

CITY OF LEAVENWORTH

DOT holds open house on Highway 2 improvements

By BILL FORHAN
PUBLISHER

With special thanks to Ken Grosse for help in compiling this report

Traffic congestion in Leavenworth has become an increasingly difficult problem.

In an effort to address the problem the Chelan County Transportation Council and the Washington State Department of Transportation decided to conduct a study of the growing problem on the Highway 2 Corridor from Coles Corner to Cashmere.

On Thursday, February 13 they presented their findings at an open house at Cascade High School in Leavenworth.

The stated goal of the project was to develop a realistic and implementable transportation capital enhancements to improve year round management strategies to improve transportation for all modes of travel.

As one of two major state highway corridors over the Central Cascades, US 2 serves as a route to desirable locations across the state. US 2 also serves as a vital regional and local connection for the communities of Leavenworth, Dryden, Peshastin, Cashmere, and Wenatchee, while operating as a "main street" within the City of Leavenworth.

Within the Upper Wenatchee Valley, this corridor also has several unique characteristics that create additional transportation challenges on US 2. Through this region, topography varies from narrow canyons to agricultural

land, increasing cost and complexity to expand US 2, or build new or wider county roads. Seasonal travel to recreational destinations increases traffic on US 2 by as much as 50 percent on weekends during the summer months. US 2 also serves as the route to and from festivals and events in Leavenworth, which draw as many as 20,000 visitors to the area resulting in miles of backups on Highway 2 and limiting emergency services access to the area.

The commission evaluated over 70 project ideas. Their recommendations included:

1. Build a US 2 Roundabout at Icicle Road
2. Create US2 Express Bus Access at Peshastin Bend Drive
3. Implement Parking Management Strategies
4. Build a Pine Street Connection over the Wenatchee River to River Bend Drive
5. Implement US2 Streetscape, Lane Marking and Intersection Improvements through Leavenworth
6. Build a US2 Pedestrian and Bicycle Undercrossing to downtown and waterfront parks.

There were 14 proposals that were declared fatally flawed. Those included:

1. Roundabouts at Ski Hill, 9th Street and Chumstick Highway. These were discarded as creating upstream spillback on busy weekends causing operational failures through the entire system.
2. Widening Highway 2

SEE HIGHWAY 2 ON PAGE 3



Photos by Heidi Swoboda
A lineup of freshly glazed bowls await the kiln.



Potter and artists Dawn Kranz and Gro Buer skillfully dip community decorated bowls in clear overglaze. Soup dinner is on March 19 at 5:30 p.m. at the Feshalle.

Upper Valley Empty Bowls: The Journey of a Bowl

SUBMITTED BY DIANE PRIEBE

12,550 bowls. That's how many bowls have been thrown by local potters to support Upper Valley Empty Bowls over the past 24 years!

These plain clay bowls, beautifully decorated and fired, are the product of the talents and skills of a procession of local potters who have found a way to use their skill and talent to fight hunger locally by helping to support the Community Cupboard food bank.

Many know Upper Valley Empty Bowls (UVEB) as the family-friendly event where the community comes together to paint bowls and eat soup at the community soup supper.

Many also bid on bowls painted by local artists and view these bowls at the

UVEB Gala. The proceeds of all these events are contributed to the Community Cupboard to replenish food for the food bank.

However, the story that is less familiar is the story of what takes place leading up to the glazing days.

Beginning in the fall, before any soup is eaten or prepared, before the bowls are glazed, and even before the planning committee has started finalizing event details, a team of potters begin throwing the bowls.

By January, potters have thrown over 600 bowls, which are the bedrock of the UVEB celebrations.

A piece of clay is cut off a larger brick of clay, then wedged (kneaded) to remove air pockets.

Once air has been removed, the potter centers

the clay on the wheel and forms a bowl.

The bowls is removed from the wheel and set on a shelf to get leatherhard.

A day later, the bowl returns to the wheel, but upside down this time so that clay can be removed from the bottom and a "foot" formed. Then, back to the shelf again to fully dry.

After fully dry, the bowl advances into a kiln to be fired for 8 hours at about 1870 degrees Fahrenheit, then slowly cooled for another day.

The next step is where the community comes in! At the glazing days, the community paints the bowls with underglazes in a rainbow of colors, then hands them over, not to be seen again until the community soup supper two months later.

The potters are still at work however, inspecting the bowls, hand dipping them in clear overglaze, then firing them again, and sometimes a third time if needed.

The final product is a culmination of potter's skill, community artistic talent and volunteer time.

This year's potters are Dawn Kranz, Mijanou Fortney, Margareta Dilley, Heidi Bard, Hannah Pygott, Adam Pflieger and Linda Claeson.

Many of these potters have special schooling in the ceramic arts, and a few earn their living making beautiful pottery. Their backgrounds are diverse, but they are the unseen backbone of Upper Valley Empty Bowls.

Dawn Kranz has been throwing bowls for the

SEE UVEB ON PAGE 3

Hall Pass to Healthcare: In-School Clinic Opens at PD, Alpine Lakes

SUBMITTED BY
RACHEL HANSEN

Cascade Medical and Cascade School District will launch a pilot program Feb.

12 that offers primary care for students while they're at school.

Bilingual Nurse Practitioner Carrie Kingsley will be

available on Wednesdays at Peshastin-Dryden Elementary and Alpine Lakes Elementary. She can help students with:

- Physicals and health screenings
- Colds and coughs
- Flu
- Infections
- Earaches
- Bumps, bruises and sprains
- Pink eye
- Sore throats
- Allergies
- Anxiety/depression screening

Kingsley can see students with parental consent; the form will be available on the district's website and at

SEE PILOT PROGRAM ON PAGE 3



Photo by Heidi Swoboda

Provider Carrie Kingsley, ARNP examining Metta Esmond as a model patient.



File photo

Who is Leavenworth's Next Royal Lady?

Shhh, it is still a secret! Even some of the past Royal Ladies seen here are curious about who will be our next Royal Lady of the Autumn Leaves. She will be announced at the Royal Lady

Gala on Tuesday, March 3, at the Icicle Inn Resort. Please RSVP or get more information, call Sandy Hendrickson, 548-7074 or Marggie Simmons at 670-1653.



Need to Place an Ad?
Looking for a job?
NCWMarket.com

Our Classified Ad Dept is open 24/7

NCW MARKET.COM
CLASSIFIED ADS

Your one stop spot to reach all of North Central Washington with a few Simple keystrokes.

BUSINESS JOURNAL

ECHO RECORD MIRROR HERALD

Inside The ECHO this week

Community Calendar..... 2	Senior Focus..... 4-6	Inserts
Neighbors..... 3	Classifieds..... 7-8	Dan's Food Market Safeway



215 14th St. - P.O. Box 39,
Leavenworth, WA 98826
Phone: 509-548-5286
www.leavenworthecho.com

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number.
What: Items pertaining to local events that are free or **maximum charge of \$100 fee.**
Where: Email to: reporter@leavenworthecho.com or reporter@cashmerevalleyrecord.com
 Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com

Another way to advertise your News & Events

Go to: www.NCWMARKET.COM • 24/7
 Choose your category and pay for Print & Online at one time
 For more information on any of these items. 509-548-5286 or classifieds@leavenworthecho.com

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 20, Thursday: Lemon baked fish, garlic pasta, Brussels sprouts, green salad, Oregon berries, whole wheat roll, dessert.

February 21, Friday: Pizza, Caesar salad, fruit salad, garlic knots, dessert.

February 22, Saturday and February 23, Sunday: No lunch.

February 24, Monday: Bacon & egg salad sandwich, vegetable soup, spinach salad, citrus salad, dessert.

February 25, Tuesday: Cheese ravioli in meat sauce, Caesar salad, apricots, garlic bread, dessert.

February 26, Wednesday: Swedish meatballs, egg noodles, peas & carrots, spiced salad, peaches, whole wheat roll, dessert.

Leavenworth

Benevolent Night Fundraiser

Join us for dinner on Wednesday, February 19, from 4-9 p.m. at South Restaurant. This is an opportunity to support the "Dangerous Women" performance, a local women's historical event, scheduled in April. (er 8)

Red Barn Events

Learn about the history of our local native tribes at the Red Barn on February 20, 7:00-8:30 p.m.. Hear Julie Edwards, a member of the Confederated Tribes of the Colville Reservation, as she presents, "Indian Country, a Diverse Living Culture". For information, contact Rachel Bishop at 548-0181. (e8)

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 8)

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 8).

"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 8, 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 8, 9)

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.cfnw.org. (er 8)

ICICLE CREEK THIS WEEK

2020 Fly Fishing Film Tour Coming to ICCA

MASON ELLIOTT

Coming to the Snowy Owl Theater at Icicle Creek Center for the Arts Feb. 22 at 7 p.m. is the 14th annual Fly Fishing Film Tour. A collection of 11 unique fish flicks. These films capture the spirit of fly fishing through cinematic tales of conservation, education and adventure from local rivers to far flung destinations.

This festival allows for the fly fishing community from North Central Washington to come together and share their passion. The FFT travels all across the nation, showcasing the adventures of cartwheeling steelhead, pristine Australian coastlines, fish brought back from the brink of ruin to jungle streams laden with aggressive fish, and so much more.



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!

Education. Entertainment. Inspiration.

February 22

Tickets:

\$15/\$17

TICKETS AND INFO: ICICLE.ORG OR (509) 548-6347



Community Calendar

Wednesday

Peshastin Water District, 5:30 p.m. at the Leavenworth PUD office, Contact Steve Keene, 548-5266. (2nd Wed.)

Prostate Cancer Awareness & Support Group, 8:30 a.m. Kristall's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.)

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 548-5292.

Thursday

Leavenworth Chamber of Commerce, 8 a.m. Kristall's Restaurant, President Grant Strober. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st & 3rd Thurs.)

Leavenworth Lions Club, Kristall'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., Kristall's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri.)

Leavenworth Rotary Club, 11:45 a.m. Kristall'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.

leavenworthecho.com

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 7

09:29 Parking/abandon, 9501 Jeske Rd., Park & Ride

10:27 Property, 590 US Hwy. 2, Enzian Motor Inn

14:51 Theft, 289 Whitman St.

15:33 911, 100 Enchantment Park Way

15:59 Suspicious, US Hwy. 2, MP 98

19:53 Weapons Violation, Icicle Rd. & Shore St.

21:10 Disturbance, 8282 US Hwy. 2, Peshastin

23:17 911, 24 Avalanche Ln., Lake Wenatchee

23:42 DUI, 116 River Bend Dr., Safeway

February 8

01:48 Disturbance, 843 Front St., The Loft

04:46 Domestic disturbance 8751 Icicle Rd., All Season's River Inn

10:32 Welfare check, 221 Orchard St.

10:41 Theft, 900 Front St., #L

10:52 Public assist, 143 Amas Pl., Peshastin

18:48 Accident/no injuries, Commercial & 10th Streets

19:02 Suspicious, 810 US Hwy. 2, Bavarian Lodge

February 9

01:20 Disturbance, 1117 Front St., Evergreen Inn

02:06 DUI, US Hwy. 2, MP 99

07:58 Marine, US Hwy. 2, MP 98

08:32 Traffic offense, US Hwy. 2 & 9th St.

11:56 Civil, 8820 School St., Dryden

17:49 Public assist, 16883 Fir Dr.,

Lake Wenatchee

19:03 Suspicious, W. Whitman & Mill Streets

February 10

07:34 Juvenile problem, 10600 Titus Rd.

09:43 Animal problem, 9555 Nibelink Rd., Peshastin

10:27 Cps/Aps Refer, 9329 E. Leavenworth Rd.

10:54 Harass/threat, 21309 Stetson Rd., Plain

11:08 Public assist, 9790 Blewett Cutoff Rd., Peshastin

13:34 Traffic offense, 300 Block Whitman St.

17:12 Traffic offense, Chumstick Hwy, MP 11

17:29 Theft, 10108 Main St., Peshastin

17:57 Theft, 8805 Josephine Ave., Dryden

18:59 Traffic offense, Titus Rd. & Emig Dr.

February 11

07:28 Alarm, 10914 Mundun Canyon Rd., Peshastin

09:36 Alarm, 10914 Mundun Canyon Rd., Peshastin

10:08 Welfare check, 10233 US Hwy. 2, #A, Peshastin

11:03 Public assist, 218 West St.

12:57 Civil, 8746 School St., Dryden

14:14 Welfare check, US Hwy. 2 & E. Leavenworth Rd.

16:56 Hazard, Winton Rd. & US Hwy. 2, Lake Wenatchee

20:08 Welfare check, 11645 North Rd.

22:45 Domestic disturbance, 340 Prospect St., #C4

February 12 & 13

No Reports

Community Cupboard
 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
 Kindly bring donations to our sorting center.

Open: 11 a.m. - 5 p.m. Mon. - Sat.
 219 - 14th St. Leavenworth • 509-548-6727
 Thank you for your support and Meeting Each Need with Dignity - M.E.N.D.

Das Thrift Haus
 888-9990
 Open: 10:30 a.m. - 5:30 p.m. Mon. - Sat.
 Noon - 5:00 p.m. Sun.
 211 - 14th Street • Leavenworth

This announcement sponsored by The Leavenworth Echo

GOP CAUCUS
FEBRUARY 29
wsrp.org/caucus

Washington State Republican Party

Chelan County Local Caucus Locations

Leavenworth Chelan Co. Fire Dist #3
 228 Chumstick Hwy.
 Leavenworth, Wa. 98826
 Contact: Ellie Ownbey
 ellie@yfn.net

Cashmere City Hall
 Council Chambers
 101 Woodring St., Cashmere, Wa. 98815
 Contact: Skip Moore,
 skipppriovr84@hotmail.com

Pre-register at: WSRP.org/caucus

CONTINUED FROM PAGE 1

Hall Pass to Healthcare: In-School Clinic Opens at PD, Alpine Lakes

school offices.

Ideally, a parent or guardian would be present for the in-school appointment, but if not, the student can also be accompanied by another family member or trusted adult with a note from the parent or guardian.

"It's the same as a walk-in appointment at the Family Practice Clinic, but more convenient," Kingsley said. "I'm excited about reaching out to those families who might not receive medical care otherwise."

Kingsley's in-school

hours will be:

Late start Wednesdays: 9-11 a.m. at Peshastin-Dryden Elementary
12 p.m.-2 p.m. at Alpine Lakes Elementary

Wednesdays: 8-10 a.m. at Peshastin-Dryden Elementary. 11 a.m.-1 p.m. at Alpine Elementary School

"We'll grow as the needs grow," said Clinic Director Whitney Lak. "Our goal is to have hours at all the schools by the end of the 2020-21 school year."

The appointment will be billed to insurance as an office visit.

For families who don't have medical insurance, an insurance navigator at Cascade Medical can help find a plan that fits.

Cascade Medical also offers financial assistance on a sliding scale based on income and family size.

Superintendent Tracey Beckendorf-Edou said she hopes the ease of on-site healthcare will help keep students in school, especially students with chronic medical conditions.

"We are excited about having the in-school clinics at Alpine Lakes and Peshastin-Dryden Elementary schools so that families have a convenient access point for healthcare for their children," she said.

"We hope that this will help students with chronic medical conditions have their medical needs more easily managed and we also



Photo by Heidi Swoboda

Provider Carrie Kingley, ARNP.

hope that having such easy access to medical care will reduce absenteeism."

Cascade Medical Center is a nonprofit, community-owned, critical access hospital that delivers extraordinary healthcare by taking

more time with each patient and their families. Centered around primary care, the medical center also provides lab and screening services; physical, occupational and speech therapy; ambulance service; emergency and acute care, and inpatient rehabilitation.

BUSINESS & SERVICE Directory

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

DRILLING

Tumwater Drilling and Pump Inc.

"Water Treatment Systems Built to Your Individual Problem"

Free Water Analysis/Estimates

Conveniently located on Hwy 2 across from the Big Y Cafe in Dryden @ 9290 Hwy 2

Tumwater Drilling & Pump, Inc.
Crt.Reg.#TUMWADP943RR

548-5361

www.tumwaterdrilling.com • email info@tumwaterdrilling.com

WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE, SALT SALES

CONTINUED FROM PAGE 1

Upper Valley Empty Bowls: The Journey of a Bowl

"great cause" of UVEB for 23 of the 24 years.

Now considered the resident expert, she throws and fires many of the bowls.

Mijanou Fortney throws pots and teaches classes at Tierra Garden Organics, making functional pieces and drawing from nature for her ideas.

Margareta Dilley squeez-

es pottery making in between working at Central Washington Hospital, her hobbies and playing with her grandsons.

Heidi Bard finds time to throw bowls while raising an active family and being involved in the Leavenworth community.

Hannah Pygott is a Wenatchee Valley native

with "way too many hobbies," including creating pottery with a rustic and northwestern flair.

Adam Pfleeger grew up in Corvallis, Oregon, learned pottery in his high school studio and has continued playing with clay ever since. Linda Claeson has taught pottery as well as having a pottery studio of her own.

In addition to mastering the UVEB glazing days, she also enjoys working with watercolors, acrylics and inks.

This year, as you enjoy

soup donated by local restaurants in your colorful bowl, take part in the UVEB Gala, or bid on auction bowls painted by local artists, take a moment to imagine the hands that made the bowl itself, and appreciate the many parts of the community that have helped to create this wonderful event.

UVEB is looking for potters willing to help throw bowls next year. To volunteer or obtain additional information about UVEB, go to www.uvemptybowls.org or call Upper Valley MEND at 509-548-0408.

STORAGE

Have spare room in your facility?

Advertise on

STORAGE
NCWMarket.com

DOWNTOWN CASHMERE MINI STORAGE

5x10 - \$60 Per Month
10x10 - \$80 Per Month
8x14 - \$90 Per Month

- Secure Timed Keylock System•
- Mobile Platform Available•
- Burglar Alarm•
- Camera Surveillance•

782-8113

201 Cottage Ave., Cashmere

CONTINUED FROM PAGE 1

DOT holds open house on Highway 2 improvements

was discarded because it would reduce local access, parking and bike lanes through the city.

It would also require narrowing of sidewalks. Also, there was concern that by increasing through traffic on Hwy. 2, some people who are now using alternative routes might start using Hwy. 2 and actually increasing traffic pressures on Hwy. 2.

Further issues concluded that widening the highway from the East end of the city to Hwy 97 would cost \$32 million.

3. Create a bypass from Icicle Road to East Leavenworth Road. Both of these roads are two lane roads not designed to carry heavy trucks. To improve the roadways it was estimate to cost

\$15 million.

4. Using North Road to Chumstick Highway was rejected because it is a narrow two lane road not suitable for trucks.

5. Constructing a bypass from Merritt, just west of Coles Corner, through Plain and SR207. This proposal has been in the study criteria since 1965 and is currently estimated to cost over \$100 million.

Comments are invited either online or otherwise by March 5, 2020. There will be another meeting along the lines of the Feb. 13 meeting, but March 5 was the last date on which to comment as an interested citizen.

Comments should be directed as follows: Chelan-Douglas Transportation Council 11 Spokane St,

#301 Wenatchee, Washington, 98801 509.663.9059
riley@chelan-douglas.

A complete copy of the study can be found on the web here:

file:///C:/Users/NCW%20Media/AppData/Local/Packages/microsoft.windowscommunicationsapps_8wekyb3d8b.../LocalState/Files/S0/3/Attachments/WebPage[7302].pdf

EXCAVATION

Complete Excavating Service

- Power & Water Systems
- Dump Truck & Dozer
- Drainfield Repair
- Free Estimates
- Septic Systems
- Road Grading

Upper Valley EXCAVATING

(509) 548-3489
Leavenworth, WA

Licensed - Bonded - Insured

We are here to serve families in Leavenworth, Peshastin, Plain and the entire Upper Valley.

LOCALLY OWNED

JONES & JONES ~ BETTS
Funeral Home

302 9th St., Wenatchee • 662-2119 or 662-1561
jonesjonesbetts.com

Honoring the lives of residents in the Valley for over 100 years.
You can always rely on our dedicated staff.

UPPER VALLEY CHURCH GUIDE

New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

CASHMERE BAPTIST CHURCH

103 Aplets Way • 782-2869
Sunday School 10:00 a.m. - Worship 11 a.m.
Bible Study, Wed., 7 p.m.
Pastor Bob Bauer

Find us on Facebook at Cashmere Baptist Church



CASHMERE PRESBYTERIAN CHURCH

303 Maple Street • 782-2431
Sunday Morning Worship 10:30 a.m.
Call for activities: Pastor Charles Clarke
www.cashmerepres.org



CASHMERE UNITED METHODIST CHURCH

213 S. Division • 782-3811
Worship & Sunday School at 11:00 a.m.
Office Hours: Monday - Thursday
10:00 a.m. - 1:00 p.m.
Pastor Lilia Felicitas - Malana

CHRIST CENTER

Cashmere Assembly of God • 509-782-2825
Worship Celebration & Sunday School 10 a.m.
Meeting at The Conservatory, back entrance of Apple Annie's
Underground High School Group, Sundays, 6:30 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.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH

'Where God's Word Remains The Pillar Of Truth'
11025 Chumstick Hwy. • 548-4331
Sunday School 9 a.m.
Sunday Worship 10:30 a.m.
AWANA (Youth Program) Weekly Bible Studies
Wednesday 6:30 p.m. (school year)
Pastor Todd James
www.cmbiblechurch.org



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

8455 Main Street • 548-7517
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](https://www.facebook.com/newlifeleavenworth)
www.newlifeleavenworth.com



SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

The Wrong Stuff How Being Too Nice can kill you

82 year-old Linda is a very nice person. She gets along with everyone, and doesn't like to make waves. Unfortunately, being nice almost killed her.

Linda has taken the 5mg tablets of the blood thinner warfarin for several years. When I saw her last month at our clinic, I increased her weekly warfarin maintenance dose just a little bit. Her old dose was 5mg 3 times weekly and I changed to 5mg 4 times weekly. Her new dose was 5mg 4 times weekly and 2.5mg (one-half tablet) 3 times weekly, on Mondays, Wednesdays and Fridays. Writing down her new dose on a card, I explained the plan, updated her prescription directions, then faxed the prescription with her new dose directly to her pharmacy.

When Linda went to the pharmacy to pick up her pills the following week, she opened the bottle to check on the pills she was getting, but something wasn't right. She pointed out to the pharmacist that her pills were a different color than she usually got, and he told her that they were supposed to be a different color because her prescription had changed.

When she explained to him that her new dose matched the directions on the prescription label, but that was supposed to be the only change, he disagreed with her, insisting that the doctor's office had also changed the tablet size, from 5mg tablets to 10mg tablets. She tried again, telling him that she had always gotten the 5mg tablets and her doctor would have told her if she was going to change the size of the tablets. She insisted to him that her doctor had only changed the directions at her last appointment, not her pill size.

The pharmacist told her no, that wasn't right. He pulled out her faxed prescription and showed it

to her, emphasizing that, see, your doctor did change it to the 10mg tablets, and that is what she should be taking. At that point she then gave up and went home, and started taking the 10mg tablets according to the directions on the label. When I checked Linda's blood 2 weeks later, her blood thinner level had skyrocketed to a dangerous level. She was very, very lucky she only took it for 2 weeks, because she could have bled to death.

How could this have happened? Four weeks ago on a Friday morning, a car driving by our clinic hit a patch of black ice and careened into the big power pole just down the street from us. The collision sheared off the top of the pole, dumping its transformer into the middle of our busy street. Luckily, nobody was seriously injured in the crash. What wasn't so lucky was what happened to us, the nearest business to the power pole. Somehow, the transformer crash created a weird power surge that fried all of our computer systems. All of the servers giving us access to all of our electronic medical records were totally DESTROYED.

Luckily, our medical records are all stored off-site in the cloud, and they were fine. It was everything else in our clinic that was completely GONE. The hardest hit of all was our in-house pharmacy, who lost their entire database. All of their patient information, including insurance information, billing, allergies, and all of their prescription records were completely wiped out. Gone. Forever. They had to purchase a new system and start completely over from their paper records. As a pharmacist, I still shudder when I think about it. It was truly "Pharmageddon".

The Monday after Pharmageddon, the computer people had

managed to get one server up and running, so the clinic had some access to our medical records. We all used it and prayed it would hold up until the strain. That was also the day Linda came in for her blood thinner check, and her dose of warfarin was adjusted. That was the day I faxed the prescription that had 10mg warfarin tablets on it instead of her previous 5mg warfarin ones, and I still don't know how it happened, as I didn't change that part of her records.

Linda tries hard to keep herself safe when taking her medicine, and in this situation, she did a lot of things exactly right. She checked her pills before leaving the pharmacy with her new prescription. When she discovered a discrepancy, she pointed it out to the pharmacist and asked for clarification. When she was challenged, she stood her ground, insisting that her doctor would have told her if there had been a change in the tablet size.

But she gave up too soon. If the pharmacist wasn't going to call her doctor to make sure the change wasn't a mistake, she should have gone ahead and called us.

Linda almost died because she was too trusting. And too nice.

That pharmacist was NOT in the right. That prescription SHOULD have never been filled in the first place without clarifying the directions because the dose specified in the prescription included 2.5mg (0.5 tablet), which would only make sense if the prescription was for 5mg, not 10mg tablets. That discrepancy, plus the fact that all of her previous warfarin prescriptions were for 5mg tablets, should have triggered a call by the pharmacy to the doctor's office to resolve the mismatch.

When Linda picked up her prescription and pointed out to the pharmacist that her tablet size was different, he should have double-checked the directions on the original copy of the prescription. Once finding the 2.5mg (0.5 tablet) inconsistency in the directions, he should have called the doctor's office to clarify the strength.

Unfortunately, when Linda insisted to the pharmacist that her doctor would have told her if she changed the tablet size, he STILL didn't call the office to verify the strength of the prescription. But at that point, Linda let the issue drop. And she could easily have bled to death over a preventable mistake. Don't let this happen to you or to a loved one. Whether you use a local pharmacy like Linda, or a mail-order pharmacy, be aware that mistakes can happen. Don't let your or a loved one pay the price!

Here are 4 Ways to Help Keep Yourself Safe from Getting the Wrong Pills:

1. Check out every new prescription.

If you use a local pharmacy, always open up your new bottles of pills BEFORE you leave the pharmacy. Once you leave, they can't take the pills back, and you will have more problems fixing any

discrepancies. If you use mail order, always compare the pills in your new bottle with what you are supposed to be taking before putting them away.

2. SPEAK UP!

Don't assume that your prescriptions are always right. As Linda found out, doctor's offices can generate prescriptions that don't make sense, and pharmacists can make mistakes. Speak up, so a mistake can be identified before it harms you or a loved one.

3. Don't Give Up.

If something doesn't seem right, don't back off until you are satisfied with the answer. If Linda had stuck to her guns, she could have avoided getting the very dangerous blood thinner level she developed, by either insisting the pharmacy manger call the doctor's office or by calling the doctor's office herself to clarify her medicine's dose and tablet size.

Ask...

Dr. Louise



4. Identify any "mystery" pills.

You don't have to contact the pharmacy to identify what's in a particular prescription bottle or pill you find on the floor. Entering any pill's description including color, shape, and imprinted markings into a Google search will give you photos of the exact pill, helping you identify it.

Dr. Louise Achey, Doctor of Pharmacy is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely. 2020 Louise Achey

5 Tips to Help Older Adults Be Healthier in 2020



PHOTO BY LIGHTFIELDSTUDIOS / ISTOCK VIA GETTY IMAGES PLUS

(StatePoint) For many, the new year is about establishing goals for the year ahead. But where should you start? As we age, an increasing number of us link our emotional and physical well-being to our overall health. After all, you can't do the things you'd like if you aren't healthy.

With that in mind, Cigna and its Medicare Advantage (MA) fitness partner, the Silver&Fit Healthy Aging and Exercise Program, share these five tips to help older adults get fitter and stronger and be less stressed and happier in 2020:

1. Hit the gym.

Exercise is a proven way to help you get fitter and stronger, improve balance, lose weight, reduce blood pressure, improve cardiovascular health, manage pain and even be more social. Many gyms offer such options as free weights, machines, pools, classes, private instructors and other amenities that can inspire you to try new things. Prefer working out with others? Group classes can help you discover a new exercise, stick to a schedule and find exercise buddies. If you're new to exercise, remember that slow and steady is the way to build good habits, avoid injury and achieve health goals. It's always a good idea to consult your doctor before

starting any new exercise program.

Can't afford a gym membership? You may be surprised to learn that many MA plans offer exercise programs at top fitness centers and YMCAs for no extra cost. Check your plan for details.

2. Nourish your body.

For optimal health, nourish your body with healthy, energizing foods, including fruits, vegetables, grains, fish and healthy oils, such as olive oil and sesame oil. Limit pre-packaged, processed foods. Set an achievable goal. Try cutting out one unhealthy food each month, such as sugary soft drinks or chips. Your body will love you for it! Also, stay hydrated, especially when exercising.

At the same time, eliminate unhealthy habits, such as smoking or drinking alcohol in excess. With an MA plan, you may be able to get help with smoking cessation products or alcohol counseling at no extra cost.

3. Stress less.

Stress can be toxic and debilitating. Develop a "PLAN" to deal with it. According to Cigna's Dr. Stuart L. Lustig, this includes identifying a Period of time to unwind, a Location to de-stress, an Activity to enjoy and the Name of someone with whom you can talk. Yoga, tai chi and meditation

may help you cope with stress, as well as going for walks, listening to music, comedy or audio books -- or even coloring. If you're experiencing extreme stress, talk to your doctor. Remember, the mind and body are connected, and stress takes its toll on physical health.

4. Get social.

According to a 2018 Cigna survey, loneliness in America has reached epidemic levels. Nearly half of Americans report sometimes or always feeling alone (46 percent) or left out (47 percent). Loneliness has been shown to negatively impact physical and mental health. Alleviate loneliness by taking one proactive step each week. For example, call or get coffee with friends or family, join a club or volunteer. You can also connect with other active adults on social media. Check out the inspirational health and fitness posts on the @SilverandFit Facebook page and join in the conversations.

5. Practice gratitude.

Happiness comes with thankfulness. Think about people and things you feel grateful for, and start a gratitude journal.

By doing your best to incorporate these five tips into your life, you'll kick-start your journey toward a healthier 2020.





PROFESSIONAL DENTURE CENTER
Free Consultations


509-664-7308
533 South Mission Ave.,
Wenatchee
professionaldenturecenter.com

Follow Us:  

Custom Dentures & Partials
Same Day Relines & Repairs
Surgical Extractions
IV Sedation
Onsite Lab
se habla español

More listening, better care





Introducing Dr. Kathy Fosnaugh

Call us: (509) 548-5815
Find us: 817 Commercial St., Leavenworth
Learn more: cascademedical.org



5% Senior Discount
Each Thursday

Caring for our Community and our Seniors

We offer **FREE** delivery to our seniors!
Visit our in-house Homefires Bakery and our full service deli!

Open daily 5 a.m. - 10 p.m.

We also sell money orders, stamps and have Western Union.

Locally owned and friendly service with a smile! Thank you for your continued support!

1329 Highway 2 in Leavenworth • (509) 548-5611 • www.dansfoodmarket.com

Are You Getting All Your Vitamins? How to Revamp Your Diet

(StatePoint) Getting all the vitamins and nutrients you need each day is one of the most important things you can do to feel your best.

The good news is that you don't need to devote hours each week to meal prep to ensure you're healthfully getting essential vitamins. As you revamp your diet, here are a few things to keep in mind:

- Don't follow fads: When it comes to your wellness, it's best to rely on basic science, not the latest fad diets or sports drinks and supplements that rely on added sugars, fillers, preservatives, artificial flavors, sweeteners, dyes, and negatives. Look for products that transparently list all their ingredients.

- Drink your vitamins: Did you know that liquids are the most bioavailable form for your body to absorb nutrients? For complete health on-the-go, consider drinking your vitamins. One effective solution is Drink Nutrient, which offers single-serve stick packs that make it easy to get the nutrients and essential vitamins you need. Among its offerings is Vitamin Coffee, a natural health enhancer and energy booster made from 100 percent Colombian Arabica coffee that offers 50 percent of your daily essential



vitamins in each serving. Served hot or cold, it's a good choice for anyone who needs a caffeine boost without the crash. Or, to get 100 percent of your daily essential vitamins and 610 mg of electrolytes in one go, consider Vitamin Booster+, which contains real fruit juice and is only 15 calories per serving.

- De-stress: Too much stress can compromise your body's ability to absorb nutrients. So, take steps to relax and unwind. Whether it's through meditation, journaling, cooking or jogging -- discover what hobbies and wellness

activities help you reduce your stress levels and be sure to make time for them.

- Refuel wisely: If you hit the gym frequently, you likely have tried one or two sports drinks and know how important it is to refuel quickly and wisely after a workout. For optimal high performance, consider upgrading your drink of choice. For muscle repair, mental focus, 13 essential vitamins as well as double the electrolytes of leading sports drinks, Liquid Nutrient has a potassium-to-sodium ratio intended for high-quality hydration.

- Maximize meals: To

maximize meals, make sure the bulk of the calories you consume are not "empty." Empty calories, such as added sugars and solid fats, contain little to no nutritional value. Fill up on dark leafy vegetables, berries, nuts, seeds and good-for-you fats like avocado and salmon, while avoiding chips, cakes and other junk foods.

Don't let your busy lifestyle get in the way of ensuring you're getting all the nutrients you need to feel your best. With new tools, it is easier than ever to revamp your diet for optimal nutrition.

4 Easy Tips to Boost Your Energy

(BPT) - Even if you try to keep to a healthy diet and work out regularly, chances are there are times of day when your energy fades, or entire days when you just don't feel like you're on the right track. Between the constant demands on your time from work and family, it can be tough to stay energized all day long.

For expert advice on balanced nutrition to boost your energy levels, check out Kevin Curry's website, FitMenCook.com. Curry demonstrates that it's possible to create meals and snacks to help you achieve your health and wellness goals without breaking the bank or even being a trained chef. He recommends swapping out parts of dishes to boost their nutrition - like egg whites instead of whole eggs, or brown rice or quinoa in place of white rice. He strives to make veggies and proteins the star of the dish, while using ingredients that are both easy to find and simple to prepare. Here are some easy tips for ways to boost your energy and add more pep to your step, throughout your day.

1. Protein-up your breakfast

You probably know you

shouldn't skip breakfast, and many of us have to eat it on the go, but there's more you can do - your energy level will thank you later if you add more protein to the first meal of the day. For quick and easy ways to amp up your protein, use Bob Evans Egg Whites, which are made from a single, clean ingredient: 100% liquid egg whites. They offer a high-quality, protein-filled breakfast solution with five grams of protein in every serving. Taking a few extra minutes in the morning to boost your protein intake can keep your whole day on track.

- Fix a quick omelet or scrambled eggs
- Add 1-2 servings of Bob Evans Egg Whites to your smoothie or protein shake
- Try this recipe for Strawberry Protein Pancakes, which your whole family can enjoy:

Strawberry Protein Pancakes

10 minutes prep time, serves 2

Ingredients

- 1 scoop vanilla protein powder
- 1/2 cup old fashioned oats
- 1/3 cup unsweetened applesauce
- 1/3 cup Bob Evans Egg Whites
- 2 tablespoons Greek yogurt

- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 cup fresh or frozen strawberries, chopped

Instructions: Blend everything except the strawberries together, until there are no remaining chunks. Set chopped strawberries aside.

Heat a nonstick pan to medium high (a large or pancake pan works best). Pour batter onto the pan in small circular shapes, then sprinkle chopped strawberries on each pancake.

When the pancakes start to bubble, flip and cook the other side.

Top with more strawberries, low-sugar maple syrup, Greek yogurt or whatever calorie-conscious topping you like!

Source: BobEvansGrocery.com

2. Plan ahead

Pack protein-rich snacks to bring with you on the go, so you have healthy options handy to give you a quick pick-me-up throughout your day, especially when you feel your energy is fading. Small snacks throughout the day won't make you feel sleepy the way a large meal can.

- Nuts with little or no added salt or oil
- Low-fat cheese

- Meat sticks
- Greek yogurt without added sugar

3. Stay hydrated

Often energy levels can drop when you're dehydrated. Be proactive to keep yourself ready for anything.

- Bring along a reusable water bottle to sip throughout the day.

- Pack a protein smoothie or shake - don't forget the Bob Evans Egg Whites - for lunch to prevent the dreaded afternoon slump.

4. Keep active

Even when you've worked out in the morning, but especially on those days you miss the gym, find ways to add more activity throughout the day.

- When you're at a desk all day, take breaks to walk outside or around your office.

- Find somewhere to do a little stretching, squats and lunges to activate your muscles.

- At home, find projects around the house that keep you moving.

- Get down on the floor or out in the yard to play with the kids or pets.

Following these tips will help you be at your best, all day long. For more recipes to power your day, visit BobEvansEggWhites.com.



"GET BACK INTO LIFE"



Black Diamond Sports Therapy

147 Easy Way, Ste. 106 • Wenatchee, WA 98801

663-7733

Reverse Mortgage

Contact me for more information.

Carlos Mata | NMLS: 70770
Reverse Mortgage Specialist
Phone (509) 662-5495
cmata@mutualmortgage.com

Synergy One Lending, Inc. d/b/a Mutual of Omaha Mortgage NMLS 1025894. Washington Consumer Loan Company License CL-1025894. These materials are not from HUD or FHA and the document was not approved by HUD, FHA or any Government Agency. Subject to Credit Approval. www.nmlsconsumeraccess.org Equal Housing Lender MDOMR.0220.32

50 Simon St. SE
Suite A
East Wenatchee
509.886.0700

At times in life you may find yourself in the role of caregiver to a relative or friend. But who takes care of you? Taking care of yourself is vital. Contact us for low-cost or free caregiver support.

- In-Home Care Options
- Medical Equipment
- Family Caregiver Support
- Resource Referrals

Visit us at our new location in Mid-March at the Eastmont Plaza
270-9th St. NE Suite 100,
East Wenatchee

Serving Adams, Chelan, Douglas, Grant, Lincoln and Okanogan Counties
Offices in East Wenatchee, Moses Lake, and Omak 1-800-572-4459 • aaccw.org

Springwater INSURANCE GROUP

Teaching, Enrolling, Supporting. We do it ALL.

ALL Medicare Plans and More

- Medicare Advantage
- Medigap Supplements
- Part D Rx Plans

509-888-2600 1108 Springwater Ave. in Wenatchee
www.springwaterinsurancegroup.com

SPEIDEL BENTSEN LLP

ATTORNEYS AT LAW | EST. 1986

Living Trusts

(509) 662-1211

7 North Wenatchee Avenue, Wenatchee
www.SpeidelBentsen.com

We provide excellent legal services in the preparation and completion of Living Trust estate plans.

Your Future, Planned with Care.

Investment Management
Retirement Planning
Financial Planning

Brad Blackburn, CFP® Stephen Allen, CWS®

509-782-2600 121 Cottage Ave Cashmere, WA 98815
Blackburn Financial
Registered Investment Advisor

Mitchell, Reed & Schmitt

INSURANCE, INC. Trusted Choice

Sheri Norris
Licensed Agent
117 Aplets Way
Cashmere
(509) 782-2751

Marggie Simmons
Licensed Agent
980 Highway 2
Leavenworth
(509) 548-6050

A Subsidiary of
Cashmere Valley Bank

Insurance products are: Not a deposit, Not FDIC insured, Not insured by any federal government agency, Not guaranteed by the bank, subject to risk and may lose value.

We come to you because HOME is where you want to be.

Experienced & Compassionate Nurses & Caregivers.

Services Provided:

- Assist w/Daily Living
- Meal Preparation
- Skilled Nursing
- RN Supervised Caregivers
- Housekeeping
- Long Term Care Policies
- Companionship
- Accepted
- Transportation
- Full Background Checks
- Med Reminders
- Licensed and Bonded.
- Bathing/Dressing

Family Owned & Operated for over 27 years!

412 N. Mission # C, Wenatchee, WA
509-470-8205 • www.tc-homecare.com

We offer flexible hours. 1-24 hours, 7 days a week... you decide!

SMITHSON INSURANCE SERVICES

Kathy Z. Smithson
smithsoninsuranceservices@gmail.com
720 Valley Mall Pkwy, East Wenatchee


Information You Can Rely On!

Let Kathy assist you with answers to your questions about:
Group Employee Benefit Plans, Individual Health Plans,
Group and Individual Life, Dental, Long Term Care
and Disability along with the new Final Expense Plans
and in all Medicare Planning products

Call Kathy Today - 509-884-5195
Our Home Town Favorite!
www.SmithsonInsuranceServices.com


Introducing
Mission Peak Physical Therapy

Located at 701 N Miller Street, Suite A in Wenatchee
509-888-4088 • www.missionpeakpt.com



Specialized Services including:

- One-on-One Care
- Women's Health and Pelvic Floor Physical Therapy
- Pilates-Based Rehabilitation
- Orthopedic Physical Therapy
- Sports and Dance Medicine
- Return to Running programs



Call to schedule an appointment or a Free 15-Minute Consult today.

A Doctor's Common-Sense Approach to Heartburn Relief

(StatePoint) Indigestion is on the rise worldwide and is especially prevalent in the U.S. According to the American College of Gastroenterology, 60 million Americans suffer from heartburn at least once a month. While it's a common issue for older people due to aging, it's now a growing problem for younger adults as well, who report increasing bouts of indigestion, upset stomach, and anxious stomach, which may be linked to stress and hectic lifestyles.

"When the acid in your stomach rises into your esophagus, that's when you know you have heartburn," says Dr. Ken Redcross, a board-certified physician in internal medicine and author of "Bond: The 4 Cornerstones of a Lasting and Caring Relationship with Your Doctor." He explains that heartburn is more than just a minor discomfort, and it can impact daily life. "Heartburn can cause chest pain, difficulty swallowing, and even interfere with sleep. While there are many contributing

factors, whatever the cause, it's uncomfortable and important to manage."

Suffering from indigestion and heartburn? Dr. Redcross recommends a few simple measures that may help you find relief.

- When embarking on a new diet to improve health and wellness, the last thing you may expect to suffer from are digestive issues. But a sudden change to one's diet is frequently the source of heartburn. Keto diets in particular can trigger heartburn as the diet requires upping the intake of fat, which takes longer to leave the stomach. If you are starting a new diet, it can be helpful to change your diet more gradually.

- Indigestion from travel is common, as being away from home often means eating unfamiliar foods and keeping odd hours. When on the go, (or all the time) stick mostly with tried-and-true foods you know that sit well, attempt to keep a regular eating schedule, and wear loose, comfortable clothing.
- Eating too fast or too



PHOTO BY RANPIXEL / ISTOCK VIA GETTY IMAGES PLUS

much can also contribute to indigestion. Slow down and savor your food. Also, consider consuming smaller portions at a time.

- Try to incorporate some movement into your daily routine, particularly after meals, as lying down directly after eating can be a source of indigestion. Exercise can also help you maintain a healthy weight, which is another important factor in managing indigestion.



- Know your triggers. For some, certain foods like citrus, spices, fatty food, and alcoholic or caffeinated beverages can trigger symptoms. Knowing your specific triggers can help you avoid them.

- Be prepared to address symptoms when they strike. Indigestion sufferers with a bloated or upset stomach


can find plant-based relief with travel-friendly Boiron Acidil tablets that melt in your mouth without water. Easy to take before or after a meal, they work with the body to target occasional heartburn, acid indigestion, bloating, or upset stomach. This homeopathic medicine can help get your body back into balance naturally. Claims for Acidil are based on traditional homeopathic practice, not accepted medical evidence. They are not FDA evaluated. More information about Acidil and other homeopathic medicines for gastrointestinal relief can be found by visiting BoironUSA.com/digestives.

For a happy, healthy belly, learn your indigestion triggers and be prepared to manage symptoms.

Independence... Choices... It's about You!

Chuck and Barb Dronen
Administrators

Phone: (509) 782-7600 • Fax: (509) 782-1821
Email: epletdalen@kashmircc.com
809 Pioneer Ave. 
Cashmere, Washington 98815

How to Update Home Lighting to be Easy on the Eyes

(StatePoint) If you ever experience eyestrain, tired itchy eyes, blurry vision or headaches, it may be time to give your home a lighting makeover. Problems caused by bad lighting can be intensified by using it for longer, something most households should keep in mind, as 74 percent of Americans in a recent survey, commissioned by lighting manufacturer,

Signify, say they spend eight hours or more a day under artificial light.

The World Health Organization predicts that 50 percent of people will be short sighted by 2050. Unfortunately, there's a disconnect between people's concerns about eye health and the steps they are taking to support eye comfort at home. While 80 percent of U.S. consumers in the same Signify survey say they believe good lighting is beneficial for eye health, a 2017 Signify study found only 21 percent take that into account when purchasing light bulbs, and only 29 percent consider light quality.

For many consumers, the disconnect may stem from overwhelming choice when it comes to home lighting and from not having enough information to make an informed decision. Luckily, manufacturers are taking steps to improve lighting quality and help guide consumers in their search for comfortable light that's easy on the eyes. For example, Signify has defined specific lighting quality parameters, which take into account factors such as flicker, strobe, glare and dimming effects that can affect one's eye comfort. Consumers can look for an

EyeComfort label on product packaging to identify the Philips LED light bulbs that meet the standards for quality lighting that's easy on the eyes.

To further protect your eyes and avoid discomfort, try the following:

- If you are in front of screens (computers, smart phones, televisions) for extended periods of time, close your eyes for 20 seconds or more, every 20 minutes, to allow them to relax.

- If outdoors, wear sunglasses with 100 percent UV protection to help protect your eyes from the sun. It's helpful to keep

a pair in your bag or car, so they are always nearby. Also consider spending a bit more time in natural light and less in artificial light.

- Exercise and strengthen your eyes by incorporating simple, yet effective eye yoga exercises into your daily routine for a few minutes daily.

- Schedule regular check-ups with an eye specialist, who will be able to detect the first signs of any eye condition or disease.

While certain eye conditions are beyond one's control, why not do what's in your power to protect your family from eyestrain and related discomfort? The simple DIY project of upgrading your home lighting can mean happier, healthier eyes and better quality of life.

How to Tell if You Have Severe Asthma

(StatePoint) While the majority of the more than 25 million Americans living with asthma enjoy active, healthy lives, for others, severe symptoms are part of daily life, despite using high dose asthma medicines and avoiding triggers. Does this sound familiar? If so, you could have severe asthma, a type of asthma that affects approximately 5-10 percent of those with the condition. Increasing the risk of death, illness, and depression, and limiting the ability to work or go to school, severe asthma is dangerous, and is responsible for 50 percent of all asthma healthcare costs. Control is the key and is attainable even if you do have severe asthma.

Is your asthma under control? To find out, start by visiting the American Lung Association website, where you can take the My Asthma Control Assessment and

access a downloadable summary of its findings to take to your next doctor's appointment. Visit Lung.org/severe-asthma for more information, as well as to access questions that

you can ask your doctor for a more productive conversation.

Better understanding your asthma is the first step to taking better control of your symptoms.

Do I Have Severe Asthma?

Better understand your asthma, so you have better control of your symptoms.

	Well Controlled	Uncontrolled	Difficult-to-treat	Severe
 Daily asthma symptoms and activity limitations		✓	✓	✓
 Waking up at night due to asthma		✓	✓	✓
 Daily use of quick-relief medicine		✓	✓	✓
 Asthma episodes requiring an oral corticosteroid, emergency room visit or hospital stay		✓	✓	✓
 Use of multiple medium to high-dose long-term controller medicines			✓	✓
 Biomarkers are positive for type 2 or non-type 2 inflammation				✓



myCHART

Healthcare at Your Fingertips. Any Time, Anywhere!

It's easy with MyChart, now available to all Confluence Health patients. Whether you're at work, on the road, or in the comfort of home, this secure online portal gives you 24/7 access to your family's health information. MyChart lets you request appointments, access recent medical test results, refill prescriptions, send messages directly to your doctor, and much more! **Contact Confluence Health Patient Services with any questions at 509.664.4802.**

Sign up today at mychart.confluencehealth.org.

Available on the App Store and GET IT ON Google Play

- » Refill Prescriptions
- » Schedule Appointments
- » Check Lab Test Results
- » Manage Health Records
- » Message Your Care Team
- » Make Secure Payments

mychart.confluencehealth.org



Tips for Relieving Joint Pain

(StatePoint) The health benefits of regular exercise are undeniable, and the U.S. Department of Health and Human Services recommends 30 minutes of exercise at least five times per week. However, high-impact exercises like running and weight training can lead to joint pain, especially if you have a joint condition. The good news is that smart exercises with low impact can alleviate joint pain and deliver the same health benefits.

Here are a few tips to consider:

Keep Moving

Trying to protect your joints by not moving actually does more harm than good. Regular exercise can actually help joint pain and ease symptoms of chronic joint conditions, according to the Centers for Disease Control and Prevention. Just be sure to talk to your doctor about your exercise plan before you get started.

Go Low Impact

You don't need to put tremendous weight on your joints or jump up and down in order to break a sweat or elevate your heart rate. When you're already in pain, this type of exercise can actually make things worse. Instead, opt for high-quality, low-impact workouts.

There are now exercise machines available for home use that provide the same quality low-impact workout you'd get in

physical therapy. Consider the Teeter FreeStep Recumbent Cross Trainer, a seated exercise machine that takes the weight off the joints while torching calories.

Unlike other recumbent machines which can be bad for the knees, the FreeStep mimics a natural stepping motion that prevents knees from traveling over the toes, as well as stabilizes the back and hips. And you don't have to sacrifice workout quality – in fact, research shows that FreeStep users burn 17.4 percent more calories than when using a recumbent bike at the same level of effort. Beyond calorie burn, it also offers full-body resistance training, which is especially important, as weak muscles can be a root cause of pain.

Hydrate

It may seem obvious, but ensuring that you drink the recommended daily intake of water is vital to reducing pain in your joints.

Proper hydration helps your body eliminate wastes and toxins that can lead to painful joint conditions. Plus, it helps to keep the joints lubricated and flexible, reducing friction and inflammation and helping to maintain healthy tissue.

Stretch Daily

Stretching increases flexibility and range of motion, improves movement and function, reduces pain and stiffness and prevents further injury. Just remember to move slowly and keep it gentle.

At the very least, spend a good five to 10 minutes in the morning stretching your hamstrings, quadriceps, calf muscles and hip flexors.

For a free photo guide to "5 Daily Stretches to Relieve Knee & Joint Pain," visit teeter.com/freestep-guide.

With the right exercises and maintenance program, you can improve your health and get a stronger body, without pain.



NCW MARKET.COM
CLASSIFIED ADS

Includes
BUSINESS JOURNAL

The Leavenworth **ECHO** Cashmere Valley **RECORD** Lake Chelan **MIRROR** Quad City **HERALD**

Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

PUBLISHER'S NOTICE
All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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



ORCHARDS & FARMS

We have buyers for your Pear, Apple and Cherry Orchards!

509-669-4500
information@nwi.net

COMMERCIAL RENTALS

Professional office space for lease 2500 sq. ft. and 1000 sq. ft. Located at 211 Whitman Way, Wenatchee, WA. Great location across from Wells Fargo Bank with good parking. 509-421-4914. See online information on NCWMarket.com

BUSINESS OPPORTUNITY

Well-established, turn-key route sales business for sale. Great income and growth potential. Sales season coincides with school year, summers off if desired or work through for more income. Visit company website: www.collectivegoods.com
Contact owner: bookguybrian@charter.net
For questions please contact: 509-670-6956. Visit NCWMarket.com for more detailed information.

FOR RENT

One bedroom Chelan duplex. Year round. \$700/month, includes all utilities. AC. No pets. Deposit. References required. 509-682-2460.

STORAGE

Storage Units Available Reasonable rates Cut Rate Storage 782-1817 Office: 107 Railroad Ave. Cashmere, WA.

HAPPY ADS

ANNOUNCE IT IN THE CLASSIFIEDS
AT NCWMarket.com

***HAPPY BIRTHDAY**

***CONGRATULATIONS!**

WILL YOU MARRY ME?

***I'M SORRY!!**

**Happy Anniversary*

Only \$15 for 30 days includes 3 photos

HELP WANTED

EQUIPMENT MECHANIC FOR CONSTRUCTION COMPANY

We're looking for an experienced Equipment Mechanic to join our construction company. The right candidate will be a seasoned Mechanic that brings a broad range of diagnose, troubleshooting, welding, repair and assembly of diesel, gas, large and small engines. We have a fleet of vehicles, excavators, ditch witches and hand-held tools.

Anderson Landscaping, landscapebyanderson.com is the leading design-build landscape contractor located in Wenatchee, WA. We have been building and transforming exquisite outdoor commercial and living spaces for decades and strive for unparalleled excellence in every project.

Flexible schedule, competitive wages and benefits apply.
Contact Jed 509-665-4916
jed@landscapebyanderson.com

HELP WANTED

Experienced Landscape CAD Technician

Do you appreciate working with a dynamic, creative team? Do you have a passion for innovation and experience in commercial and residential landscape construction and design? Then Anderson Landscaping is looking for you.

Anderson Landscaping, a premier design-build landscape company headquartered in Wenatchee, Wash., is seeking an experienced Landscape AutoCAD Technician. We have been building and transforming exquisite outdoor spaces for decades and strive for unparalleled excellence in every project and our employees are at the heart of our success.

Key skills for a successful candidate include proficiency in AutoCAD and MS Office; experience with landscape design and construction practices; familiarity with hardscape and plant materials; great time management and communication skills. Related and relevant education is a plus.

Competitive compensation DOE and benefits apply. Submit your cover letter, resume, references and AutoCAD work samples to nenalandscape@anderson.com
Visit www.landscapebyanderson.com to learn more.

Full and Part-Time Bedmaker, Laundry and Housekeeping

Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry / Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 4:00 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



Windermere Real Estate/NCW
Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley?
Give us a call today!

John McKenna • 289-2280 Momi Palmieri • 433-2211
Geordie Romer • 679-8958 Allyson Romer • 630-9898

See all available properties at windermereleavenworth.com

HELP WANTED

Manson Park & Recreation District is hiring for the following seasonal positions:

- Swimming Instructors
- Swimming Instructor Assistants
- Lifeguards
- Head Lifeguard
- Park Aide
- Maintenance
- Campground Host

Wages, hours, benefits, qualifications, and job duties vary by position. If interested, visit www.indeed.com, or contact our office at info@mansonparks.com or 509-687-9635.

Employment Opportunity

The City of Chelan Parks & Recreation Department is currently accepting applications for the 2020 season.

Positions include RV Park Registration Clerks, Office Lead, Putting Course Clerks, Marina Attendants, Parking Enforcement, Night Security, Greenskeepers, Office Workers, Cart Attendants, and Landscape and Maintenance Positions.

Applications can be downloaded from the employment page on the City of Chelan's web site at: CityOfChelan.us/employment or picked up at the Parks & Recreation Office at 619 W. Manson Hwy.

Night Caregiver/ CNA

Epledalen Retirement & Assisted Living is hiring one full-time night position, 40 hours per week. 10 p.m. - 6 a.m. Base pay \$16.00 per hour with \$1.00 per hour shift differential. Must be CNA or HCA with current CPR/ First Aid - plus Dementia/ Mental Health Specialty training. Will assist clients with ADL's, wellness monitoring and some housekeeping.

For more information call 509-782-7600, 9-5 p.m., Monday - Friday or email Epledalen@kashmircc.com

HELP WANTED

Executive Director

The Lake Chelan Health & Wellness Foundation, a 501c3, seeks a full-time Executive Director. The ideal candidate is a strategic leader, people connector with knowledge of program management and fundraising. Resumes can be sent to kim@LCHealthWellness.com

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

District Migrant Recruiter

Cascade High School Assistant Softball Coach

Fast Track application process and information can be found on our website at: www.cascadesed.org EOE

Operations Assistant

The Lake Chelan Health & Wellness Foundation, a 501c3, seeks a part-time Operations Assistant. Looking for a candidate with strong computer skills, administrative support experience and financial knowledge. Resumes can be sent to kim@LCHealthWellness.com

ENGINEERING TECHNICIAN

City of Chelan is accepting applications for the position of Engineering Technician. Monthly pay range: \$4,270 - \$5,134. Application deadline: March 4, 2020 or until filled.

Go to www.cityofchelan.us for additional information and employment application.

HELP WANTED

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

- Emergency Sub. Teachers
- Para Educators
- Food Service
- Custodians

Fast Track application process and information can be found on our website at: www.cascadesed.org EOE

Evening Caregiver/ CNA

Epledalen Retirement & Assisted Living is hiring one full-time evening position, 40 hours per week. 2-10 p.m. Base pay \$16.00 per hour with 25 cents per hour shift differential. Must be CNA or HCA with current CPR/ First Aid - plus Dementia/ Mental Health Specialty training. Will assist clients with ADL's, serving evening meal and evening care.

For more information call 509-782-7600, 9-5 p.m., Monday - Friday or email Epledalen@kashmircc.com

We have an opening for a full-time Caregiver Position on our Day Shift.

Vacation, Vision and Dental Benefits

We will train and assist with credentialing as a Home Care Aid.

Please apply in person at Heritage Heights, 505 East Highland Ave., Chelan, 509-682-1998.

Advertise
548-5286
or
782-3781

CROSSWORD PUZZLE

THEME: WOMEN INNOVATORS ACROSS

1. Cause for September celebration
6. Net holder
9. Island near Java
13. "PokEmon," e.g.
14. "Alice Paul and Crystal Eastman wrote its first version in 1923, acr.
15. Archeologist's find
16. Synagogue scroll
17. Bag in Paris
18. "Behind ___ Lines"
19. "Aviation pioneer"
21. "She rebelled against sentimental novel"
23. Nurses' org.
24. Deceptive maneuver
25. Director's cry
28. Snow and cycling helmet manufacturer
30. Low hemoglobin
35. Bryce Canyon state
37. Something to do
39. Lady's Bella Notte date
40. Puerto ___
41. Bone hollow
43. Slang for heroin
44. Cake cover
46. ___ and drab
47. Roman robe
48. "Purple People ___" pl.
50. Defender of skies, acr.
52. Easter lead-in
53. Attention-getting interjection
55. Pres. Truman's 1947 creation, acr.
57. "She originated the little black dress"
60. "Hidden ___"
64. Knights' feat of strength
65. "Mary Phelps Jacob patented the 1st modern one
67. Dickens' Heep
68. Ladies' fingers
69. Three strikes
70. Actress Rene
71. Crowd-sourced review platform
72. Lilliputian
73. Master of ceremonies

1. Better than never?
2. a.k.a. midget buffalo
3. 100 cents in Ethiopia
4. D-Day beach
5. Move a picture
6. Breather
7. Investment option, acr.
8. Last European colony in China
9. Crooked 10. Sheltered, nautically
11. Trace or outline
12. Slippery surface
15. Feel indignant about something
20. Indian cuisine dip
22. "Sally Ride was 1st woman in space for this country"
24. Speaker's platform
25. *1st person to win two Nobel Prizes
26. Carthage's ancient rival
27. Implied
29. "She developed philosophy of Objectivism"
31. Formerly, formerly
32. *Home of Wesleyan College, first college chartered to grant degrees for women
33. Insect, post-metamorphosis
34. *Inventor of a newborn screening test
36. Use a whetstone
38. Caitlyn Jenner's ex
42. Primitive calculators
45. Ulysses and Cary
51. *Singular of #60 Across
54. Tennis-affected joint
56. Gold, to a chemist
57. Pepsi rival
58. Fling
59. Rush job notation
60. Inevitable occurrence
61. Reduced instruction set computer
62. Alleviate
63. Old Woman's home
64. *Jennifer Lawrence played her in eponymous 2015 movie
66. Rivoli in Paris, e.g.

GRAND ALASKAN CRUISE & TOUR
12 days, departs May - Sep, 2020
1-844-870-9263
Promo code N7017

FROM \$1,749
\$1,499*

*Prices are per person based on double occupancy plus \$299 taxes & fees. Single supplement and seasonal surcharges may apply. Add-on options available. Offers apply to new bookings only, made by 3/31/20. Other terms and conditions may apply. Ask your Travel Consultant for details.

SUDOKU PUZZLE

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

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

Have products or services for sale? Don't bury them in EBay or Craig's List or park it by the side of the road.
Your most likely buyer lives right here in North Central Washington

Join the Digital Age!

NCWMarket.com is a classified advertising service of NCW Media, Inc.
Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal

The good news is:

- It's available 24/7
- Rates start as low as \$5 per month
- Google says we averaged 5,277 visitors per month last year
- You can have multiple photos even videos
- You can protect your identity until you decide to respond to inquiries, OR
- You can include a map to your business
- You can change the ad anytime you want - as often as you want
- We don't sell your email address or any of your personal information
- Our monthly subscription programs allow you to change your ad entirely at no additional charge

Place your ad now: NCWMarket.com

HELP WANTED

Writer/ Photographer



Is looking for a talented writer/ photographer to report on the news of the Lake Chelan Valley. Qualified applicants will cover city council, local school boards, high school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love to attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to:

Publisher
NCW Media, Inc
PO Box 39
Leavenworth, WA 98826
or email to
Publisher@



leavenworthecho.com

Full and Part-Time Breakfast Catering Staff

The Leavenworth 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.

PUZZLE SOLUTION

L	A	B	R	R	I	M	B	A	L
A	N	I	M	E	R	A	R	E	L
T	O	R	A	H	S	A	C	E	N
E	A	R	H	A	R	T	A	U	S
A	N	A	R	U	S	E			
C	U	T	G	I	R	O	A	N	E
U	T	A	H	T	A	S	K	T	R
R	I	C	O	A	N	T	R	A	
I	C	I	N	G	D	R	I	B	T
E	A	T	E	R	S	U	S	A	F
A	H	E	M	C	I	A			
C	H	A	N	E	L	F	I	G	U
J	O	U	S	T	B	R	A	U	R
O	K	R	A	S	O	U	T	R	S
Y	E	L	P	W	E	E			

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

APPLIANCES

Pocket some cash by selling your used Appliances with a classified ad.

Place your ad 24/7 at www.NCWMarket.com

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

Deadline Monday at noon for the paper Lake Chelan Mirror Leavenworth Cashmere

Deadline Tuesday at noon for the paper Quad City Herald

Advertise Advertise Advertise Advertise Advertise Advertise Advertise Advertise Advertise Advertise

548-5286 or 782-3781

YOU WILL Call Now! Call Now! Call Now! Call Now! Call Now! Call Now!

ANTIQUES & COLLECTIBLES

Reuse, Rescue, and Re-purpose from Elsie's Studio. Collectibles, Antiques, and Usable Items. Come and See. 107 Railroad Ave. Cashmere, WA.

GARAGE & YARD SALE

CLEAR SOME SPACE WITH A



Fill your pockets with \$\$ CASH \$\$ Let others know what items you are selling!

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper Lake Chelan Mirror Leavenworth/ Cashmere Deadline Tuesday at noon Quad City Herald

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

GENERAL MERCHANDISE

SPECIAL Leavenworth Cards Fundraiser for The Royal Ladies of the Autumn Leaves. With sayings like I Miss You---- Wish You Were Here (in Leavenworth.) Regular cost \$3.99 Now only \$1.50 Pick up one or more Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

PUBLIC NOTICES

CITY OF LEAVENWORTH On the 11th day of February, 2020, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents provides as follows: **Ordinance 1606:** An ordinance of the City of Leavenworth, WA., authorizing the use of RCW 35.21.685, Low-income Housing - Loans and Grants, through enacting a new Leavenworth Municipal Code Chapter 3.42 Affordable Housing Grant/Loan. A copy of the full text of the ordinance is available at Leavenworth City Hall or will be mailed to you upon your request to Chantell R. Steiner, Finance Director/City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/ Cashmere Valley Record on February 19, 2020. #87303.

CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN that the Leavenworth City Planning Commission will hold two public hearings on March 4, 2020 at 7:00 P.M in the City Hall Council Chambers, 700 US Hwy. 2, Leavenworth, WA to take public testimony on Amendments to City of Leavenworth Code. The first hearing will address amendments to Leavenworth Municipal Code (LMC) Design Review Board requirements and permit processes, LMC Chapter 14.08, Old World Bavarian Architectural Theme and LMC Chapter 2.38, Design Review Board. The second hearing will address amendments defining Short Subdivision as division of land into nine or fewer lots and Major Subdivisions as divisions of 10 or more lots, LMC Chapter 17.08 Short Subdivisions, LMC Chapter 17.12 Major Subdivisions and LMC Chapter 21.90 Common Definitions. All of the proposed amendments are exempt from environmental review. Copies of the proposed amendments are available at City Hall, 700 US Hwy 2, Leavenworth, WA. Interested citizens are encouraged to comment and/or attend the public hearings. Questions may be directed to Development Services within City Hall, phone (509) 548-5275 or email dsmanager@cityofleavenworth.com. Published in The Leavenworth Echo/ Cashmere Valley Record on February 19, 2020. #87250.

PUBLIC NOTICES

ADVERTISEMENT FOR BIDS STEVENS PASS SEWER DISTRICT PO BOX 98, LEAVENWORTH, WA 98826 WWTP STANDBY GENERATOR AND INFLUENT VALVE REPLACEMENT **General Notice** Stevens Pass Sewer District (Owner) is requesting Bids for the construction of the following Project: Stevens Pass Sewer District WWTP Standby Generator and Influent Valve Replacement

Bids for the construction of the Project will be received at HDR Engineering, Inc., located at 929 108th Ave NE, #1300; Bellevue, WA 98004, until February 27, 2020 at 2:00 pm local time. At that time the Bids received will be publicly opened and read. The Project includes the following Work: Replace an existing backup generator, two influent valves and associated equipment for the existing WWTP. The Project shall take place during the summer of 2020. Owner anticipates that the Project's total bid price will be approximately \$384,000 to \$430,000. The Project has an expected Substantial Completion date of October 31, 2020. **Obtaining the Bidding Documents** Information and Bidding Documents for the Project can be obtained at the following designated website under the project name above: https://www.abadanplanroom.com/jobs/public Bidding Documents may be downloaded from the designated website beginning February 7, 2020. Prospective Bidders are urged to register with the designated website as a Bidding Documents holder, even if Bidding Documents are

PUBLIC NOTICES

obtained from a third-party plan room or source other than the designated website in either electronic or paper format. The designated website will be updated periodically with Addenda, lists of registered Bidding Documents holders, reports on the Site, and other information relevant to submitting a Bid for the Project. All official notifications, Addenda, and other Bidding Documents will be offered only through the designated website. Neither Owner nor Engineer will be responsible for Bidding Documents, including Addenda, if any, obtained from sources other than the designated website. Contact Andrew Staples with HDR Engineers, Inc. with any questions at 509-343-8459 or by email at andrew.staples@hdrinc.com **Pre-bid Conference** A pre-bid conference for the Project will be held on February 12, 2020 at 1:00 p.m local time at Stevens Pass Sewer District WWTP. Bidders attending the pre-bid will need to meet at 1:00 p.m local time at the parking lot, west side of US Hwy. 2, mile post 66.22, at the parking lot on the east side of the bridge. Stevens Pass staff will provide transportation from the parking area to the WWTP. Attendance at the pre-bid conference is encouraged but not required. For all further requirements regarding bid submittal, qualifications, procedures, and contract award, refer to the Instructions to Bidders that are included in the Bidding Documents. This Advertisement is issued by: Owner: Stevens Pass Sewer District By: Tom Maher Title: Business Manager Published in The Leavenworth Echo/ Cashmere Valley Record/ Lake Chelan Mirror on February 12, 19, 2020. #87239

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON COUNTY OF CHELAN ROBISON ESTATE, LLC, a Washington limited liability company, Plaintiff, vs. THE HEIRS AND DEVISEES OF CALVIN RICHARDSON, deceased; THE HEIRS AND DEVISEES OF ELLA RICHARDSON, deceased; and ALL OTHER PERSONS OR PARTIES UNKNOWN, claiming any right, title, estate, lien or interest in the real estate described in the complaint herein, Defendants. NO. 20-2-00073-04 **SUMMONS (20 DAYS) STATE OF WASHINGTON to: THE HEIRS AND DEVISEES OF CALVIN RICHARDSON, deceased; THE HEIRS AND DEVISEES OF ELLA RICHARDSON, deceased; and ALL OTHER PERSONS OR PARTIES UNKNOWN:** You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 5th day of February, 2020, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Robison Estate, LLC, and serve a copy of your answer upon the undersigned attorneys

PUBLIC NOTICES

for plaintiff Jeffers, Danielson, Sonn & Aylward, P.S., by Michelle A. Green, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. Under RCW 7.28.010, an action to quiet title may be maintained by any person in the actual possession of real property against the unknown heirs of a person known to be dead, or against any person where it is not known whether such person is dead or not, and against the unknown heirs of such person, and if it shall thereafter transpire that such person was at the time of commencing such action dead the judgment or decree in such action shall be as binding and conclusive on the heirs of such person as though they had been known and named. DATED this 31st day of January, 2020. JEFFERS, DANIELSON, SONN & AYLWARD, P.S. By s/ Michelle A. Green MICHELLE A. GREEN, WBSA # 40077 Attorneys for Plaintiff PO Box 1688 Wenatchee, WA 98807-1688 (509) 662-3685/ (509) 662-2452 Published in The Cashmere Valley Record/ Leavenworth Echo on February 5, 12 and 19, 2020. #87187.



8 simple ideas to prevent home break-ins

Most burglaries are home break-ins: How to protect your family



© ADOBE STOCK

(BPT) - Did you know most burglaries are home break-ins? Keeping your home secure is vital to the safety of yourself, your family and your belongings. Here are several simple ideas to increase your personal safety.

- 1. Install a home security system.** Security systems offer perhaps the most powerful protection for your home. Even a simple alarm system and a few well-placed signs in your yard and on your windows can greatly diminish the likelihood of home break-ins. If you can afford it, motion sensors on doors and windows, along with 24-hour monitoring, delivers even greater protection. Check for discounts on your home insurance for a monitored security system.
- 2. Check out smart home technology.** Consider investing in security cameras and other smart home technology, such as video doorbells and keylocks. These systems are much easier to install now using wireless devices and can help you monitor your home and alert you to potential activity. They also provide a great way to check in on pets when you're away from home.
- 3. Don't hide keys outside the house.** For convenience, many people hide a spare key outside near the front door. It might be under the welcome mat, in a planter or on a ledge. If a key is easy for your family or friends to find, it's also easy for thieves to find. Instead, consider leaving a key with a neighbor you trust.
- 4. Keep those bushes trimmed.**

Consider investing in security cameras and other smart home technology, such as video doorbells and keylocks.

High, full bushes and shrubs around your home are ideal places for thieves to hide while they work on opening your window. By keeping bushes trimmed and lower to the ground, you're making it harder for would-be burglars to gain access to your house.

5. Make it look like you're home. Most thieves want to strike while you're away. With some good sense and creativity, you can fool them into thinking you're home even when you're not. Consider purchasing timers that turn your lamps and TV on and off at different hours of the evening. You might also consider a timer for your front porch light. If it's lit during the day, it could be a telltale sign that you're away for an extended period. Along that line, don't let the mail or newspapers pile up when you're on vacation. Either suspend service or ask a neighbor to pick them up for you. Check into newer technology lighting that

allows you to control lights remotely using your smart device.

6. Install outdoor lighting. Darkness is a burglar's best friend. When thieves approach your home and bright lights in their faces suddenly confront them, it can be a strong motivation to move on. Motion-activated lighting systems are inexpensive, easy to install and a great way to put thieves in the spotlight. Plus, when you come home at night, these lights will switch on and illuminate the path to your door.

7. Make friends with your neighbors. Chances are, the neighbors surrounding your home are just as interested in home security as you are. Together, you can create a network of eyes that's always on the lookout for suspicious behavior. If you're going out of town, let your neighbors know in advance so they can be extra vigilant. When they go on vacation, you can do

the same for them. Exchange phone numbers and emails with your neighbors, so you can contact them when an emergency arises. Consider joining neighborhood watch groups or online forums to keep informed about things going on in your neighborhood and local area.

8. Keep windows and doors locked. This tip may seem obvious, but unlocked doors and windows are the cause of many successful burglaries. When the weather's nice, you may open a window and then forget to close it at night or when you run an errand, offering a tempting target for burglars. In addition, don't leave valuable items, such as purses, laptops or credit cards, in plain view through your windows. Thieves may take this opportunity to quickly break the glass and grab your valuables. For additional information on protecting your home visit USAA.com/homeowners.

THE LEAVENWORTH ECHO

© 2020 NCW Media, Inc.

215 14th St., P.O. Box 39
Leavenworth
WA 98826-0039
Phone: 509-548-5286
Fax 509-548-4789

website:
www.ncwmarket.com
www.leavenworthecho.com

e-mail:
echo@leavenworthecho.com

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

Managing Editor
Gary Bégin • 509-571-5302
gary@ncwmedia.net

Reporter/Photographer
509-548-5286, Ext. 6516
Reporter@leavenworthecho.com

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

Creative Services
Echoads@leavenworthecho.com

Front Office Classified / Legal Notices
classifieds@leavenworthecho.com

Circulation
1-509-293-6780
circulation@lakechelanmirror.com

DEADLINES:
Calendar Listings: Noon, Thursday
News Submissions: Noon, Thursday
Letters to the Editor: Noon, Friday
Display Advertising: Noon, Thursday
Legal Notices: Noon, Friday
Classified Ads: Noon, Monday

SUBSCRIPTIONS:
In Chelan County (yearly) \$40.00
\$5.00 to include online subscription
In State (yearly) \$40.00
Out of State (yearly) \$52.00

The Leavenworth Echo does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization. 1-509-293-6780

WNPA
Washington Newspaper Publishers Association Member

NCW Media, Inc. prints on recycled newsprint with soy ink. Please recycle.

Letters policy

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to 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.

The Leavenworth Echo (USPS 308 160) is published every Wednesday by NCW Media, Inc. 215 14th St., Leavenworth, WA Telephone: 509-548-5286. Fax: 509-548-4789. Periodical postage paid at Leavenworth, Wash. (and additional mailing offices) Postmaster: Send address corrections to: The Leavenworth Echo, P.O. Box 39, Leavenworth, WA 98826-0039

SERVICES:
Back Issues are available up to one year after publication for a fee.
Photo Reprints are available for most photos taken by staff.