

Leavenworth Youth Rise Up



Photo submitted by Charlotte Massey

Leavenworth youth at the youth-led climate march on September 25 that was part of the Global Day of Climate Action

SUBMITTED BY CHARLOTTE MASSEY

Young people from Leavenworth are taking action and making their voices heard in an unprecedented movement of youth engagement in North Central Washington.

Leavenworth young people are leading the way by organizing protests like the Climate March on September 25, organizing youth-run candidate forums, and organizing for regional political campaigns.

Aidan Ringel, one of the organizers for the September 25 Climate March, explained why the rise in

youth political participation is important.

“Young people are the future and it’s important for us to get our voice out there because politics is overwhelmingly older people and that isn’t sustainable,” he said.

Ringel first got involved in activism while participating in climate change protests during his exchange year in Germany, and he has tried to carry that enthusiasm back to Leavenworth.

Now Ringel is part of the Sustainability Club at Cascade High school and is a Youth Organizer for the Future of the 12th, a group of young people who

are organizing for Adrienne Moore’s campaign for State Representative in the 12th District.

The Future of the 12th group of Youth Organizers has over forty active members from around the 12th District, spanning everywhere from Winthrop to Manson.

Some organizers, like 14 year old Isabel Menna, will not yet be old enough to vote in November. Others, such as Stella Johnson, will be voting for the first time in the November 3 election.

Johnson helped found the Cascade High School Sustainability Club and co-organized the march on

September 25. She wishes climate change was not a political issue.

“We offered the invitation to both Keith Goehner and Adrienne Moore [the two candidates for District 12 State Representative] to speak at our Climate March and Adrienne was the one who took the time to come out and show us her support.” Johnson explains. “That’s why so many young people support her.”

Other Leavenworth young people are working to increase voter turnout among their peers through the newly formed non-partisan organization, NCW Young Voters.



NCW Young Voters’ Candidate Forum with Keith Goehner and Adrienne Moore, candidates for Washington State Representative for District 12. Hosted by Charlotte Massey and moderated by Juan Mendoza-Tovar, Teresa Bendito, and Emma Skylstad.

Youth voter turnout has historically been low, with only 35% of registered voters age 18-30 turning out in 2018 according to voter data. Common reasons young people do not send

SEE LEAVENWORTH YOUTH RISE UP ON PAGE B4

Andrea Nilles Helps Colleagues with Canvas Online Learning Platform

During the meeting, the board approved fifth grade teacher Andrea Nilles for the role of Alpine Lakes Elementary (ALE) Canvas support coordinator, a stipend position. Nilles will be the point person for ALE staff in their learning and growth around Canvas, the virtual learning management tool. Principal Kenny Renner-Singer explained this is formalizing the position for Nilles, who has already been recognized by peers as the “Canvas guru.”



Andrea Nilles

School Board begins discussion for new tax levy

BY MARLENE FARRELL

At the Cascade School District (CSD) board meeting on September 28th, discussion on policy review was light, but there were other important agenda items that took up most of the time.

An Educational Programs & Operations (EP&O) levy presentation, given by Trevor Carlson, consultant with Piper Sandler & Co., and bond attorney Jim McNeill of Foster Garvey PC, was the first step for the board members as they plan to bring a levy resolution before voters in February 2021.

The EP&O levy, formerly known as the Maintenance & Operations (M&O) levy, renews funding for critical pro-

grams not covered by basic state money. The district relies on the levy to fund music, art, athletics, other electives, advanced classes, intervention specialists, counselors and helps supplement transportation, food services and special education.

Approval of the new EP&O levy and a separate Technology & Safety levy is not expected to affect homeowners’ taxes significantly from 2019. These two prospective levies are a continuation of support to CSD for essential budget items. The previous EP&O and Technology & Safety levies are expiring.

The board, superintendent Tracey Beckendorf-Edou and Dwight Remick,

CSD Director of Finance and Operations, will determine the timeframe of the levy (whether two, three or four years), the amount needed and the subsequent millage rate (x dollars per \$1000 assessed value).

The resolution must be approved by the Washington State Office of the Superintendent of Public Instruction before being filed in December to get on a February ballot.

In other news, the board approved a letter to the Chelan Douglas Health District (CDHD), requesting to begin some in-person education at Peshastin

SEE SCHOOL BOARD ON PAGE B4

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

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Honoring Breast Cancer Survivors

Allstate

Together we make a difference.

Heidi Huddle

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F: 509-664-4040
235 N Mission St. Wenatchee, WA 98801



Kathy Bangsund
Survivor: 25 years and 19 years.
Occupation: The Dwelling Place



Diane Bateman
Survivor: 18 years
Occupation: Retired Leavenworth Post Office



Marjory Blake
Survivor: 10 years, 6 months
Occupation: Retired -Cascade Medical



Pamela Brulotte
Survivor: 5 1/2 years
Occupation: Owner of Munchen Haus and Icicle Brewing Co. and Wellness Place Board member 2020

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Together for Breast Cancer Awareness

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Breast Cancer Glossary

COMPILED BY CAROL FORHAN
Survivor

Educate yourself on these terms when your doctor talks to you about breast cancer.

Adjuvant therapy: Treatment such as chemotherapy, hormonal therapy, or radiation used following surgery to cure, reduce, or control cancer.

Aspiration: The use of a hollow needle and syringe to suction out fluid or cells from a cyst or tumor.

Atypical lobular hyperplasia: Abnormally shaped cells multiplying excessively in the normal tissue of a breast lobe.

Axillary: In the armpit.

Benign: Not cancerous.

Biopsy: Tissue or cells removed from the body and examined microscopically to determine whether cancer is present.

Calcifications: Small calcium deposits in breast tissue that can be seen by mammography.

Carcinoma: Cancer that arises from epithelial tissue (tissue that lines a cavity or surface); occurs often in the breast.

Chemo-prevention: The use of drugs or chemicals to prevent cancer. Chemotherapy: Treatment of cancer with powerful drugs that destroy cancer cells.

Core needle biopsy: Use of a hollow needle to extract a sample of a lump or other suspicious tissue for examination.

Cyst: A lump or swelling filled with fluid or semifluid material.

Duct: A channel in the breast that carries milk from the lobule to the nipple during lactation.

Estrogen: A female sex hormone produced chiefly by the ovaries.

Estrogen receptor: A site on the surface of some cells to which estrogen molecules attach.

False negative: Test results that incorrectly indicate that the tested disease or substance is not present.

Fibroadenoma: A benign, fibrous tumor commonly found in the breast.

Free radicals: Toxic atoms produced by chemical reactions within a cell.

Hematoma: A swelling formed of blood. Infrequently occurs at the site of surgery, such as in a biopsy cavity after a lumpectomy.

Hyperplasia: Excessive cell growth.

Infiltrating cancer: A cancer that has spread from its site of origin into surrounding tissue.

In situ: Latin for "in place." As part of the term "ductal carcinoma in situ," it means that cancer cells exist and are still contained within the ducts of the milk-producing gland.

Lobules: Milk-producing glands of the breast.

Lymphedema: An accumulation of lymph fluid in the arm, hand, or breast that may develop when lymphatic vessels or nodes have been removed or blocked by surgery, or after radiation therapy. It can appear immediately after treatment or many years later.

Lymph nodes: Small, bean-shaped organs linked by lymphatic vessels. As part of the immune system, they filter out germs and foreign matter.

Malignant: Cancerous.

Metastasis: The spread of cancer cells from the site of origin to another part of the body.

Metastases: Secondary cancers that form after cancer cells spread to other parts of the body.

Neoadjuvant therapy: Therapy with

anticancer drugs or radiation given before surgery in order to shrink a tumor.

Palpable: Able to be felt.

Progesterone: A hormone produced by the ovaries and adrenal glands; essential for healthy functioning of the female reproductive system.

Radiation therapy: The use of x-rays at very high doses to treat or control disease.

Seroma: An accumulation of lymphatic fluid under an incision.

Content provided by MammoSite Breast Cancer Information. www.mammosite.com

Screening saves lives by helping find breast cancer early.

Finding cancer early may give you more treatment options, including Breast Conserving Therapy instead of a mastectomy.

Get your mammogram. Tell your friends, mothers, sisters, aunts and daughters to do the same. Be a Friend. Tell a Friend. Get Your Mammogram.

Information from American Cancer Society

Think Pink

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

October is Breast Cancer Awareness Month

CAROL L. FORHAN

Survivor

Pink Ribbons, Pink Shirts, walks, runs, fundraisers, and now in 2020 because of the COVID-19 we have virtual auctions, benefits, and other events that we hope will help raise more AWARENESS and money in our communities.

What is so special about this month of October?

It is like other months that bring awareness of a special need and every disease or affliction now has a colored ribbon to commemorate their cause, whether it is Heart Month, Diabetes Month, Alzheimer's Month, and so on. October 1-31 is a campaign month intended to educate people about the importance of Early screening and Detection of Breast Cancer. But this month is personal for me. It was my personal fight with breast cancer at a young age that had no actual known cause. At the age of 43 I had my first mammogram, and I had just learned how to do breast self-exam by watching a TV program on self-exam. I had a close friend at the age of 39 years old diagnosed with breast cancer and she encouraged me to get a mammogram after I felt a lump in my armpit. I am so thankful for her encouragement because I felt she saved my life, as I was then diagnosed with Stage 2B-breast cancer with all of my lymph nodes involved on the same side.

Breast cancer effects 1 in 8 women who will get diagnosed with cancer in her lifetime, but some men actually can get breast cancer too. Many years of research has been done

on this disease, and breast cancer comes in many forms and stages. We know about the BRAC genes, but not all breast cancer is inherited and HER-2. Great strides have been made in research to find the cause and medicines and therapies are developed to kill the cancer cells. Some treatments can make one lose a breast(s), hair, self-esteem and dignity, and unfortunately some die.

We can replace a breast with a prosthesis or with reconstructive surgery or do nothing, our hair will grow back as well as our self-esteem and dignity. Many women work through the process day by day, whether at a job or career and/or keeping up a home, children, spouse, daily chores and just day to day living.

Many kinds of friendships develop, help and encouragement from another survivor, and support groups may become a part of your life for now, (if you choose too.) We move on, some tell others of their survivorship some tell no one. When we do the survivors' page, in our NCW Media newspapers the first week of October, we are happy to show our smiling faces that we are surviving and thriving. If you know of someone that didn't tell then that is a personal choice and is respected.

Thirty years ago in October while living in Montana, as I mentioned before, I was diagnosed with breast cancer, with no known family history. I survived the treatments of surgery, Chemo and other drugs and therapies. I joined a support group, and called on a Reach to Recovery support person at the American Cancer Society, all while I still worked

at 2 jobs, and cared for my family, and my family and friends cared for me. Support is very important to recovery.

I recovered through a long process because of the best treatments available at the time and most of all my Faith. I promised God if I get through this I will always continue to be his servant. I became involved in research, funding, and education. After my final treatment, I started a women's support group and I became an ACS Reach to Recovery volunteer helping the newly diagnosed and her family understand what they will be going through. I continued to be an advocate for all women to get free education, and low-cost and free mammograms for the under-served. I became an advocate and president of a California organization associated with the Y-ME National Breast Cancer Organization headquartered in Chicago, now called * Breast Cancer Network of Strength - a 24-hour breast cancer hotline, 1-800-222-2141 and Networkofstrength.org, they have help in all languages.

Breast Cancer was my #1 fighting cause and it still is. I just wanted to give back and help someone else through the process.

Though it is scary, Cancer does not have to be a death sentence, and cancer is not a one person disease, it affects the whole family.

A few things that are very important to remember and you will be reminded especially in October Awareness Month.

Get a mammogram. Know your family history, if a relative like, mom, grandmother, aunt have or had breast cancer,

depending on your age, recommended year is 45 or earlier if you have a family history and a consultation with your doctor. Learn to do breast self exam. While living in California, we were invited into the health classes in the schools to teach the young girls about breast cancer and self-exam. Contact your doctor or hospital and the American Cancer Society for free information. 1-800-ACS, or www.cancer.org

When or if you are diagnosed, you have the right to get a second or even a third opinion. Surgery is not always the answer, talk to your team of doctors and nurses, and other caregivers. BE an advocate for yourself, or take someone with you to be an advocate. Ask questions, do your research, but do not just rely on internet information, it can be misleading. There are also some great books and magazines you can read. One of the best books about the breast anatomy and tons of information, is Dr. Susan Love's Breast Book. There are different therapies and opinions out there. Thirty years ago I was not expected to live "5" years, and years ago I heard the phrase "I want to see Breast Cancer eradicated in my life time", and it still hasn't been eradicated. I still have Hope and Faith that it will happen before my 4 granddaughters have to deal with it. I thank God everyday that I have another day to enjoy, by continuing my faith career as an ordained deacon in my church. A business owner, a community leader and supporter of many causes. Have Faith my friend, I will support you as well. *Sincerely, Carol Forhan, 30 years, Surviving and Thriving!*

During our 20 years of compiling the Breast Cancer Survivors' pages, many of these ladies have moved, no longer are participating at this time or have died. Our sincere Best

Wishes to all of our Survivors. Sad remembrances of those who have passed away either from the cancer or other causes throughout these twenty years.

Joan Baldwin
Gale Bates
Carla Carey
Bev Carlson
Janice Clark
Terri Clarke
Floy Detwiler, M.D.
Joy Fields
Elsie Fogelstrom
Carol Hanson
Pat Hills
Sonja Hurt
Jordi Kimes
Dorothy Kellison

Wendi Krieg
Verna Lotts
Beverly Lobe
V Gay Neese-Sweet
Mary Ellen McKinney
Jodi Ostrem
Dorene Parise
Elizabeth Peyrollaz
Winnifred Pflugrath
Kelley Rose
Terri Scenard
Kara Shephard
Dorothy Shipley
Camille Stemm

Wendy St. Germain
Dorothy Spanjer
Lori Vanderbrink
Camieon Voss
Julie Williams
*** In Memory of these ladies who have passed away.**
* Grace Clausen
* Jessica Green
* Mary Newberry
* Marie V. Peck
* Judy M. Peck-Cameron
* Charlotte Turner



We honor and remember.

Breast Cancer
-AWARENESS MONTH-

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Breast Cancer Awareness Month



Carol L. Forhan
Survivor: 30 years
Occupation: NCW Media, co-owner & ad manager, Ordained Episcopal Deacon, and UVCares Board member.



Lisa Halseth
Survivor: 5 years, 2 months
Occupation: Wine,Hats/Toys, and Hi-Tech Specialis



Deborah Hartl
Survivor: 13 years, 10 months
Occupation: HR Director, Sleeping Lady, Trail runner



Rebekah Nugent
Survivor: 13 years, 11 months
Occupation: Retired



Kris Taylor
Survivor: 12 year, 4 months.
Occupation: Financial Advisor



Carolyn Wilson
Survivor: 14 years
Occupation: Leavenworth City Council, Law Enforcement

Q: I'm starting radiation soon for breast cancer. How can I help keep the treatments from burning my skin?

During radiation treatments for cancer, nearly 8 out of 10 people will develop some form of skin irritation, called "radiation dermatitis". Radiation often creates redness and warmth to the area, much like having a mild rash. Skin may also become more sensitive to touch and feel "tight." As radiation treatments continue, skin will often feel "dried out", start itching, and can eventually peel off to expose raw, red patches that ooze a clear fluid. Your skin is more likely to become irritated by radiation if you have another skin surface rubbing up against the skin being treated, like under large breasts or your armpits. People who smoke, are diabetic, or who had a previous surgical procedure in the treated area are more likely to develop radiation dermatitis. Post-radiation skin irritation tends to peak about a week after treatment. To reduce your risk of radiation dermatitis, treat your skin gently. Avoid rubbing or

scratching the area being radiated. Drinking plenty of water and applying moisturizing cream to the area faithfully can help keep your skin from peeling. It's okay to wash with soap. Washing your skin gently with mild soap and water has been shown to cause less skin reaction than just rinsing with water. Most patients starting radiation treatment are advised to use a "mild, non-alkaline soap, preferably unscented." Unfortunately, there isn't much agreement about which soaps are best and no clear evidence that any specific soap is superior. Mild soaps like Dove®, Ivory®, or Neutrogena® are considered safe to use, while most experts agree that highly scented soaps such as Coast® and Irish Spring® should be avoided when undergoing radiation treatment. You can safely wear deodorant or antiperspirant during treatment unless the skin of your armpit develops a

cut, scratch, or blister. Applying a moisturizer after radiation sessions is one of the best ways to protect your skin from dryness, irritation, and skin breakdown. Your skin consists of a series of layers of flattened cells that form a flexible, self-renewing barrier that protects your body against exposure to infection and toxins. Deep in your skin, your cells start out nice and plump, then gradually dry out, creating thin, overlapping layers that are water-resistant. As the top layer rubs or flakes off, it exposes the next layer down, continuing the cycle. Ceramide molecules support the barrier function of healthy skin. A lower level of ceramide is found in dry, damaged skin than in healthy skin. Applying ceramide-rich creams can help heal skin damage. Lotions and creams containing these vitally important compounds can restore skin integrity faster than creams containing only traditional moisturizing agents.

CeraVe® Moisturizing Cream has 3 essential ceramides. I compared it to my previous favorite, Arbordoun's Abundantly Herbal Calendula Cream because I wanted to decide for myself if the claims about ceramides were real or just good marketing. The CeraVe® was impressive! My skin absorbed it quickly, it didn't feel greasy, but it made my skin feel super smooth, even hours later. Another favorite moisturizer of mine is Arbordoun's Abundantly Herbal Calendula Cream, around \$15 for a 4-ounce jar. With olive oil, calendula, and lavender, Arbordoun's helps protect your skin from radiation damage. However, it takes a little time to absorb completely. I always let it soak into my skin for about 5 minutes before putting on clothes so the fabric doesn't stick to it. You can also apply pure Aloe Vera juice directly to your skin for protection. My stepmother, Joyce, used Trader Joe's Aloe Vera Juice

after each radiation session and didn't develop any burns. **Here Are 5 Tips to Help Protect Your Skin During Radiation Treatment:**

- 1. Avoid rubbing or scratching.** Itching causes the urge to scratch even when you sleep, so keeping your fingernails cut short and wearing cotton gloves or socks over your hands at night can really help.
- 2. Stay out of hot water.** Avoid using hot water or strongly scented soaps when washing or bathing.
- 3. Don't scrub.** Treat your skin gently. Avoid washing using harsh scrubbing tools like exfoliating cloths, rough washcloths, or loofahs.
- 4. Keep yourself hydrated.** Irritated skin loses water more quickly, making it feel dry and itchy. Drink plenty of water to help keep your skin well hydrated.
- 5. Apply a soothing cream.** Support the barrier function of your skin by protecting it after each radiation treatment. Moisturizing creams containing ceramides (CeraVe®, Curel®) or calendula can be incredibly helpful.

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



Ask... Dr. Louise
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

- LOCAL SUPPORT**
- * Cancer Care of NCW, Inc. Our House, Wenatchee: 663-6964 or email: cancare@nwi.net
 - * Wellness Place, Wenatchee, 888-9933. Support groups, and resources.
 - * Cascade Medical, Leavenworth, 548-5815.
 - * Confluence Health/Wenatchee Valley Medical, 663-8711 x 64100
 - * Confluence Health, Breast, Cervical and Colon Cancer Health Program
 - * EASE Cancer Foundation, Cashmere: 860-1322 or www.easecancer.org
 - * Lake Chelan Community Hospital, Chelan, 682-3300
 - * Columbia Valley Community Health, 662-6000
 - * Three Rivers Hospital, Brewster, 689-2517
 - * Family Health Center, Brewster, 509-422-7629, 800-660-2129
 - * Seattle Cancer Alliance, 800-804-8824, www.seattlecca.org
- NATIONAL SUPPORT:**
- * American Cancer Society, (ACS) 800-ACS-2345, www.cancer.org.
 - Programs include: I Can Cope, Look Good, Feel Better, LookGoodFeelBetter.org, 800-395-LOOK
 - Reach to Recovery, a one to one survivors' help program.
 - New Birthday Campaign: Less Cancer, More Birthdays. MoreBirthdays.com, Facebook and blog OfficialBirthdayBlog.com or Cancer.org/circleofsharing.
 - * American Society for Therapeutic Radiology and Oncology, 703-502-1550, www.astro.org.
 - * American Society of Plastic Surgeons, 800-514-4340, www.plasticsurgery.org.
 - * AVON Foundation, www.avonfoundation.org
 - * Blood & Marrow Transplant Information Network-Seattle, www.seattlecca.org/bmt, bmtinfo.net
 - * Breast Cancer Network of Strength -24-hour breast cancer hotline 1-800-222-2141. Networkofstrength.org/
 - * Dr. Susan Love Foundation for Breast Cancer Research, 1-310-828-0060 x 157
 - * Living Beyond Breast Cancer, 855-807-6386, www.lbbc.org.
 - * National Breast Cancer Foundation-1-972-248-9200, NationalBreastCancer.org
 - * National Coalition for Cancer Survivorship, Cancerversary.org
 - * Susan G. Komen For the Cure, www.komen.org
 - * The Breast Cancer Alliance, www.breastcanceralliance.org
 - * National Lymphedema Network, 1-510-809-1660, www.lymphet.org.
 - * SHARE (Breast Cancer Hotline), 1-866-830-4576, 844-ASK-SHARE, or www.sharecancersupport.org
 - * Vital Options International, 1-800-477-7666, www.vitaloptions.org
 - * Zero Breast Cancer: 1-415-507-1949, www.zerobreastcancer.org
- Free Cancer magazine: print and online: CancerToday, American Association for Cancer Research, 615 Chestnut St. 17th floor, Philadelphia, PA 19106

BREAST CANCER FACTS

COMPILED BY CAROL FORHAN

Survivor
The two main risk factors for breast cancer are: Being female and getting older.

Statistics
Breast cancer is the second most common cause of cancer for American women except skin cancer, and the overall cause of cancer death in women between the ages of 20 and 39. In the United States, one in 8 women will develop breast cancer in her lifetime. An estimated 276,480 new cases of invasive breast cancer are expected to occur in women in 2020, with an estimated 48,530 additional cases of in-situ (non-invasive) breast cancer. 64% of breast cancer cases are diagnosed at localized stage for

which the 5-year survival is 99%. There are more than 2.4 million women in the United States with a history of breast cancer. 42,170 or 1 in 39 women (3%) will die. But there are 3.8 million survivors in the USA. In the United States, breast cancer is expected to be newly diagnosed every three minutes, and a woman will die from breast cancer every 13 minutes.

Breast cancer in men
Though rare, 2,620 new cases of invasive breast cancer are expected to be diagnosed, in men in 2020. 520 will die. Black men have the highest breast cancer incidence over all, Hispanic men have the lowest. Median age of diagnosis for men in the U.S. is 68 years old. Breast cancer in ethnic groups African American women have a

higher breast cancer death rate than women of any other racial or ethnic population. American Indian/Alaska Native females have the lowest breast cancer incidence rates.

Breast cancer and age
The risk of breast cancer increases with age: About 18 percent of diagnoses are among women in their 40's and 77 percent of women with breast cancer are older than 50 when they are diagnosed. White women have a higher incidence of breast cancer than African American women after age 40, while Africa American women have a slightly higher incidence rate before age 40.

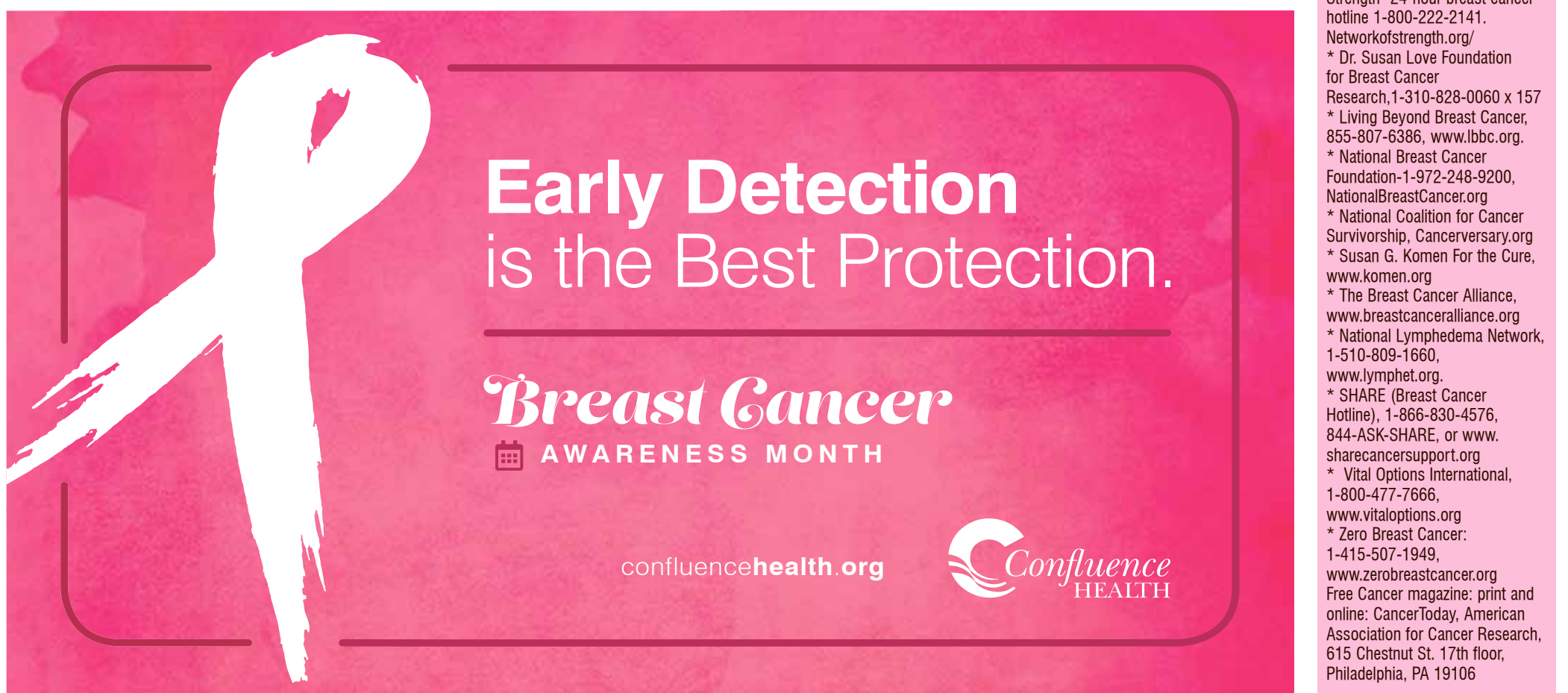
Risk and recurrence of breast cancer
Postmenopausal women with early breast cancer are at their greatest

risk of disease recurrence during the first five years after diagnosis. The absolute number and percentage of recurrences in the first five years after surgery is much highest than the following five to 10 years. Treatment received during these first five years is paramount in combating the disease.

Early Detection
One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast, abnormal thickening of the breast, or a change in the shape or color of the breast. Finding a lump or change in your breast does not necessarily mean you have breast cancer. Additional changes that may also be signs of breast cancer include: Any new, hard lump or thickening in any part of the breast/and armpit. Change in size or shape.

Dimpling or puckering of the skin. Swelling, redness or warmth that does not go away. Pain in one spot that does not vary with your monthly cycle. Pulling in of the nipple, nipple discharge that starts suddenly and appears only in one breast. An itchy, sore or scaling area on one nipple. It is important for women to practice the elements of good breast health. It is suggested women obtain regular mammography screening starting at the age of 45, or earlier if you have a family history. Obtain annual clinical breast exams, perform monthly breast-self exams and obtain a risk assessment from a physician.


This information was acquired from the American Cancer Society, 1-800-ACS-2345. Or www.cancer.org. and The Susan G. Komen organization.



Early Detection is the Best Protection.

Breast Cancer
AWARENESS MONTH

confluencehealth.org



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THE LEAVENWORTH
ECHO

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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 Farmers Market, 4-7 p.m., open now at Alpine Lake Elementary School parking lot on Pine St. Contact: Lorrie Tatum, LCFM Board Member. 425-753-3933

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

The Leavenworth Mosquito Control District board will hold meetings each month at 7 p.m. Contact Manager Jennifer Mullins, 548-5904 or email info@leavenworthmosquitodistrict.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 (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: We are closed at this time to do the Pandemic or 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 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 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.)

Cascade School Menu



Thursday, October 8

Breakfast: Carrot fruit muffin. Orange juice. Milk and water.
Lunch: Chicken nuggets, French fries, Fruit. Milk and water.

Friday, October 9

Breakfast: Egg, sausage and cheese wrap. Orange juice. Milk and water.
Lunch: Pizza, Corn and black bean salad. Fruit. Milk and water.

Monday, October 12

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

Tuesday, October 13

Breakfast: Ham, cheese muffin. Orange juice. Milk and water.
Lunch: Chicken drumstick, Coleslaw. Fruit. Milk and water.

Wednesday, October 14

Breakfast: Cold cereal, Yogurt. Orange juice. Milk and water.
Lunch: Thai chicken Yakisoba, Asian green bean salad. Fruit. Milk and water.

Senior Center Menus

Leavenworth Senior Center, 423 Evans St., Leavenworth

Currently the Leavenworth Senior Center is closed due to the COVID 19 Virus. 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. For information about the Home Delivered meal program, call (509) 470-0522.

October 8, Thursday: No lunch.

October 9, Friday: Broccoli chicken bake, rice pilaf, garden salad, fruit salad, whole wheat roll dessert.

October 10, Saturday and October 11, Sunday: No lunch.

October 12, Monday: Sweet & sour chicken over noodles, stir fry vegetables, Asian style slaw, tropical fruit, whole wheat roll, dessert.

October 13, Tuesday: No lunch.

October 14, Wednesday: Crunchy chicken salad sandwich, vegetable soup, pickled beets, chilled peaches, dessert.

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.

September 25

09:55 Alarm, 19374 SR 207, Lake Wenatchee
 10:31 Parking/abandon, 11670 Eagle Creek Rd.

10:52 Sex offense, 17650 River Rd., Plain
 13:35 Theft, 12640 Icicle Pl.

14:07 Agency assist, 21812 Colt Rd., Plain

17:12 Trespass, 9101 Icicle Rd., Leav-

enworth Golf Club

18:45 Welfare check, KOA

18:46 Disturbance, 700 US Hwy. 2
 20:10 Lewd conduct, 633 Front St., #B

September 26

00:58 Public assist, Leavenworth
 07:31 Harass/threat, 3407 Ingalls Ln., Peshastin

09:18 Welfare check, 10461 Stemm Rd., Smallwoods

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➤➤ 05:45 Trespass, 9630 Marson Dr.
 07:10 Parking/abandon, 694 US Hwy. 2, City Pool, Leavenworth
 11:40 Parking/abandon, 700 US Hwy. 2

September 27

09:09 Civil, 9630 Marson Dr.
 09:26 Public assist, 220 Cherry St.
 13:10 Trespass, 11411 Shugart Flats Rd., Plain

14:07 Property, 300 Enchantment Park Way

15:06 Welfare check, 1329 US Hwy. 2, Dan's Food Market

15:11 Weapons violation, 10795 Chumstick Hwy.

16:33 Agency assist, Maverick Saddle

17:17 Civil, 123 W. Whitman St., #B

18:06 Weapons violation, 8960 Motel Rd., Dryden

20:23 Attempt to locate, Enchantments

22:57 Alarm, 11025 Wending Ln, Lake Wenatchee

September 28

11:45 Parking/abandon, 4702 US Hwy. 97, Peshastin

14:01 Welfare check, 10785 Lone Pine Dr., Peshastin

14:11 Burglary, 8734 School St., Dryden

14:50 Agency assist, Freund Canyon Trail

15:28 Weapons violation, 8800 Blk., Derby Canyon Rd.

15:37 Domestic disturbance, 10600 Titus Rd.

20:41 Accident/no injuries, Chumstick Hwy., MP 2

22:34 Harass/threat, 116 River Bend Dr., Safeway

23:59 Attempt to locate, Smith Brook Trailhead

September 29

01:13 Domestic disturbance, 810 US Hwy. 2, Bavarian Lodge

04:31 Alarm, 7375 Icicle Rd., O'Grady's Pantry

11:15 Property, Plain

12:45 Property, 940 US Hwy. 2, #B

13:16 Agency assist, US Hwy., 2, MP 106, Dryden

13:16 Civil, 10913 US Hwy. 2

14:17 Vehicle prowler, Ingalls Creek Trailhead

14:35 Public assist, 11441 Eagle Creek Rd.

14:46 Civil, 11007 US Hwy., 2, Preys Fruit Barn

15:36 Theft, 16537 Lakeview Dr., Lake Wenatchee

17:24 Property, Leavenworth

18:17 Suspicious, BNSF, MP 1679,

18:17 Attempt to locate, Stuart Lake Trail

20:27 Agency assist, 21313 Stetson Rd., Plain

20:32 Assault, 18423 Winton Rd., Lake Wenatchee

22:41 Domestic disturbance, 214 - 13th St., #C

September 30

01:07 Attempt to locate, SR 20, MP 158, Rainy Pass Trailhead

12:47 Domestic disturbance, 8551 Orchard St., Peshastin

15:15 Public assist, 7305 Icicle Rd.

19:47 Welfare check, 9077 Deadman Hill Rd., Dryden

23:16 911, 590 US Hwy. 2, Enzian Inn

23:19 Runaway, 17503 Winton Rd., Lake Wenatchee

October 1

01:32 Weapons violation, US Hwy. 2 & US Hwy. 97, Peshastin

02:57 Agency assist, 4804 US Hwy. 97, Peshastin

09:01 Parking/abandon, Merry Canyon Rd.

10:22 Parking/abandon, 9th & Commercial Streets

12:23 Accident/no injuries, Chiwawa Loop Rd., MP 1

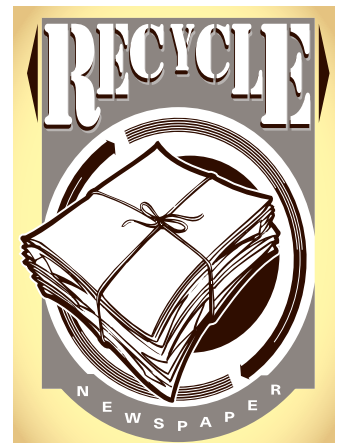
13:59 Domestic disturbance, Merry Canyon Rd. & Chumstick Hwy.

16:03 Extra patrol, Leavenworth Area

18:19 Extra patrol, 9000 Icicle Rd.

18:49 Harass/threat, 13600 Brae Burn Rd., Lake Wenatchee

20:25 911, 100 Enchantment Park Way



Obituary

Grace Marie Nunn

April 6, 1935 – September 24, 2020



Marie Nunn, 85 of Peshastin, passed peacefully at her home on September 24, 2020.

She was born Grace Marie Edmonds on April 6, 1935 in Habersham, Tennessee to Charlie and Claudia Edmonds.

She grew up in the beautiful mountains of Tennessee where she met Richard "Red" Nunn. They married August 2, 1952 and made their home in coal mining country. They went on

to have a family of 6 children. In March of 1966, Red and Marie ventured cross country to Washington State and settled in Peshastin.

Marie worked as a fruit sorter in a variety of warehouses in the valley before choosing Blue Bird as the place to spend the majority of her career.

Marie was known for her amazing handmade quilts and blankets, and loved to tend to

her garden.

Nobody could resist her wonderful southern cooking that she loved to share with anyone who stopped by for a visit.

She treasured her time spent with her children and grandchildren and used the opportunity to share her words of wisdom.

Marie is survived by her husband Richard "Red" Nunn

of the family home; her dearest sister Emma Green of Tennessee; her sons, James (Sherry) Nunn of Ellensburg, Jerry (Regina) Nunn of Leavenworth, Frank Nunn of Peshastin, and Lester (Laurie) Nunn of Leavenworth; her daughter, Glennia (John) Brazwell of East Wenatchee, and her 17 grandchildren and numerous great grandchildren.

She was preceded in death

by a daughter, Linda Moreseman, as well as her parents, three sisters (Mary, Maggie and Helen), two brothers (Charles and Lewis), and a great grandson.

Jones & Jones Betts of Wenatchee is in charge of arrangements.

In lieu of flowers, the family asked that donations be made to the Northwest Parkinson's Foundation NWPF.org.

BUSINESS & SERVICE Directory

Add your business or service to this directory: 548-5286

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 Thrift/Food Bank/Emergency Services
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 Thank you for your support and Meeting Each Need with Dignity - M.E.N.D.
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 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.

We are here to serve families in Leavenworth, Peshastin, Plain and the entire Upper Valley.
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 Honoring the lives of residents in the Valley for over 100 years.
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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



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
 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](https://www.facebook.com/newlifeleavenworth)
www.newlifeleavenworth.com





Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record 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 1-800-927-9275.

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Administrative

Puzzle Solution

S	P	A	S	M	P	O	L	P	H	E	W	
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Announcements

Lost & Found

Lost in Leavenworth a gold chain necklace with a crown charm attached. Reward if found. Very sentiment. Please call Penny. 885-0441.

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

Advertise Advertise Advertise Advertise Advertise Advertise
548-5286 or 782-3781
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Happy Ads

HAVE A SPECIAL EVENT COMING UP? PLACE IT IN OUR CLASSIFIEDS IN THE PAPER AND ONLINE

24/7 at www.NCWMarket.com

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

Employment

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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 Quad City Herald 683-2213
Leavenworth Echo Cashmere Record 548-5286

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

City of Chelan Employment Opportunity

Shop Supervisor /Mechanic

City of Chelan is accepting applications for the position of Shop Supervisor/Mechanic. Monthly pay range: \$4,471 - \$5,37. Application deadline: October 21, 2020 or until filled. Go to www.cityofchelan.us for additional information and employment application.

Vacasa needs Runners in Chelan, Washington! Looking for our next rockstar to help create lasting vacation memories! Reliable transportation in the snow and weekend availability is a must! This role pays \$19/hour from 6/28/20 to 9/20/20, will revert to \$15/hour after this period; PTO, health/dental/vision insurances available based on hours worked, 401k with 6% match and other discounts! Apply online at www.vacasa.com/careers or text Vacasa 97211

Help Wanted



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

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

Housekeeping position available part-time. Monday - Friday starting at 11 am. Located near UV Christian School Becki, 509-679-1904

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

Route Bus Driver Wanted The Mansfield School District is looking for a route bus driver. A job description and qualifications are listed on our website, <https://www.mansfield.wednet.edu/>.



Windermere Real Estate/NCW
Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley? Carmen Bagdon - 237-2060
Momi Palmieri - 433-2211
Geordie Romer - 679-8958
Allyson Romer - 630-9898

Give us a call today!

See all available properties at windermereleavenworth.com

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, 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

Garage & Yard Sale



CLEAR SOME SPACE WITH A Fill your pockets with 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

Rentals

Newly remodeled 1.5 Bedroom Rental in Ponderosa Estates. Prefer yearly lease, \$1,050 per month. No smokers or pets. Call 509-881-8979

Room for rent in Leavenworth on bus line, all utilities plus WiFi. No pets please. \$650/month. 509-699-9337.

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY In the Matter of the Estate of EMORY COURTLAND WEBBER, Deceased. NO. 20-4-00294-04 PROBATE NOTICE TO CREDITORS The Personal Representative named below has been appointed as Personal Representative 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 Personal Representative or the Personal Representative'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 Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: September 30, 2020 PERSONAL REPRESENTATIVE: Cheryl Lee Miller ATTORNEY FOR PERSONAL REPRESENTATIVE: Thomas Overcast ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES 23 South Wenatchee Avenue, Suite 320, Wenatchee, WA 98801 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 20-4-00294-04 OVERCAST LAW OFFICES By: /s/ Thomas D. Overcast Thomas D. Overcast, WSBA No. 14486 Attorneys for Personal Representative

Published in The Cashmere Valley Record/Leavenworth Echo on Sept. 30 and Oct. 7 and 14, 2020. #891



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

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

Public Notices

TEK Construction, Inc., Dean Irwin, 1980 W Bakerview Rd Bellingham, WA 98226-9133,

is seeking coverage under the Washington State Department of Ecology's Construction Stormwater NPDES and State Waste Discharge General Permit. The proposed project, Leavenworth National Fish Hatchery, is located at 12790 Fish Hatchery Road in Leavenworth in Chelan county. This project involves 1 acres of soil disturbance for Commercial construction activities. All discharges and runoff goes to ground water.

Any persons desiring to present their views to the Washington State Department of Ecology regarding this Application, or interested in Ecology's action on this Application, may notify Ecology in writing no later than 30 days of the last date of publication of this notice. Ecology reviews public comments and considers whether discharges from this project would cause a measurable change in receiving water quality, and, if so, whether the project is necessary and in the overriding public interest according to Tier II anti-degradation requirements under WAC 173-201A-320. Comments can be submitted to: ecyrewqianoi@ecy.wa.gov, or Department of Ecology Attn: Water Quality Program, Construction Stormwater P.O. Box 47696, Olympia, WA 98504-7696

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Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF SPOKANE

In the Matter of the Estate of: ANDREW D. HASTINGS, Deceased. NO. 20401345-32 PROBATE NOTICE TO CREDITORS (RCW 11.40.030) (NTRCD) The person named below has been appointed as Administrator of this Estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Administrator or the Administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

ASHLEY SPRING Administrator Attorney for Administrator DANIELLE PALM, WSBA #56332 Address for Mailing or Service: Danielle Palm Estates and Elders Law PLLC 23403 E. Mission Avenue Suite 113 Liberty Lake, WA 99019 509.252.5003 Published in The Leavenworth Echo/ Cashmere Valley Record on September 23, 30 and October 7, 2020. #851



www.leavenworthecho.com
www.cashmerevalleyrecord.com

What's so great about a Donor Advised Fund?

By KRISTINE LOOMIS
CPA, CVA, MANAGING PRINCIPAL,
CORDELL NEHER & COMPANY

In a recent meeting, I suggested a client consider opening a Donor Advised Fund and they asked, "what's so great about them?"

I mentioned they were a great option for charitable giving flexibility in tax planning, and we moved on.

But as I consider the overall grandness of the Donor Advised Fund, it is important to know that they offer something for nearly every giver.

As a result of the most recent tax reform, the standard deduction was increased to \$24,000 for married couples and \$12,000 for singles.

At those levels, many of us are unable to itemize our deductions and our charitable contributions no longer help us for tax purposes.

While none of us are charitable purely because we get a tax deduction, the tax deduction is an incentive for us to give consistently, or perhaps just a little bit more.

Using a Donor Advised Fund to "stack your donations" is an effective charitable giving op-

portunity which allows you to make multiple years' worth of annual donations in one tax year.

When taking advantage of



Kristine Loomis

this tax option, you deduct the donation in the year of the gift on your tax return.

You then have flexibility to have the invested money sent to the charity(s) of your choice, in the year of your choice.

For example, you could donate \$24,000 to a donor advised fund in 2019 and then send \$8,000 per year for the next three years to the charity(s) of your choice.

The tax deduction would be

taken in 2019 for the donation made to the donor advised fund plus any other itemized deductions (property taxes, sales tax, and mortgage interest) and the charity(s) would receive a donation over the next three-year period according to your specific instructions.

This tax planning technique can be particularly beneficial in a year in with significant tax events, such as a large IRA distribution, ROTH conversion, sale of an appreciated asset, or a large bonus.

Not only do you get the benefit of the tax deduction, you get the deduction at a higher tax rate.

In addition to charitable donation stacking, your donor advised fund (which grows over time) allows for purposeful giving as a family and allows you to pass along a legacy of charitable giving to your children.

By investing in their donor advised fund, you will benefit from the tax deduction and have the option to donate to any qualified charitable organization on your own schedule.

Using the Community Foundation of NCW's Donor Advised Fund gives you the opportunity to maximize the benefits of charitable giving.

It's easy, effective, and controlled giving with tax ben-

efits. You can even make your donation anonymous if that's your preference.

I encourage you to speak with your CPA, lawyer, or financial planner about these charitable giving options and

how they can benefit you and those causes you care about!

For more information about any of the programs above, or the work of the Community Foundation, visit www.cfncw.org.

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Leavenworth Youth Rise Up

in their ballots are a lack of information on how to register, not having access to information on candidates, and feeling like their votes do not matter.

NCW Young Voters is addressing those barriers by running voter education campaigns and organizing youth-moderated candidate forums where young people can ask questions directly to the candidates running to represent them, including Goehner and Moore as well as the candidates for Washington Secretary of State, Gael Tarleton and Kim Wyman; and the candidates for Chelan County Commissioner, Dale England and Tiffany Gering.

Activate Leavenworth has

continued organizing as well.

The group formed after the Black Lives Matter March of Solidarity on June 5th that garnered a turnout of 1300 community members.

Their most recent initiative was community support for the Cold Spring Canyon/Pearl Hills Fire – the group collected donations from Leavenworth and drove them to Brewster and Bridgeport.

Ringel's advice for other young people: "Change starts in the streets but it is finished in Olympia or Washington, D.C. Find a candidate running at any level and volunteer for their campaign."

You can feel good not only because you helped get them

elected but they will pass legislation that creates change that benefits causes you care about."

The September 25 Climate March was organized by Stella Johnson (12th grade CHS), Aidan Ringel (12th grade CHS), Heather Hayes (12th grade Wenatchee HS), Andreas Broxson (12th grade Wenatchee HS).

Additional speakers included Allison (Allie) Ward (6th grade IRMS), Molly Renner- Singer (9th grade CHS), Braden Dilly (20 year old from Wenatchee), Rory Swoboda (12th grade CHS), Chelsea Murphy (Leavenworth community member), and Adrienne Moore (Candidate for Washington State Representative for District 12).

CONTINUED FROM PAGE 1

School Board begins discussion for new tax levy

Dryden Elementary, Beaver Valley Elementary (for K-2nd grade) and Kodiak Cubs preschool.

The reasoning for this timing is the prevalence rate of COVID-19 in the district is low, between 1 and 2 percent.

This low rate has rigorous data behind it because of the increased sampling across all people thanks to the free local testing done by the National Guard.

Two days after this meet-

ing, the CDHD approved the request. PD will open its doors on October 12th.

In each classroom, pods of 10 children or less will be taught on two sequential days, either Monday/Tuesday, or Thursday/Friday, with Wednesdays saved for sanitation. Beaver Valley Elementary and Kodiak Cubs will also follow adjusted formats. The rest of instruction will continue virtually.

At the high school level,

student athletes have an opportunity for conditioning with their coaches this fall, thanks to planning by Dominique Coffin, CSD Athletic Director, and his colleagues in the region. From October to November, the weeks were divided evenly among the sport seasons, with spring sports going first, followed by fall sports, and then winter sports.

The teams can meet outdoors with a ratio of five

athletes per coach.

Health safety precautions include health safety checks every afternoon, masking when not exercising, social distancing and no contact or sharing of equipment.

It might be restrictive, but

it's a step toward helping athletes fulfill their desired training and have some in-person contact with teammates and coaches.

Finally, Beckendorf-Edou shared good news for the community that, with sports

carefully revving back up, the tennis courts at the Osborn property will also open.

She welcomes residents to come and use the courts for tennis and pickleball in small groups, obeying health safety precautions.