

October is Breast Cancer Awareness Month, see Survivors Form on page 6



## Housing Boom



Photo by Bill Forhan

There can be no better evidence that Leavenworth is enjoying a building boom than the development currently under way on Pine Street. Over 30 homes are being constructed there. Add to that the 200 apartment homes under construction at Leavenworth Haus, a new development behind Safeway, and the city is looking at an increase of over 25 percent in available housing. The tourism industry may well be experiencing a recession but the construction business is booming. This will undoubtedly help the city's retail sales tax receipts.

## Council denies RV Camping in city



By BILL FORHAN

The Leavenworth City Council voted to deny an application for an RV Parking area west of Kristall's Restaurant at their meeting on Sept. 8.

The site has historically been available for RV parking during the Autumn Leaf and Oktoberfest for over 20 years.

Trevor McMahon, owner of the property, filed a special use application with the city on Aug. 19.

On July 17, the city had received a noise complaint concerning camping on the property. On Sept. 2, the city received a second complaint

regarding tent camping on the property. No evidence of complaints occurring in previous years when the site was operating under its city approved special use permit were read into the record.

The Autumn Leaf Festival Association and Projekt Bayern, that runs Oktoberfest, had both cancelled their festivals for this year in light of restrictions imposed under COVID-19 earlier in the year.

A public hearing was held and both sides were given a chance to air their positions.

In the end city council members, led by the expressed opinion of Mayor Pro-Tem, Anne Hessburg,

voted to reject the Special Use Permit on the basis that it was a violation of city zoning codes.

In other city business, the council denied a request for a stop sign at the corner of Benton and Evans streets.

The Public Safety Committee and Public Safety Liaison Officer Sergeant Scott Lawrence looked at the intersection for accident history, visibility, multiple uses, and traffic volume and concluded the intersection does not meet the required standards for consideration. Council denied the request for the stop sign.

## Community Foundation of NCW Accepting Donations to NCW Fire Relief Fund

SUBMITTED BY JENNIFER DOLGE  
DIRECTOR OF DONOR SERVICES & COMMUNICATIONS

The Community Foundation of NCW has reopened its NCW Fire Relief Fund and is accepting donations to support fire relief and recovery efforts in Chelan, Douglas, and Okanogan counties.

Minimum donation is \$10 and 100% of the funds will help individuals and families impacted by wildfire in North Central Washington.

The foundation will be working with nonprofit, governmental and faith-based partners across the region who provide direct services and resources to those who have lost homes, structures, or have essential needs.

"Unfortunately, we are

experienced in supporting people in our region who have been displaced or otherwise impacted by wildfire" said Beth Stipe, the foundation's executive director.

"We have long standing partnerships with agencies that are in direct contact with wildfire victims and know their needs and the resources available."

Donations to the NCW Fire Relief Fund will largely support long-term recovery needs that are unmet by any other resource.

For victims who require immediate services such as food and shelter, contact the Red Cross Northwest at 509-670-5331.

For more information or to donate, visit [www.cfnw.org/ncwfirerelieffund](http://www.cfnw.org/ncwfirerelieffund).

## DNR closes recreation on Eastern Washington Lands due to fire danger

Closure is effective immediately and will remain in place through Friday at the earliest

OLYMPIA – The Washington State Department of Natural Resources (DNR) is closing all of the lands it manages east of the Cascades to recreation due to high fire danger.

The closure will last at least through Sept. 17, and DNR staff will evaluate the possibility of extending it.

Critical wildfire danger and ongoing fires in the area warranted the closure, as Labor Day saw a rash of new fires ignite all around the state.

"We had a historic fire event yesterday – 58 new wildfire starts and nine large fires on the landscape, compounded by hurricane-level winds," Commissioner of Public Lands Hilary Franz said.

"That dangerous combination led to smoke-filled

skies and low visibility, which grounded our aircraft and limited our ability to fight the fire from the air.

"The destruction we have seen is unimaginable. My heart breaks for the residents of Malden who have seen their homes destroyed."

With high east wind conditions continuing into the week, wildfire risk remains extreme.

These hot, dry and fast-moving winds are extremely dangerous, since they cause fire spread to behave in unpredictable ways and make fires challenging to get under control.

With no lighting yesterday or in the forecast for the next few days, the overwhelming majority of wildfires DNR is responding to are presumed to be human-caused.

The agency has responded

to 106 fires caused by recreation already this year.

"Whenever we close recreation lands to the public, our only motivation is safety," Commissioner Franz said.

"With more than 300,000 acres burning since Monday, this remains a very volatile and dangerous situation. Because of the scale of these fires, our state's resources are fully deployed.

"We are holding nothing back. But that means we must take every possible precaution to prevent new fires from being started. That's why we've taken action.

Some areas had already been closed for recreation due to the Evans Canyon Fire in Yakima and Kittitas counties, where the BBQ Flats and Wenas recreation

areas were closed, as well as the Yakima River Canyon. That fire has burned more than 75,000 acres and is 70 percent contained.

Additionally, timber harvest activities on DNR-managed lands have been shut down at least through Thursday morning because of potential fire risk caused by the ongoing gusty conditions, warm temperatures, and low humidity across Washington.

All timber sales and fuel mitigation work on U.S. Forest Service lands performed under DNR's Good Neighbor Authority has also been halted.

DNR will announce the reopening of public lands to recreation and the resuming of timber harvest activities when it again becomes safe to do so.

## Lions breakfasts support eye health

SUBMITTED BY KIRK LAIRD

The Leavenworth Lions Club acquired a brand new PlusOptix vision screening machine in August.

This \$6,000 device, paid for through the Lions fundraising efforts including Lions Park Saturday breakfasts and Christmas Lighting chestnut sales, was purchased to help provide vision services for local school age children, including public schools, private schools, and home-schooled.

Dorothy Nilles, pictured in the photograph, is one of many Lions who have worked hard to raise the funds used to ac-

quire the device. This device is a great tool in detecting the most prevalent vision disorders quickly and easily.

Early diagnosis and treat-



ment of vision disorders can help support more normal visual development, prevent further loss of vision and help equip children with the tools needed to succeed.

The Lions Club is looking forward to coordinating with both the Cascade School District and the Cashmere School District for student vision screening.

In addition, the Lions will be happy to arrange for vision screenings for private schools or with parents who are engaged in homeschooling their children.

Please feel free to reach out to the Club at [Lions.Leavenworth.wa@gmail.com](mailto:Lions.Leavenworth.wa@gmail.com)



Photos courtesy of Leavenworth Rotary

## Leavenworth Rotary produces another round of shields

SUBMITTED BY KEN KOHNHORST

After a request from Teresa Disher, Facilities Director with Cascade School District, shields for the very young students at Peshastin-Dryden elementary were constructed. Mike Worden again

coordinated the project. The school supplied the hats, Gibbs Graphics cut out the plastic shields and Rotary members assembled the shields.

Some 300 hats designed just for those young students were delivered to the school district. This is the third time Rotary has assembled shields.

**During this difficult time support your neighbors**

Most local businesses offer curbside service or delivery

### Inside The ECHO this week

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| Classifieds .....        | 4-5 | Safeway      |
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215 14th St. • P.O. Box 39,  
Leavenworth, WA 98826  
Phone: 509-548-5286  
[www.leavenworthecho.com](http://www.leavenworthecho.com)







Photo by Jon Hagedorn

Photo by Liz Rawlins

The Erin Hagedorn Memorial Garden was dedicated on Aug. 30 in Plain. Erin's family and friends gathered to remember Erin, who died in a tragic water accident last year. In 2008, Erin along with several others helped create the Plain Community Church Food Pantry, she was also a special education teacher at Cascade High School.

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 A Program Of Upper Valley MEND  
 Thrift/Food Bank/Emergency Services  
 A program of Upper Valley MEND

Please help us meet our needs by donating the following items:  
 • Cereal • Juice • Canned Fruit • Cooking Oil • Eggs • Meats • Chili • Soups  
 Thank you for your support and Meeting Each Need with Dignity - M.E.N.D.  
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 10:30 a.m. - 4:30 p.m.  
 219 - 14th St. Leavenworth • 509-548-6727  
 Kindly bring donations to our sorting center.

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

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

This announcement courtesy of The Leavenworth Echo.

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

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**Tumwater Drilling and Pump Inc.**  
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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 Felicites - 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 8 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**  
 Evening Prayer or Eucharist, 6 p.m., times and place will vary with seasonal changes.  
 Outdoor service at Mission Creek Community Center.  
 Contact Pastor Rob Gohl  
 509-860-0736 for more information.

**ST. JAMES EPISCOPAL CHURCH**  
 Evening Prayer or Eucharist, 6 p.m., times and place will vary with seasonal changes. Outdoor service at Mission Creek Community Center.  
 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

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

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

**DRYDEN**

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

**MID-VALLEY BAPTIST CHURCH**  
 8345 Stine Hill Rd. • 782-2016  
 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 8:30 p.m. (school year)  
 Pastor Todd James • www.cmbiblechurch.org

**CORNERSTONE BIBLE CHURCH**  
 Leavenworth Grange Hall  
 821 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: Merk Miller  
 Youth Pastor: Kent Wright  
 www.LCN.org

**MONITOR**

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



Place your ad online at [NCWMARKET.COM](http://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

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### Puzzle Solution

Sudoku grid solution showing numbers in a 9x9 grid.



### 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

Please help Almond Blossom Roasted Nuts support Leavenworth Reindeer Farm during their 2nd COVID mandated shut-down! Save \$1 per item using code FARM at check out AND we will donate 25% of your purchase to help keep them operating!

www.ShopAlmondBlossom.com See our Facebook page (facebook.com/almondblossomnuts) for restrictions.

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

24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

HAPPY BIRTHDAY CONGRATULATIONS!

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

### Commercial

#### Business opportunity

Successful Business in Leavenworth is for Sale. Simply Found Boutique has been in this Front Street location for 15 years. Owner is retiring to be with grandbabies! Cynthia, 425-330-2756.

### Employment

#### Help Wanted



OR Manager Full-Time

Three Rivers Hospital is seeking an OR Manager to oversee the OR nursing staff and the surgery department. Candidate must have current WA State RN license and ACLS & BLS. Must be proficient in orthopedic, general and OB/GYN surgeries. Should have 2-3 years of progressively responsible experience in hospital nursing, including leadership assignments. Excellent communication and discretional skills. Days and hours vary; includes some call-time.

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

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](http://windermereleavenworth.com)

### Help Wanted



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

Cascade High School Girls Assistant Soccer Coach

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

Part time office help approximately 6 hours, 3 days per week in Leavenworth. Call Mary, 509-548-9088 or 509-741-2525.

### City of Chelan Employment Opportunity Utility Worker

City of Chelan is accepting applications for the position of Utility Worker. Monthly pay range: \$4,080 - \$4,902. Application deadline: September 25, 2020 or until filled. Go to [www.cityofchelan.us](http://www.cityofchelan.us) for additional information and employment application.

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

### Help Wanted

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](http://www.vacasa.com/careers) or text Vacasa 97211

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

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

Manson School District located on the beautiful shores of Lake Chelan is seeking applicants for the following position.

\* Temporary Technology Assistant Detailed job description and online application process are available at: <https://www.manson.org/Page/609> EOE. Question please call Lorrie (509) 687-3140

### Help Wanted

#### Code Enforcement Officer for Parking and Development Services

The City of Leavenworth, an equal opportunity employer, is accepting application for a Code Enforcement Officer for Parking and Development Services. This position is a union covered position and will be Thursday through Monday with a starting pay of \$4,631-\$5,063/ Month.

Requirements: Minimum 18 years of age and WA State driver's license with record acceptable to the City; position will require a pre-employment physical evaluation. Individual must be able to work weekends and holidays. Seeking an individual that will support and assist the City of Leavenworth with traffic control and development enforcement services. This position performs a variety of code enforcement duties with a main focus on directing vehicle and pedestrian traffic, enforcing City parking ordinances and parking related state statutes; coordinating assigned activities with other city departments and outside agencies, and performing related work as required.

Please review the full job description and application requirements on the City's website: <https://cityofleavenworth.com/employment-opportunities/> or request information by contacting us at (509)548-5275. Due to COVID-19: phone hours 9:00 AM -1:00 PM; office visit by appointment only.

First review of applications will be on 09/30/2020. Position will remain open until filled.



NA-C Full-time/Days

Three Rivers Hospital is seeking a Nursing Assistant-Certified. Duties include assisting in the daily care, personal needs and treatment of each patient in an acute care setting. Current NA-C WA State License, BLS and one year NA-C experience required. 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

SUDOKU PUZZLE SUDOKU American Standard Walk-In Tubs WALK-IN BATHTUB SALE! SAVE \$1,500

CROSSWORD PUZZLE CROSSWORD 1. All thumbs 6. "Do this to Shorty" 9. Practice in the ring 13. Popular aquarium dweller 14. Fertility clinic stock 15. Dreamy 16. Brightest star in Cygnus 17. Romanian money 18. Athlete's stage 19. "Ferris Bueller's time away" 21. "He always rings twice" 23. G in music 24. Dissenting clique 25. Billy's Harry to Sally's Sally 28. "Brave New World" drug 30. Lung pouch 35. Crematorium containers 37. X-ray units 39. Humpy ungulate 40. One of oldest cities in China or Welsh girl's name 41. Torcher's misdeed 43. " a soul" 44. Sudden occurrence of disease 46. Crimson rival 47. Power system 48. "Rock the " by The Clash 50. Deal with it 52. Happy Gilmore's peg 53. Bird's groomer 55. Tap choice 57. "Dr. Strangelove learned to love it, two words" 61. "No country for these guys, two words" 64. "One green one in John Wayne flick" 65. "Eureka!" 67. Erasable programmable read only memory 69. Woven wall hanging 70. Soldier's bed 71. "All the world's a " 72. R in RIP 73. Is it 74. Boxer turned actor 1. It would 2. Pauper's permanent state 3. Europe's highest volcano 4. Hunts for food 5. No-noes 6. The Masters' game 7. "It's all about her" 8. Greyish brown 9. Database command 10. Lord Byron's composition 11. "King of Siam's governess" 12. "Private that had to be saved" 15. a.k.a. tears of Chios 20. Fauna's partner 22. Mozart's "L\_ del Cairo" 24. Eponymous comic strip character 25. "The hills are alive with the sound of it" 26. "Fear of Flying" author Jong 27. Annoying tiny biters 29. "There's something about her" 31. Telephoned 32. Bright 33. Eagle's nest 34. "Bonnie's partner" 36. Give the cold shoulder 38. Musician's time to shine 42. Kathmandu country 45. Wooden shoes 49. Skirt's edge 51. First among siblings 54. Olden day calculators 56. Like worthless promise 57. Tow rope alternative 58. At this point 59. Does something wrong 60. "Don't\_ around the bush" 61. Mares' meal 62. "zoic" periods 63. Not happening 66. "Some like it this way" 68. "There were three, plus a baby"

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

Advertise 548-5286 or 782-3781

WHAT'S HAPPENING EVENTS Need to promote your event? Have you thought about NCWMarket.com the best online promotion available

**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**

We have excess office furniture available. Items left are 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 and a free 4' x 4' white board. All other items are \$25.00 per item. Call to arrange a time to examine or pick up. All items located in Cashmere. We also have a small safe that is FREE to a good home. It has not been opened for many years because we do not know the combination. It could include valuable material we don't know. For information call Leavenworth Echo, 548-5286 or Bill, at 509-670-1837. Also see photos on NCWMarket.com

**Garage & Yard Sale**

**Garage 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.

Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

**Real Estate**

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Information for interested parties is posted on the Lake Chelan Community Hospitals' website at <https://lakechelancommunityhospital.com> /lake-chelan-clinic/

# How to get enough potassium



Q: On my medicine bottle, there's a sticker saying, "It may be advisable to drink a full glass of orange juice or eat a banana daily while taking this medication." Why would I need bananas and orange juice with this medicine?

Pharmacists add this sticker to medicines containing "water pills." Water pills are also called diuretics, and work to remove fluid from your lungs, hands, and feet. Your body gets rid of that excess fluid by triggering the urge to urinate, often for hours after taking each pill.

Water is not all that you lose when taking a diuretic. Along with the water, a diuretic removes essential minerals like sodium, magnesium, and potassium from your body.

Potassium is vital in balancing your heart's electrical activity. Bananas and orange juice are good sources of potassium. The sticker on your pill bottle reminds you to get plenty of potassium every day, to help replace what you could be losing from that medicine.

Potassium supplements are described either by weight in milligrams (mg) or chemically by milliequivalents (mEq). Most prescription forms of potassium are labeled as mEq and are available as either 10mEq or 20mEq tablets.

Unfortunately, most prescription potassium pills are large. They can be awkward or hard to swallow, leading some folks to try non-prescription versions instead. One common non-prescription form is 595mg

of potassium gluconate. This sounds like a lot, but actually contains only 99 mg of elemental potassium in each tablet, the other 496mg being the gluconate part.

How does 99mg of non-prescription potassium compare to the prescription strength of 10mEq of potassium? In each mEq, there is 40mg of potassium, whether it comes as potassium chloride or potassium gluconate.

A potassium gluconate tablet with 99mg of potassium has 2.5mEq. You'll need to take 4 tablets of non-prescription potassium gluconate to match the potassium in one prescription-only tablet of 10mEq potassium chloride.

How much potassium can you get in drinking an 8-ounce glass of orange juice or eating a banana every day?

The average American gets 2640mg of potassium in their diet. However, to prevent high blood pressure and bone loss, the Institute of Medicine recommends 4700mg of potassium every day, nearly twice that amount.

Eating a medium-sized banana gives you 422mg of potassium, and an 8-ounce glass of orange juice contains 473mg of potassium. One potato with the skin has 610mg of potassium, and a sweet potato has 694mg.

Leafy green vegetables

and foods that grow on vines are particularly useful as potassium sources. So are milk and yogurt. Tomatoes are another great source of potassium. More information on the potassium content of foods is available in the online resource Dietary Guidelines for Americans 2015-2020, at [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov).

Eating bananas and drinking orange and tomato juice regularly may not be enough to keep your potassium level balanced. People taking "water pills" every day may need more potassium than they can get by eating bananas and oranges every day.

One easy and inexpensive way to get more potassium in your diet is to use a salt substitute. Salt substitutes such as Nu Salt® or Morton Salt Substitute® are sodium-free. They contain potassium chloride salt crystals instead of sodium chloride salt crystals. There are also low-sodium salt substitutes like Morton's Lite Salt, with a 50-50 ratio of sodium to potassium chloride.

Both sodium-free or low sodium salt substitutes are concentrated sources of potassium. Switching from using table salt (sodium chloride) to a salt substitute with potassium chloride can dramatically increase your potassium intake.

People with kidney disease or getting dialysis cannot easily remove potassium from their bodies. They should avoid using a salt substitute containing potassium. But for others,

switching to a salt substitute is one of the least expensive ways to get more potassium.

Here Are 4 Tips to Getting Enough Potassium:

1. **Switch your salt.**  
Nu-Salt® has 795mg potassium in each ¼ teaspoon. That's 20mEq of potassium, more than many prescription-strength potassium tablets. Morton Salt Substitute® has 610 mg of potassium per ¼ teaspoonful (15mEq) of potassium.

2. **Check with your doctor.**

Certain heart medicines like lisinopril, losartan, and spironolactone encourage potassium to stay in your body. Ask your doctor before switching to a salt substitute containing potassium.

3. **Try other potassium-rich foods.**

Sweet potatoes, white potatoes, and 8 ounces of either low-fat or non-fat yogurt have more potassium than bananas. Low-sodium V-8 has nearly twice the potassium that orange juice has.

4. **Avoid potassium if you have kidney problems.**

Check with your doctor before eating potassium-rich foods.

*Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely*  
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## Keeping kids safe online this school year



(c) Nadezhda1906 / iStock via Getty Images Plus

**Families are yet again facing the challenge of ensuring children's online usage is balanced, healthy, and safe.**

STATEPOINT - Between schoolwork, socialization and gaming, kids will likely be online more than ever this year, especially with many students continuing to learn remotely. Families are yet again facing the challenge of ensuring children's online usage is balanced, healthy, and safe. Here are a few of the issues around increased screen time:

- **Disrupted sleep:** According to the National Sleep Foundation, blue light emitted from electronic devices disrupts quality shuteye, as it can delay the release of melatonin, a natural sleep hormone. Over time, compromised sleep can create a number of physical and mental health concerns.

- **Safety threats:** With kids online more hours a day and less supervised than they would be during a typical school day, online predators have taken advantage of the situation. Since the start of the COVID-19 pandemic, the National Center for Missing and Exploited Children's Cyber Tipline reported a notable surge in complaints.

- **Mental health issues:** The physical separation from friends, teachers and the classroom has created new mental health challenges for students, not all of which remote learning can completely address. With many adults and kids alike experiencing "Zoom fatigue," maintaining motivation throughout the school year will be even more challenging than in a typical year. Excessive online usage can also increase exposure to cyberbullying, and ultimately lead to other mental health issues, like anxiety and depression.

Despite these new challenges, there are many steps parents can take to help kids strike a healthy balance with their screen time for a happier, more successful school year:

- **Set a schedule:** A typical school day includes natural breaks. Families can recreate this at home with scheduled time for kids to walk around, stretch, and get fresh air between assignments.

- **Monitor online usage:** With parents themselves busy during the day, moni-

needed sites, create daily screen time allowances, block inappropriate content and apps and monitor internet use. To learn more or download, visit OurPact.com.

- **Have a conversation:** Families should have an open dialogue about healthy digital habits. Parents can back up these conversations by setting a good example with their own device usage.

With the boost in online usage come new health and wellness challenges. At the same time, parents can help their children navigate the remote-learning environment by taking steps to promote healthy digital habits.

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# Desperately seeking inflation

Since the 2008 financial crisis, predictions of high inflation have been rampant. While those predictions have proven wrong, they made perfect sense. After all, the government was aggressively stimulating the economy, the Fed was printing money, and the unemployment rate was falling to historical lows.

Those are precisely the things that are supposed to cause inflation – yet, we haven't seen it.

We've been having our cake and eating it too, and now, during the Coronavirus Crisis, we're eating the entire bakery. Will we ever have to pay the price for our gluttony?

There are many theories as to why we haven't seen inflation. The most compelling is that we are living through a time where technology and

globalization are rewriting the rules of economics.



**BRAD BLACKBURN**  
Financial Opinion

Between new technologies and an inexpensive global workforce, there's always a way to make something cheaper.

If one business boldly tries to raise its prices, its competitors are ready and willing to undercut them.

It's hard to get inflation when businesses can't raise prices.

Inflation isn't all bad. In fact, the Fed has a goal of 2%

average inflation.

The most important reason policymakers want a little bit of inflation is to give us a cushion against deflation.

Deflation actually sounds pretty good: "Prices on everything going down? Sign me up!" The problem is the economy can fall into a "deflationary spiral."

When prices go down, people naturally wait to buy things. Why buy that cool new gadget today when it's going to be cheaper in a few months?

But, when everyone stops buying stuff, that means less demand, which makes prices go even lower, which causes people to spend even less... That's the deflationary spiral, and it's hard to escape.

While a little bit of inflation may be helpful, a lot of inflation is not, and that can

be a tricky thing to balance.

At some point, all of this government stimulus may finally cause inflation to spike, but that's not the only inflationary risk.

Both Covid-19 and the trade war with China could also cause inflation.

If airplanes have to leave the middle seat open, plane tickets will cost more.

If restaurants can't pack us in as tightly, meals will cost more.

Every store and office

building in the world will

have to relentlessly clean and disinfect everything.

Running almost any kind of business is going to get more expensive, which means higher prices.

In addition, if one of the outcomes of Covid-19 and the trade war is that we'll manufacture more stuff right here in America – that could also mean higher prices.

So, the Fed wants more inflation, but not too much,

and definitely not deflation.

In recent years, we've walked that delicate line successfully, but it may become more difficult in the future.

*Brad Blackburn, CFP®, is the owner of Blackburn Financial, Registered Investment Advisor. Blackburn Financial is located at 121 Cottage Ave, Cashmere. He can be reached at 509-782-2600 or email him at brad@blackburnfinancial.net*

## LETTER TO THE EDITOR

Bill Cowles "How to conquer a people" letter (Sept.2) had a particular poignant paragraph, "The liberals can vote us into socialism, but us patriots will have to shoot our way out of it." It made me think of the last days of Germany's 3rd Reich's National Socialism.

The old WWII newsreels showed Hitler out of the bunker patting the cheeks of very young, uninformed boys being sent off into the MAW

of the invading Russian communists.

These young patriots were, as Mr. Cowles points out, going to "shoot their way out".

In the early 1960's, a West German delegation visited Wenatchee High School. They were polite, intelligent, and persuasive.

They were recruiting students to come to Germany for jobs and skill training. Good pay, good benefits, good education.

Hitler's elderly, not just boys, did not successfully shoot their way out, as the presence of West German recruiters at Wenatchee High School could attest to. We were being recruited to fill Germany's lost generations.

If Mr. Cowles had attended that Wenatchee High School assembly with me, it would have been interesting to get his take.

**Joe Bissonette**  
Peshastin Cashmere

## Be Prepared!

### Wildfire conditions could bring potential power outages

SUBMITTED BY RACHEL HANSEN  
CHELAN PUD

It's always smart to plan ahead. Our region's wildfires make our electrical system more prone to power outages. Our systems are designed with backup for greater reliability. Wildfires limit our access to some of these backup systems. So it's even more important now that we're all prepared.

Talk with your family, make a plan and remember, if the lights go out:

- Call Chelan PUD 24/7 at 877-783-8123

- Stay away from damaged or fallen power lines and call 911 to report them
- Treat all fallen lines as "live"
- Turn off or unplug appliances and electronics
- Leave on one light that crews can see from the road
- If using a portable generator, make sure the devices being powered are plugged directly into the generator

For more information, visit [chelanpud.org/outages](http://chelanpud.org/outages), or call our Customer Service at 509-663-8121.

**YOU CAN stop the spread of COVID-19 MASK UP!**

We all want to get back to a more normal routine, here's how you can help our Valley get there.



For more information about fighting the spread of the COVID-19 virus, visit [www.cdhd.wa.gov/covid-19](http://www.cdhd.wa.gov/covid-19).



#MASKUP #STOPHESPREAD

**October is Breast Cancer Awareness Month**

**Are you a survivor?** *From 1 day to many years*

On Oct. 7 we will publish our feature page of survivors, in our Breast Cancer Awareness Special Section, to help encourage the newly diagnosed.

*There is life after cancer.*

For additional information please contact Carol at 548-5286, ext. 6513 or [carol@leavenworthecho.com](mailto:carol@leavenworthecho.com)

To be included on the feature pages, fill out the form below or pick one up at the Echo office. Mail your form or drop it off by **Wed, Sept. 30**

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