



NOVEMBER 27, 2019 • VOLUME 120, NO. 48

UPPER VALLEY NEWS SINCE 1904

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Johnson's Bavarian Barn destroyed by fire





The Johnson's barn on Ski Hill Drive and Ranger Road caught fire late Wednesday night November 20. It was completely destroyed. No one was injured but a goat that was in the barn perished and equipment stored inside was completely damaged as well. The fire is under investigation.

Everything You Wanted to Know about Levies and Bonds

Part 1 of 2 parts

SUBMITTED BY MARLENE FARRELL

If you live within the Cascade School District (CSD) boundaries, your tax statement shows five line items related to education. Why we have five different items can lead to some head-scratching.

Thus, in a series of two articles, the school taxes will be illuminated to show how they are distinct and why they are all important.

Washington state collects two of the taxes and then redistributes them to every school district across the state. On your tax statement you'll see "State School" and "State School 2." There used to be only one line item for the state. The Second State School Levy started showing up on tax statements in 2018, in response to the McCleary case, which found WA State inadequately funding districts of varying assessed property

values. The state needed to start collecting more money for schools to cover salaries, particularly for the mandated all-day kindergarten and low class sizes for K-3rd grade.

The other local taxes that fund CSD show up as "Cascade SD 228 Bond," "Cascade SD 228 Cap Proj" and "Cascade SD 228 General." The first one is the bond voters passed in 2015 to build the three new schools. The latter two are levies, each with a specific purpose.

Let's Talk about Levies

Some confusion has derived from the fact that the "Cascade SD 228 General" is known by many names. In the past it was called the Maintenance and Operations (M&O) Levy, now it's called the Education Programs and Operations (EP&O) Levy, while at the state level it's referred to as the Enrichment levy.

This (henceforth known as) EP&O levy has been capped by the state

at \$1.50 in 2019, the rate charged per \$1000 assessed property value. This cap, combined with the "State School 2" money, represent a "levy swap," allowing schools to get their needed funds without gouging less financially backed districts.

The state money is based upon a "prototypical school model." When the CSD school board hears of needs that aren't being met, those are considered "unfunded mandates," that they can aim to cover through the local levies.

It's not a perfect system, but CSD benefits because, given our relatively high assessed value, it has an EP&O rate of only \$1.18 in 2019, the lowest in the county.

Both the EP&O levy and the Capital Project levy follow four-year cycles, last approved in 2017, and up for the next approval in 2021.

The EP&O levy renews funding for critical programs not covered by basic state money. These programs include music, art, athletics, other electives, advanced classes, intervention specialists, counselors and helps supplement transportation, food services and special education.

For instance, CSD has higher transportation costs than most districts because our busses drive great distances on their circuitous routes. The EP&O funding supplements gas and vehicle wear and tear. In addition, the school board and administration have decided thattwo state-covered counselors are not enough to meet the needs of six schools. So CSD has three counselors, one at the elementary schools, one at the middle school and one at the high school.

The current Capital Project levy, which costs taxpayers only \$.13 per \$1000 in 2019, covers technology, safety and security upgrades. With this levy, Icicle River Middle School's security features have been updated to match the standards of the new

schools. This includes a camera system and a badge-operated entry system. This levy also provides additional support for keeping technology current throughout the District. The 2013 version of this levy had a broader focus; it paid for needed athletic facility improvements including lights and restroom facilities.

These two levies, up for renewal in 2021, are critical to meet the needs and provide opportunities for all students in the CSD. Without these funds, the District's budget would shrink by 17% and programs labeled "exploratory curriculum," offering students a chance to learn outside the core classes, would suffer, as would support infrastructure relating to special ed and mental health.

Stay tuned for the next installment which will serve as a refresher about the bond, how taxes are calculated and Cascade School District's financial position compared to other school districts.

Kodiaks fall to Seattle Academy for State Championship



Kascia Muscutt and Alexa Rogers pressure Seattle Academy in the state championship game in Shoreline. It would be a tough loss as the game could have gone either way. In the end Cascade finished in second place in state competiton losing 1-0.

The lady Kodiaks grab another group hug at the end of the semi-final match against Lakeside. They won 1-0 to move on to the state championship game. It's been an amazing post season as the team fought hard against all opponents winning 2 contests in overtime.





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BUSINESS JOURNAL MIRE



Inside The ECHO this week

 Inserts
Dan's Food Market
Coastal Farm





Phone: 509-548-5286



THE LEAVENWORTH ECHO • NOVEMBER 27, 2019

Chicken Marsala over Rice

and I am SO grateful for this wonderfully easy and tasty chicken recipe, which keeps me from having to make fried

The first time I made Chicken Marsala in my Instant Pot, my husband Charlie declared it was the best chicken he'd ever eaten.

"Better than fried chicken?"

THE LEAVENWORTH

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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

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

Reporter/Photographer

Advertising Sales Manager

Carol Forhan • 509-548-5286

carol@leavenworthecho.com

Creative Services Echoads@leavenworthecho.com

Front Office Classified / Legal Notices

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Letters policy

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

It's a time to offer thanks, I asked. "Much better. Best very bland. And it DESPERchicken, ever!"

> While in Germany visiting our daughter this summer, I haunted the aisles of the smaller German markets, seeking out the spices and chicken to make Chicken Marsala for her in her own Instant

> Finally, I had gathered together everything I needed except for the Marsala wine. With my broken German, I tried to explain what I was looking for, but none of the markets I visited had any.

> "Let's try Kaufland, the supermarket at the edge of town," she suggested. Kaufland did have wine, four full aisles of it. But sadly, no Marsala. After half an hour of fruitless searching, we gave up and settled on a bottle of sherry. With the sherry instead of the Marsala, the chicken was tender, but it was

ATELY needed some salt.

I've served this over mashed potatoes, pasta, even mashed cauliflower. But it is especially good with rice, and I've included my favorite rice recipe for you as well. The recipe comes from an Instant Pot cookbook from Jennifer Robins. You don't have to do Paleo to enjoy the recipes, though. I've made over a dozen of them and they've all been wonderful.

I suggest that you NOT substitute the Marsala with any other cooking wine in this recipe. Just saying...

Chicken Marsala in the Instant Pot Makes 4 servings

Prep Time: 5 minutes Cooking Time: 28 minutes

- ♦ 4 tbsp (60 ml) avocado oil
- ♦ 1 onion, chopped ◆ 20 oz (560 g) sliced mushrooms
- ♦ 1 tsp sea salt
- ♦ 1 tbsp (3 g) dried parsley
- 1 tsp garlic powder

- ♦ ½ tsp ground black pepper
- ♦ ¾ cup (180 ml) Marsala wine
- ♦ 2 lbs (900 g) chicken, chopped ♦ ½ cup (120 ml) chicken broth
- 1. Press the Sauté button on your Instant Pot, then pour in the avocado oil, letting it warm up for a minute before adding the onion and mushrooms to the hot oil. Stir for about 10 minutes, or until the mushrooms
- 2. Add the sea salt, dried parsley, garlic powder, pepper and Marsala wine, stirring to distribute the seasonings. Allow them to simmer for about 2 minutes.

begin to brown.

- 3. Add the chopped chicken and chicken broth. Put on the lid of your Instant Pot, lock it and close the pressure valve. Press the Keep Warm/Cancel button, then the Pressure Cook/Manual button. Press the +/- buttons until you have 8 minutes displayed.
- 4. After the cooking cycle is complete, open the pressure valve for a quick release of pressure, then when the pressure drops enough to allow you to, remove the lid. Use a slotted spoon to remove the meat, onions and mushrooms from the Instant Pot, press the Keep Warm/

Cancel button, and then press the Sauté button.

5. Allow the sauce to simmer, boiling off extra liquid to thicken the sauce, for about 10 minutes. Serve over rice, mashed potatoes, or pasta.

Adapted from: Affordable Paleo Cooking with your Instant Pot by Jennifer Robins.

Years ago, I served as an Emergency Medical Technician and Fire Captain on our rural volunteer fire depart-

I was cooking some rice on the stove late one Saturday afternoon when my fire pager went off, and as I headed to the fire station, I thought I had turned off the stove. I arrived back home 3 hours later to find my favorite pan filled to the brim with the gummiest, stickiest, crustiest mess you could imagine! I never dared to cook rice on the stove again... until now. Mark Bittman's recipe for short- or medium-grain rice is SO easy, and always turns out perfect.

My Favorite Way to Cook Rice Makes 4 servings. Takes about 45 minutes, but keeps very well.

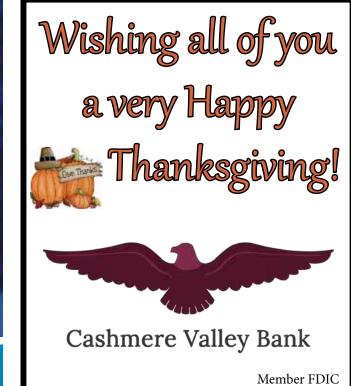
LOUIS

- ◆1 ½ cups short- or medium-grain rice, well rinsed and drained (rinse until water runs clear)
- ♦2 ½ cups water
- ♦1 tsp salt, or to taste
- 1. Combine rice, water and salt in a medium saucepan and let sit for about 30 minutes. The rice will absorb most of the water.
- 2. Cover the pan, then place it over high heat to bring it to a boil. Once boiling, turn down heat to mediumlow and cook, undisturbed, for 15 minutes.
- 3. Turn off the heat. The rice will be done in 10 minutes, and will hold up for up to 1 hour. From: How to Cook Everything, by Mark Bittman.

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. ®2019 Louise Achey















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What: Items pertaining to local events that are free or maximum charge of \$100 fee.

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AA Meeting Schedule

Information numbers for AA:

509-548-1627, 548-4522, 664-6469, 425-773-7527, 1-206-719-3379

Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St.

Sunday, 7 p.m., Leavenworth Senior Center, 423 Evans St.

Tuesday, noon, First Baptist Church, 429 Evans St. **Tuesday, 7 p.m.,** Light in the Valley, 8455 Main Street, Peshastin

Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.

Thursday, noon, First Baptist Church, 429 Evans, Leavenworth Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain

Information number for Alanon: 509-548-7939

Alanon Meeting Schedule: Monday, 7 p.m., United Methodist Church, 418 Evans St.

Celebrate Recovery

Friday, dinner 5:30 p.m., meeting 6:15 p.m. Leavenworth Church of the Nazarene, 111 Ski Hill Drive.

Please contact us for questions. Dave and Nancy Bartholomew 509-596-1510

Community Calendar

Wednesday

Peshastin Water District, 5:30 p.m. Peshastin Memorial Hall. Call Abby Bergren, 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 Bill Forhan. 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.

The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991.

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.

I.P.I.D. Meeting, 8 a.m., Anthony "Toni" 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.

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.leaveworthmasons.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.

Sun. & Mon., Closed Tue., 3 - 7 p.m.

Wed., Thurs., and Fri., 2 - 6 p.m.

Sat. 9 a.m. - 6 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.

Streets

Leavenworth

November15

02:37 Alarm, 500 Pine St., Alpine Lakes Elementary

08:27 Harass/Threat, 21309 Stetson Rd., Plain

10:50 Accident/No Injuries, 960 US Hwy. 2, Post Office 10:56 Welfare Check, 9703 E.

Leavenworth Rd. 11:59 Suspicious, 9013 Motel Rd.,

Dryden 19:40 Public Assist, 2318 Pine Tree Rd.

22:44 Noise, 12160 Emig Dr.

November 16

02:06 Domestic Disturbance, 10184 Merry Canyon Rd.

07:34 Alarm, 16889 Mule Tail Flats Rd. 08:38 Accident/No Injuries, 10190

Chumstick Hwy., Cascade High School 09:53 Domestic Disturbance, 525

Pine St. 11:58 Parking/Abandon, Shugart

Flats Rd. & Chiwawa 13:51 Parking/Abandon, 820 Front St., Gazebo Park

22:24 Suspicious, 8200 E. Leavenworth Rd. 23:32 Welfare Check, Leavenworth

November 17

02:45 Alarm, 500 Pine St., Alpine **Lakes Elementary**

03:12 Suspicious, 505 US Hwy. 2, Icicle Village Resort 09:24 Alarm, 500 Pine St., Alpine

Lakes Elementary 10:57 Civil, 257 Center St. 13:15 Littering, 2112 Chiwawa Court

November 18

15:54 Theft, 217-9th St.

07:00 Welfare Check, 505 US Hwv. 2

08:59 Public Assist, Old Blewett Rd. & US Hwy. 97

14:16 Parking/Abandon, 9825 Duncan Rd., Alpine RV

November 19

04:02 Trespass, 505 US Hwy. 2, Icicle Village Resort 04:56 Property, 8th & Commercial 06:23 Trespass, 817 Commercial

06:58 Trespass, 932 Front St., Starbucks 09:03 Parking/Abandon, 111 Ski

Hill Drive 09:24 Property, 820 Front St., Gazebo Park

10:04 Harass/Threat, 802 Pine St. 10:55 Parking/Abandon, 9825 Duncan Rd.

12:23 Public Assist, 9286 E. Leavenworth Rd. 13:37 Welfare Check, 18690 Rieche

Rd., Lake Wenatchee 15:40 Traffic Offense, Titus & **Detillion Roads**

16:32 Property, 10170 Ski Hill Dr.

17:19 Drugs, 520 Pine St. 17:20 Drugs, 500 Pine St., Alpine Lakes Elementary

17:51 Public Assist, 15353 US Hwy. 2, Lake Wenatchee 19:13 Juvenile Problem, 15353 US

Hwy. 2, Lake Wenatchee 22:48 Suspicious, 209 W. Whitman

November 20 00:18 911 call, 1 Yodelin Pl., Stevens

Pass 00:42 Suspicious, 185 US Hwy. 2, Fairbridge Inn

09:14 Suspicious, 9255 Foster Rd. B.Js

10;20 911 call, 309-8th St., Post Hotel

13:41 Property, Commercial & 9th Streets

14:21 Extra Patrol, 9265 E. Leavenworth Rd. 18:36 Traffic Offense, 303

Commercial St. 19:59 Harass/Threat, 1133 US Hwy.

22:02 Alarm, 913 Front St., South 23:40 Agency Assist, 10196 Ski Hill Dr.

November 21

02:38 Alarm, 500 Pine St., Alpine Lakes Elementary

09:50 Agency Assist, 3432 Hansel Lane, Peshastin

10:17 Vehicle Prowler, 11645 North Rd., Amtrak Parking 10:21 Suspicious, 18095 Chumstick

14:07 Public assist, 18124 Chumstick Hwy.

15:03 Parking/Abandon, Sunitsch Canyon Rd. & Chumstick Hwy. 15:28 Suspicious, 10649 US Hwy. 2, Peshastin

15:31 911call 1 Yodelin Pl., Stevens

17:31 Extra Patrol, 10196 Ski Hill Dr. 17;46 911 call, 10195 Titus Rd. 20:26 Welfare Check, Sunitch

Canyon Rd., & Chumstick Hwy. 21:13 Trespass, 308 Zelt Strasse, Pine Village

Leavenworth Village Voices

presents Still is the Night choral concert

December 6, 13, 19 at 7:30^{PM} December 15 at 1:00 PM

Leavenworth Church of the Nazarene 111 Ski Hill Drive

Tickets at the

Leavenworth Chamber of Commerce or at the door \$20 for an individual ticket

\$50 for a family (2 adults + 1 or more children) No children under the age of 5.

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. November 28 Thursday: No lunch.

November 29, Friday: No lunch. November 30, Saturday and December 1, Sunday: No lunch.

December 2, Monday: Beef & tomato pasta casserole, spinach salad, chilled peaches, whole wheat roll, dessert. December 3, Tuesday: Baked chicken, wild rice, glazed carrots, kale slaw,

fruit cocktail, whole wheat roll, dessert. December 4, Wednesday: Bacon cheeseburger, sweet potato fries,

City Council Meetings

Southwest salad. Oregon berries, dessert.

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,

Joel Walinski 548-5275. (2nd Tues.) 3 p.m., Design Review Board, City Hall, Sue Cragun 548-5275

6:30 p.m., Leavenworth City Council meeting, City Hall,

Joel Walinski 548-5275 (2nd & 4th Tues.)

Leavenworth **Celebrate Christmas with the Leavenworth Village Voices**

For one of four concerts this Christmas season. The choir will perform traditional and new holiday favorites that will delight all ages. Performances are on Friday, Dec. 6, Friday, Dec. 13, and Thursday, Dec. 19 at 7:30 p.m., and on Sunday, Dec.15, at 1p.m. at the Leavenworth Church of the Nazarene. Tickets available in advance by credit card at the Chamber of Commerce, 509-548-5807, cash or check at the door. \$20 for an individual and \$50 for a family of four (two adults and two or more children). No children under five years-old please. (er 48, 49).

Annual Craft Fair The Hilfreiche Hausfrauen Club, a guild of Cascade Medical will hold their Annual Craft Fair at the Leavenworth Community United Methodist Church, 418 Evans Street on Saturday, December 7 and 14 from 10-4 p.m. Many handcrafted items will be featured. Proceeds will go to purchase equipment for Cascade Medical and local charities. For

information call Gen 548-6222. (e 48, 49) **Christmas Market, Bake Sale and Luncheon**

The Leavenworth Community United Methodist Church, at 418 Evans Street invites you to join them for the annual Christmas Lighting Market, Bake Sale and Luncheon on Saturday, December 7 and December 14 from 11:30-3 p.m. Cost is by donation. Lunch will also be served on Saturday December 21. Proceeds will go to the church programs,I coal, national and international missions. The Sanctary will be open to "Pause and Reflect" during the day. For other information call Gen 548-6222.

(er 48, 49) Dryden

Dryden Community Church

Join us for the Village Voices concert and sing along on December 1, 6 p.m. Church is located at Hwy. 2 and 6801 Dryden Ave. No charge, free vill donation. Call for more information, 782-2935. (er48).

Regional **Link Transit Provides Letters to Santa Workshop**

Link Transit has enlisted special elves from the North Pole to assist young writers in crafting letters to Santa during a free workshop Friday, December 6, 9:30 a.m. to Noon at Wenatchee's Columbia Station. The event includes a trip on the Link bus to deliver the letters to the post office. Reservations required. For information, call 509-664-7624 or email: sdanko@linktransit.com. (er48,49).

ICICLE CREEK

ICCA HOLIDAY LINEUP!

MASON ELLIOTT

We are so excited for the upcoming holiday season! Our lineup of performances this season is is set to be something you won't soon forget. We hope to see you out on our campus enjoying time with freinds

and family! A Tuna Christmas and Friends - Nov. 29 & 30

A Handbell Christmas - Dec. 7 Tingstad and Rumbel - Dec. 13

Wicklines' Down Home Family Christmas - Dec. 14

Magical Strings Celtic Yuletide - Dec. 20 & 21



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

Education. Entertainment. Inspiration.



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

Neighbors

Obituary



Gary Michael Graham, 71, of Plain, Washington, passed away on Sunday November 10, 2019 at Cascade Medical Center in Leavenworth, Washington. He was born November 3, 1948 to Gaillard and Margaret Graham and lived

Gary Michael Graham

November 3, 1948 – November 10, 2019

his entire life in Washington State. Gary enlisted in the army in 1968 and spent four years stationed in Germany. After returning home he worked for his father as a general contractor and in 1990 moved to Plain Washington where he built countless homes throughout the Plain and Wenatchee valley.

Gary was very personable and trustworthy and became close friends with almost everyone he built a home for.

Gary had a great passion for the outdoors and spent most of his free time from childhood to the present-day snowmobiling, cross country skiing, hiking, hunting and fishing with family and friends throughout the Cascade and Olympic mountains of Washington state. His favorite pastime was cruising in his boat on the turquoise waters of Lake Chelan in Eastern Washington.

Throughout the years, with his wife Myndi and his numerous faithful dogs, they enjoyed exploring the many private harbors and jagged peaks surrounding the fifty-mile-long lake.

Gary was a great friend and mentor to many, both old and young and was always willing to lend a helping hand to anyone who needed it.

Gary and Myndi had no children of their own but helped to raise Gary's niece, Thea Scharmann.

He is survived by his wife and best friend Myndi Hanberg-Graham, brother Tim Graham, sister Wendy Graham, brother Rick Graham, as well as many nieces, nephews and cousins.

A celebration of life service will be held Saturday January 4 at Ponderosa Community Club in Plain Washington from 1:00-4:00 p.m. Donations in Gary's name can be made to the American Cancer Society at: PO Box 22478, Oklahoma City, OK 73123 or call 1-800-227-2345.



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UPPER VALLEY CHURCH GUIDE New to our area? On vacation These churches welcome you! New to our area? On vacation?

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



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 CHRIST CENTER 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

LEAVENWORTH

www.midvalley baptist.org

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.

Sunday Worship 10 a.m.

www.leavenworthumc.org CORNERSTONE BIBLE CHURCH Leavenworth Grange Hall 621 Front St. • 548-0748

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school) Church: 548-7667

> Meetings: Sunday - 10:00 a.m. FAITH LUTHERAN CHURCH - ELCA "Reconciling Works Congregation"

> > 224 Benton Street • 548-7010

Worship 9:30 a.m. w/coffee following www.faithleavenworth.org FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

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Sunday Worship: 11:00 AM Website: 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



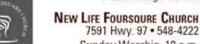
PESHASTIN

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



Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com THE LEAVENWORTH ECHO • NOVEMBER 27, 2019

WINTERS PORT SPREVIEW

BOYS BASKETBALL SCHEDULE

Tue, Dec 3	vs Quincy 7:15 p.m.				
Thu, Dec 5	vs Naches Valley 7:15 p.m.				
Tue, Dec 10	vs Okanogan 7:15 p.m.				
Thu, Dec 12	vs Cle Elum 7:15 p.m.				
Fri, Dec 13	vs Waterville-Mansfield 7:15 p.m.				
Tue, Dec 17	vs Chelan 7:30 p.m.				
Fri, Dec 20	At Omak 7:15 p.m.				
Fri, Dec 27	Cascade Holiday Hoops Classic				
Sat, Dec 28	Cascade Holiday Hoops Classic				
Fri, Jan 3	At Okanogan 7:15 p.m.				
Tue, Jan 7	At Cashmere 7:15 p.m.				
Fri, Jan 10	vs Highland 7:15 p.m.				
Tue, Jan 14	At Chelan 7:30 p.m.				
Fri, Jan 17	vs Omak 7:15 p.m.				
Tue, Jan 21	vs Cashmere 7:15 p.m.				
Fri, Jan 24	vs Okanogan 7:15 p.m.				
Tue, Jan 28	At Warden 7:15 p.m.				
Fri, Jan 31	At Chelan 7:15 p.m.				
Tue, Feb 4	vs Omak 7:15 p.m.				
Thu, Feb 6	At Cashmere 7:15 p.m.				
Sat, Feb 15	CTL League Championships Eastmont (Host)				

GIRLS BASKETBALL SCHEDULE

SCHEDULE							
Tue, Dec 3	vs. Quincy 5:45 p.m.						
Thu, Dec 5	vs. Naches Valley 5:45 p.m.						
Tue, Dec 10	vs. Okanogan 5:45 p.m.						
Thu, Dec 12	vs. Cle Elum 5:45 p.m.						
Fri, Dec 13	vs. Waterville-Mansfield 5:45 p.m.						
Tue, Dec 17	vs. Chelan 5:45 p.m.						
Fri, Dec 20	At Omak 5:45 p.m.						
Fri, Dec 27	Holiday Classic 3:00 p.m.						
Sat, Dec 28	Holiday Classic 11:00 p.m.						
Fri, Jan 3	At Okanogan 5:45 p.m.						
Tue, Jan 7	At Cashmere 5:45 p.m.						
Fri, Jan 10	vs. Highland 5:45 p.m.						
Tue, Jan 14	At Chelan 5:45 p.m.						
Fri, Jan 17	vs. Omak 5:45 p.m.						
Tue, Jan 21	vs. Cashmere 5:45 p.m.						
Fri, Jan 24	vs. Okanogan 5:45 p.m.						
Tue, Jan 28	At Warden 5:45 p.m.						
Fri, Jan 31	vs Chelan 5:45 p.m.						
Tue, Feb 4	vs. Omak 5:45 p.m.						
Thu, Feb 6	At Cashmere 5:45 p.m.						
Sat, Feb 15	CTL League Championships At Eastmont (Host)						
Post Season (If Qualified)							
Feb 28 - Mar 7	1A Regionals & State at SunDome, Yakima						

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CASCADE BOYS BASKETBALL TEAM ZO19



Back row from Left, Wyatt Lambert, Bret Fraker, Parker Nunnally, Kaston Dillon, Hans Schlyer, Cole Warnaca, Isaac Cortes, Isaiah Dayton Front row from left, Teague Duncan, Hunter Rodgers, Alex Flick, Cam Ostrem, Hunter Stutzman, Eric Rosario

CASCADE GIRLS BASKETBALL TEAM 2019



Girl's names not available at press time.

CASCADE WRESTLING TEAM 2019



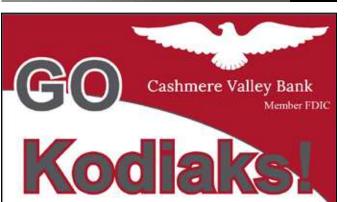
Back Row from the left, Ernesto Pina, Cole Warman, Alex Ruvalcaba, Yahir Espinoza, Spencer Drolc, Lane Etheridge, Ozzy Chirstoffersen, Hunter Reinhart, Adian Arceo.

Second Row from the left, Victor Lopez, Alonzo Johnson, Hector Ramirez, Rally Baker, Juan Martinez, Austin Curry, Jesus Sandoval,

Front Row from the left, Damian Sandoval, Colton Latimer, Will Burgess, Shawn Vandegraft, Alex Bergland, Max Townsdin.











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WINTERS

BOYS WRESTLING **SCHEDULE** Wed. Dec 4 At Cle Elum Jamboree 6 p.m. Sat. Dec 7 Pioneer Invitational Tournament At Omak 10:00 a.m. Cascade, Okanogan, Pateros Fri, Dec 13 vs. Mount Baker 6 p.m. Sat, Dec 14 Granger Ironman Invite, At Granger 10:00 a.m. Cascade, Forks, Grandview, Riverside Thu, Dec 19 Okanogan 6 p.m. At Omak Thu, Dec 19 Omak 7 p.m. At Omak Sat, Dec 28 Cat Classic Invite 2019 At Eastmont (Host) 10 a.m. Rocket Invitational At Castle Rock 10:00 a.m. Sat, Jan 4 Tue, Jan 7 vs. Cashmere 6 p.m. **Cascade Double Dual** Tue, Jan 7 vs. Omak 7 p.m. Cascade Bavarian Invite 10:00 a.m Sat, Jan 11 Brewster, Eastmont, East Valley (Yakima), Grandview, Highland, Lake Roosevelt, Naches Valley, Okanogan, Omak, Pateros, Prosser, Quincy, Seattle Academy, Sedro-Woolley, Wenatchee Lake Roosevelt 6:00 p.m. Home CHS Tue, Jan 14 Sat, Jan 18 Apple Pie Invitational vs. Tonasket 10:00 a.m. Wed. Jan 22 At Chelan p.m. Wed, Jan 22 At Cashmere 7 p.m. Sat, Jan 25 **Cashmere Double Dual** Rumble in the Valley At Prosser 9 a.m. At Chelan 6:00 p.m. Tue, Jan 28 Tue, Jan 28 Okanogan 7 p.m. Sat. Feb 8 **CTL League Championships** Post Season (If Qualified)

Hats off for a great season! Go Kodiaks!

Deer Park High School

9:30 a.m. 8 Ws Schedule Regional Wrestling at



Feb 15.



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SUBMITTED BY MARCIA SMITH

Raise money for the Cascade Tennis team and the tennis/pickleball courts. Registration starts at 8:20 Thanksgiving morning at the Gazebo.

Runners, walkers, strollers, dogs and costumes are welcome Dogs in costumes are awesome! Adults \$15/K-12 \$10



1949-2019

Kashmir Gardens will be closing permanently December 14th as the time has come to grow into new life adventures.

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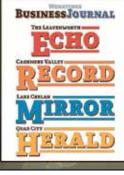
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*CONGRATULATIONS!

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*Happy Anniversary

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> Apply in person Enzian Inn 590 US Hwy. 2 Leavenworth



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

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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, présent and serve the daily breakfast buffet and at catered functions.

Full and part-time posirequiring ltions 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.



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

Icicle River Middle Intervention Specialist

Fast Track application process and information can be found on our website at:

www.cascadesed.org



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HELP WANTED

Part-time Office Billing Clerk Lake Chelan **Reclamation District** Manson, Washington

The LCRD is an irrigation district that provides domestic water, irrigation and sewer services. We are hiring for a part-time office person to following perform the

- Customer service
- Answering telephones Various billing, collection, typing, filing and more.
- Knowledge of MS Office, Outlook, Excel is required

Salary Range: \$18-\$22/ hour

Download an application and a full detailed description of job tasks and requirements on our website. www.lcrd.org Apply by submitting a District application, resume and cover letter by e-mail to

staff@lcrd.org Position is open until filled.



Full-time/Day or Night Shift Three Rivers Hospital is

in need of two Med/ Surg RNs to perform general nursing duties in an acute care setting with adequate supervi-Day and night shift sion. positions available. Current WA State RN license and must have current BLS/ CPR and obtain ACLS certification within one year. Rotating days and includes some weekends.

Interested Candidates may apply in person or by mailing their resume

Three Rivers Hospital Human Resources Dept. PO Box 577

Brewster, WA 98812 (509) 689-2517 x 3343 www.threerivershospital.net opportunity@trhospital.net EOE



HELP WANTED

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

Custodian Cascade High School Swing Shift, 8 Hours

Custodian **Beaver Valley** Swing Shift, 2 Hours

Custodian Icicle River Middle School Swing Shift, 3 Hours

Fast Track application process and information can be found on our

website at: www.cascadesed.org EOE

Water Distribution Technician Lake Chelan **Reclamation District** Manson, Washington

The LCRD is an irrigation district that provides domestic water, irrigation and sewer services. Full-time Employment

- Provide construction and operations support Perform manual labor
- activities Available for rotational off-hour emergency response duty
- Must be willing to relocate to the Manson area.

Salary Range: DOE + Full benefits

Download an application and a full detailed description of job tasks and requirements on our website. www.lcrd.org Apply by submitting a District application, resume and cover letter by e-mail to staff@lcrd.org

Position is open until filled.

HELP WANTED



Three Rivers Hospital is seeking seeking a full-time Charge/ER RN responsifull-time ble 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 experience Nurse Acute Care is preferred. Experience and skills in recommended. is Current BLS, ACLS, TNCC, & 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





CROSSWORD PUZZLE



THEME: 20TH CENTURY INVENTIONS

- 1. Observation point's attraction
- 5. Included for large parties? 8. 252 gallons of wine 11. Soprano's song, e.g.
- 12. Pakistani tongue 13. Word with foster or health
- 14. Lancelot and Mix-a-Lot 15. Unstable particle 16. Orangutan, biologically speaking
- 17. *Car safety invention 19. Caspian Sea, e.g. 20. They flock together?
- the ramparts.
- 22. *RisquE garb named for atoll 25. *Bakelite was first one made from
- synthetics 29. RNs' ora
- 30. Like a pumpkin on Halloween 33. Ä
 34. "To Kill a Mockingbird" protagonist
- 36. Columbus Day mo. 37. Unlock
- 38. Without, in Paris 39. Limestone landscape forms
- 41. Broke bread 42. *Synthetic for a diabetic 44. Putin's currency
- 46. *Willis Carrier's invention conditioned it 47. *Aspartame-based sweetener
- 49. Hard tale to believe 51, *Scuba diver's gear "It's still Rock and Roll" to him
- 55. The Colosseum, e.g. 56. Stage part
- 58. Bohemian 59. Gold coating 60. Fishing rod attachment
- 61. Sticky stuff 62. Make a choice 63. Big Bang's original matter

DOWN 1. Military hospitals 2. Fleur-de-lis 3. Irish word for Ireland

4. Sushi restaurant "burner"

- 5. Set straight 6. Objects of worship 7. Fourth down option 8. *Little Willie or T-34
- 9. Egg on 10. Opposite of paleo-12. Perugia region
 13. Make less refined
- 16. Court bargain 18. Touch of color
- 21. Antediluvian 22. Low in La Scala, pl 23. Relating to Quechuan people
- 24. Unstable mesons 25. Four-legged friends
- Ligation 27. All worked up 28. Apple leftovers 31. Multicolored horse
- 32. *Acronym that revolutionized TVwatching 35. But not always
- 37. Like some suspects? 39. Crëme de cassis plus wine 40. Like Ferris Bueller
- 43. Monet's water flower 45. Out of focus 47. Provide with gear
- 48. Cover with a story to tell? 49. Beginner
- 50. Charlie Parker's sax 51. Golden Fleece ship Season to be jolly 53. High school club
- 54. *Air____, vehicle restraint 57. Freddie Krueger's street

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9

HELP WANTED



Three Rivers Hospital is seeking a full-time Clinic Patient Registration Collects required Rep. information and patient enters into computer database for our clinic patients. Candidate must good computer have skills and excellent customer service, interpersonal and office skills portray a profesand manner. High sional School diploma required. Spanish bi-lingual is required.

Interested Candidates may apply in person or by mailing their resume to:

Three Rivers Hospital
Human Resources Dept.
PO Box 577
Brewster, WA 98812
(509) 689-2517
www.threerivershospital.net
opportunity@trhospital.net
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9	1	8	7	4	5	6	3	2
3	7	6		2	9	8	5	4
1	6	3	5	7	2	9	4	8
5	4	7	8	9	3	2	6	1
8	2	9	4	1	6	3	7	5
6	3	1	9	8	4	5	2	7
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2	8	4	6	5	7	1	9	3



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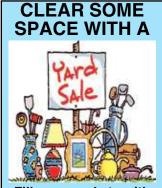
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Deadline Tuesday at noon for the paper Quad City Herald

<u>Cashmere</u>

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

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PUBLIC NOTICES

Superior Court of Washington For Chelan County In the matter of the estate of

Larry N. Ward, Deceased. No. 19-4-00371-04 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 her 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 for-ever 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: November 27, 2019.

GLENDA R. LOVE, 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: 19-4-00371-04 Published in The Cashmere Valley Record/ Leavenworth Echo on November 27, December 4, and December 11, 2019.#86687



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PUBLIC NOTICES

NOTICE OF EQUALIZATION

NOTICE IS HEREBY GIVEN that the Assessment Rolls of the Icicle and Peshastin Irrigation Districts, in Chelan Washington, for the Chelan vear of 2019, has been completed and delivered to the Boards of Directors, and that said assessment books are now and will remain in the office of the Secretary of said Districts for the inspection of all parties interested; AND THAT the Boards of Directors will meet as Boards of Equalization to equalize said assessments on Tuesday December 10, 2019 at 8:00 A.M., at the office of the secretary of said Districts, which is at 5594 Wescott Drive, Cashmere, Washington 98815, at which time and place all person objecting to said assessment as made, may be heard. In accordance with RCW 87.03.250 and RCW 87.03.255. Published in The Leavenworth Echo/ Cashmere Valley Record on November 27 and December 4, 2019. #86693

Upper Valley Park & **Recreation Service Area** On the 20th day of November 2019, the Board of the Upper Valley Park & Recreation Service Area passed the following budget resolutions. A summary of the contents of each provides as follows: Resolution 1-2019: A Resolution authorizing the regular property tax levy plus 1% increase and is authorized for the levy to be collected in 2020: Resolution 2-2019: A resolution amending the budget for 2019; and Resolution 3-2019: A resolution adopting a budget for 2020, and providing other matters properly relating thereto. A copy of the full text of the resolutions are 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 0826 enworth, PO Bo worth, WA 98826. Published in The Leavenworth Echo/ Cashmere Valley Record on Novem-

CITY OF LEAVENWORTH 2020 LODGING TAX GRANT FUNDING OPPORTUNITY

ber 27, 2019. #86678

The City of Leavenworth is inviting festival, event and hospitality organizers to submit applications for the annual Lodging Tax grant funding dollars. Along with the past program for new Festivals and Events, the City Council is instituting a new program opportunity for Tourism Hospitality and Special Projects. The Festival & Event program will include \$15,000 with limits per applications of \$0.000 and the Taping and \$15,000 and the Taping \$1500 and the Tapi plicant of \$3,000 and the ism Hospitality and Special Projects program will include \$30,000 with limits per applicant of \$7.500. The deadline for submission this year will be December 31, 2019 and is anticipated for review and award by the City Council on February 11, 2020. To learn more and obtain a copy of the Grant Application Forms and Scoring Criteria, please contact Chantell Steiner at (509) 548-5275, download the forms from our website under News & Notices at www.cityofleavenworth.com, or

you may pick up the applications at City Hall, located at 700 US Highway 2, Leavenworth. Publish In The Leavenworth Echo/Cashmere Valley Record on October 30, and November 27, 2019. #.86468

The Cascade School District has declared these items surplus and are now available to

the community.
The below items are available for purchase — on a first come, first serve basis, make offer, details upon request, everything sold as is.
Call 509-548-5885, ask for Teresa.

•20 old teacher desks •75 old tables, various sizes and shapes •350 miscellaneous chairs for

students
•25 4-drawer file cabinets
•Pile of metal framework for old greenhouse tables – Made from 1"x1" square tubing
•40 various ink jet and laser printers

The items listed below are available to purchase through sealed bids only. Details and viewing upon request, call 509-548-5885, ask for Teresa. Sealed bids will be accepted until December 6th, 2019 at 4 p.m. Bids may be mailed or dropped off at Cascade School District, 330 Evans Street, Leavenworth, WA 98826.

•3 buses with seats removed – used in the moving process for two years and no longer need

•2002 International transit bus, 40', 206245 miles, runs, no seats

•1997 International transit bus, 40', runs, no seats •1995 AmTran Transit bus – 40', runs, no seats

•Old Greenhouse parts (fans, Lexan, other) – not complete, no minimum •2- 20' conex containers – some

leaks on both, \$500 minimum on each
•Turf Vac – Kohler Model K-341, no minimum
•Large Generator, Diesel \$1000 minimum, was used for back up lighting and life safety systems for our previous HS building. Worked when removed annually inspected

removed, annually inspected.
•Fertilizer Spreader – Cosmo (metal cone), no minimum.
Published in The Leavenworth Echo/Cashmere Valley Record on November 27 and December 4, 2019.
#86640

Treating hair loss

My 60-year-old brother Dennis is lean and fit today, but yet nearly unrecognizable from his high school senior yearbook photo. That's because it shows him with a full head of hair.

Hair loss affects nearly half of Americans, with the most common type the one experienced by my brother: androgenic alopecia, which is male hormone-related hair loss.

Androgenic alopecia is a genetic condition affecting both women and men. Male pattern baldness shows up as a receding



hairline, with nearly 80% of white males affected by the age of 70. Female pattern baldness takes longer to develop and creates an overall thinning of hair, with more scalp showing where they part their hair.

Our hair grows out of a specialized set of cells in our skin called hair follicles, and grows in 2 phases: a longer growing phase

Public

Notices

NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of

Washington 61.24, et seq.108 1st Ave South, Suite 202, Seattle, WA 98104 Trustee Sale No.: WA-18-813159-BB Title Order No.:

180184902-WA-MSW Reference Number of Deed of Trust: Instru-

ment No. 2243092 Parcel Number(s): 222128440150, 58678 Grantor(s) for Recording Purposes under RCW 65.04.015: **VICTORIA L**

BRADLEY, A SINGLE PERSON Current Beneficiary of the Deed

of Trust and Grantee (for Recording Purposes under RCW 65.04.015): U.S. Bank, N.A., successor trustee to LaSalle Bank

National Association, on behalf of the holders of Bear Stearns As-

set Backed Securities I Trust 2007-FS1, Asset-Backed Certificates Series 2007-FS1 Current Trustee of the Deed of Trust: Quality

Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: Select Portfolio Servicing, Inc. I.NO-TICE IS HEREBY GIVEN that Quality Loan Service Corp. of Wash-

ington, the undersigned Trustee, will on 12/27/2019, at 10:00 AM

At the main entrance to the Chelan County Courthouse, located at 350 Orondo St, Wenatchee, WA sell at public auction to the highest

and best bidder, payable in the form of credit bid or cash bid in the

form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real

property, situated in the County of CHELAN, State of Washington, to-wit: THE WEST HALF OF THE EAST HALF OF THE NORTH HALF OF THE SOUTHEAST QUARTER OF THE SOUTHEAST QUARTER OF SECTION 28, T 22 N, R 21 E, W.M., CHELAN COUNTY, WASHINGTON, EXCEPTING A TRACT COMMENCING AT THE NORTHEAST CORNER OF THE NORTHEAST

QUARTER OF THE SOUTHEAST QUARTER OF THE SOUTHEAST QUARTER SECTION 28, T 22 N, R 21 E., W.M., THENCE RUNNING WEST ALONG THE NORTH LINE OF SAID N.E. 1/4

OF THE S.E. 1/4 OF THE S.E. 1/4, FOR 175 FEET TO THE TRUE POINT OF BEGINNING FOR THIS DESCRIPTION; THENCE CONTINUING WEST ALONG THE NORTH LINE FOR 200 FEET;

THENCE SOUTH FOR 200 FEET; THENCE EAST FOR 200 FEET; THENCE NORTH FOR 200 FEET TO THE TRUE POINT OF BEGINNING; EXCEPTING ALSO RIGHT OF WAY FOR COUNTY ROAD. More commonly known as: 3911 DIXIE LN,

MALAGA, WA 98828 Under that certain Deed of Trust recorded 11/22/2006, under Instrument No. 2243092 of CHELAN County Washington, from VICTORIA L. BRADLEY as grantor(s), PACIFIC NORTHWEST TITLE COMPANY OF WASHINGTON, INC. as original trustee, to secure an obligation in favor of Mortgage Electronic Registration Systems, Inc. as nominee for FIELDSTONE MORTGAGE COMPANY as original beneficiary, reformed to inc.

MORTGAGE COMPANY., as original beneficiary, reformed to include the corrected legal description pursuant to a Default Judg-

ment entered 2/4/2019 recorded 2/28/2019 as Instrument No.

2492491 records of CHELAN County Washington, the beneficial interest in which was subsequently assigned to U.S. Bank, N.A., suc-

cessor trustee to LaSalle Bank National Association, on behalf of

the holders of Bear Stearns Asset Backed Securities I Trust 2007-FS1, Asset-Backed Certificates Series 2007-FS1, the Benefi-

2384372. II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) is now pending to

Borrower's or Grantor's default on the obligation secured by the Deed of Trust/Mortgage. III. The default(s) for which this foreclo-

sure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$52,212.48. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$73,684.89, together with interest as provided in the

Note from 12/1/2014 on, and such other costs and fees as are provided by statute. V. The above-described real property will be sold

to satisfy the expense of sale and the obligation secured by the

Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 12/27/2019. The defaults referred to in Paragraph III must be cured by 12/16/2019 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinuance of the sale.

and terminated if at any time before 12/16/2019 (11 days before the sale), or by other date as permitted in the Note or Deed of

Trust, the default as set forth in Paragraph III is cured and the Trus-

tee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered

bank. The sale may be terminated any time after the 12/16/2019

(11 days before the sale date) and before the sale, by the Borrower

or Grantor or the holder of any recorded junior lien or encumbrance

by paying the principal and interest, plus costs, fees and advances,

if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default

was transmitted by the Beneficiary or Trustee to the Borrower(s)

and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor

were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and

the Trustee has possession of proof of such service or posting. The

list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These re-

quirements were completed as of 7/9/2019. VII. The Trustee whose

name and address are set forth below will provide in writing to any-

one requesting it, a statement of all costs and fees due at any time

prior to the sale. VIII. The effect of the sale will be to deprive the

Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having

any objections to this sale on any grounds whatsoever will be af-

forded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130.

Failure to bring such a lawsuit may result in a waiver of any proper

grounds for invalidating the Trustee's sale. X. NOTICE TO OCCU-PANTS OR TENANTS – The purchaser at the Trustee's Sale is en-

titled to possession of the property on the 20th day following the

sale, as against the Grantor under the deed of trust (the owner)

and anyone having an interest junior to the deed of trust, including

occupants who are not tenants. After the 20th day following the

sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For ten-

ant-occupied property, the purchaser shall provide a tenant with

written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF

YOUR HOME. You have only 20 DAYS from the recording date of

this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN

WASHINGTON NOW to assess your situation and refer you to me-

diation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing

counselors and legal assistance may be available at little or no cos

to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following:

The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site:

chase_counselors_foreclosure.htm The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 or

National Web Site: http://portal.hud.gov/hudportal/HUD or for Local counseling agencies in Washington: http://www.hud.gov/of-

fices/hsg/sfh/hcc/fc/index.cfm?webListAction=search&searchstate=

WA&filterSvc=dfc The statewide civil legal aid hotline for assistance

and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site: http://nwjustice.org/what-clear Additional information provided by the Trustee: If you have previ-

ously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is

intended to exercise the noteholders rights against the real property only. The Trustee's Sale Number is WA-18-813159-BB. Dated:

8/15/2019 Quality Loan Service Corp. of Washington, as Trustee

By: Shawn Sta Ines, Assistant Secretary Trustee's Address: Quality

Loan Service Corp. of Washington 108 1 st Ave South, Suite 202, Seattle, WA 98104 For questions call toll-free: (866)925-0241 Trus-

tee Sale Number: WA-18-813159-BB Sale Line: 916-939-0772 or Login to: http://wa.qualityloan.com IDSPub #0155959 11/27/2019

Published The Cashmere Valley Record/ Leavenworth Echo on November

27, and December 18, 2019. #85926.

http://www.dfi.wa.gov/consumers/homeownership/post_pur-

seek satisfaction of the obligation in any Court by reason of

under an assignment recorded under Auditors File Number

and a shorter resting phase. During the growing phase, a brand-new hair grows up from the follicle through the skin and then keeps growing above the skin about 1 inch per month. This growth continues for about 3-5 years before changing to the resting phase.

In the resting phase, each hair stays at the same length for about 1-2 years, after which time it falls out as a new growth phase begins with a new hair.

About 90% of our hair is in a

About 90% of our hair is in a growth cycle while the other 10% is in a resting cycle. The longer your hair's growth cycle and faster it grows, the longer your hair can get. Your eyelashes are shorter than your hair because their growth cycle is only 30 days instead of 2-8 years and their resting cycle is only 105 days instead of 1-2 years.

When we were babies, we had 2 main types hair: lots of very short, very fine, colorless and nearly invisible hair called vellus hair, and thicker, hair with pigment on our heads and evelashes, called terminal hair. At puberty, under the influence of sex hormones, much of our vellus hair changed to terminal hair, resulting in noticeable hair growing in your armpits and along your arms and legs, as well as covering your pubic area. Puberty changes male vellus hair to terminal hair on the face, creating the need to shave and the ability to grow a beard and mustache.

My brother has the most common cause of hair loss, androgenic alopecia. Inside the hair follicles, a special enzyme changes testosterone to its cousin, dihydrotestosterone (DHT). While testosterone stimulates hair growth, DHT does the opposite, triggering hair loss. DHT shortens the growth phase of hair, lengthens hair's resting phase, and changes the type of hair growing back.

In both men and women, shifting testosterone to DHT changes how hair regrows. The thicker, colored terminal hair of the scalp grows back as very thin, very short and colorless vellus hair. You have the same amount of hairs, but the vellus hair is nearly invisible, and some of it doesn't grow long enough to extend above your scalp, creating hair loss.

Hair loss for women with androgenic alopecia starts later in life and progresses more gradually. Women are not as severely affected because they have less testosterone available to shift to DHT and female enzymes that can shift testosterone to estrogen instead of DHT.

non-prescription One treatment for hair loss is Rogaine®, 5% for men and 2% for women. Its active ingredient, minoxidil, was originally designed to lower blood pressure, but people taking it kept noticing hair growth. Further research revealed that minoxidil applied to the scalp increased blood flow to the hair follicles, directly stimulating them. Minoxidil prolongs the growth phase of hair and changes resting hair back into growing hair.

Years ago, before the Food and Drug Administration approved minoxidil as Rogaine®, I'd grind up minoxidil tablets to make a solution to apply to the scalp for hair loss, even making up several prescriptions of it for my own brother.

4 Tips on Dealing with Hair Loss:

 Avoid pulling on your hair.
 Braiding your hair or pulling it back tightly can cause breakage and permanent hair loss.

2. Try hair products that create volume. Hair gels, sprays, and permanents can give the illusion of fullness and disguise thinning hair.

3. Be patient. It may take 4 months or more for men and 8 months for women to see results with Rogaine®, and you must continue using it to keep the hair you've gained.

4. Talk to your doctor. Instead of from genetics, hair loss can be from a treatable medical condition.

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.comfordaily tips on how to take your medicine safely. ®2019 Louise Achey