



YEAR IN REVIEW 2019

BY BILL FORHAN

JULY

City Council votes support of sales tax increase

City Council approved their support of a sales tax increase for Link Transit service. Link is proposed using the increase to add Saturday and Sunday service, expand the hours in order to accommodate off hours hospitality workers and add a shuttle service from the new Park & Ride behind Safeway to the west end of Leavenworth every half hour.

The improvements and the tax increase will be phased in with a .1 percent increase in sales tax on Jan. 1, 2020 and another .1 percent on Jan. 1, 2022. The measure was approved by voters on Aug. 6.

AUGUST

Chelan-Douglas Land Trust buys White River Property

CDLT purchased 40 acres of land on the lower White River in a move to protect critical spawning habitat for salmon, steelhead and bulltrout.

The purchase expands CDLT's White river Preserve to 683 acres and 8.6 miles of riverfront in a move to safeguard important fish habitat and provide improved public access to the river.

The Chelan-Douglas Land Trust, Washington, Department of Fish and Wildlife and the US Forest Service now own most of the floodplain and riverfront in the lower 5 miles of the White river.

Short term rentals spur more debate over excessive tourism

The Chelan County Planning Commission encountered a buzz saw of complaints over proposed regulations to address complaints from local residents over short term rentals. The issue generated a packed house at the Chelan County Planning Commission (CCPC) meeting at the Confluence Technology Center on Wednesday, August 26. The two-hour evening affair featured residential speakers from throughout the county and non-residential rental property owners, many who live on the west side of the state.

Manson resident and Community Councilwoman Kathy Blum stressed to the Commission that she felt the "quality of life" has experienced a "steady decline" due to under-regulated short term rental properties in Lake Chelan. She called for a "well regulated" rental industry that will ease the concerns of Manson residents and help all parties coexist.

Dan Beardslee, BNCW's Government Affairs Analyst spoke to the Board on behalf of that housing industry nonprofit trade association, saying it would take \$750,000 to hire enough county personnel to enforce new regulations as it is currently understaffed.

BNCW CEO Lee Pfluger, stated in an email reply to this reporter, "BNCW has not taken a position against nor in favor of STRs at this point. We do however oppose the proposed code changes currently in front of the Chelan County Planning Commission." Pfluger continued, "The current proposal as written has not been vetted out properly and leaves many unanswered questions, many of which we addressed in our letter. Since drafting the letter there are a number of other questions and issues that have come up."

Pfluger states, "There is really nothing in the proposed regulations that would lead to better enforcement of existing parking, noise, or nuisance ordinances already in place."

He continued, "There is language in the proposal stating that after 3 complaints an STR's permit can be revoked, however no appeals process is defined and there is no protection for unfounded complaints. If the county were to adopt the current proposal there would certainly be costly lawsuits around a number of issues. The current proposal would impose significant burdens

on current and future STRs while at the same time not really doing anything to alleviate the issues that STRs neighbors face.

"We do not believe that Chelan Community Development engaged the community adequately before drafting this proposal. I find it odd that County Commissioners have stated publicly that 'we are in the early stages of drafting this proposal.'"

Pfluger commented, "Typically a hearing in front of the Planning Commission takes place near the end of the process, with their recommendation being forwarded to the County Commissioners for adoption or rejection."

A large group of meeting attendees wearing bright yellow T-shirts, members of the Short Term Rental Alliance of Chelan County, or STRACC, were in attendance to show solidarity in favor of less draconian regulations.

One member, Tom Latta of Auburn, claimed that the Chelan County Sheriff's Office has only had "two complaints in two years in regards to tenants of rental properties." Latta said the SCSO responded to area hotels and motels at a far greater rate.

The irony of Chelan County having two major destination resort towns, Leavenworth and the Lake Chelan area, is that both areas spend a small fortune to attract tourists every year and those advertisements have been successful. Some short term rentals easily cost \$400 a day with higher rates during festivals, especially Leavenworth's Oktoberfest, Christmas Lightning and Chelan's Ice Festival and summer lake season.

Though the massive influx of money is great for business owners, some residents aren't too happy with what they perceive as lax enforcement of ordinances by the town councils.

The CCSO is the only law enforcement entity these towns have, but civil zoning enforcement is a matter for each town to figure out for themselves. Now there is the possibility that the CCPC will move to take care of short term rentals that exist outside of town boundaries, but in the county.

SEPTEMBER

Parking meters coming to Downtown Leavenworth

Parking shortages continues to generate discussion about possible solutions. The Sept. 10 city council meeting included some discussion over installing meters in the downtown core. "Smart Meters" seem to be the most desired option because they can accept multiple forms of payment, fees can be reprogrammed to increase fees during high traffic events or reduce them when demand is low.

Other parking discussions held during the year included "stacked" parking where machines pick up the cars and lift them into available positions.

Expanding available parking by building an additional deck on little Beirut or building a parking garage does not appear to be in the plans anytime soon.

In October the city issued a call for bids for parking meters.

Students march for Climate Change

At noon on Friday, Sept. 2, students started pouring out of Cascade High School for the Leavenworth Climate Strike. They were energized and prepared. Each of the 68 students had obtained a signed permission form from their parents and school to have an excused absence.

Most had turned cardboard into signs strewn with words of warning and promoting action. Two such signs read, "The Climate is Changing. Why aren't We?" and "The Sea is Rising, So are We."

This strike purposefully coincided with the final day of the International Climate Strike Week, begun by Swedish 16-year-old Greta Thunberg, and felt in waves of protesting over 150 countries around the world.

The newly formed Cascade Sustainability Club (CSC) organized this day's events. Club president Stella Johnson thanked everyone for coming out, which now included younger students, parents, other concerned citizens and a small handful of teachers that took a personal day to show their support.

The march took the protestors by Iceicle River Middle



Submitted photo

Students march for climate change action.

School, Alpine Lakes Elementary School and wove through neighborhoods and downtown Leavenworth, ending at Lions Club Park for speeches.

CSC members jogged up and down alongside the marchers, encouraging chants. "Save the planet" was the most common refrain.

Other chants that caught on included "Education for our nation" and "Science is right, we must fight." Spectators were rather scarce in the neighborhoods, but the marchers, having swollen to 120, made a big impression downtown by the gazebo.

They received a mixture of reactions. Most onlookers clapped, smiled and raised a fist in support, while others looked surprised and perhaps undecided.

Throughout the day the strikers only encountered a couple of negative reactions, which included a thumb-down and someone shouting, "Go back to school."

At the park, about a dozen speeches, both prepared and impromptu, reminded the crowd of sobering scientific facts and concentrated heavily on action, at the personal level and beyond, to combat climate change.

Johnson said, "We're the ones who've shown up. We need to be the leaders of change. If not us, then whom? If not now, then when?" The strikers listened to a recording of Greta Thunberg's words to world leaders at the UN.

Her voice shook with anger and heartache as she said, "You say you hear us and that you understand the urgency. But no matter how sad and angry I am, I do not want to believe that. Because if you really understood the situation and still kept on failing to act, then you would be evil. And that I refuse to believe."

OCTOBER

City adjusts budget for Adventure Park Legal costs

During its quarterly budget adjustment section of the Oct. 8 City Council meeting council unanimously approved an increase of \$70,000 for estimated costs related to the public records requests, legal fees and court costs for the proposed Adventure Park project on the west end of Leavenworth.

In May, hearing examiner, Andrew Kottkamp, ruled the Mitigated Determination of Non-Significance affirmed the State Environmental Policy Act allowing the controversial project to move forward.

Friends of Leavenworth, a group of concerned citizens who oppose the project appealed the decision to the Superior Court in June. The hearing for the appeal was set for Nov. 6, 1 p.m. in Chelan County Superior Court.

The hearing was held but Judge Grant has not issued his final ruling.

Upper Valley Christian School celebrates 40th anniversary

For the Upper Valley Christian School (UVCS), this special occasion marks a time to reflect on the school's history and celebrate its unique place in the Upper Valley community.

UVCS began in 1979 when Jim West, a pastor at Leavenworth Church of the Nazarene, felt the need for a Christian school option in Leavenworth.

Starting a new school was not without struggles. The first year, just days before the school was to open and needed an additional \$10,000 to cover costs, a generous

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Inside The ECHO this week

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Obituary

Andrew Ian Dickinson

March 25, 1983 - November 22, 2019

The brightest star has left the earth and our world & hearts will never be the same

Andrew Ian Dickinson was born feet first in Wenatchee, WA on March 25, 1983 and from that moment on, his love for life and generous heart touched everyone who ever met him.

He split his childhood between Lake Wenatchee and Snohomish, WA, pulling Stevens Pass more times than he could count.

Drew's antics were as legendary as his roar of a laugh and his love of a good time contagious. From the founding of his infamous Puke & Rally, a dusty and dirty camping party in the wild woods of Lake Wenatchee, to his epic collection of cars and someday projects, Drew played as hard as he worked.

A true Renaissance man, he was a welder by trade but also operated heavy equipment and was an accomplished craftsman. He was eternally optimistic and never could say no to a friend in need of a helping hand. He spent countless hours in helping to restore his Victorian family home, Ivy Hill in Snohomish, and his legacy will live on in everything he touched.

Drew was fiercely loyal to his friends and family and absolutely devoted to his beloved son Maxwell Wilder who brought him "happiness beyond his wildest dreams." Drew excelled at many roles but fatherhood brought out the very finest in him.

He was a notorious impulse shopper, a hater of all things mint, and a lover of all things



Irish. He was clever & charismatic, a neologist, always defining a moment with his unique Drewism catchphrases. He loved being outdoors whether on a dirt bike, a snowmobile or just braffing through the woods in his Jeep. He lived 48 hours in everyday and packed oh so much life into his all too short 36 years.

Drew was tragically taken from us instantly on his family's mountain, DirtyFace, in Lake Wenatchee by a falling tree on November 22.

He was laid to rest on November 30 at GAR cemetery in Snohomish, WA. Drew

leaves behind so many broken hearts including those of his three year old son Maxwell, his parents Rebecca Dickinson and Michael & Kari Dickinson, five siblings Alisha Dickinson (Edgar) Aubrey Dickinson (Derek) Anna Mantyla (Ian) Samantha McGarrity (Craig) and Josh Dickinson as well as his partner Katie Waters. His adoring nephews and nieces: McKenzi, Cayden, London, Willa, Huckland, Lachlan, Sawyer and Rio will forever miss their rowdy uncle Drew. He also leaves behind grandmothers Margaret Hart and Barbara Dickinson as well as Max's mom Amy Johnson Widdis (Brandon) and countless family & friends.

Drew was greeted in heaven by he & Katie's unborn son, his uncle Brian Dickinson, niece Trinity Dickinson, grandparents Bruce Dickinson, Jim Hart and great-grandparents Clayton & Carolee Hall and Allen & Evelyn Fogerson as well as his cherished German Shepherd, Navarre.

A celebration of Drew's beautiful life will be held on January 19th at 1 p.m. at Crossroads Thomas Family Farm in Snohomish.

In lieu of flowers, donations can be made at Cashmere Valley Bank for his young son Maxwell Dickinson, in care of Kari Dickinson. Loving you has changed our lives.

It should come as no surprise that losing you has done the same.

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Mountain Meadows Senior Living Campus

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Alena has been employed at Mountain Meadows for 1 ½ years as an evening shift caregiver in assisted living. She received this award for consistently going above and beyond and providing exceptional resident care! Alena is a strong team player dedicated to service. Her flexibility and versatility working extra shifts when needed has been greatly appreciated by her supervisors. The residents adore her and consider her such a "bright light" in their lives!



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OBITUARIES & MEMORIALS

An obituary is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data.

Memorials are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later. Obituaries and memorials need to be typed and emailed no later than Friday

by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in. Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.

For information call at 509-548-5286 or contact editor@leavenworthecho.com

UPPER VALLEY CHURCH GUIDE

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

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CASHMERE BAPTIST CHURCH
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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 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
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Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
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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
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www.faithleavenworth.org

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Youth Pastor, Kent Wright
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Pastor Russell Esparza

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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

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Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: newlifeleavenworth.com
www.newlifeleavenworth.com



Sports & Entertainment



Hans Schlyer shoots for 2.



Photos by Bill Forhan

Isaiah Dayton makes a gymnastic move to get clear for a two point shot.



Isaac Cortes makes a 3 pointer.

BOYS BASKETBALL STATS

Dec. 17 vs. Chelan

Points:
 Cole Warnaca 25
 Isaac Cortes 14
 Hans Schlyer 10

Rebounds:
 Isaac Cortes 8
 Bret Fraker 6
 Hans Schlyer 6

Assists:
 Eric Rosario 4

Dec. 20 vs. Omak

Points:
 Cole Warnaca 11
 Hans Schlyer 8
 Isaiah Dayton 8

Rebounds:
 Hans Schlyer 5
 Cole Warnaca 5

Assists:
 Cole Warnaca 4

Dec. 27 vs. Manson

Points:
 Cole Warnaca 20
 Isaac Cortes 17
 Hans Schlyer 10

Rebounds:
 Cole Warnaca 7
 Isaac Cortes 7
 Hans Schlyer 7

Assists:
 Hans Schlyer 5

Dec. 28 vs. Vashon Island

Points:
 Isaac Cortes 7
 Cole Warnaca 7

Rebounds:
 Cole Warnaca 3

Assists:
 Bret Fraker 3



HAPPY NEW YEAR FROM THE ICCA!

MASON ELLIOTT

On behalf of everyone at the Icicle Creek Center for the Arts, we would like to wish you a happy new year! We thank you so much for all the support you have given us throughout the years, especially this one!

Growing the arts locally is our purpose and we can't do it without you. This year we have been able to host a variety of camps including our Chamber Music Institute, our theater camps, the Prodigy Camp and much more all thanks to your generosity!

Thanks for a great year of inspiring creativity! We hope to see you plenty more in 2020!



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

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Wrestlers hit the mats at Cat Classic

By BILL FORHAN

Sixteen teams participated in the Cat Classic invite in East Wenatchee last Saturday.

Cascade wrestlers finished in 8th place out of the 16 teams.

According to coach Jesus Sandoval two wrestlers

made it to the finals.

Hunter Reinhart placed 1st at 285 lbs and Juan Martinez placed 2nd at 113 lbs.

Other wrestlers finishing in top spots were; Will Burgess placed 6th at 113 lbs, Cole Warman placed 5th at 182 lbs and Spencer Drole placed 3rd at 195 lbs.

CASCADE SCHEDULE

Boys Basketball

| | |
|---------|------------------------------|
| Dec. 27 | Cascade 51, Manson 48 |
| Dec. 28 | Cascade 30, Vashon Island 51 |

Girls Basketball

| | |
|---------|-----------------------------------|
| Dec. 27 | Cascade 43, Manson 25 |
| Dec. 28 | Cascade 26, Bellevue Christian 42 |

CASCADE SCHEDULE

Boys Basketball

| | |
|--------|-------------------------------|
| Jan. 3 | Cascade at Okanogan 7:15 p.m. |
|--------|-------------------------------|

Girls Basketball

| | |
|-------|-------------------------------|
| Jan 3 | Cascade at Okanogan 5:45 p.m. |
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CliftonLarsonAllen North Cascades Bank

The Washington Outdoors Report

Five Winter Fishing Options For The New Year

STORY BY JOHN KRUSE

Are you resolving to catch more fish for the new year? Here are five opportunities available right now:

Puget Sound Blackmouth

Marine Area 10 opens up on January 1st for blackmouth (Chinook salmon) and with no fishing having taken place there for over two months, it's anyone's guess how it's going to be.

Gary Krein, the longtime owner of All Star Fishing Charters operating out of Seattle and Everett, is optimistic.

Krein says baitfish tend to move into this part of the Sound in the winter, which in turn attracts the salmon.

The fact that squid are also abundant here right now, providing more food for the salmon, also helps.

Expect to see lots of fishing pressure in Marine Area 10 during calm weather weekends in January.

The most popular spots will be off of Jefferson Head, near Kingston, and by the Edmonds oil docks.

The pressure should lighten up after February 1st when Marine Areas 7, 8-1, 8-2 and 9 also open up.

Lake Chelan Kokanee & Lake Trout

Mike Roth, the owner of Team Takedown Guide Service in Wenatchee, says Kokanee salmon fishing should be good this winter.

As to where to go on this 50-plus mile long lake, that's another question.

Roth suggests fishing between Lake Chelan State Park and 25-Mile Creek or if you are up for a longer run, fishing near Stehekin.

The daily limit is ten fish and the Kokanee are averaging 10-inches long though you may get some as large as 13-inches.

If you want to take a break from Kokanee, lake trout are also an option.

You'll find them deep, near the bottom, and fishing from Lake Chelan State Park to Manson are good places to look for these fish which often run 3 to 5 pounds but can weigh well over 20 pounds. For both

fisheries, good marine electronics and downriggers are very useful.

Lake Sammamish Cutthroat

Better known as a late winter/early spring smallmouth bass fishery in years past, Lake Sammamish between Issaquah and Redmond has developed into an outstanding winter cutthroat trout fishery.

Most anglers launch from Lake Sammamish State Park and troll for trout using spinners, flies or spoons behind flashers or dodgers.

Winter Walleye

This is the best time of year for a trophy walleye and many people think the next world record may well come from the Columbia River between Boardman and the Tri-Cities.

How big do the walleye get here? In late December TargetWalleye.com reported angler Brent Davis caught an 18-pound walleye that was 34 inches long and had a 20.5-inch girth.



Russell Johnston caught this winter walleye fishing the waters around Potholes State Park.

Davis was reportedly trolling a purple Bandit Walleye Deep Diver at a depth of 25 feet when this monster struck his crank-bait.

Other places to fish for walleye this winter include Potholes Reservoir, where blade baiting is a popular technique, and Lake Roosevelt, which also holds a healthy population of these very good eating fish.

Lake Roosevelt Smorgasbord

Speaking of Lake Roosevelt and walleye, this 100-plus mile impoundment of the Columbia River offers

solid fishing for several other different species during the winter months.

Walleye can be found from Seven Bays to Kettle Falls while sizeable rainbow trout and kokanee are often found near Keller.

Another species you may encounter in Lake Roosevelt are burbot.

Called eelpout in the Midwest, they are also known as freshwater lingcod and are prized for their excellent taste.

Looking for suggestions on how to fish Lake Roosevelt or Lake Sammamish? Check out the library of reports available at www.northwestfishingreports.com.

Clark's All Sports in Colville is also a good source for information about Lake Roosevelt. As for Lake Chelan, Rick Graybill at Hooked on Toys in Wenatchee or Travis Dawson at Sportsman's Warehouse in East Wenatchee usually have good intelligence.

Finally, if you want the latest about the fishing at Potholes Reservoir, contact Pete Fischer at the store at MarDon Resort.

John Kruse - www.northwesternoutdoors.com and www.americasoutdoorsradio.com

Favorite remedies of 2019

My Favorite remedies to share that I've found most helpful over the past year as I recommended them to patients and myself.

You'll find a couple of new favorites here, along with some old standbys.

1. Cerave® for relief of dry skin. This recommendation is new. Cerave® has rapidly become one of my very favorites, replacing several creams that I have recommended over the years.

When my patients raved to me about this product, I decided to try it myself. After purchasing a one-pound jar at a local Walgreen's pharmacy, I tried it on my hands and body.

What impresses me most about Cerave® is how quickly and completely it soaks into my skin.

Washing my hands frequently and living in a dry climate, I always seem to be dealing with dry hands and itchy skin.

With Cerave® there's ab-

solutely NO greasy or slippery feel after applying it.

That's impressive all by itself, but it works just as well or better than products that are much heavier and need time to soak into the skin.

2. Vaseline® (petroleum jelly) or coconut oil to prevent nosebleeds. Nosebleeds range from inconvenient, to annoying, to scary. People who use oxygen at night are often plagued by frequent episodes of bloody noses, especially during the fall and winter months.

Many of my patients have reported great success in reducing winter nosebleeds by GENTLY applying a thin layer of petroleum jelly (Vaseline®) or petrolatum to the inside of their nose every evening with a Q-tip swab.

If you don't have any petroleum jelly or petrolatum you can substitute coconut oil on the Q-tip swab.

Please avoid petroleum

jelly entirely if you breathe oxygen through tubing with prongs that go into your nose, because it can actually dissolve the plastic tubing of the prongs!

Instead of petrolatum, you can use coconut oil instead or a saline gel for the nose like Ayr®.

3. Afrin® nasal spray to stop nosebleeds. Afrin®, or oxymetazoline, relieves nasal congestion by shrinking blood vessels in your nose, which reduces stuffiness and is also quite helpful in stopping a nosebleed.

If you show up at the Emergency Department with a nosebleed, the first thing many ER doctors will do is squirt several sprays of Afrin® on a gauze pad, roll it up and then shove that soaked roll of gauze up your nose.

The combination of the pressure and blood vessel shrinkage from the Afrin® can often stop a nosebleed dead in its tracks.

4. New Skin® to seal and protect hangnails and paper cuts. I hate hangnails. I can go for months with perfectly intact cuticles, then all of a sudden, I have 3 hangnails all at once, just begging me to bite at them.

Then there are paper cuts. I absolutely HATE the sting of a paper cut. Band-Aids® may be convenient to cover up hangnails and paper cuts, but what happens when you wash your hands? Ugh, who wants to wear a soggy Band-Aid®?

New Skin® is a sealant that dries clear and protects hangnails, paper cuts and minor abrasions from the sting of soap and water and alcohol sanitizing gels.

I always keep a bottle of New Skin® at work to patch myself up if I get cut or if any dreaded hangnails show up.

The active ingredient in New Skin® is 8-hydroxyquinoline, the same anti-infective as in Bag Balm®

Ask...

Dr. Louise



which helps discourage bacterial infection of cuts.

5. Actifed® for runny and stuffy nose. When I get a viral infection, my nose gets stuffed up.

If I take a decongestant to treat that, it often makes my nose run.

Unfortunately, I'm allergic to ragweed which makes my nose BOTH stuffy and runny at the same time.

Luckily, the antihistamine triprolidine found in Actifed® dries up my runny nose while relieving both my itchy eyes and stuffy nose.

Because it contains the decongestant pseudoephedrine, you'll need to ask for it from the pharmacist.

It's hard to find in other states, so I never leave home without it.

6. Palmer's Cocoa Butter Formula® Swivel Stick for travel. Palmer's has a Cocoa Butter Formula® cream in a jar and roll-on (swivel stick).

The cream is greasy, so I use it for lips and at night.

The swivel stick is about twice the diameter as a typical tube of Chapstick®, and very convenient to use.

I always pack it because it's smaller than the jar and is a solid, so it doesn't affect your liquid restrictions.

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. ® Dr. Louise

YEAR IN REVIEW 2019

CONTINUED FROM PAGE 1

member of the community came forward to provide the full amount needed.

With that help, UVCS started with 21 students, one teacher, and one Principal/teacher; John Bangsund. Mr. Bangsund continued to serve as principal for 31 years.

Former student Bella Rylaarsdam, currently a student at NNU, writes, "Upper Valley Christian School is a place where we were given countless opportunities to actively learn and serve our community.

At UVCS we were pushed to be the best we could be in our academic, social, and spiritual lives and were taught by a dedicated staff who instructed us in the love of God with a serving heart." From the beginning, UVCS's goal, along with high academic standards, has been to instill principles of love, truth, and kindness into students.

An emphasis is placed on 'family', with the intent to be a trusted community school.

There are several times during the school week that all students participate in activities together, giving the school a feeling of solidarity, where the older students help look out for the younger.

Are your trees a hazard?

Ron Hill's home on Commercial Street was a total loss after the wind blew over a large tree from his neighbor's yard. "I've complained to the PUD about that tree in the past," said Hill. On Friday Hill was in his bathroom around 1:30 p.m. when the tree came crashing down.

"It was a good thing I was in the bathroom because if I had been in the kitchen I wouldn't be here today," said Hill. Fortunately, I wasn't hurt but I had to crawl out of the house" he said.

The tree also appears to have pulled down all of the power lines on Commercial Street knocking out electrical



Photo by Bill Forhan

Windstorms knocked down several trees this year damaging homes. Fortunately, no one was seriously injured.

power to all of homes on Burke Avenue were also damaged by the storm. In that case another tree was uprooted by the powerful winds and damaged both homes.

Earlier this year a tree fell on the porch of another homeowner. That homeowner requested we not use her name. But the point is trees do not live forever.

Many of the trees in town may well be at risk to come down with the next windstorm.

NOVEMBER

Weidner Development moving along rapidly

On the North side of Safeway and just west of the new Link TransitPark and Ride, a small city is being erected. In the works since 2017 the Willkommen Village is rapidly becoming a reality.

The property was purchased by Seattle banker, Tom Lin, in 2015 and plans for the development of the property have been moving forward ever since.

Lin has engaged Weidner Apartment Homes to develop 150 apartments on the site. Weidner is a Kirkland based billion dollar development company.

Weidner prides itself in developing environmentally friendly facilities that focus on water saving bathrooms, energy efficient appliances and using low VOC paints, carpets and adhesives.

For his part Lin has worked closely with the city to address important issues like parking and housing.

When completed the development will provide an increase of about 15 percent in available housing units in the city of Leavenworth.

Lady Kodiaks advance to final four

Of all of the High School sports events in 2019, none can claim the level of success of the Kodiak Girls Soccer team. The girls only loss of the season was in the quarter final match. They won their final match to finish in third place in state competition.



Submitted photo

Kodiaks celebrate their victory on their end of season run for a state championship.



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

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ANNOUNCEMENTS
Nominations are open for positions on the CDFCU Board of Directors
• 2 year term
• Non-compensated
• Expenses Paid
• Must be a member of CDFCU
• **Must be at least 18 years of age**
Nomination Deadline is 1/4/2020

Send resume to:
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HELP WANTED
UTILITY WORKER/ SANITATION TRUCK DRIVER CITY OF CHELAN, WASHINGTON
City of Chelan is accepting applications for the position of Utility Worker/ Sanitation Truck Driver. Monthly pay range: \$4,080 - \$4,902. Application deadline: January 8, 2020 or until filled. Go to www.cityofchelan.us for additional information and employment application.

Brewster School District is accepting applications for a male paraprofessional to work with middle school and high school students.
A complete job description is located on the district's website. <https://brewsterbears.org> under employment or by contacting the district office 509-689-3418.
This position is open until filled.

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.

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Kind, nurturing people with good listening skills. These are part-time positions for our float pool.
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590 US Hwy. 2
Leavenworth

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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:
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NCW Media, Inc
PO Box 39
Leavenworth, WA 98826
or email to
Publisher@leavenworthecho.com

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The Cascade School District is seeking qualified applicants for the following positions:
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Fast Track application process and information can be found on our website at:
www.cascadesed.org
EOE

HELP WANTED
CASCADE SCHOOL DISTRICT
The Cascade School District is seeking qualified applicants for the following position:
Food Service Transporter/Server
Fast Track application process and information can be found on our website at:
www.cascadesed.org
EOE

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Three Rivers Hospital is seeking a full-time Charge/ER/Med-Surg RN responsible for providing onsite nursing service supervision and performing delegated administrative functions during specific work shift. Current WA State RN license and two years of RN experience required. Charge Nurse experience in Acute Care is preferred. Experience and skills in ER is recommended. Current BLS, ACLS, TNCC, and PALS certifications. Rotating days and includes some weekends.
Interested Candidates may apply in person or by mailing their resume to:
Three Rivers Hospital
Human Resources Dept.
PO Box 577
Brewster, WA 98812
(509) 689-2517
www.threerivershospital.net
opportunity@trhospital.net
EOE

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CROSSWORD PUZZLE
THEME: BEST-SELLING AUTHORS
ACROSS
1. Fresh talk
5. Jet follower
8. Sherlock Holmes' assignment
12. U in I.C.U.
13. Tiny river
14. Fires
15. Weather
16. "How to Make an American Quilt" author
17. Distinguishing feature
18. "Master of legal thriller"
20. "Sittin' on the Dock of the Bay" singer
21. Keyboard key
22. G. in sofa
23. "Master of Western fiction"
26. Flavorful rice dish, pl.
30. Former name of Tokyo
31. Broadcasting devices
34. Whiskey without water
35. Dried fruit and spices, in a pie
37. Member of Shoshonean people
38. Discombobulate
39. Drawn to light
40. Young traveler's inn
42. "it or lose it!"
43. Hindu spiritual retreat, pl.
45. Chase away
47. Philosophical system
48. Single-cell protozoan
50. Home on a limb
52. "James Bond creator"
54. Cafe option
55. Site of Taj Mahal
56. First queen of Carthage
59. Goes up or down
60. Jiffs
61. What accomplishes do
62. 2 aspirin, e.g.
63. Old college one
64. Ash Wednesday to Holy Saturday
DOWN
1. Blazer or Explorer
2. Baptist leader?
3. "I ___ The Body Electric" by Whitman or Bradbury
4. Sound setup
5. Like a ballerina
6. "I do" spot
7. Thief
8. "Master of romance and particularly prolific"
9. Palm tree berry
10. Sleigh runners
11. Is, in Paris
13. Podium
14. Counter seat
19. Habituate
22. Female sib
23. Helping theorem
24. Bye, in Castle
25. Calendar unit of time
27. "William Shakespeare or Dr. Seuss"
27. Sick and tired
28. Wrong answer adjective
29. "Her every novel was a best-seller"
32. Abbott and Costello, Rocky and Bullwinkle, etc.
33. "___ all fun and games."
36. "Master of detective novel"
38. "My wife can vouch for me," e.g.
40. Expression of doubt
41. Swellings
44. Daisy-like bloom
46. Summer shoe
48. "Master of the dime novel"
49. Bryan Stevenson's "Just ___"
50. Brussels' org.
51. JFK or ORD postings
52. Like Usain Bolt
53. Hurtful remark
54. Dropped drug
57. Bear's hibernation place
58. Pro baseball's "Master Melvin"

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PUBLIC NOTICES

Superior Court of Washington For Chelan County

In the matter of the estate of **Dorothy B. Schmittin, Deceased.**
No. 19-4-00400-04
Notice To Creditors
(RCW 11.40.030)

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

Date of First Publication: December 18, 2019.
RAYMOND C. SCHMITTEN and **ROLLAND A. SCHMITTEN**, Co-Personal Representatives
Attorney for the Personal Representatives:
Joseph C. Brown, Jr., WSBA# 17991
Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509)782-1111Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 19-4-00400-04
Published in the Cashmere Valley Record/ The Leavenworth Echo on December 18, 25, 2019, and January 1, 2020. #86852

PUBLIC NOTICES

Superior Court of Washington For Chelan County

In the matter of the estate of **Ronald Wayne Cline, Deceased.**
No. 19-4-00408-04
Notice To Creditors
(RCW 11.40.030)

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

Date of First Publication: January 1, 2020.
ROBERT D. CLINE, Personal Representative
Attorney for the Personal Representative:
Joseph C. Brown, Jr., WSBA# 17991
Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509)782-1111
Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 19-4-00408-04
Published in the Cashmere Valley Record/ The Leavenworth Echo on January 1, 8, 15, 2020. #86922.

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON COUNTY OF CHELAN

In re the Marriage of: **KRISTY A. TRAYNOR, n/k/a KRISTY A. BUCHANAN**, Petitioner, and **CHAD A. TRAYNOR**, Respondent.NO. 15-3-00488-1
SUMMONS BY PUBLICATION (SMPB)The STATE OF WASHINGTON to: **Chad A. Traynor****YOU ARE HEREBY SUMMONED** to appear on **February 3, 2020**, at 1:30 p.m. at the **Chelan County Superior Court, 316 Washington Street, Wenatchee, Washington** and respond to the motion. If you fail to respond, a Final Restraining Order will be issued against you pursuant to the provisions of the Restraining Order for a minimum of one year from the date you are required to appear. An Extension of Immediate Restraining Order and Hearing Notice has been issued against you, restraining you from the following: The Restrained Person must not disturb the peace of the Protected Person or of any child listed in 2.[X] **Stay away**
The Restrained Person must not go onto the grounds of or enter the Protected Person's home, workplace, or school, or the daycare or school of any child listed in 2.[X] **Also, the Restrained Person must not knowingly go or stay within 100 feet of the Protected Person, the Protected Person's home, workplace, or school, or the daycare or school of any child listed in 2.**[X] **Do not hurt or threaten**A copy of the motion has been filed with the Clerk of the Court. Signed on December 10, 2019, at Wenatchee, Washington.
JEFFERS, DANIELSON, SONN & AYLWARD, P.S.
By: **JORDAN L. MILLER**, WSBA #38863
Attorney for Petitioner
Kristy A. Buchanan,
Published in the Cashmere Valley Record/ The Leavenworth Echo on December 18, 25, 2019 and January 1, 2020. #86813

Five hidden holiday allergy triggers to avoid

(BPT) - The holidays are a time to gather for food, friends and festivities. While everything may seem merry and bright, if you have asthma or allergies, this is when you need to be cautious. A season full of tradition and good cheer can come with hidden allergy triggers if you're not aware and prepared.

The experts at the American College of Allergy, Asthma and Immunology share the most common hidden holiday allergies you should be aware of:

1. **Candles and fires:** Although many people light candles to enhance the holiday atmosphere, scented candles can quickly trigger allergy and asthma symptoms, including headaches, watery eyes and aggravated noses. Wood-burning fireplaces, while stunning during the holidays, are also a trigger due to smoke. Consider flameless candles and an electric fireplace, which have the calming appearance, but no scent or smoke to make you cough or wheeze.

2. **Trees and wreaths:** Fresh fir trees and wreaths are beautiful, but some people have contact skin allergies to a substance called terpene, found in the sap of trees. What's more, some live trees still have mold spores and pollen on them, which can cause nasal allergies to flare. Take time to rinse off live trees before you bring them in. If you have an artificial tree and decorations that you use every year, clean them to remove dust and potential mold.

3. **Hugs and kisses:** You enjoy seeing your friends and relatives during the



A season full of tradition and good cheer can come with hidden allergy triggers if you're not aware and prepared.

holidays, but you may want to reconsider all the hugs and kisses, which can easily spread germs. Flu shots are available now, and it's not too late to get yours. If you have asthma, it's particularly important to wash your hands thoroughly and regularly. If you have an egg allergy you may have been told in the past not to get the flu shot. But years of studies have shown the vaccine is safe and does not contain enough egg protein to cause an allergic reaction, even in people with severe egg allergy.

4. **Eats and treats:** Holidays are a time to gather to enjoy delicious meals and tasty treats. If you have food allergies, be vigilant about knowing what's inside each item. Some people are sensitive to even trace amounts of certain foods, and this can be particularly concerning for baked goods prepared in commercial kitchens.

Always ask before you eat something new and be an advocate for your children if they suffer from allergies. When in doubt, if you have food allergies, it's best to turn down a holiday treat with unknown ingredients.

5. **Dust and dander:** If you are allergic to indoor allergens like dust, mold and dander, you probably diligently clean your home. But that doesn't mean the host of the party you're attending does the same. Many of these triggers are invisible, so even a home that appears clean can cause that dreaded runny nose, sneezing and itchy eyes for allergy sufferers. If you're attending a party or traveling to see friends, consider packing allergy medicine just in case you start to feel symptoms from triggers tugging at your good time.

Before your social calendar fills up, consider hosting a holiday event

yourself. Even though entertaining takes work, it adds a level of control so you don't have to worry about allergy concerns. You get to cook with foods your family can safely eat and decorate with flameless candles and other allergy-friendly decor. Plus, you know your house is free of Fido's fur or hidden dust bunnies. If people offer to bring food, make sure they know of any allergy concerns. Or consider putting them in charge of other items, such as holiday napkins or paper plates.

Have questions about an existing or potential allergy for you or a loved one? Allergists are the best trained medical professionals to treat allergies and asthma, and can help you live the life you want. So if you need guidance on treating your symptoms, use the allergist locator at acaai.org/locate-an-allergist to find an allergist in your area.

Six Ideas for a new you in the new year

(StatePoint) The new year is the perfect time to hit the reset button and get a fresh start. Here are six resolution ideas, plus tools and strategies for accomplishing each:

- **Read More:** Want to read more but never seem to have an opportunity to curl up with a good book? Downloading audiobooks and listening to them during commutes and workouts can be the perfect way to "read" when you don't have dedicated time in your day.
- **Get Fit:** Working out more is one of the most common New Year's resolutions people make. To get this one to stick, consider tools that will make reaching your goals more fun. The latest additions to the G-SHOCK Women's lineup of sports watches are a good example of how wearable tech can support fitness goals. The GMAB800 Pro Trainer Watch connects to a phone app, which provides access to a number of health and fitness functions, including a three-axis accelerometer that keeps track of step counts, a timer that lets you create up to 20 combinations of five timers each, memory for up to 200 lap records and more.
- **Control Spending:** It's all too easy to spend more than

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This New Year, don't get caught in a rut. New tools and fun strategies can help motivate you to try new hobbies, sharpen your skills and improve your life.

one has or should in any given day, week or month. Use digital apps to create a budget and stick to it. Find one that will actually send you push notifications when you've exceeded your limits.

• **Make Music:** Whether learning to play for the first time or resolving to create your own compositions, new tools can support your efforts. The CT-S300 keyboard from Casio not only connects to an app offering lessons in how to play your favorite songs, but the instrument's dance music mode lets you create and remix electronic dance music tracks, as well as use the keys to trigger drum loops, basslines, synth

parts, effects, transitions and more. Bonus benefits: learning to play keyboard will improve hand-eye coordination and stimulate cognitive brain activity.

• **Declutter:** The act of decluttering your home is important, however it can seem daunting, making this one resolution that many people make but don't keep. Rather than assume you need to dedicate an entire day or weekend to tidy up, block out just five to 10 minutes a day to clear out small areas. Before you know it, you'll start to see some major improvements. You can even make it fun by putting on music and cleaning for three-song seg-

ments at a time.

- **Hone Your Math Skills:** Whether you're in school and looking to boost your grades or your formal math education is well behind you, it's never too late to hone your skills. And a great calculator, such as the fx-9860 from Casio, can help you not only become a more efficient mathematician, but one who really understands the concepts behind his or her calculations.

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