

THE LEAVENWORTH ECHO

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Submitted photos

Hunter Reinhart is state wrestling champion

SUBMITTED BY DOMINIQUE COFFIN

Hunter Reinhart won the 285 lb state championship this weekend in Tacoma. It is the first state

championship won by a Kodiak wrestler since 1996 (Brian Koch). Some of our readers will remember Reinhart for his touchdown in the Pear

Bowl. It put the Kodiaks ahead of down valley rivals the Cashmere Bulldogs.

Congratulations to Hunter!

Dr. Kim Schrier visits Leavenworth Rotary

By BILL FORHAN
PUBLISHER

Washington's 8th District Congresswoman Dr. Kim Schrier held a mini-Town Hall at Leavenworth Rotary Club's Friday meeting. Dr. Schrier is in her first term as a Democrat representative. Her primary campaign issue was protecting and expanding the Affordable Care Act. She lives in Sammamish with her husband and son. She is the only woman Doctor in the House of Representatives.

Schrier began her discussion saying she did not want to be political in her presentation. She just wanted to talk about issues she is working on and then take questions.

Schrier started out talking about the ACA saying that as a doctor and woman with a pre-

existing condition, she is a Type 1 diabetic, she was concerned about the efforts to repeal the ACA. She said she was concerned that a lot of talk show hosts and lawyers were probably not the best people to be making decisions about health care policy.

"There are 26 million people in this country with pre-existing conditions that could not get health insurance before the ACA and every big policy change we have made in this country there is a first step and then additional steps to improve on it" said Schrier. "ACA was a very good first step but it needs many tweaks to make it better. I was concerned about the efforts to just toss it out the window"

Schrier went on to say we essentially have one insurance pro-



FILE PHOTO

Congresswoman Kim Schrier

vider here and that means it's a monopoly. The ACA will compete with private insurance and bring costs down.

We have also initiated a bill which has already passed in the

house giving Medicare the ability to negotiate the cost of prescription drugs.

"It is insane that the largest purchaser of medications in the world cannot negotiate prices yet must provide coverage for every prescription drug available," said Schrier. "That one change will save over a half a trillion dollars over ten years."

Schrier also said she has a vaccination bill that will address the issue of misinformation about vaccines and try to improve the vaccination rates.

Schrier said she is concerned about gun violence particularly among depressed teenagers. She is not sure why there seems to be a growing trend of depression among teenagers but we must begin to address the problem. There is a bill on Mitch McConnell's (Senate Majority Leader) desk to expand background checks to insure troubled teenagers are identified before they get their hands on a gun.

Another thing Schrier ran on was a promise to root out corruption. She admitted that was an area she was having difficulty with but she and many of the new class of representatives have pledged not to take corporate PAC money. She did not want her constituents wondering if she voted in support of a bill because of donations from a corporate pack or because she thought the bill was in the best interest of the country.

In answer to a question about how do we get better cooperation between the parties on capitol hill Schrier said; "If you watch cable news all day you would assume that there are just a bunch of jerks in Washington who cannot get along and that we are just mad all of the time. That's not true. There are a number of bipartisan bills on Mitch McConnell's desk waiting to be moved forward. And I am not naive, having 2 Republicans in

support of a bill is not bipartisan. I'll give you a great example, there is a bill on McConnell's desk called the Farm Workforce Modernization Act. It does a number of great things to help with temporary farm labor for farmers all across the country. All of our Washington Representatives are in support of this bill."

In answer to a question on lobbyists Schrier said: Lobbyists don't know how to handle the new class of representatives that don't take money, but while we are concerned about the influence of money on policies, lobbyists are important. While we tend to cast them as bad, the reality is lobbyists often provide valuable insight to an issue. For example, if you have no lobbyists then organizations like The Alzheimer's Association doesn't have a voice in making important policy decisions.

In answer to a question about the insufficiency of provider reimbursements from Medicaid Schrier said:

This is one of the problems in our crazy mixed-up medical care system. Medicare does not pay enough and Medicaid is even worse. It would be nice to have transparency in billing so everyone knew exactly what things actually cost.

We also need to address why health care in this country is so expensive and yet we get worse outcomes. The question you raise about the increasing need without the increase in funding is one of the great issues.

The great problem is that politicians are often more worried about their next election than about the long term implications of their decisions.

Congresswoman Kim Schrier, M. D. can be reached through her Wenatchee office at 850-5340



Photo submitted by Brian Zylstra

During Apple Day at the Capitol in Olympia Tuesday, Washington apple industry officials met with the 12th District legislators. From left: Jennifer Witherbee, executive director of Washington Apple Education Foundation; Rep. Keith Goehner; Rep. Mike Steele; Sen. Brad Hawkins; and Toni Lynn Adams, communications outreach coordinator for the Washington Apple Commission.



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ECHO RECORD MIRROR HERALD

Inside The ECHO this week

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AA Meeting Schedule

Information numbers for AA:
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
Friday, dinner 5:30 p.m., meeting 6:15 p.m. Leavenworth Church of the Nazarene, 111 Ski Hill Drive.
 Please contact us for questions. Dave and Nancy Bartholomew 509-596-1510

Senior Center Events

Leavenworth Senior Center, 423 Evans St., Leavenworth
 Monday, Wednesday, and Friday 10:00 a.m., Gentle Exercise
 Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council Board meeting
 Tuesday, 1:00-3:00 p.m., Crafts
 Thursday, 1:00-3:00 p.m., Square Dancing
 Thursday, 6:30-7:30 p.m., Bavarian Dancing
 Friday, 6:00 p.m., Bingo
 Saturday 6:30-9:00 p.m., Music, Public Welcome, No cover charge

City Council Meetings

7 p.m., Leavenworth Planning Commission at City Hall
 contact Lilith Vespier, 549-5275. (1st Wed.)
8 a.m., Leavenworth City Council study session, City Hall, 548-5275. (2nd Tues.)
3 p.m., Design Review Board, City Hall, Sue Cragun 548-5275 (2nd & 4th Tues.)
6:30 p.m., Leavenworth City Council meeting, City Hall, 548-5275 (2nd & 4th Tues.)

Senior Center Menus

Leavenworth Senior Center, 423 Evans St., Leavenworth
 Please call 548-6666, 24 hours in advance to reserve a meal. Meals are served at noon.
February 27, Thursday: Dijon chicken breast, garden rice, cauliflower & chives, mixed greens salad, Mandarin oranges, whole wheat bread, dessert.
February 28, Friday: Pork chops, mashed potatoes, carrots, green salad, Waldorf salad, whole wheat bread or roll, dessert.
February 29, Saturday and March 1, Sunday: No lunch.
March 2, Monday: Tater tot casserole, cuke & tomato salad, apricots, whole wheat bread or roll, dessert.
March 3, Tuesday: Country style ribs, mac & cheese, peas and carrots, cabbage apple slaw, pineapple and cherries, whole wheat roll, dessert.
March 4, Wednesday: Salmon with dill sauce, wild rice, Mediterranean veggies, garden salad, Waldorf salad, whole wheat roll, dessert.

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. Krystal'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.

Thursday

Leavenworth Chamber of Commerce, 8 a.m. Krystal's Restaurant, President Grant Strober. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st & 3rd Thurs.)
Leavenworth Lions Club, Krystal's Restaurant, President, Conrad Delury, call or text, 509-387-5051. (1st Thurs. at 6:30 p.m. & 3rd Thurs. at Noon)
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.)

Friday

Chelan County Veteran Service Officer, WorkSource, and SSVF, coffee and organizational information, 10 a.m.-1 p.m., Krystal's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri.)
Leavenworth Rotary Club, 11:45 a.m. Krystal's Restaurant. President, Ken Grosse. 509-763-2753.

Saturday

No Events Scheduled.

Sunday

See Church schedule.

Monday

Chumstick Grange Hall, 2 p.m., Helen Kensrud, 782-4086. (2nd & 4th Mon.)
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. at the Wenatchee Red Lion. Contact President Ellie, 425-319-9869 (1st Mon. each month).

Tuesday

I.P.I.D. Meeting, 8 a.m., Anthony Jantzer, 782-2561, meeting at Wescott Dr. in Cashmere. (2nd Tues.)
Icicle Valley Chapter of Trout Unlimited, 6:30 p.m., Icicle Village Resort, 505 Hwy. 2, in the Lake Wenatchee Room. Call Dave, 548-0903. (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.)
Buns, Book and Tea, Peshastin Book Club, 1 p.m., Peshastin Library. Call Kathy Springer, 509-433-1345. (3rd Tues.)
Cascade Education Foundation, 1 p.m., Boardroom at Cascade District office. Call Ken West, 670-1729.
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.)

Ongoing events

Leavenworth Public Library: 548-7923.
 Mon., Tues., Wed., open 9 a.m. - 6 p.m.
 Thurs., 9 a.m. - 8 p.m. and Fri., 9 a.m. - 6 p.m.
 Closed on weekends and Holidays.
Special events:
 Tues., 11:30 a.m., Baby story time
 Wed., 1:30 p.m., Preschool story time
Peshastin Public Library: 548-7821.
 Closed Sunday and Monday
 Tuesday: 3-8 p.m.
 Wednesday: 2-7 p.m.
 Thursday: 2-7 p.m.
 Friday: 11 a.m.-4 p.m.
 Saturday: 12-5 p.m.
Special events:
 Thurs., 2:30, Bilingual Story time
 Sat., Crafts: 2 p.m.
Upper Valley Museum: 548-0728
Leavenworth Fish Hatchery, 548-7641. 8 a.m.-3:30 p.m. 12790 Fish Hatchery Road (Daily).

Regional events

SCORE (small business counseling), 1 - 4 p.m. Wenatchee Chamber of Commerce. Call for appointment, 888-2900. (Tues. & Thurs.)
Cascadia Conservation District Board Meeting. 3:30 p.m., Upstairs Conference Room, Wenatchee World Building, 14 N. Mission St., Wenatchee. 509-436-1601.
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

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.

Leavenworth

February 12

09:23 Extra Patrol, 219 - 14th St., Community Cupbard
 09:40 Fraud/forgery, 7250 Deadman Hill Rd., Dryden
 11:43 Trespass, 12473 W. Shugart Flats Rd.
 14:48 Domestic disturbance, 9350 North Rd., Peshastin
 15:25 Alarm, 10990 US Hwy. 2
 15:37 911 call, 9630 Marson Dr.
 15:53 Alarm, 805 Front St., Simple Treasurers
 19:50 Alarm, 805 Front St., Simple Treasurers
 20:52 Traffic offense, 301 Ward Strasse, Hampton Inn
 22:33 Suspicious, 12572 Shore St.
 22:40 Weapons violation, 330 Prospect St., #17

February 13

04:51 Welfare check, 11645 North Rd., Amtrak
 06:29 Trespass, 9255 Foster Rd., Shell Station
 07:41 Accident/no injuries, US Hwy. 2, MP 101
 10:02 911 call, 228 Chumstick Hwy.
 11:49 Public assist, 9350 North Rd., Peshastin
 12:00 Welfare check, 10195 Titus Rd., Icicle River Middle School
 12:02 Welfare check, 24607 Spur St., Plain
 12:07 Welfare check, 19475 US Hwy. 2, #4, Lake Wenatchee
 14:58 Welfare check, 9966 Lee St., Peshastin
 16:43 Littering, US Hwy. 2, MP 99

February 14

00:41 Welfare check, Commercial & 8th Streets
 07:49 Graffiti, Peshastin Cemetery
 10:36 Harass/threat, 8590 Pine St., #2, Peshastin
 11:46 Suspicious, 3106 Allen Lane, Pullout
 11:46 Civil, 9350 North Rd., Peshastin
 12:26 Animal problem, 10797 US Hwy. 2, Peshastin
 13:05 Agency assist, Fish Lake Sno Park
 14:03 Theft, 9641 North Rd., Peshastin
 14:36 Accident/no injuries, Fish Lake Sno Park
 16:14 Malicious mischief, 12345 S. Shugart Flats Rd.
 18:07 Traffic offense, 12160 Emig Dr.
 21:44 Public assist, 3557 Allen Lane, Peshastin
 22:02 911call, 3557 Allen Lane, Peshastin

February 15

09:46 Theft, 19475 US Hwy. 2, Rayrock
 11:42 Suspicious, 18451 Camp 12 Rd., Plain
 14:15 Animal problem, 9073 US Hwy. 2, Dryden
 15:35 Attempt to locate, 116 River Bend Dr., Safeway
 17:57 Traffic offense, SR 207, MP

1, Lake Wenatchee
 18:55 Disturbance, 301 Ward Strasse, Hampton Inn
 19:51 Trespass, 817 Commercial St.
 20:57 Juvenile problem, 100 Enchantment Park Way
 22:11 Off road vehicle, 20701 Pelton Pl., Lake Wenatchee
 22:54 911call, 7792 Roller Coaster Rd., Peshastin
 23:19 Trespass, 843 Front St., The Loft Bar
 23:24 Disturbance, 1001 Front St.

February 16

00:33 Off road vehicle, Fish Lake Area, Lake Wenatchee
 01:47 Alarm, 920 Front St., #B, Wok About Grill
 10:05 Property, 900 Block, Front St.
 10:11 Malicious mischief, 14140 Chiwaukum Creek Rd.
 11:37 Suspicious, 9702 Saunders Rd., Peshastin
 13:21 Animal problem, 3411 Ingalls Ln., Peshastin
 13:36 Trespass, 17800 N. Shore Dr., Lake Wenatchee
 20:45 Suspicious, Chumstick & Beaver Valley Hwys.
 22:11 Suspicious, 590 US Hwy. 2, Enzian Motor Inn
 23:24 Disturbance, 424 Price Ave.

February 17

10:53 Agency assist, US Hwy. 2, MP 79, Lake Wenatchee
 13:04 Animal problem, 330 Leonard Lane, Plain
 15:55 Public assist, 22744 Lake Wenatchee Hwy.
 17:53 Suspicious, 116 River Bend Drive, Safeway
 18:52 Theft, 100 Enchantment Park Way

February 18

No Report.

February 19

07:55 Theft, 22910 Lake Wenatchee Hwy.
 12:14 Property, Leavenworth
 13:35 Welfare check, 3311 HS Hwy. 97, Peshastin
 15:40 Trespass, 1329 US Hwy. 2, Dan's Food Market
 19:10 Lewd conduct, 920 Front St., Wok About Grill

February 20

08:43 Parking/abandon, 34491 US Hwy. 2, Steven's Pass
 10:31 Suspicious, 8802 Stage Rd., Peshastin
 16:13 Domestic disturbance, 10793 US Hwy. 2, Peshastin
 21:35 Traffic offense, 1329 US Hwy. 2, Dan's Food Market
 22:50 Suspicious, 8124 US Hwy. 2, Peshastin.

Leavenworth

Red Barn Event

Come to the Red Barn on February 26 to watch the film "Bird of Prey", the story of the great Philippine eagle, the rarest & most endangered eagle species on earth. The doors open at 6:30 p.m. for Community Social before the film begins at 7 p.m. (e 9)

Open House Meeting

Icicle and Peshastin Irrigation District will have an Open House-public meeting on February 26 at the Leavenworth Firehall from 6-8 p.m. (er 9).

"The Good Way: A Himalayan Journey"

Meet local author and teacher, Julie Tate-Libby as she presents her slides and talks about her solo trek in the Himalayas. Thursday, February 27, 6:30 a.m. at the Leavenworth Library. For information, call 548-7923. (e 9)

GOP Republican Caucus Meetings

Join us Saturday, February 29, 10:00-11:30 a.m. at Leavenworth Chelan County Fire District #3, 228 Chumstick Highway in Leavenworth. Doors open at 9 a.m. For information, contact Marcy Collins, (509) 264-4163. (e 9)

Empty Bowls Gala

Be the first to view the 2020 Auction bowls created by local artists and potters at the annual Upper Valley Empty Bowls Gala! This event will be held Sunday, March 1 from 5:30-7:30pm at the Icicle Ridge Winery in Peshastin. Join us for an evening of art, wine, appetizers and music. Meet the featured artists and potters and raise funds for the Community Cupboard food bank with a \$20 suggested donation at the door.

The Gala will be the initial opportunity to preview the artist bowls and platters for the online Upper Valley Empty Bowls Auction 8:00 a.m. March 11 through 10:00 p.m. March 18 at the Upper Valley Empty Bowls website: http://uvenemptybowls.org (er 9).

Leavenworth Women's Exchange Luncheon Meeting

The March luncheon meeting will be held on Wednesday, March 11, 12:00 p.m. at Visconti's of Leavenworth, 636 Front Street. The cost is \$16 per person for members and \$18 for non-members. Beverage, tax and gratuity are included. Brittany Thurlow from The Plant Ally will present a program titled "Why House Plants? And How?"
 For reservations, Claire Burlingame, 548-7142 by Saturday, March 7. (e 9, 10)

Regional

Community Foundation Scholarships

The Community Foundation of NCW is now accepting scholarship applications for students who plan to attend community college, university, or trade school in Fall 2020. The deadline is March 1 for most scholarships. For more information, call 509-663-7716 or visit www.cfncw.org. (er 9).

Camp Fire Annual WoHeLo Benefit Luncheon

This year's Benefit Luncheon will be held on Wednesday, March 4, at Noon at the Wenatchee Convention Center. The luncheon is free, however, donations will be accepted. For reservations, call (509)663-1609 or email: campfirencw@gmail.com (er 9).

Wenatchee Area Genealogical Society (WAGS) Presentation

WAGS will present "Lawyering Up: Court Cases Yield Genealogical Gold" on Monday, March 9, 2-4 p.m. at the Douglas County PUD Auditorium, 1151 Valley Mall Parkway, in East Wenatchee. Free to the public. For more information call 509-782-4046. (er 9, 10).

Wenatchee Business & Professional Women Celebrate the 100th Anniversary of Women Winning the Vote.

"Tea, True Womanhood & the Uppity Women" Join us with writer /author Susan Butruille and Women's Voices, March 18., RSVP by March 10. To register call or text Debbie Feist, 509-860-0659, or email jdfest@charter.net Lunch buffet \$25. Event starts at noon at Town Toyota Center 1300 Walla Walla Ave. Wenatchee. Begin registration at 11: 45 a.m. (er 9, 10).

Check the weathercams on the web before travelling over the mountain passes!

Find these links on our Web sites
www.leavenworthecho.com
www.cashmerevalleyrecord.com



Neighbors

Celebrating the 75th Anniversary of the 6888 WAC Central Postal Directory Battalion

SUBMITTED BY KAREN BROWN- JOHN KENDRICK CHAPTER REGENT

Major General Mike Worden USAF retired, presented a tribute to the history of women in the US Army, Thurs. Feb. 20, at the monthly meeting of John Kendrick Chapter of the Daughters of the American Revolution at the American Legion Hall, Post #10, in Wenatchee.

General Worden commemorated the 75th Anniversary of the 6888 Women's Army Corp (WAC) Central Postal Directory Battalion stationed in Paris France from Feb. 1945-Nov. 1946.

They were the first and only all African-American

WAC unit of 855 women deployed to Europe during WWII.

They were responsible for clearing out a years worth of backlogged military mail in both England and France.

They processed 65,000 pieces of mail per shift working three shifts per day.

At the same time the 6888 soldiers faced constant prejudice and broke gender and racial barriers.

Women initially served in the Women's Army Auxiliary Corp (WAAC) created May 14, 1942, but had no military status.

In spring of 1943 the Congress allowed conversion of

the WAAC into the Regular Army, Women's Army Corp (WAC).

This equalized benefits and protections that the auxiliaries lacked. At its peak in 1945, the Air WACs boasted over 32,000 women in more than 200 enlisted and 60 officer occupational specialties. Eventually, 40 percent of the WACs went into the AAF, where they worked in an increasing variety of roles.

By January 1945, only 50% of AAF WACs worked in the assignment traditionally seen as appropriate for women, such as stenography, typing and filing.

Instead, Air WACs served increasingly as weather observers, cryptographers, radio operators, aerial photograph analyzers, control tower operators, parachute rigger, maintenance specialist and sheet metal workers.

About 1,100 African-American women served in



Major General Mike Worden visits with DAR member Barbra Cowan at John Kendrick Chapter meeting.

segregated units, as did 50 Japanese-American and 200 Puerto Rican women. More than 7,000 Air WACS served overseas in every theater of operation and three WACS received the Air Medal.

At the end of the war in

1945, the WAC as a whole had 90,779 members.

In June 1976, the USAF began to accept women into the service on much the same conditions as it did men, including allowing admission to the United

States Air Force Academy.

The separate status of the WAF was then abolished, and women Airmen could then serve in an increasingly broad range of professional roles within the regular USAF.

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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 Celebration & Sunday School 10 a.m.
Meeting at The Conservatory, back entrance of Apple Annie's
Underground High School Group, Sundays, 6 p.m.
Junior High, Wednesdays, 6:30 p.m.
Meet at - 206 Vine Street
Lead Pastor, Steve Haney
Children's Pastor, Andy Robinson
Congregation Care Pastor, Joyce Williams
Pastor Ian Ross, Director of Operations
Steffanie Haney, High School Director
christcentercashmere.com



GRACE LUTHERAN CHURCH
Vine & Elberta Streets • 860-0736
Worship 10:30 a.m.
Pastor Robert Gohl

St. James Episcopal Church
222 Cottage Ave. • 782-1590
Holy Eucharist 9 a.m.
5th Sunday Morning Prayer 9 a.m.
Deacon Carol Forhan - 670-1723
Vicar Rob Gohl - Cell - 860-0736

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.midvalley baptist.org

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CASCADE MOUNTAIN BIBLE CHURCH
'Where God's Word Remains The Pillar Of Truth'
11025 Chumstick Hwy. • 548-4331
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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

COMMUNITY UNITED METHODIST
418 Evans Street • Leavenworth
509-548-5619 • Rev. Matt Gorman
Sunday service 10 a.m.
www.leavenworthumc.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
Rev. Nancy Gradwohl
www.FLCleavenworth.com
FLCLeavenworth@gmail.com

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

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 548-5292
Sunday Worship 9:00 a.m.
Lead Pastor: Andy Dayton
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
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Sunday Worship 10 a.m.
Pastor John Romine
www.lightinthevalley.org

PESHASTIN ASSEMBLY OF GOD
School and Lake St. • 548-7523
Sunday Worship Service 10:30 a.m.
Bible Adventures for kids at 10 a.m. sharp
Pastor Jorge Torres

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



Opinions

Slugfest in Nevada

To listen to the political talking heads after last week's political slugfest in Nevada you would have expected Elizabeth Warren to have won the debate. But once again they were wrong. Warren came in 4th with less than 10 percent of the vote.

Once again they got most of it wrong. To hear them

talk after the event they were nearly universal in their praise of Elizabeth Warren.

It was her best debate so far they said. She totally destroyed Mike Bloomberg.

The problem is the voters were not impressed. But more importantly, it shows how the media continues to be out of touch with voters.

Joe Biden who had a fairly lackluster performance in the debate came in second behind Bernie with 21 percent – less than half of Sanders 47 percent.

Buttigieg came in third with just under 14 percent. Klobuchar's campaign looks to be on life support.

Next up is North Carolina where Biden is claiming he will capture a dominant position.

At this point it appears Sanders has the inside track to being the Democrat nominee. It is a fact



IN MY OPINION
Bill Forhan
Publisher

that seems to scare most Democrats.

Bernie is an acclaimed socialist.

He calls it Democratic Socialism and is vehemently offended when people call it communism.

When asked on 60 minutes what that means Sanders said it's a system that insures working people benefit from the wealth their employers create.

Many of Sanders' complaints are real.

For example, he says the concentration of corporate wealth through mergers and acquisitions is harmful

to our capitalist system. I would agree with him on that.

We already have laws regarding anti-trust on the books.

The problem is neither party is interested in enforcing them.

I would agree with Bernie in breaking up companies like Amazon, Google, and the mega banks. Competition is what makes capitalism work.

Allowing big companies to buy out their competitors so they can ultimately charge customers more is not healthy.

The problem is electing Bernie who will attempt to shut down private insurance companies, increase taxes on billionaires and large wealthy corporations will not fix the problem.

Companies will simply move offshore or find tax havens to protect their wealth.



The trouble with socialists is they always make promises they cannot keep.

The people who are going to be harmed by Sanders policies are in Bernie's words, "nervous."

These are powerful people and it is unrealistic to assume they will simply give into a socialist's policy changes.

As President, Sanders will be limited in his ability to force real change. Unless he can drive a new majority of like minded Democrats in the House and the Senate, he will be forced to try

and effectuate his changes through Executive Orders.

The reality is the Democrats have a big problem. They have no real viable candidate who can beat Trump.

Biden is placing his hopes on a win in North Carolina. If that happens it will likely splinter the party further. If not, Sanders is on a roll to get elected as the parties standard bearer.

I think we are on a course for a Trump landslide victory in November, but then maybe I'm just another out of touch media pundit.

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The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness.

No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to echo@leavenworthecho.com.

Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

Smoking cigarettes and watching Captain Kangaroo

The above title – Smoking cigarettes and watching Captain Kangaroo – is exactly what the Millennial generation and other free-loaders expect to be doing if and when Bernie Sanders gets elected.

It portrays a life of freedom without any hassles, in other words, a false sense of a Shangra La that never existed.

Family is everything, but that includes tough love.

That means what it sounds like. Tough doesn't have to be cruel, but it must be firm.

Even if it is difficult to explain at the time of enforcement, it must be carried through nonetheless.

Take the case of the tour-



GARY BÉGIN
Managing Editor

ist in New York City who once asked a stranger on the subway how he could get to Carnegie Hall. The stranger answered practice, practice, practice.

So it seems that even the lowly John Doe, forced to take a subway to work every day, understood the need for self-discipline. Practice indeed.

Without blood, sweat and tears little in life gets ac-

complished.

When things go wrong in life remember to look in the mirror and come to your own epiphany.

The person you are looking at is the responsible party for whatever you think is ailing you. I like to call it American Existentialism because it occurs in few, if any, other nations.

Only in America can lives be so drastically altered – for the better – by hard work, entrepreneurial endeavors and chutzpah, i.e., moxie, grit, determination. I once read a motivational truism that stuck with me for the last 40 years. It had to do with intelligence, luck, natural abilities, etc.

After going through a

litany of positive qualities needed for success, the author finally reached this conclusion: Perseverance alone is omnipotent.

Try, then try again, then try again, then – guess what, try again.

Failure is a gift from God because it is a learning tool meant to teach the lesson of perseverance. It would be helpful if the individual who is attempting to do whatever the goal may be to do so with new methods or perhaps a new attitude, but the point is the same – keep working at it.

The idea of a work ethic is exactly why Bernie Sanders cannot become the most powerful man in a country that was discovered, grown

and literally built on pure grit.

How about we, as Americans loyal to the idea of the American dream, put our collective noses to the grindstone and remember, if freedom were truly free and easily attainable, then it is a false freedom and needs to be recognized as such. Bernie is the Pied Piper.

Don't become just another rat following the path of these bits towards the cliff of Communism.

As comfortable as you might be in your current personal circumstances, for most of us, it still needs a sense of purpose to remind oneself that you weren't born on third base, but hit a triple to get there.



Senate's bipartisan approval acknowledges hydropower's benefit to clean energy

SUBMITTED BY BRAD HAWKINS

I am very excited to share that the State Senate tonight approved my Senate Bill 6012, a hydropower tax incentive bill that helps acknowledge hydropower's important role in providing clean energy in Washington state.

Securing improved tax treatment for hydropower has been a top legislative priority for me and hydro-power supporters for the past couple of years.

The bill, approved today in an amended form, could significantly benefit Chelan County PUD and its customer-owners in the years ahead as they prepare for major modifications to existing generating units at both Rocky Reach Dam and Rock Island Dam.

Representatives from Chelan County PUD have been working closely with me and our other 12th District legislators over the

past several months to craft tax incentive legislation to benefit Chelan County PUD customers and our state hydropower system.

Senate Bill 6012 was approved with a 39-9 vote and included a compromise amendment co-sponsored by me and Senator Reuven Carlyle (D-Seattle), to provide an exemption from the state sales tax for utilities that refurbish hydroelectric plants with oil-free turbine blades, likely to improve environmental conditions by reducing oil impacts in the Columbia River.

The tax exemption, as approved by the Senate, does not apply to the local portion of the sales tax, which is an important revenue source to county governments.

My first version of Senate Bill 6012 was introduced last year as an effort to promote equal tax treatment between hydropower clean energy sources and non-hydro clean

energy sources, such as wind and solar.

Securing passage of a hydropower tax bill from the Senate was a "heavy

lift" and has been one of the most challenging efforts of my legislative career.

In the end, after over a year of discussions involv-

ing different ideas, my colleagues and I were able to come to an agreement in the Senate.

I would like to thank Chelan County PUD General Manager Steve Wright and his staff, who have been working alongside me since the beginning of the 2019 legislative session on the issue of hydropower tax treatment. Steve even traveled over to testify for SB 6012 last year before the Senate Ways and Means Committee.

Working on this issue has been quite a learning experience for everyone involved.

LETTERS TO THE EDITOR

Parents, Wake Up

Comprehensive sex education (CSE) sounds vague enough, but what is it really?

The Washington legislature is pushing CSE as the latest and greatest mandated sex education program for public school children from kindergarten to 12th grade.

Mutual masturbation to condom and oral dam use will be taught in a classroom format. It claims to do so in an age appropriate, culturally neutral, scientific way.

But why? Have parents been beating down the legislators' and school boards' doors demanding CSE?

Have the schools made the programs easily accessible to parents so they can see what the Teacher's Guide requires before the program is installed?

Have there been public meetings where school board members answered questions from the public regarding this program?

The answer to all those questions for the Methow Valley School District is "NO".

No debate or open discussion prior to the Planned Parenthood Get Real program being accepted into our school district.

Access to the 600+ page Get Real program is not easy. (It should be posted on the school district website, or at least the Teacher's Guide should be.)

The only school board meeting on CSE was a "listen only" meeting on Oct. 2019 where no questions were answered, and there have been no answers provided by the school board since.

Public school sex education is becoming a vehicle for teaching gender fluid ideology and indoctrinating children into sexual behaviors far beyond "age appropriate" or "culturally neutral".

Parents, wake up.

*Chrystal Perrow,
Winthrop, WA*



'Bringing the community to your door' isn't just our slogan...
It's our purpose



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Community



Photo by Nate Oglesby

SUBMITTED BY NATE OGLESBY

On Wednesday, February 19, Mountain Meadows Senior Living Campus hosted a Volunteer Appreciation Luncheon. Fern Arness, Life Enrichment Director, recognized several volunteers for their contributions and commitment to service. Volunteer David Wagner received special recognition for his 23 years of service doing a Friday afternoon Bible Study. In addition, Mayor Carl Florea spoke on the importance of volunteerism and its value to the community.



Mountain Meadows Senior Living Campus Announces 2019 EMPLOYEE OF THE YEAR Alena Rodstol

Alena Rodstol, evening shift personal caregiver, has been chosen as the 2019 Employee of the Year by Mountain Meadows Senior Living Campus. She was selected by popular vote from community residents, staff, volunteers, and family members from a larger group made up of 2019 "Employee of the Quarter" candidates. Others vying for the title were Brittany Lanning, memory care caregiver and Conrad Delury, dietary assistant.

Alena has been employed for nearly 2 years. She is known for consistently going above and beyond, providing exceptional resident care, creating an atmosphere of teamwork and dedicated service, and being flexible by working various shifts when needed. The residents think of her as their "shining star"!

The Board, staff, and residents of Mountain Meadows ask you to join them in thanking Alena for her service and congratulating her on this special recognition!



Independent Living Cottages • Assisted Living • Memory Care
320 Park Avenue | Leavenworth, WA 98826

www.mountainmeadowsliving.org | (509) 293-6796

How you can get too much Magnesium

Last week 84-year-old Martha was walking to her mailbox when she lost her balance and fell over onto the sidewalk.

Luckily, her next door neighbor was walking his cockapoo and saw the whole thing, calling 911 when she wasn't able to get back up.

Martha's head, heart, lungs, and kidneys checked out fine, but the magnesium in her blood was a little too high.

Asked if she was taking any magnesium supplements, Martha said, "No, I only take a thyroid pill for my thyroid and a pain pill at night for my arthritis."

I asked Martha, "Have you taken any laxatives lately?"

"Why, yes, nearly every night. My pain pill helps my arthritis but it binds me up, so I take a laxative for that."

"Which one?"

"It's in a blue bottle. Phillips®, I think."

"Do you ever take anything for stomach acid, burning, or indigestion?"

"Sometimes. I like the mint flavored Mylanta® best."

"How about Epsom Salts? Do you ever use them?"

"Sure. I soak my feet sometimes when they ache. I've been doing that a little more lately. It seems to help."

Although she wasn't taking a magnesium supplement, Martha was getting magnesium through taking Mylanta® antacid, Phillips® Milk of Magnesia laxative and using Epsom Salts.

Magnesium is a vitally important mineral, essential for the function and maintenance of nerves and muscle as well as making new bone cells. Having too little magnesium interferes with correcting calcium or potassium deficiency and can lead to osteoporosis and high blood pressure, while too much magnesium causes diarrhea, muscle weakness and sedation.

Magnesium hydroxide is a milky liquid and a major ingredient in the antacids Maalox® and Mylanta®. It's also the main component of Phillips Milk of Magnesia®.

Magnesium is also sold as magnesium citrate, a clear, effervescent solution of magnesium with sodium bicarbonate and citric acid added to make it bubbly. Magnesium citrate is a laxative sold in small glass bottles as citrate of magnesia.

Magnesium citrate and hydroxide are salts of magnesium marketed as saline (salt-based) laxatives.

Magnesium salts pull water out of your body and into your intestine as they go through, softening your stool and relieving constipation in as little as 30 minutes to 3 hours. While these laxatives do their work inside your intestines, you can absorb some of the magnesium as well.

Up to 20% of the magnesium in each dose of milk of magnesia or citrate of magnesia can be absorbed, raising your magnesium level like Martha's.

Martha was also getting magnesium from her use of Epsom Salts. Magnesium

Ask...

Dr. Louise



sulfate crystals were originally obtained by evaporating the mineral waters found in the town of Epsom, England, which produced nearly pure magnesium sulfate.

Today, Epsom Salts are produced by evaporating water from the sea. After extracting the more desirable sodium chloride (table salt) from seawater, the brine left over contains nearly pure magnesium sulfate (Epsom Salts).

Soaking in a concentrated salty solution of Epsom salts dissolved in hot water can help decrease swelling and relieve aches and pains.

Magnesium chloride is also available as a spray to rub in for relief of muscle cramps.

Your body absorbs some of the magnesium chloride through your skin as you spray it on or soak in it.

I find soaking in warm Epsom Salts very helpful when needing to remove a deep splinter.

Instead of digging around after it, soaking the area first shrinks and softens the skin around the splinter, making it much easier to see and remove.

Here are 5 Tips on Take Magnesium Safely:

1. If you have kidney problems, avoid getting extra magnesium. Avoid magnesium-containing antacids and laxatives along with topical magnesium sprays if you have any kidney problems.

2. Watch out for multiple sources. In addition to taking a magnesium supplement, your body can also absorb magnesium from other sources, like some antacids, liquid laxatives, Epsom Salts and magnesium sprays.

3. Know the signs of getting too much magnesium. If you notice diarrhea, cramping, weakness or low blood pressure you may be getting too much magnesium, like Martha was.

4. Pay attention to your laxatives. If you need a laxative on a regular basis, try using powdered Miralax®, which works just as well as milk of magnesia or magnesium citrate but without the risk of absorbing extra magnesium.

5. Don't mix magnesium with antibiotics. Avoid taking magnesium 1 hour before and 2 hours after certain antibiotics. Magnesium attaches directly to some antibiotics, keeping your body from absorbing them properly to fight off your infection.

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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Entertainment / Outdoors

The Washington Outdoors Report



The use of Personal Flotation Devices may become mandatory for anyone under 18 in a human powered boat in Washington – Nicole Lewis kayaking in the Columbia River near Bateman Island and Richland.



Photos by John Kruse

Catch limits are being raised for bass and other warmwater species in 77 lakes across the state this year – Russell Johnston with an early spring largemouth bass from Downs Lake near Sprague.

The Politics Of Fish, Fishing And Boating

STORY BY JOHN KRUSE

The States of Washington and Oregon have taken a number of actions in the last week that will affect both our fish populations and those who fish for them. Here's a brief rundown of the four issues at the forefront this week:

GILLNETS TO REMAIN IN THE COLUMBIA RIVER IN 2020:

The Directors of the Oregon and Washington Departments of Fish and Wildlife released a joint announcement on Valentines Day as to how salmon will be allocated between commercial and recreational anglers in the Columbia River this year.

The main thing that stands out in this announcement is gillnetting will again be allowed on the mainstem of the Columbia River for fall Chinook, a practice that was supposed to end in 2019.

The Northwest Sportfishing Industry Association and Coastal Conservation Association say this new rule opens the door to increased gillnetting on the river, a charge WDFW denies.

All this comes at an inopportune time for WDFW which is hoping for support from the state legislature to fill a gaping 26-million-dollar budget shortfall.

MANDATORY LIFE JACKETS?

Currently, personal flotation devices (PFDs) are required to be used by children under 12 in small boats but a bill introduced in the State House proposed making the wearing of life jackets mandatory for boaters of all ages.

The original bill (HB 2443) made this mandatory on a lot of powered fishing boats under 19 feet in length as well as drift boats, row boats, canoes, kayaks and stand up paddleboards (SUPs).

An amended bill that passed the State House now eliminates the length of the boat and now says PFDs would be required for anyone between the ages of 13 and 18 using a human powered watercraft except for competitive rowers, surfers and those on stand-up paddle boards if the user is tethered to the board with a leash or (and I'm not making this up) participating in yoga on a SUP in a designated swimming area or within 100 feet of shore.

There is no doubt this bill will save lives. However, some question whether our state government is acting too motherly by mandating the use of life jackets in vessels that may only be floating in two feet of water.

The bill got its first hearing by the in the Senate on February 18th.

SOME FISH ARE MORE EQUAL THAN OTHERS:

In Washington State, cold-water fish such as salmon, trout and steelhead are definitely more equal than their warm-water brethren bass, walleye and catfish.

In recent years limits were abolished for these warmwater fish on the Columbia River below Chief Joseph Dam to help with the survival of steelhead and salmon smolts.

This will undoubtedly impact a world class walleye and smallmouth bass fishery on the Columbia sooner than later as anglers keep as many fish as they want.

Now the Washington Dept. of Fish and Wildlife has announced expanded limits for warmwater species in 77 lakes across that state where salmon pass through as well as in all rivers and beaver ponds statewide.

Those limits are:

- **Largemouth bass:** Change from 5 to a 10-fish daily limit; anglers must release fish between 12 and 17 inches, and only one fish may be over 17 inches.
- **Smallmouth bass:** Change from 10 to a 15-fish daily limit; only one fish may be over 14 inches.
- **Channel catfish:** Change from 5 to a 10-fish daily limit. No minimum size.
- **Walleye:** Change from 8 to a 16-fish

daily limit; only one fish may be over 22 inches.

In the short term this will provide lots of meat for anglers who enjoy catching and keeping these fish.

In the long term though, a number of quality fisheries will be turning into not-so quality ones soon as fish in both size and number are depleted.

A few examples include Silver Lake in Cowlitz County known for a great largemouth bass fishery, Osoyoos Lake in Okanogan County which is one of the better smallmouth bass destinations in the state and the Palouse River in Southeast Washington where anglers go for big catfish in the spring.

As to whether or not these rules will significantly help salmon and steelhead which face a host of other survival issues? That remains to be seen.

COLVILLE RIVER IS OPEN FOR YEAR AROUND FISHING:

Last but not least, another rule change from WDFW returns year-round fishing to the Colville River from the mouth of the river at Lake Roosevelt upstream to the bridge in the small town of valley.

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

ICICLE CREEK THIS WEEK

2020 VOX DOCS FILM FESTIVAL

MASON ELLIOTT

The Icicle Creek Center for the Arts proudly presents the 9th annual Vox Docs Film Festival, featuring two distinct days of the best documentary films of the last year at The Snowy Owl Theatre.

Join us Friday for our Filmmaker's Showcase and Afterparty, bringing together the brightest local and regional filmmakers and their subjects for an evening of award-winning short films, and catered after party where community members and artists come together. The evening will be opened by Arnold Cleveland playing a traditional flute song and prayer by Randy Lewis.

Saturday, 3/7, brings us 3 films throughout the day. Starting at noon we have ¡Fiesta! Quinceañera. Then at 3 p.m. The Most Dangerous Year will screen. Finally, at 7 p.m. Be Natural: The Untold Story of Alice Guy-Blanche will be shown.

VOX DOCS 2020

Friday
Local Filmmaker's Showcase & After Party

Saturday
¡FIESTA! QUINCEAÑERA!
The Most Dangerous Year Q & A with Director Yoda Kunitz
Be Natural: The Untold Story of Alice Guy-Blanche

As always, make sure to check out icicle.org for information about events and everything happening on campus. And, make sure to follow us on both Facebook and Instagram for up to date information and what goes on here on campus! We hope to see you soon!

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Parents as Guilty as Kids When it Comes to Too Much Screen Time

(StatePoint) Parents spend nearly the same amount of time with devices as they do with their kids, according to new research from The Genius of Play, a nonprofit initiative dedicated to raising awareness of play's vital role in child development.

The results of the OnePoll survey of 2,000 parents of school-aged children ages 5-18 suggest that families should be finding more screen-free ways to spend time together. Half of the survey's respondents have been asked by their child to put their phone away, and 79 percent believe that their relationship with their children would benefit if everyone spent less time on devices.

"Screens and tech can make up some of your playtime, but parents should be mindful of creating balance," says Ken Seiter, EVP, marketing communications at The Toy Association, the organization that spearheads The Genius of Play. "A wide variety of toys and games will help create rich childhood memories, lead to optimal physical, cognitive and social-emotional development, and nurture critical skills

like creativity and out-of-the-box thinking."

Parents are aware that excessive screen time is a problem. Seventy-four percent worry that their child spends too much time staring at a screen and the majority limit their kids' screen time to about two hours per day. However, when it comes to their own use of devices, setting a limit is easier said than done. Survey results revealed:

- Sixty-two percent of parents admitted to spending too much time on their cell phone while with their kids.
- Sixty-nine percent feel "addicted" to their phone.
- Parents spend almost as

much one-on-one time with devices as with their kids. They are spending an average of two hours and 17 minutes of personal time on their phone per day, compared to two hours and 41 minutes of quality, screen-free time with their children.

The survey also found that while parents worry about the amount of screen time kids are getting, technology is now an integral parenting tool.

- The majority (83 percent) agree that screens and technology are necessary when raising a child in this day and age.
- Parents use screen time to keep their child occupied (58 percent), as a reward (53

percent) and to help their child calm down when they're upset (52 percent). In addition, taking screen time away is used as a consequence (63 percent).

"Parents often complain that it's hard to get kids to put down devices, but they can set a positive example by swapping some of their own screen time for other types of play," says Seiter.

Experts at The Genius of Play recommend setting aside dedicated periods of the day for arts and crafts, word games, role play, board games, sports, puzzles, charades and other screen-free activities to maximize quality time for families, which will benefit both kids and adults.

For inspiration and play ideas, visit TheGeniusofPlay.org or follow @GeniusofPlay on Facebook and Instagram.

Omnipresent digital devices are a fact of modern life. However, with commitment and creativity, families can spend a greater portion of their free time without screens.



(c) Zukovic / iStock via Getty Images Plu

Tips for Students and Teachers to Get Through the Midyear Slump

(StatePoint) There comes a certain point during every school year when students and educators alike are at risk of suffering from a midyear slump. One solution to staying motivated? Adding some color and vibrancy to everyday tools used in the classroom. Here are five ideas for doing so:

- A change of scenery has the power to inspire. Students can revamp their lockers and desks at home with new decorations, artwork and organizational tools, like a color-coded bulletin board. Teachers can make the same updates to classrooms to give students and themselves a fresh perspective.

- Add a fun splash of color to music-making. With Casiotone CT-S200 keyboards, you can select from vibrant red or white,

in addition to the standard black. The ability to hook up to any portable music player so that the user can play any music downloaded to the device offers versatility in lesson planning, practice and performance.

- Any calculator can be easily customized with skins, but if you want to keep it simple, some models are stylish and

colorful right out of the box. One such example is the fx-9750GII. Available in black, blue or pink, this can be a great way to give young mathematicians a fun and useful tool to see them through finals, college entrance exams and more.

- If you didn't purchase new accessories like backpacks, gym bags or laptop cases at

the beginning of the school year, maybe it's time for a refresh. Slick new carrying essentials can give a student greater confidence while traveling from home to the classroom, and help brighten the school day.

- From quotes and messages greeting students each morning to building out lessons with pictures from around the globe, a projector designed to work well in the classroom, such as the Casio Ultra Short Throw projector XJ-U351, can be a versatile tool for teachers looking to liven things up or engage students in a lively conversation.

By embracing colorful tools, students and teachers can work their way out of the midyear slump for a strong finish to the school year.



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1. Unfathomably deep chasm
6. Lawyer group
9. Factoid
13. Non-flat area
14. Loquacious person's gift
15. Member of clergy
16. Kitty sounds
17. Mesozoic one
18. All thumbs
19. "Who's Pieces?"
21. "Life"
23. Comic book cry
24. Evening in Roma
25. Boar's mate
28. Bank deposit
30. Actress Ali or singer Tim
35. Flying saucers
37. Yeah's opposers
39. One of the Muses
40. Ancient region of western Europe
41. "Sweet bear"
43. In a little while, old-fashioned
44. Like a neon sign
46. Fashion's "New Look" inventor
47. Weasel's cousin
48. Cash in credit card points, e.g.
50. "Good grief!"
52. The Old Man's turf
53. Tucked in
55. Sine non
57. "Gimme a break" bar
60. "Egg with a surprise"
63. Southwestern hut
64. Step on it
66. Small Asian ungulate
68. What radiology and biology have in common
69. Chihuahua's cry
70. a.k.a. Ernest?
71. Japanese money, pl.
72. Blitzed

73. Industrious DOWN
1. Similar to an adder
2. View from a moving train
3. Yesteryear
4. Shopping
5. Creates disorder
6. Forever and a day
7. "Hershey made the first American milk chocolate one"
8. Belittle
9. Have supper
10. Tennis serving whiz
11. Memorial Day solo
12. "The _____ of Racing in the Rain"
15. Fast and lively
20. Increasing
22. Location of ulna
24. Hindered
25. "Principal candy ingredient"
26. Allowed into a bar, e.g.
27. Past tense of will
29. Glory
31. SI unit of mass
32. Raja's wife, pl.
33. Do penance
34. "Famous fictional bar"
36. _____ gin
38. Smoke plus fog
42. Baghdad resident
45. Not strongly
49. CEO's deg.
51. Fertilized
54. C2H5
56. "J" by #46 Across
57. Green superfood
58. Desktop picture
59. Facebook photo links
60. Not disregarded, as in a promise
61. Marine eagle
62. Surprise at a speakeasy
63. "Almond-induced state"
65. Cardinal
67. Bovine hangout

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

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