOTICE IS HEREBY GIVEN that the Board of Commissioners of Cascade Medical Center has scheduled a Special Meeting for the purpose of a rescheduled public hearing on the 2021 Budget.

The Special Meeting/Budget Hearing will be held Wednesday, November 11, 2020 at 2:30 PM. The hearing will be held in the Arleen Blackburn Conference Room at Cascade Medical Center, 817 Commercial Street, Leavenworth. Due to Washington State Proclamation 20-28.11 regarding open public meetings, the public may attend via phone or Zoom video connection. Zoom Meeting ID: 981 6311 5670, Passcode: 497082 or dial in by calling 1 253 215 8782.

Connection information will also be available on Cascade Medical's website at cascademedical.org or by emailing Adminoffice@cascademedical.org by 12:00 PM, Wednesday, November 11th.

Published in The Leavenworth Echo/Cashmere Valley Record on October 28 and November 4, 2020. #1056

Public Notices

NOTICE OF PUBLIC HEARING
ON CITY OF LEAVENWORTH
PRELIMINARY 2021 - 2022
BUDGET

The Leavenworth City Council will hold a public hearing via Zoom Conferencing on Tuesday, November 10, 2020 at 6:45 p.m. at the Leavenworth City Hall on the City of Leavenworth preliminary 2021 - 2022 budget that includes proposed expenditures and revenue sources. Copies of the preliminary budget will be available on or about November 6, 2020 at Leavenworth City Hall, 700 Highway 2, between the hours of 9:00 a.m. and 5:00 p.m., Monday through Friday, by appointment only. The public is invited to attend said zoom conferencing hearing and make comment; for more information on zoom conferencing you may contact Chantell Steiner, Finance Director/City Clerk at 509-548-5275, ext. 123.

Published in The Leavenworth Echo/Cashmere Valley Record on October 28, 2020. #1045

Halloween treats, safety reminders

Let's Celebrate With the convergence of a full moon, a blue moon, Daylight Savings Time and plus the unprecedented events of this year.

Halloween 2020 will truly be one to remember. Much has changed but our love for fun, fright, is strong as ever. Celebrate in a safe, fun way.

Pledge to follow best practices: Do not hand out candy if you are sick or someone is sick. Wear a face mask covering your mouth and nose. Stay at a safe distance. Place a distribution table between yourself and the trick or treaters. Distribute candy on a clean and disinfected table to eliminate direct contact. Wash hands often.

Spider Treats

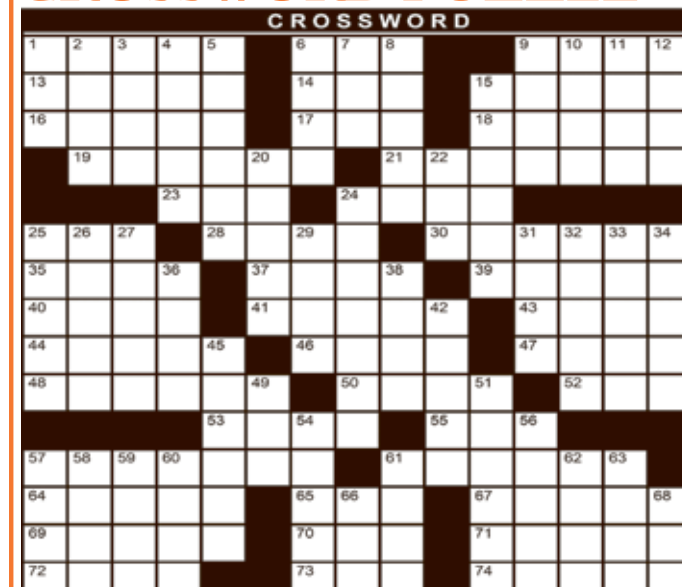
- INGREDIENTS**
Makes 8 Spiders
REESE'S Peanut Butter Pumpkins (1.2 oz. each)
32 Large pretzel twists (2-1/2 to 3 in.)
1/4 cup Hershey's Milk Chocolate Chips, Hershey's Special Dark Chocolate Chips or Semi-Sweet Chocolate Chips and candy eyes
- DIRECTIONS**
1. Line tray or cookie sheet with wax paper. Remove wrappers from desired number of peanut butter pumpkins. For each spider, cut 8 matching curved sections from pretzels which will form the legs. Set aside remaining pretzels pieces.
 2. Place milk chocolate chips in small microwave-safe bowl. Microwave at MEDIUM (50%) 30 seconds; stir. If necessary, microwave at MEDIUM an additional 10 seconds at a time, stirring after each heating, until chips are melted and smooth

when stirred. Transfer to small heavy duty plastic food storage bag. Cut off one corner of bag about 1/4 inch from the tip.

3. For each spider, place peanut butter pumpkin on prepared tray. Attach pretzel legs and candy eyes to spider with melted chocolate. Allow chocolate to set before moving spiders.

Recipe by Hershey's Chocolate

CROSSWORD PUZZLE



THEME: PROVERBIALY SPEAKING ACROSS

1. Bornean ape
9. Elbow-wrist connection
13. Paralyzing disease
14. Pigeon sound
16. Mary's subjects (1542-1567)
17. Ostrich-like bird
18. September stone
19. "One responsible for someone else's welfare"
21. "Both rodents and humans like to come up with these"
23. Name fit for a king
24. Wedding cover
28. Head vermin
30. "Like the schemes of a fool, biblically speaking"
35. Thor's father
37. Cleopatra's necklace
39. Blood carrier
40. Ice on a window
41. Famous Teatro alla _____
43. Took to court
44. Prevent
46. Burden of proof
47. Leprechaun's land
50. Cabinet div.
52. Steadfast Soldier's material
53. Letter before kappa
55. European Economic Community
57. "It increases love and friendship"
61. "It will cause additional harm"
64. Raccoon relative
65. Short for the Metropolitan Museum of Art in NYC
67. Huey, Duey and Louie, e.g.
69. #41 Across location
70. Prior to, pref.
71. Organ swelling
72. Benevolent fellows
73. African tam-_____
74. English county

- DOWN**
1. Roman goddess of plenty
 2. "It's just as unpleasant as a hard place"
 3. Sunburn soother
 4. Fertilizer ingredient
 5. Luke's teaching, e.g.
 6. Laptop manufacturer
 7. Data storage acronym
 8. "Cowards are sometimes compared to this"
 9. Encourage
 10. Good earth
 11. Sound on a scale
 12. Salon selections
 15. Perennial garden flower
 20. Signs for escape
 22. Post-Soviet Union alliance, acr.
 24. Covered porch
 25. "Can't use these to break a skeleton"
 26. Farewell, to ami
 27. Nimbus, pl.
 29. Gabrielle Chanel's nickname
 31. "Keep it clean to stay out of trouble"
 32. "It's tastier if one is not allowed to have it"
 33. First cradles
 34. Filled with cargo
 36. Like whiskey right out of bottle
 38. Classic board game
 42. Colorado ski resort
 45. Curb, two words
 49. Disney dwarf
 51. ACT taker, e.g.
 54. Dangle a carrot
 56. Miss Muffet's meal
 57. "The Road Runner" corporation
 58. Skin confection
 59. #13 Across conqueror
 60. J.F.K. postings
 61. Bookkeeping entry
 62. "Don't make inquiries if you don't want to hear this"
 63. Hefty volume
 66. Chapter in history
 68. Coltrane's woodwind

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Send us your Photo & Information by Nov. 4 | Publishes Nov. 11

Veterans Information ___ Active ___ Retired ___ Deceased

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Medals & Commendations: _____ Service Branch: _____

_____ Service Location: _____

_____ Years of Service: _____

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Full Address: _____

Email: echoads@leavenworthecho.com
Bring in or mail. Must be received by Nov. 4

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Opinions

A Minute with the Mayor



File photo

By CARL FLOREA

It seems a little out of sync to be writing to you all about Halloween while I sit and look out my window at our first real snowfall of the year.

However, out of sync is also how this whole year has felt, so it probably makes perfect sense that this is today's reality.

I want to address the upcoming Halloween "holiday" because it is another one of those times that has some very rich and meaningful

traditions tied to it, for a lot of people and families.

At Cornerstone Community, the home I manage for special needs adults, I would often comment that the biggest holiday of the year was Halloween.

We would fill the entire month with various Halloween-themed activities – a dance, a costumed bowling team, a group pumpkin carving, several other parities... you get the picture.

Well, it has all changed this year. Because so many of

those activities involved gatherings of friends in the Upper Valley and beyond, they will be skipped this year. Again, in acknowledgement that this year, safety is coming ahead of traditions. We still honor those traditions, but we will take a break for now.

So, what are your plans? If you have kids, do you still plan to take them out and trick-or-treat? I have heard from some that they are planning to do this. Others have said that there is no way they will take

part in this custom this year.

We had this discussion amongst our council at our study session earlier this month.

As you might expect, there was this same range of responses among our council.

Some feel that doing this in a responsible manner, with masking (not of the eyes, but the mouth and nose), and social distancing, would give the kids a chance to do something that would be somewhat akin to normalcy. Boy, do I get that desire in these crazy times.

At the same time, it is important for all of us to not incorporate those items of a "normal" Halloween that would turn it from a safe taste of some semblance of normalcy into a potential "super-spreader" event of the COVID virus.

I know that when my boys were in our home, a big part of the Halloween tradition was to run with their friends, (and maybe get into some mischief? –I don't know and that is probably best!).

This is probably part of the tradition we want to skip for this year. For the sake of both the children and the community as a whole. We have done remarkably well keeping our infection rate down. But this is not the time to let up.

As we enter this season of spending lots of time indoors, and the holidays begin to take place in which many of us gather with large groups of families and friends, we must be smart and think of safety first.

Some have suggested that I put out a declaration that Leavenworth is banning all trick-or-treating in the city limits.

There are two reasons I won't be doing this.

First, there is no way we can enforce this. We don't have the capacity to monitor every block, neither would we want

Mayor Carl Florea

to if we did have the capacity. This is not about the city being "big brother."

Rather, I would like to think it is about all of us being brothers and sisters to one another.

To do what we do because we care for one another. That means doing whatever we do as safely as we possibly can. That means limiting contact if we are going to participate in things like trick-or-treating.

If you are going to have candy to pass out, you can minimize the risk, by putting the candy out in prepackaged bags prepared ahead of time using gloved hands. Or by using tongs to pass out the candy rather than letting kids reach in themselves or using your own hands to pass them out.

We have posted some CDC suggestions and guidelines on our city website under the COVID info page.

<https://cityofleavenworth.com/about-leavenworth/community-information/coronavirus-covid-19-updates-for-the-city-of-leavenworth/>

As council member Clint Strand put it, "the key is that whether you choose to participate or choose not to participate in trick-or-treating, that there is care and compassion and understanding for one another regardless." (That is more of a paraphrase than a direct quote, but the sentiment is important).

Again, just as we are re-

minded of the need to stay vigilant, and not let our guard down even though we are SO ready to get beyond this, we are also reminded of the truth that we truly are all in this together.

We need to respect one another and the choices we make and trust one another to act safely for our community.

For those of you who will be out and about that night, please respect the wish of those households who will choose not to offer treats this year.

Many of us who have willingly opened our doors to the scary hoards in the past, may decide that we want to skip this year.

Respect, care and safety are the keys to getting through this holiday, and the many days and months to come. Stay safe!

PS – A note on the parking meter project. All the poles have been put in the ground and the crews are completing the process of putting the decorative sleeves and meters on those poles. Once those are done, we will be "putting them to bed for the winter" by covering them with "Free Parking" bags for the winter.

We have no plans to begin to use them until sometime next spring.

Fortunately, we have heard that these meters like to hibernate, anyway!



The Museum is now open!

The Museum Board is grateful to the following individuals and local businesses who by their generosity have built our community Museum:

Museum Members:

- | | | |
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| Penny & Richard Aluilis | Carl & Debbie Florea | Momi Palmieri |
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| Jim & Margie Bryson | Janet and Curt Johnson | Marv Speer |
| Carolyn Griffin-Bugert & Bob Bugert | Nancy Lellelid & Chuck Wikman | Joel & Sherrill Spies |
| Claire Burlingame | John Lundin | Joyce Stevens |
| John & Susan Butruille | Mark Mace | Martin Straub & Diane Blake |
| Matt & Carol Cade | Ken & Margaret Marson | Bob & Cathy Stroup |
| Tom Cade and Susan Terry | Ben Mason | Jackie Sturges |
| Penny Carpenter | Michelle Mazzola | Thomas Tilton & Connie Pflug-Tilton |
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- | | | | |
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| Matt Cade | Bobbi Ferg | Jack Mynatt | |

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