

# THE LEAVENWORTH ECHO

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## CITY OF LEAVENWORTH Financial decisions dominate City agenda

By BILL FORHAN  
PUBLISHER

High on the list of City Council decisions at the Oct. 13 meeting were the upcoming budget for 2021 and 2022, funding for the Christmas Lighting Festival and a new parking agreement with Cascade Medical.

The 2020 Christmas Lighting Festival is officially closed although that just means there will be no lighting ceremony.

The Leavenworth Chamber is planning to light the trees and downtown buildings. With that in mind the city approved funding for traffic control efforts for the three Christmas Lighting weekends of Dec. 5 and 6, Dec. 12 and 13 and Dec. 19 and 20. The city is anticipating that crowds will still be large.

Following complaints from local residents in 2017 the city formed the Public Safety and Traffic Management Group. That group is composed of the Chelan County Sheriff's Department, Washington State Patrol, WSDOT Emergency Management, Chelan County Emergency Management, Chelan County Fire District #3, Washington Department of Transportation, Chelan County Public Works, Cascade Medical and the Leavenworth Chamber of Commerce. The city is represented by the Mayor, City Administrator, and Public Works Director.

Beginning in 2018 the city expended \$99,659.61 for traffic management. That increased to \$125,386.69 in 2019. The city is requesting authorization for \$135,000 in 2020 an increase of 7.7 percent.

The city says they will re-evaluate the need following the attendance on the first weekend, Dec. 5 & 6 in view of the COVID Pandemic.

Council approved a change to a 2007 agreement with Cascade Medical regarding parking.

The old agreement created a partnership between the city and CM to provide reserved parking for CM employees on the public streets in exchange for the city's use of CM parking after hours and on weekends.

With parking meters being installed a new agreement has been signed that will allow the city's meter contractor to program the meters to

recognize the CM employees so they will not be charged for parking. The agreement also requested a permit from the hospital to install meters on hospital property. These meters could then be programmed to allow public parking when the hospital is closed.

Council also reviewed some preliminary budget proposals for the 2021-2022 budgets. The preliminary budget presented to council at last weeks meeting showed General fund revenues are expected to decline in 2020 by \$670,000 or 18 percent. General Fund expenses however will increase by \$221,575 or 8 percent. For 2021 the proposed budget would see general fund revenues increase 3 percent while expenses would increase 14 percent.

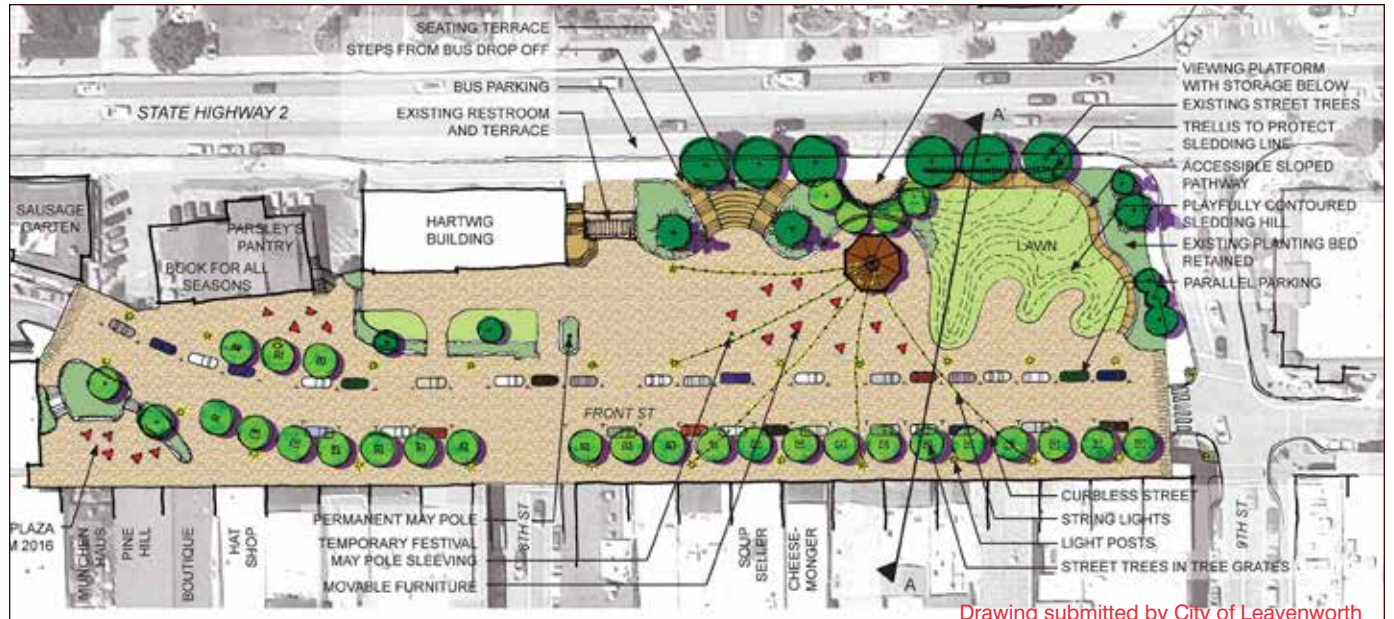
For 2021 the city is considering adding four new positions. Those positions are a Parking Enforcement Officer for \$87,092, a Development Services Senior Planner for \$98,538, an Assistant City Clerk for \$40,337, and a Communications Analyst at \$89,921. All of the compensation numbers include salary and benefits as shown in the preliminary budgets.

During the study session council discussed proposed rate increases for city services. Water rates will likely increase 5 percent, Sewer 2 percent and Stormwater charges by 9 percent in 2021. These rate increases were approved as part of the six year utility rate study approved by resolution 20-2017.

The council is still considering efforts to structure a tax on lodging services to help establish a fund for subsidizing housing costs. But lodging tax collections for this year are already projected to be down \$965,000 or 40 percent.

While a good part of the decline rests squarely on the Pandemic, city officials are not projecting a significant comeback in 2021 or 2022. Unless the fund can grow faster than the 17 percent currently projected it will begin to encounter reserve problems that could curtail advertising for the city.

City officials also need to consider if adding another 5 percent to the lodging tax could begin to discourage visitors.



Redesign of Front Street Park is under consideration by the City. This is one of several options under consideration at this time. You will note that it includes the addition of the "Royal Lady Plaza" in the west end corner of Front Street and a plan to relocate the Gazebo.

## The newly relocated Greater Leavenworth Museum is now open

SUBMITTED BY MATT CADE,  
PRESIDENT

From the Wenatchi First Peoples to the present, we invite you to stop by and learn about our community's unique history. We are open from 1 p.m. to 5 p.m. daily at 735 Front Street, right above The Leavenworth Nutcracker Museum.

Phase 2 allows only seven visitors at a time, and, of course, wearing a mask is required.

"This Museum is a wonderful gift to our community" is the most often-heard comment we hear from those who have previewed the Museum.

The UVHS board realizes that it is from the gifts of many

that made our community's historical Museum possible.

We continue to thank our Museum's individual and business members, other individuals, organizations, and local businesses who believed in our goal of relocating the Museum to downtown Leavenworth. Their financial support allowed us to purchase the ma-

terials and services we needed to get the job done.

We especially wish to thank the volunteers who provided over 1,400 hours of their valuable time to make the Greater Leavenworth Museum a reality. Without the time and effort given by these volunteers, our community's Museum would not exist.

## Icicle Canyon Climbing Area Protected as Public Land

U.S. Forest Service and Access Fund leverage Land and Water Conservation Fund to protect critical inholding

Leavenworth – Okanogan-Wenatchee National Forest and Access Fund, the only nationally accredited land trust dedicated to protecting America's climbing, are pleased to announce that 11 acres in Icicle Canyon outside Leavenworth, Washington, are now permanently protected as public land. This conservation project is the result of a collaboration between Access Fund, the U.S. Forest Service (USFS), and local partner organizations.

The parcel includes popular climbing areas known as Alphabet Rock and Icehouse Boulders, as well as the initial access path to the historic crag of Givler's Dome farther uphill on adjacent USFS lands. Together, this critical inholding features more than 40 historic cracks, slabs, faces, and hueco-filled roofs, as well as dozens of boulder problems.

"Access to these iconic climbing areas could have been lost forever if the property had sold to a new private landowner," Access Fund Executive Director Chris Winter says. "Now that they are protected as public lands, local residents and visitors can enjoy these areas indefinitely."

To prevent the potential loss of access, the private landowner, Scot Brower, agreed to a two-year option agreement, giving the local climbing community

and USFS time to secure funding and sever mineral rights, which were held by a separate party. Access Fund purchased the property using funds from its Climbing Conservation Loan Program (CCLP), and it has now been transferred to Okanogan-Wenatchee National Forest for long-term conservation and climbing-friendly management.

"The acquisition of this inholding is a great example of what we can accomplish by working collaboratively with partners," Forest Supervisor Kristin Bail says. "The successful partnership with Access Fund and numerous local organizations has resulted in securing recreational access for the American public to enjoy these lands into the future. Acquiring the inholding also allows for more effective land management by eliminating potential for incompatible uses and improving our ability to manage resources at a landscape level."

This is another success story for the Land and Water Conservation Fund (LWCF), which was permanently funded through the Great American Outdoors Act, signed into law earlier this year. The LWCF program is a primary funding source used to acquire and conserve important lands for resource protection, recreational opportunities, and public access. The USFS was



Photo by Kurt Hicks

Katherine Vollinger leading Meat Grinder, Alphabet Rock. Ancestral lands of Yakama and Wenatchi. Icicle Canyon's native name is Nasikelt, meaning "narrow bottom canyon."

able to obtain LWCF funds to acquire the property for long-term protection, enabling Access Fund to reinvest CCLP dollars to save other threatened climbing areas.

"We're excited to see climbers' efforts to advocate for permanent, dedicated funding for LWCF put to good work," says Tom Vogl, CEO of The Mountaineers. "Along with other historic crags in Icicle Canyon, our volunteers use Alphabet Rock to teach new climbers how to climb safely each year. Our members are proud to support a project that contributes to recreation opportunities, access protection, and conservation goals."

Special thanks to all of the partners and climbers who helped make this conservation victory possible, especially Chelan-Douglas Land Trust, Leavenworth Mountain Association, The Mountaineers, Northwest Mountain School,

and Washington Climbers Coalition.

Access Fund and the USFS will continue to work with local climbing organizations to steward and manage the area for sustainable climbing. There's already a strong spirit of collaboration between these partners—just last year, Access Fund, the USFS, and partners teamed up to restore the Snow Lakes Trail into the Enchantments, as well as Fun Rock in Mazama and Liberty Bell spires at Washington Pass.

"We are so happy to see a local landowner, the USFS, and the climbing community all come together on this one," says John Race, IFMGA certified guide and co-owner of Northwest Mountain School in Leavenworth. "It would have been impossible without the guidance of Access Fund. Incremental, sustained effort can lead to watershed change. Let's get some kids out climbing!"

**During this difficult time support your neighbors**

Most local businesses offer curbside service or delivery

Inside The ECHO this week		
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		Safeway

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www.leavenworthecho.com

Obituary

# Shirley M. Ward

December 15, 1930 – September 30, 2020

Shirley Ward, 89, a long time resident of Leavenworth, WA., passed away from a brief illness on September 30, in Seattle, WA.

Shirley was born to Fred and Hulda (Rush) Calhoun on December 15, 1930 in Wenatchee, WA. Shirley completed her entire education in Leavenworth and graduated in 1948 as a Grizzly from Leavenworth High School.

In 1949 she married Elgin L. Kriewald and made their home at Lake Wenatchee where they were to raise three boys, Gary

(Katy), Leavenworth, Randy (Enid), Snohomish, Rick (Karen) of Arlington, WA. Shirley joined The Lake Wenatchee Grange in 1949 which started a long committed and dedicated service for the Grange and the Community. In 1972, Shirley married Lloyd W. Ward, of Leavenworth and her family grew in size with Lloyd's sons and daughters, Jim (Wilda), Leanna (Bruce), Richard (Sheila), Dennis (Kris), Loy (Steve), and Mike.

Shirley was preceded in death by her beloved husband, Lloyd Ward, step-son Jim Ward,

infant twin brothers Lloyd and Floyd, brother Hoyt, brother Fred Calhoun, sister Winnie Cain and stepson, Mike. Shirley is survived by a brother, Marion (Joanne), and brother-in-law Wayne Cain. Three sons, Gary (Katy), Randy (Enid), Rick (Karen), step-children, Leanna (Bruce), Richard (Sheila), Dennis (Kris), Loy (Steve), and Jim's wife Wilda.

Early on The Lake Wenatchee Grange merged with The Chumstick Grange #819 and Shirley moved her commitment to support #819.

Shirley was very active with not just her local Grange but in Chelan County Pamona Grange holding many positions in both for the rest of her life.

In 2019, Shirley was awarded the prestigious Washington State Grange Leadership Award for her 70 years of dedicated service to the Grange and Community. This year Shirley was a proud Grange member for 71 years. Shirley loved to stay connected to the local community through Leavenworth Volkspport, The Community Cupboard, The Senior



Center and last but not least, the Leavenworth Lions Club.

Shirley always loved to camp, she was an active member of The Roving Granger #6 for 40 years where she camped with her motorhome in dozens of parks with 100's of camper friends. While traveling and camping Shirley loved to camp with her many beloved Golden Retrievers. For the last 12 1/2 years of camping, Shirley traveled with her Brittany Spaniel (Britt) who always shared the passenger seat as Shirley's co-pilot and companion. Britt was Shirley's right hand and always at her side for whatever life presented. Shirley lost her Britt on August 10, 2020.

A Celebration of Life for Shirley will be scheduled in Spring of 2021.

Donations can be made to The Chumstick Grange #819, PO Box 23, Leavenworth, WA. 98826 or The Leavenworth Senior Center.

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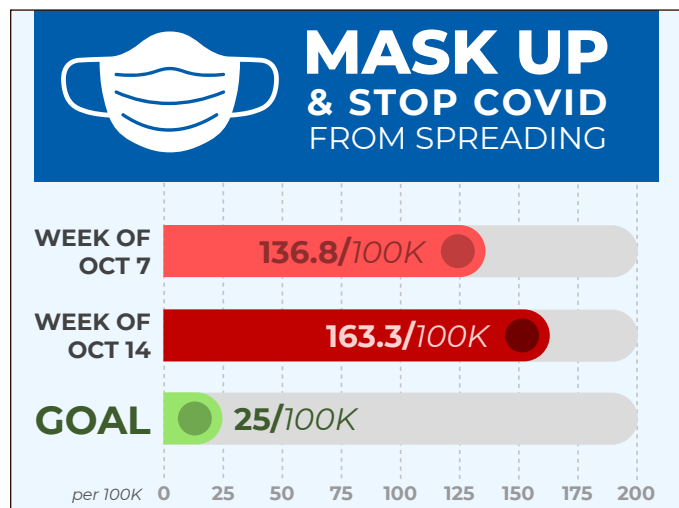
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**Due to the COVID-19 virus, all churches in the Upper Valley have suspended Saturday and Sunday services, Sunday School and meetings.**

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.cbiblechurch.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

**FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC**  
429 Evans Street, 509- 470-7745  
Sunday Worship: 11:00 AM  
Website: www.leavenworthbaptist.com  
Email: 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



**SEVENTH DAY ADVENTIST CHURCH**  
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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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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](mailto: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](mailto: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](mailto:Troy@leavenworth.org) for Zoom meeting information. (1st & 3rd Thurs.)  
**Leavenworth Lions Club,** For more info. email President Anita Wilkie at [wilkieam2015@gmail.com](mailto: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**

**The Leavenworth Mosquito Control District board will hold meetings each month at 7 p.m.** Contact Manager Jennifer Mullins, 548-5904 or email [info@leavenworthmosquidistrict.com](mailto:info@leavenworthmosquidistrict.com). (1st and 3rd Mondays)  
**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.iid.pid@nwi.net](mailto: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](mailto: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](http://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:** We are closed at this time due to the Pandemic for more information call President Matt Cade 253-334-1144.

**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](mailto:Reporter@leavenworthecho.com) or [Publisher@leavenworthecho.com](mailto: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 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., 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 or email [Leavenworthseniors@gmail.com](mailto:Leavenworthseniors@gmail.com). For information about the Home Delivered meal program, call (509) 470-0522.

**October 22, Thursday:** No lunch.  
**October 23, Friday:** Hearty vegetable beef soup, cottage cheese, cucumber salad, whole wheat roll, apple crisp.  
**October 24, Saturday and October 25, Sunday:** No lunch.  
**October 26, Monday:** Yankee pot roast, roasted potatoes and fall veggies, garden salad, mixed fruit, whole wheat roll, cereal bars.  
**October 27, Tuesday:** No lunch.  
**October 28, Wednesday:** Pulled pork sandwich, baked beans, pea salad, coleslaw, tropical fruit, dessert.

**Cascade School Menu**



**Wednesday, October 21**  
**Breakfast:** Cold cereal, Cracker, Orange Juice, Milk and water.  
**Lunch:** Beef & bean burrito, Mexican slaw, Fruit, Milk and water.

**Thursday, October 22**  
**Breakfast:** French toast with syrup, Orange juice, Milk and water.  
**Lunch:** Pizza, Cauliflower & Ranch, Fruit, Milk and water.

**Friday, October 23**  
**Breakfast:** Egg, sausage and cheese wrap, Orange juice, Milk and water.  
**Lunch:** Pork carnita torta, Corn & black bean salad, Fruit, Milk and water.

**Monday, October 26**  
**Breakfast:** Cold cereal, Yogurt, Orange juice, Milk and water.  
**Lunch:** Hamburger, Pasta salad, Fruit, Milk and water.

**Tuesday, October 27**  
**Breakfast:** Ham, cheese muffin, Orange juice, Milk and water.  
**Lunch:** Chicken drumstick, Tater tots, Fruit, Milk and water.

**Wednesday, October 28**  
**Breakfast:** Cold cereal, Yogurt, Orange juice, Milk and water.  
**Lunch:** Pizza, Broccoli & Ranch, 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 9**  
 06:55 Suspicious, 8912 Motel Rd.  
 07:10 911, 100 Enchantment Park Way  
 07:52 Harass/threat, Derby Canyon Rd., MP 3  
 10:26 Scam, 10225 Peshastin Mill Rd., Peshastin  
 14:12 Parking/abandon, 11869 Shugart Flats Rd., Plain  
 15:33 911, 100 Enchantment Park Way  
 16:13 Animal problem, 7305 Icicle Rd.  
 16:56 Weapons violation, Chiwawa River Bridge, Lake Wenatchee  
 17:02 Hazard, Fir St. & Chumstick Hwy.  
 20:03 911, 405 US Hwy. 2, Howard Johnson  
 20:25 Suspicious, 60 Alpenview Dr.  
 21:32 Hazard, 10500 Blk., Chumstick Hwy.  
 22:34 Welfare check, 21588 Lake Wenatchee Hwy.

To see Sheriff's Report: [leavenworthecho.com](http://leavenworthecho.com)

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Due to the Covid-19, we regret that we will not be able to take your Halloween pictures this year, as we have done for the past 25 years. Our decorations will be up, so please stop by and take your own photos. We will have candy to hand out. \*Reminder, we are also a drop-off location for the Annual Coat Drive.

**October 10**

00:01 Property, 330 Prospect St., #1  
 01:00 Noise, 12697 Shore St.  
 07:24 Property, Stuart Lake Trail  
 08:32 Trespass, 9073 US Hwy. 2  
 08:37 911, 100 Enchantment Park Way  
 12:20 Disturbance, 11566 River Bend Dr.  
 13:58 Public assist, 14383 Chumstick Hwy.  
 14:07 Hazard, Chumstick Hwy. & Beaver Valley Rd.  
 14:29 911, 10233 US Hwy. 2 #B, Peshastin  
 15:49 Property, Front St.  
 22:13 Suspicious, 18194 Sunland Dr., Lake Wenatchee  
 22:39 Welfare check, Whitman & Woodward Streets

**October 11**

05:49 Suspicious, 8381 Main St., #3, Peshastin  
 07:17 911, 100 Enchantment Park Way  
 08:19 Hazard, US Hwy. 2 & Hatchery Creek  
 08:45 Trespass, 11566 River Bend Dr.  
 09:49 Parking/abandon, 216 Pine St.  
 10:54 Harass/threat, Coles Corner, Lake Wenatchee  
 11:28 911, 309 - 8th St.  
 14:47 911, 100 Enchantment Park Way  
 16:24 Accident/no injuries, 1016 Commercial St.  
 18:25 Civil, 40 Broken O Ln.

**October 12**

09:19 Vehicle prowler, Derby Canyon Rd.  
 09:20 Court order violation, 4637 US Hwy. 97, Peshastin  
 09:21 Burglary, 14801 US Hwy. 2, Lake Wenatchee  
 09:29 Property, 820 Front St., Gazebo Park  
 10:49 Theft, 12640 Icicle Pl.  
 10:56 Theft, 10765 Lone Pine Dr., Peshastin  
 11:11 Trespass, 18595 US Hwy. 2, Lake Wenatchee  
 11:39 Agency assist, 9079 Deadman Hill Rd., Dryden  
 11:57 Suspicious, 905 Commercial St., #B  
 12:51 Harass/threat, 9079 Deadman Hill Rd., Dryden  
 17:36 Hazard, US Hwy. 2 & River Bend Dr.  
 17:48 Public assist, Icicle Gorge Trailhead  
 17:58 Miscellaneous, 11724 River Bend Dr., Marson & Marson

**October 13**

02:24 Warrant, 9073 US Hwy. 2, Dryden  
 08:09 Attempt to locate, Snow Lakes Trailhead  
 08:30 Property, Eight Mile FS 7601 Rd. & Icicle  
 09:08 Welfare check, 214 - 13th St., #B  
 10:45 Harass/threat, Commercial & 8th Streets  
 15:53 Trespass, 12750 Chumstick Hwy.  
 18:12 Court order violation, 8541 Icicle Rd.

**October 14**

00:48 Noise, 12500 Blk., Shore St.  
 10:14 Traffic offense, 18632 Beaver Valley Rd.  
 14:53 Fraud/forgery, 116 River Bend Dr., Safeway  
 15:40 Traffic offense, 810 US Hwy. 2, Bavarian Lodge  
 15:55 Welfare check, 9077 Deadman Hill Rd., Dryden  
 16:58 Harass/threat, 263 Mine St., #102  
 17:06 Accident/no injuries, Beaver Valley & Chiwawa Loop Roads  
 17:41 Weapons violation, Colchuck Lake Trail

**October 15**

09:14 Theft, 113 Poplar St.  
 11:18 Parking/abandon, Derby Canyon Rd., MP 3, Peshastin  
 15:14 Suspicious, 22918 Maple Dr., Lake Wenatchee  
 15:54 Agency assist, 18451 Camp 12 Rd., Plain  
 16:28 Hazard, Chumstick Hwy, MP 12  
 16:49 Agency assist, US Hwy. 2, MP 99  
 18:08 Attempt to locate, Jack Creek Trail  
 18:13 Littering, Chumstick Hwy. & Beaver Valley Rd.  
 18:21 Alarm., 2616 Camp 12 Rd., Plain  
 22:59 Noise, 1217 Front St.



# 10 rules of tires every driver should follow before they hit the road

**(BPT)** - Every time you drive, you trust your tires with your safety. Tires may seem simple, but they are more complex than many drivers realize. That begs the question: What do you need to know about them in order to stay safe on the road?

Here are 10 Rules of Tires - core principles drivers should know before they turn the ignition or walk inside a tire shop. Follow these important guidelines and you can have peace of mind when you hit the road. To read more about each rule, visit [NokianTires.com/TenRules](http://NokianTires.com/TenRules).

**Purchase tires that suit your climate.** Even the best set of tires could be the wrong fit for where you live. If you get lots of snow and ice each winter, then winter tires are likely your safest option, which means you will need to switch to all-season tires in the other three seasons. If you do not get any winter weather, all-season tires are a good choice for year-round use.

If your winter weather is unpredictable or you live near the mountains, all-weather tires provide a great compromise: winter safety in a tire you can drive all year long. [NokianTires.com/Weather](http://NokianTires.com/Weather) has more information about all-weather tires.

**High-quality tires are worth the investment.** The tire shop is one place where price should not be

your top priority. There are many factors - such as grip, responsiveness to the road and low rolling resistance - that make high-quality tires worth the purchase and could actually help save you money in the long run.

**Tires can be sustainable without sacrificing safety.** High-quality tires aren't just about safety; good tires can also help you minimize your environmental footprint. Many tire makers are lowering their products' rolling resistance, using eco-friendly ingredients and introducing sustainable production processes. Rewarding them for their efforts can also help protect the planet.

**Tires are only as safe as their maintenance.**

Even the best tires depend on you. Keeping them up to speed gives you a better chance of staying safe on the road. That means inflating them to the proper pressure level, regularly checking for damage and rotating them frequently. Winter tires don't belong on spring and summer roads.

The qualities that keep you safe on snow and ice make winter tires a bad fit once weather warms. Fortunately, there are other solutions crafted to keep you safe when the mercury rises, such as driving all-weather tires year-round or switching to all-season tires.

Much of a tire's quality is determined before it touches the road.

Want to know what you will get out of your tires? Pay

close attention to what goes in them. High-quality rubber and state-of-the-art technology set great tires apart from the rest. For example, Nokian Tyres reinforces many of its products with Aramid - the same fiber used in bulletproof vests - to help protect against road hazards.

**When you're choosing tires, trust the experts.** Tire dealers work hard to help keep drivers safe. They can help you see past marketing gimmicks and understand which tires are best for you.

**Make sure your tires fit your vehicle.** The right-sized tires are more likely to provide you with safety, fuel efficiency and comfort. Make sure your tire size matches your vehicle's recommendation, which you can typically find in your door jamb.

**Put stock in the features that actually matter.** Low price and high mileage warranties can be overrated. To choose the right tires, pay attention to other details - such as ingredients, rolling resistance, and whether the tires match your typical road conditions.

**Treat road trips differently than the daily commute.** Road trips place unique demands on your tires. Before you leave for a long trip, check your tires' inflation level and tread depth, inspect for visible damage and have them rotated. Following these rules goes a long way toward keeping you safe on the road. To read about each rule in more detail, visit [NokianTires.com/TenRules](http://NokianTires.com/TenRules).



## How regular maintenance keeps your car firing on all cylinders

### 5 reasons to accelerate your car maintenance

**(BPT)** - Car maintenance is often a scheduled chore when you're regularly driving. However, if you're driving less due to the current environment, maintenance can easily become a lesser priority or even completely forgotten. Hankook Tire's latest Gauge Index found that as daily driving decreased as a result of the coronavirus pandemic, nearly one-third (30%) of Americans have done less car cleaning and maintenance too. But car maintenance is always important, especially as drivers around the country gradually resume their travels and hit the road. Hankook Tire found that 60% of Americans expect to take more car trips moving forward. With that in mind, the following are five reasons it's important to keep up with regular car maintenance:

**1. Safety First and foremost:** Regular car

maintenance helps increase safety when driving. This is especially important if your car has been parked for a while. Be sure to check your fluids (oil, washer, coolant, etc.) and inspect the tires to make sure that they haven't lost their pressure. After all, the Gauge revealed 70% of Americans have not regularly been checking tire pressure during the pandemic. Low tire pressure can lead to several issues such as poor performance, premature wear and higher rolling resistance, which can impact fuel efficiency.

**2. Save time and money.** Consistent car maintenance also helps extend the overall life of not only your tires, but the systems that drive them, including the engine, suspension, brakes and transmission. With the median price of a set of four tires ranging from \$300 to \$600, investing in regular tire upkeep such as rotations and alignment when necessary, helps deter more costly repairs

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down the road - making both your car, and your money, go further. And, you'll save time. Regularly scheduled basic maintenance appointments traditionally don't take too long - and some dealerships even offer special pick-up and drop-off appointments so you never have to leave the comfort of your home.

**3. First place performance.** Just like a regular gym routine helps keep your muscle groups firing on all cylinders, regular trips to the mechanic can provide the same benefit to your car. Whether it's a crushing leg day (suspension) or a cardio workout (engine), routine inspection of your shoes (tires) will help you maximize your workout traction so you're ready for the next round and running at peak performance.

**4. Cleanliness.** While cleaning the vehicle's interior and exterior was the primary maintenance measure (40%) Americans took at the height of quarantine, the idea of clean cars goes beyond just dust on the dashboard and sanitized seatbelts. It keeps the environment clean, too. Little maintenance checks add up to a big environmental impact. For example, regular oil changes contribute to a cleaner engine and lower vehicle emissions, while properly inflated tires can contribute to better fuel efficiency.

**5. Vehicle value.** When the time comes to upgrade your vehicle, one of the first points of inspection is on the inside. A vehicle's internal condition is one of the key factors in determining its worth, so it's best to keep everything well-oiled and running smoothly, even if you don't have any immediate plans to trade it in.

While it is recommended to adhere to your vehicle's outlined maintenance schedule, there are a few things that drivers can do on a regular basis to provide added value. Every month, double-check to make sure headlights and taillights are working, fluids are topped off, and your belt and hose systems are running smoothly. Use the penny test to check your tire's tread. In addition, keeping a vehicle maintenance log helps you stay organized and ensure good habits that can have a real impact when it comes time to trade in. If any issues do arise, Hankook recommends getting your vehicle checked out by a certified mechanic before getting back behind the wheel.

## Top tips for weathering storm season

(BPT) - It's not over yet. Just past the peak of hurricane season weather forecasters have already had to resort to the Greek alphabet to name storms. And with severe storms and tornados appearing around the country, it is more important than ever to take steps and be prepared before, during and after a storm.

**One of the biggest threats during any storm is tree damage.** A tree might seem like it would be able to sustain the forces of a large storm, but whether it is unseen internal damage, wet, unstable ground, or proximity to power lines, trees are vulnerable during severe storms and can present a significant hazard. The following tips from expert arborist and STIHL spokesperson Mark Chisholm can help you protect yourself, your family and your property from a storm.

**Before the storm.** Develop a relationship with a certified tree care professional. By choosing the right company ahead of time, you'll likely be prioritized as an existing customer when a storm does hit.

**Conduct a pre-storm assessment and identify trouble spots.** A pre-storm assessment can help you identify potential hazards on your property such as cracks in tree trunks or major limbs, hollow or decayed trees, limbs extending over a roof, or trees in close proximity to power

lines.

**Take measures to prevent damage.** After assessing possible hazards to your property, consider measures to limit potential damage. Remove dead, diseased or damaged limbs. Inspect leaning trees and consider removing those with large cavities. Prune branches that are too close to your house and over the street, and check your gutters and be sure to remove any debris to prevent water damage. For any work in and around your home, consider calling a professional, and always call a professional to assess and/or remove anything within close proximity to utility lines. Never attempt to do this yourself.

**During the storm.** Don't try to be a hero. Your property is not more important than your life. Prepare in advance, follow guidelines for evacuation and shelter.

**After the storm.** More people are injured after a storm than during one. Storm damaged trees present unique challenges and dangers. Put safety first. Evaluate what you can handle and what's for a professional - anything not on the ground should definitely be handled by a professional. Some things could be a threat to your life such as large broken or hanging limbs where chainsaw work is needed, or branches that are too close to a utility line. Never approach or attempt to move downed utility lines

and report branches close to or touching utility lines immediately.

If you're skilled enough to do the work yourself, always wear proper attire and protective equipment including boots, gloves, protective glasses, chainsaw protective pants, a helmet system and hearing protection. Never operate a chainsaw from a ladder, roof, in a tree or while standing on any other insecure surface - leave these jobs for the pros.

**Evaluate damage.** A storm-damaged tree may not have to be removed. Inspect your trees to see if they're healthy despite storm damage. If at least 50% of the tree's crown is still intact, and the remaining branches can form a new branch structure, then there is a good chance the tree can be saved.

**Repair minor damage & debris.** Remove any broken branches, stubs or jagged remains of limbs. Smaller branches should be pruned at the point where they join larger ones. Don't worry if the tree's appearance is not perfect.

**Stay educated.** Learn more tips on tree safety, chainsaw safety, finding a tree care professional, and how to prepare for storms by visiting STIHLUSA.com.

*Mark Chisholm is a third-generation arborist with his family-owned Aspen Tree Expert Company in New Jersey and STIHL, Inc. spokesperson.*



## Clear your air. Top 6 tips to improve indoor air ventilation during COVID-19

SUBMITTED BY 919 MARKETING

Our nation's top health agency recently issued an urgent warning that coronavirus can spread through the air even if we're six feet apart - especially in poorly ventilated enclosed spaces.

This warning by the Centers for Disease Control and Prevention has home and business owners worried about their indoor air quality as temperatures drop and we gather indoors - where the very air we breathe could be a petri dish for the virus.

Here are some helpful tips:

- The Filter First - Make sure your HVAC filter is correctly in place and consider upgrading to the highest-rated filter your

system can accommodate. Professionals recommend using filters with a MERV (Minimum Efficiency Reporting Value) rating between 8 and 10 and a thickness of one inch for most homes.

- Fan of the Fan - HVAC systems only filter the air when the fan is running, so run the fan continuously or for an extended period. You can set most systems to run the fan even without the heat or air conditioning on.

- Purify the Air - Most air purifiers will help circulate clean air and have HEPA filters that remove up to 99 percent of airborne allergens, including pollen, dust, pet dander and mold spores. A mid-priced

room purifier can cost \$50-125. Many people place it in their bedroom where they spend most of their time.

- Open Up - Improve indoor air quality by opening windows or screened doors to bring in fresh air from the outside, if possible.

Ventilation can be further increased by opening windows at opposite sides of the home (cross ventilation) or on different floors of the house. Avoid this when outdoor air pollution is high or if it poses a health risk to family members.

- Keep Moving - Keep internal doors throughout the house open to promote movement of air. Operate a bathroom fan or kitchen exhaust fan when the

room is in use. Portable fans can be used to further increase ventilation but make sure to direct the air flow so that it does not blow directly from one person to another

- Don't Duck the Ducts - The CDC reports proper ventilation of heating and air conditioning systems can reduce airborne virus transmission. Air ducts are the circulatory system of your home, which help move the air, so it is important to keep them clean for optimal circulation. The National Air Duct Cleaners Association (NADCA) recommends cleaning air ducts every 5 - 7 years.

When used along with other best practices recommended by the CDC, increasing indoor air ventilation can be an important part of the plan to protect families against the spread of the COVID-19 virus.

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# Grow Garlic this Fall for Flavorful Meals and Health Benefits

By MELINDA MYERS

Add a bit of flavor and health benefits to your main course with some homegrown garlic. This vegetable has been used for thousands of years as both food and medicine. Today it is credited with fighting heart disease, lowering blood pressure and cholesterol, and boosting the immune system while fighting cancer.

Grow garlic in a well-drained soil and full sun. Plant cloves in fall about six weeks before the ground freezes in cold climates and early winter in warmer regions. Garlic needs 6 to 8 weeks of cool temperatures below 40 degrees for the shoot and bulb to develop. The leaves will form during cool, short days then slows as bulb growth begins when the days are warmer and longer.

Plant individual cloves with the pointed side up and the base of the clove 2 to 3 inches below the soil surface. Space cloves 6 inches apart in rows 12 to 14 inches apart or more depending on the variety.

Mulch the soil with weed-free straw after the ground freezes in regions with cold winters. This provides added insulation and

helps prevent frost heaving that occurs when temperatures fluctuate, causing soil to alternately freeze, thaw and shift throughout the winter.

Water thoroughly and often enough to keep the soil evenly moist during active growth. Inconsistent moisture during the growing season results in misshapen bulbs. Mulch the soil with shredded leaves, evergreen needles, or other organic matter to conserve moisture, suppress weeds, and improve the soil as it decomposes.

Double your garlic harvest by using the curly Q stems, called scapes, in cooking and flower arrangements. Watch for these curled stems about a month after the spring leaves appear.

Remove the scape soon after the swollen part appears at

the tip of the stem. Cut or break the scape off just below the swollen area. All parts are edible and can be used fresh or cooked just like garlic. You will not only enjoy the mild flavor but removing the scapes helps increase the size of the garlic bulbs.

Harvest garlic when about one third, but less than one half of the leaves turn brown. Start by digging one plant and checking the garlic for maturity. Cloves should be plump and fill the skin. Immature garlic does not store well while over-mature bulbs are subject to disease.

Cure garlic for 3 to 4 weeks in a warm, well-ventilated location. Once dried, remove the tops and store in a cool, moderately humid location with good air circulation and out of direct sunlight. Properly harvested and cured garlic will last for up to 8 months.

So, plant some garlic this fall and add flavor and health benefits to your meals.



PHOTO BY MELINDA MYERS

*Gardening expert Melinda Myers has 30 years of horticulture experience and written over 20 gardening books, including Small Space Gardening. Myers is the host of The Great Courses "How to Grow Anything" DVD series and the nationally syndicated Melinda's Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine. Myers' website is www.melindamyers.com.*



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## Fall Garden Tasks to Protect Your Landscape from Winter Wildlife Damage

By MELINDA MYERS

As the seasons change, we adjust our gardening tasks and plantings to match. Animals also make changes this time of year, often changing their eating habits and dining locations. These adjustments can impact your gardens. Reduce the risk of damage by starting in fall to protect your landscape from hungry animals this winter.

Take a walk around your landscape to evaluate plants and plantings for their susceptibility to animal damage. Look for pathways that animals use to access your landscape and areas of potential damage.

Note new plantings, animal favorites and those special plantings you would hate to lose. Make sure these are protected.

Check mulch around trees and shrubs. Deep layers of mulch and mulch piled around the trunk of trees and the base of shrubs provides shelter for



mice and voles. These rodents like to gnaw on the bark of trees and shrubs in winter. Pull mulch off tree trunks and stems and spread out deep mulch so it is only two to four inches deep.

Protect young trees and shrubs with a four-foot-tall fence of hardware cloth sunk several inches into the ground to prevent vole damage at ground level and most rabbit damage. Mature trees are usually only bothered during years where the vole and rabbit populations are high and food is scarce.

Fencing around garden beds filled with animal favorites is another option. Make

sure your fence is high enough, tight to the ground and gates are secure. You will need a four-foot-high fence for rabbits and at least five- to six-foot-high fence to keep deer out of small gardens. A fence of several strands of fishing line has proven to be successful for some gardeners.

Repellents are another less obtrusive option. These use smell or taste to discourage animals from dining in your landscape. Check the label to see if the repellent works on the animals and rodents you are trying to manage. Apply repellents before animals start feeding for best results. Then reapply as recommended on the label. Look for one, like organic Plantskydd (plantskydd.com), that is rain and snow

resistant, lasting up to six months on dormant plants over the winter so you will need to apply it less often.

Scare tactics may be effective depending on where you live. In urban and suburban areas animals are used to human scents and sounds. Gardeners often hang old CDs and shiny ribbons in tree branches to scare hungry animals. If you opt for scare tactics, be sure to employ a variety of options and change their location to increase your chance of success.

Constantly monitor and evaluate the effectiveness of the methods used and check all plantings for damage. When animal populations are high and hungry, they will eat about anything. Be willing to change things up if one

method is not working. Using multiple tactics will help increase your level of success.

Protect your landscape from hungry deer, rabbits, and voles this winter. Start preparing in fall before their winter dining habits begin. If you are vigilant and persistent, you can coexist with these creatures and still have a beautiful landscape.

*Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Tree World Plant Care for her expertise to write this article. Her web site is [www.MelindaMyers.com](http://www.MelindaMyers.com).*

## Look. Listen. Learn. Be Aware. Fire can happen anywhere in, around your home

### Fall tips from Washington State Fire Marshal's Office

In collaboration with fire agencies and safety advocates nationwide, the Washington State Fire Marshal's Office joined forces with the National Fire Protection Association (NFPA) during Fire Prevention Week earlier this month to educate the public about basic but essential ways to quickly and safely escape a home fire.

### Home Fires

The number of fires in homes has steadily declined over the last few decades. While we have made great progress in learning how to prevent fires, statistics show a significant increase in injuries and loss of

life over the same time period. Today's homes and buildings can burn faster than ever. Families can have as little as one to two minutes to escape safely from the time a smoke alarm sounds. Planning what your family should do in the event of a fire is critical. Since fires do not just start at home this information can help you anywhere.

Three simple statements lay the groundwork for preparation and action in the event of a home or other fire:

- Look for places fire can start
- Identify electrical and fire hazards in your home. Make sure chimneys are clean and electrical cords are intact. Are your lighters and matches away from small curious hands?

- Listen for the sound of the smoke alarm

Make sure smoke alarms are installed in all sleeping areas and on every level of a home. Close doors behind you to prevent the spread of smoke, heat and fire.

- Learn two ways out of every room

Draw a map of your home with all family members and practice your evacuation plan at least twice a year at night and during the day.

Teach children how to get out on their own and make sure no one ever goes back in a burning building. Ensure your address signs are current and easily seen.

Fire can happen anywhere and with a small amount of preparation and forethought, a dangerous situation can be

overcome quickly and safely.

### Wood Burning Fireplaces

Be aware of burn restrictions in your area before starting a fire. Unless the fireplace is the only source of heat, wood fires may be banned in your area due to air quality.

Use only kindling or fire starters to start a fire. Never use lighter fluid, kerosene, or gasoline.

Burn only dry, seasoned wood. Never burn trash in the fireplace.

Keep metal or tempered-glass screens closed unless loading or stoking the fire.

Keep children and pets away from the fireplace with a "kid-free zone" of at least 3 feet.

Allow ashes to cool before disposing of them. Place ashes in a tightly covered metal container at least 10 feet away from the home and any other nearby buildings. Never empty the ash directly into a trash can.

Ensure you have working smoke alarms in your home and test them monthly.

### Autumn Yard Work for Fire Safety Year Round

The Washington State Fire Marshal's Office advises residents that a little yardwork around your home now can improve your fire safety and help firefighters respond to emergencies.

Clear leaves and other debris from your roof and gutters to reduce the risk of moisture damage now and fire spreading to your home in the spring. Pick a dry day to remove fallen debris and leaves from your roof top and gutters. Exercise proper ladder safety and assess your own abilities when considering climbing ladders or walking on your roof.

Trim branches or shrubs away from your posted house numbers to make it easier for first responders to find your home in emergency situations.

Keep a clearance of three feet around fire hydrants in your neighborhood. Overgrown vines, tree branches, or even snow, can slow firefighters down when responding to a fire.



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509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

# CLASSIFIEDS

## Administrative

### Publisher's notice

**PUBLISHER'S NOTICE**  
All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-3275.

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



## Administrative

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8	1	7	3	4	5	2	9	6

## 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

## Happy Ads

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

## Employment

### Help Wanted

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.



## MED/SURG RN Full-time/ Nights

Three Rivers Hospital is in need of a Med/Surg RN to perform general nursing duties in an acute care setting with adequate supervision. Current WA State RN license and must have current BLS/CPR & obtain ACLS certification within one year. Rotating days and includes some weekends.

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 opportunity@trhospital.net EOE

OCTN is accepting applications for a part-time cook in Brewster. See us online at [www.octn.org](http://www.octn.org) for complete job description and application information. OCTN is an EOE

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## Help Wanted

**CASCADE SCHOOL DISTRICT**

The Cascade School District is seeking qualified applicants for the following position:

Transportation Bus Driver

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org) EOE

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

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

## Full and Part-time Bedmaker, Laundry and Housekeeping

The Enzian Inn is hiring for full and part-time Housekeeping, Laundry, Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9 a.m. and end between 2- 4 p.m. daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months. Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth



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## Help Wanted

City of Leavenworth Employment Opportunity

## ASSISTANT PLANNER

The City of Leavenworth, an equal opportunity employer, has an opening for an Assistant Planner within the Development Services Department. This full-time position includes an excellent benefit and retirement package; the individual must be able to work weekends, holidays, and overtime. Primary focus of this position is code compliance with other duties including processing land use and development applications, SEPA preparations, coordinating plan review with other agencies, presenting to the Hearing Examiner and Planning Commission, interpretation and application of local, state and federal laws, creation of maps and data extraction using GIS, and providing clerical and customer service support. The Salary Range is \$4,181 - \$5,378 in accordance with union specifications for step increases over time. To request an application packet, contact the City of Leavenworth at (509)548-5275 or 700 US Highway 2, Leavenworth, WA 98826 or visit the City's website at <https://cityofleavenworth.com/employment-opportunities/>

to download the full job announcement/ supplemental questions, job description and application. Deadline submission for first review is Wednesday, October 28, 2020 at 5:00 p.m. Position is open until filled.

## 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](http://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, A wood credenza

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](http://NCWMarket.com)

## Garage & Yard Sale



**CLEAR SOME SPACE WITH A CASH \$\$\$ AD**

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Go online now to Place your ad 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

Print only? Deadline Monday at Noon for all papers

Lake Chelan Mirror Quad City Herald Call 682-2213

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## Real Estate

### 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

**CHELAN COUNTY PUBLIC HOSPITAL DISTRICT #1 NOTICE OF BUDGET HEARING CASCADE MEDICAL CENTER NOTICE IS HEREBY GIVEN** that the Board of Commissioners of Cascade Medical Center has set a public hearing for Tuesday, October 27, 2020 at 9:00 AM for the hospital's budget hearing for the 2021 Budget. 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: 767 044 0052, Passcode: 98826 or dial in by calling 1 253 215 8782. Connection information will also be available on Cascade Medical's website at [cascademedical.org](http://cascademedical.org) or by emailing [Adminoffice@cascademedical.org](mailto:Adminoffice@cascademedical.org) by 5:00 PM, Monday, October 26th.

Published in The Leavenworth Echo/Cashmere Valley Record on October 14, and 21, 2020 #962

## Public Notices

**SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY**

In the Matter of the Estate of JULIE ANN VAN REENEN, Deceased. NO. 20-4-00296-04 PROBATE NOTICE TO CREDITORS

The Administrator named below has been appointed as administrator of this estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Administrator or the Administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate and non-probate assets.

DATE OF FIRST PUBLICATION: October 7, 2020  
ADMINISTRATOR Aaron Van Reenen  
ATTORNEY FOR ADMINISTRATOR: David A. Kazemba  
ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES-NCW, PLLC 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801  
COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No.20-4-00296-04 OVERCAST LAW OFFICES-NCW, PLLC By: /s/ David A. Kazemba David A. Kazemba, WSBA No. 48049

Published in The Leavenworth Echo/Cashmere Valley Record on October 7, 14, and 21, 2020 # 923



[www.leavenworthecho.com](http://www.leavenworthecho.com)  
[www.cashmerevalleyrecord.com](http://www.cashmerevalleyrecord.com)



**Public Notices**

**NOTICE OF PUBLIC HEARING ON CITY OF CASHMERE REVENUE SOURCES AND POSSIBLE INCREASE IN PROPERTY TAXES**

The Cashmere City Council will hold a public hearing on Monday, October 26, 2020 at 6:00 p.m. at the Cashmere City Hall on the City of Cashmere Revenue Sources and possible increase in Property Taxes. 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 on October 21, 2020. #1013

**Public Notices**

**CITY OF LEAVENWORTH**

On the 13th day of October, 2020, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents provides as follows: **Ordinance 1618:** An ordinance of the City of Leavenworth, WA, amending certain revenue and expenditure appropriations in the 2019-2020 budget and ordinance #1579 for the City of Leavenworth. A copy of the full text of the ordinance is available at Leavenworth City Hall or will be mailed to you upon your request to Chantell R. Steiner, Finance Director/City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/Cashmere Valley Record on October 21, 2020. # 1020

**Public Notices**

**NOTICE OF CITY COUNCIL PUBLIC HEARING CITY OF LEAVENWORTH NOTICE IS HEREBY GIVEN** that the Leavenworth City Council will hold a public hearing on October 27, 2020 at 6:45 PM via ZOOM to consider amendments to the Capital Facilities Element, a chapter within the City's Comprehensive Plan. There are three ways to attend: (1) via website: <https://us02web.zoom.us/j/89772013504?pwd=VWVhGR3hpeHhJm1lNGhaUklPMWJlQk09>; (2) via ZOOM app with Meeting ID: 897 7201 3504 and Passcode: 963366; or (3) phone in +1 253 215 8782 US or to use other local number: <https://us02web.zoom.us/j/kblk0xggx>. Interested citizens are encouraged to review code amendments, comment and/or attend the public hearing. Copies of the proposed amendments are available electronically or hard copies can be mailed by contacting Development Services within City Hall, phone (509)548-5275 or email [dsmanager@cityofleavenworth.com](mailto:dsmanager@cityofleavenworth.com). Published in The Leavenworth Echo/Cashmere Valley Record on October 21, 2020. #1021

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# Can phytoestrogens relieve common menopausal symptoms like hot flashes and night sweats?

**Q:** Can phytoestrogens relieve common menopausal symptoms like hot flashes and night sweats? What about women with breast cancer?

I experienced my first hot flush one March afternoon in Pullman, Washington. Standing in front of 120 pharmacy students, I was explaining how a particular weight loss medicine worked when suddenly I felt my temperature spike and my scalp get hot and prickly. A few seconds later, sweat gushed out of my neck and back, soaking my white oxford shirt. Yikes!

Chilled and shivering, I looked over at the clock and announced to the class, "Let's take a 10-minute break, okay?"

Can phytoestrogens relieve the physical and social discomfort of menopausal symptoms like sudden hot flashes/flushes or their night-time equivalent, night sweats?

For decades, researchers have noticed how Asian women don't suffer as much from hot flashes during menopause as Western women do, labeling it the "Japanese Effect." The primary reason for this difference is believed to be diet.

A typical Asian diet contains a lot more soy than a standard American diet. Foods containing soy and soy concentrates contain phytoestrogens, which are plant-based substances acting similarly to estrogen in your body.

But eating more soy is only part of the answer. Protection against hot flashes may also depend upon whether your body can change the basic phytoestrogens found in soy into equol, a more powerful phytoestrogen. Overall, 30-50% of North American women can convert soy into equol, with a higher percentage seen in Asian and Hispanic women.

Phytoestrogens act by attaching or binding to the same places in your body that other types of estrogens do. These binding sites are called estrogen receptors, or ERs. The two main types of ERs are ER alpha and ER beta receptors. Most estrogens and phytoestrogens bind to ER alpha receptors, stimulating specific types of breast and endometrial cancers.

Some phytoestrogens



bind to ER beta receptors instead, creating the opposite effect as ER alpha receptors do. Binding to ER beta receptors BLOCKS the action of estrogen on breast tissue. This is similar to the estrogen-blocking medicines tamoxifen and raloxifene (Evista®) and may help prevent certain types of breast cancer.

Unfortunately, it's difficult to study the effects of any particular phytoestrogen on the body. One reason is that food sources of phytoestrogens often contain multiple types of phytoestrogens. These various phytoestrogen compounds may bind to either ER alpha or ER beta receptors, triggering different effects.

Plants can also have different concentrations of phytoestrogens, depending on their growing conditions. A third reason is how much estrogen is already there. Phytoestrogens in supplements or foods can have a different effect on pre-menopausal women making estrogen compared to post-menopausal women with much less estrogen in their bodies.

How much soy do you need to reduce hot flash/hot flush symptoms? Most clinical studies have used between 40 and 80 mg daily of phytoestrogens from soy-based products. Recent evidence suggests you should start with 2 servings a day of soy foods for 3 months, noting whether you experience fewer episodes of hot flushes/flushes.

One serving of soy food can be 3 ounces of tofu, ½ cup of edamame, ½ cup tofu, ¼ cup soy nuts, or 1 cup of soymilk. Flaxseed, chickpeas, beans, peas, green leafy vegetables, cauliflower, and nuts are good sources of phytoestrogens. After trying soy for 3 months, if you don't notice any decrease in your hot flashes or hot flushes, you can stop it.

Could eating soy cause breast cancer? If you're not a vegetarian, it's unlikely that you'd get enough soy in your diet to increase your risk of breast cancer.

However, the phytoestrogens and estrogen-like compounds in soy concentrates and herbal

products like black cohosh marketed for "menopause support," like Remifemin® CAN increase your breast cancer risk.

Here are 3 Tips for Taking Phytoestrogens Safely:

1. You CAN eat food containing soy, even if you have breast cancer.

Moderation is the key. If you are vegetarian or vegan, don't eat tofu or tempeh every day and control your soy milk consumption.

2. Be cautious with supplements for menopausal symptoms.

If you have a family history or an increased risk of breast cancer, you don't have to completely abstain from soy-based food. Instead, avoid taking supplements containing concentrated phytoestrogens like soy concentrates or black cohosh until more is known about their long-term effects.

3. Stick to phytoestrogens that have had their potency tested.

Exact concentrations of certain phytoestrogens differ depending on growing

conditions. The best phytoestrogen supplements measure and standardize each batch to insure consistent potency.

*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. ©2020 Louise Achey*

## Help us honor and show support to our Veterans Veterans Day - Nov. 11

This is a FREE SERVICE to HONOR our Troops & Veterans Send us your Photo & Information by Nov. 4 | Publishes Nov. 11



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Medals & Commendations: \_\_\_\_\_ Service Branch: \_\_\_\_\_

\_\_\_\_\_ Service Location: \_\_\_\_\_

\_\_\_\_\_ Years of Service: \_\_\_\_\_

Your Name: \_\_\_\_\_ PH# \_\_\_\_\_

Full Address: \_\_\_\_\_

Email: [echoads@leavenworthecho.com](mailto:echoads@leavenworthecho.com) Bring in or mail. Must be received by Nov. 4

**THE LEAVENWORTH CASHMERE VALLEY ECHO RECORD** 215 14th Street PO Box 39 Leavenworth, WA 98826

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71				72		73							

- THEME: CIVICS 101 ACROSS
- Beginning of flu, e.g.
  - Espionage agent
  - \*Warsaw Pact opponent
  - Ringworm
  - Romanian monetary unit
  - Well-known
  - Contain the ashes
  - Paris' \_\_\_\_ De Triomphe
  - Wear away
  - \*Group of President's advisors
  - \*Balance partner, pl.
  - Ever, to a poet
  - Joker, e.g.
  - Type of coniferous
  - Man Ray's genre
  - Switches topics
  - "Beware the \_\_\_\_ of March"
  - Large casks
  - Beyond suburban
  - Fatalist's future
  - Weasel's aquatic cousin
  - City of Taj Mahal
  - Tossed or passed
  - Ready and eager
  - "I \_\_\_\_ With You" by Modern English
  - Water pipe
  - Diplomat's forte
  - Grain in J.D. Salinger's novel
  - Miso bean
  - One of Indiana Jones' quests
  - \*Part of Congress
  - \*One who introduces a bill
  - Recurring pain
  - Consumed
  - Baby grand, e.g.
  - Relating to Hinduism
  - Siren's domain
  - Tiny island
  - Fencing weapon
  - Trinitrotoluene, for short
  - Two-player strategy board game

- DOWN
- Ear-related
  - Santa Maria's companion
  - Give the cold shoulder
  - Like Halloween night
  - Turned skin into leather
  - Blind segment
  - \_\_\_\_ capita
  - New Mexico's state flower
  - Narcotics agent, for short
  - Every which way
  - Koppel and Kennedy
  - Percy Bysshe Shelley's poem, e.g.
  - Avian rest stop
  - Muse of love poetry
  - Store posting, abbr.
  - Choral composition
  - "Miranda Rights" amendment
  - Leading potato-producing state
  - Yesteryear style
  - \*Serving on a jury
  - \*One of five U.S. territories
  - One that insists
  - Ahead of time
  - \*List of candidates
  - Radio button
  - Red Cross supplies
  - Summary
  - Sushi restaurant burner
  - "Too \_\_\_\_ to handle"
  - \_\_\_\_ of Cancer
  - Brewer's staple
  - Snack of Jewish origin
  - Edmund Fitzgerald, e.g.
  - Marine eagle
  - Lymphatic swelling
  - \*John Roberts' spot, e.g.
  - Black Friday lure
  - Half of binary code, pl.
  - Decomposes
  - Definite article
  - \*Number of amendments in the Bill of Rights

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

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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An Important message from Congresswoman

# KIM SCHRIER

## THIS FALL, LET'S KEEP OUR FAMILIES SAFE AND HEALTHY



### WEAR A MASK

and keep **6 feet** of distance as much as possible.

### GET A FLU SHOT

to keep you and your **loved ones healthy.**



### VOTE BY NOV. 3

For more information on how to vote go to: [www.vote.wa.gov](http://www.vote.wa.gov)

