



## General Election

November 5, 2019  
Last updated on 11/08/2019 4:33 PM

Candidate	Vote	Percent
<b>Mayor</b>		
Carl J Florea	500	55.49%
Scott Bradshaw	398	44.17%
Write-In	3	0.33%
Total Votes	901	
<b>Council Member #1</b>		
Jason Lundgren	537	62.73%
Lynn O Watson	319	37.27%
Write-In	0	
Total Votes	856	
<b>Council Member #2</b>		
Craig Hess	491	90.76%
Write-In	50	9.24%
Total Votes	541	
<b>Council Member #3</b>		
Anne Hessburg	616	97.78%
Write-In	14	2.22%
Total Votes	630	
<b>Council Member #7</b>		
Mia Bretz	455	54.17%
Write-In	10	1.19%
Zeke Reister	375	44.64%
Total Votes	840	
<b>Cascade School District No. 228</b>		
Director District #2		
Judy Derpack	1,820	73.12%
Marco Aurilio	657	26.40%
Write-In	12	0.48%
Total Votes	2,489	
Director District #4		
Cynthia Garza	1,989	99%
Write-In	20	1%
Total Votes	2,009	
<b>Fire District No. 3 - Leavenworth</b>		
Commissioner		
Thomas A Stanton	1,217	99.19%
Write-In	10	0.81%
Total Votes	1,227	
<b>Fire District No. 9 - Lake Wenatchee</b>		
Commissioner #2		
William B. Gibbs	431	99.08%
Write-In	4	0.92%
Total Votes	435	
<b>Hospital District No. 1 - Cascade Medical Center</b>		
Commissioner #1		
Mary Helen Mayhew	1,944	99.08%
Write-In	18	0.92%
Total Votes	1,962	
Commissioner #4		
Helen Rayfield	2,094	99.10%
Write-In	19	0.9%
Total Votes	2,113	
<b>Peshastin Water District</b>		
Commissioner #3		
Ronald K Pflugrath	41	55.41%
Lauri Malmquist	32	43.24%
Write-In	1	1.35%
Total Votes	74	
<b>Mosquito Control District #2</b>		
East Leav Basin Annex Measure		
Yes	38	80.85%
No	9	19.15%
Total Votes	47	
<b>Stevens Pass Sewer District</b>		
Commissioner Position 3		
Ed Burns	1	100%
Write-In	0	
Total Votes	1	

\*Multi-county race. Results include only Chelan County.

## New Theater Building Proposed at Hatchery

SUBMITTED BY JULIA PINNIX

After 26 years of service, the outdoor theater at Leavenworth National Fish Hatchery is showing its age.

Leavenworth Summer Theater (LST), primary user of the stage, requested permission to rebuild it. But the hatchery thought a better option is to rebuild at a different site, still on hatchery grounds. This proposal is out for public comment right now.

The first stage was built in 1991 by hatchery staff for the Wenatchee River Salmon Festival. Today's structure followed in 1993, with upgrades several years later funded by LST.

Through a Special Use Permit, LST has continued to provide engaging musical theater productions every summer since then.

"We value the opportunity to welcome visitors to our site," said Julia Pinnix, Visitor Services Manager for Leavenworth Fisheries Complex. "Sitting outside with the birds, frogs, and incredible views of the surrounding mountains while watching live theater is a special experience."

There are some problems with the current site that reach beyond the condition of the building.

Water leaches into the basement of the theater every summer from the adjacent drainfield.

Hatchery housing is a stone's throw away on the hill above, and there are other close neighbors, all of whom are impacted by amplified sound.

The main entrance to the hatchery has to be blocked on performance evenings.

Entry and parking for theater guests is from East Leavenworth



A packed house enjoys Leavenworth Summer Theater's performance of "Fiddler On The Roof" at the Leavenworth Hatchery Stage.

Road, using an area that is occupied when the US Forest Service needs a base of operations during major fires, bumping parking for LST into the hatchery production area.

All of these issues vanish by moving the theater building to a spot farther south. Hatchery staff identified an area currently used only for piling gravel as a likely location.

Parking is available in the same area used for winter cross-country skiing. Access to the site is via existing trails. Icicle Outfitters offers guided horseback rides on the same trails, but those end

before the theater evening begins.

The site is further away from any residences and surrounded by a protective natural berm and native trees.

Nearly 8,000 visitors and LST staff use the theater each year.

To build a new structure on federal land, the National Environmental Policy Act spells out a procedure that allows for public comment and consultation.

This includes researching and compiling an Environmental Assessment (EA).

The EA is available to view at the hatchery. Comments on the proposal should be sent to Julia

Pinnix either by email (Julia\_pinnix@fws.gov) or U.S. mail: 12790 Fish Hatchery Road, Leavenworth, WA, 98826. Contact Julia by email with questions.

The mission of the U.S. Fish and Wildlife Service is working with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. We are both a leader and trusted partner in fish and wildlife conservation, known for our scientific excellence, stewardship of lands and natural resources, dedicated professionals and commitment to public service. For more information on our work and the people who make it happen, visit www.fws.gov

## Schrier holds Town Hall meeting

BY BILL FORHAN

US Congressional Representative for District 8, Dr. Kim Schrier, held a Town Hall discussion in Leavenworth on Sunday. Dr. Schrier received her degree from The University of California at Berkley. She is a Democrat.

Approximately 30 people were in attendance at the event.

During her opening dialogue Representative Schrier admitted that the Affordable Care Act is flawed but she ran because she was concerned about the drumbeat to repeal it. At the time she ran Dr. Schrier was a practicing physician whose clients included a significant number with preexisting conditions.

Representative Schrier said she was surprised that Congress was not the contentious place she had expected. It is a much more gentle environment and she has worked with many people across the aisle in order to address some of her concerns.

Having said that it is important to note that Representative

Schrier was confronted by a front row of individuals wearing Make America Great Hats.

Representative Schrier said she has worked with Republican Dan Newhouse on a bill to reform immigration laws as they apply to guest workers. They just introduced a joint bill to reform the guest worker laws as they apply to agricultural workers because they can't wait for a comprehensive immigration bill.

Schrier said many of these workers already have a long history of living here and her bill would help them find a path to citizenship.

Dr. Schrier encouraged the individuals in attendance to turn off their TV's and to not pay attention to news they saw on Facebook or Twitter. "Read more," she said. Get your news from multiple sources.

Most of the questions posed to Dr. Schrier focused on health issues.

The first involved concerns about vaccines. Representative Schrier was unwavering in her po-

sition that vaccines are safe and while a small percentage of the population may have side effects that are undesirable as soon as those are discovered those drugs are taken off the market.

Schrier said most of the people who oppose vaccines have forgotten all of the horrible diseases that have been eradicated as a result of the use of vaccines. Diseases like small pox and polio have been virtually eliminated.

Schrier went on to talk about health care. She said she is the only woman doctor in Congress. There are 17 doctors in Congress and only 3 are Democrats. Schrier said she is co-chair of the new Democrat task force on health care.

"Health Care is a complicated issue and I don't think people who have not worked in health care should be driving the decisions," said Schrier.

She went on to say that while we all want Universal Health care - that means everyone has coverage. She said she didn't believe a single



Dr. Kim Schrier

payer system is the only solution.

Schrier said they are working on a program where they limit the amount of your income you pay for health care to no more than 8.5%.

Schrier said they are also working on a program to limit the price drug companies can charge for prescription drugs to no more than 1.2 times what the drug sells for in six other countries.

Finally, Schrier said they are working on a bill to address "surprise billing" issues. This is where patients get a surprise bill because one on the supporting medical service providers was "not in the network."



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Inside The ECHO this week		
<b>Section A</b>	<b>Section B</b>	<b>Inserts</b>
Opinions..... 2	Schools & Sports ..... B1	Dan's Food Market
Community Calendar.. 3	The Washington Outdoors Report ..... B2	Safeway
Neighbors..... 4	Classifieds..... B3-B4	



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





# Opinions

## Greenland: Golf courses, Oil wells on every glacier

America First is his mantra. So, yes, people who are Trump adherents will remain Trump adherents forever as no Democrat has ever had the guts to publicly announce that America (that's us and our welfare) should always come first.

Republicans and conservatives have always known this. Success for everyone from

every religion, race, culture demographic, whatever.

Success for all and all for the country. When President Trump shows his own desires to keep himself successful he is manifesting what all Americans have always wanted – the freedom to succeed. A fair and level playing field. All of us together.

Was it wrong for him to demand NATO allies pay their fair share? No.

Is it wrong for him to ask rich countries like Japan and Germany pay for our forces to defend them? No.

I support President Trump's plan to purchase Greenland. It is a smart move if we can get it. Anyone who has a mere inkling of American history will realize that we bought Alaska and that purchase has helped to make America even richer than ever.

Rich in natural resources



**GARY BÉGIN**  
Managing Editor

and, apparently television shows, Alaska was a smart buy, but at the time it was called Seward's Folly or Seward's Icebox. That was because the purchase was recommended by then Secretary of State William Seward and it cost \$7 million (2 cents an acre).

Guess what country sold it to us? Russia. Ironic, eh, but the Czar needed money. We will reap that "folly" until the end of times.

We also bought something called the Louisiana Purchase. That deal doubled the size of the country. Napoleon

needed money.

The Louisiana Purchase was the acquisition of a massive chunk of land by the United States from France in 1803 for \$15 million dollars (\$18 per square mile). Google it. You'll see it was far more than just present day Louisiana.

Eventually we had the "Manifest Destiny," a philosophy that held that the United States was destined by God, to expand its dominion and spread democracy and capitalism across the entire North American continent.

People mocked President Trump when he suggested we buy Greenland, but buying huge chunks of real estate has always been a good deal for the country.

In fact, as our President knows intimately, buying land is an indicator of smart wealth management. Real estate has always been a precious

commodity for any empire. America could easily absorb a huge land mass like Greenland and turn it into a bastion of human habitation bursting with new adventures, heralding a new Manifest Destiny.

Undoubtedly Greenland has a wealth of natural resources. Why not a "new Alaska"? Why not allow President Trump to pursue a greater good for the masses.

I support President Trump, a man of vision, and wish him continued success in his fight to keep this country free of parasites, foreign and domestic. Most of us are sick of one-sided relationships, whether by deadbeat neighbors or other countries.

Perhaps the first American colonists to Greenland could be the millions of illegal residents already here. God Speed, I say to them! Go forth and prosper and so shall we all.

Then, when these hard working millions send their money home, home will be back here on the "mainland" and all boats shall rise with the tide of continued American success.

This would be a fine legacy for our future generations, not socialism. Teach the masses to tuna fish, not by giving them cans of StarKist.

Maybe one day when Denmark is desperate and needs money, it will be our chance to do some wheeling and dealing, i.e., land grabbing?

That could happen. the Danes don't need that chunk of ice anyway.

*Editor's Note: Reader comments are welcome. Emails will be treated as "Letters to the Editor" and published accordingly. Send your "on the record" comments to: gary@ncwmedia.net. Gary Bégin's views are his alone and do not represent the ownership of NCW Media.*

**THE LEAVENWORTH ECHO**

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

**website:**  
www.ncwmarket.com  
www.leavenworthecho.com  
**e-mail:**  
echo@leavenworthecho.com

**Publisher**

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

**Managing Editor**

Gary Bégin  
509-571-5302  
gary@ncwmedia.net

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

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

**Creative Services**

Echoads@leavenworthecho.com

**Front Office**  
**Classified / Legal Notices**  
Classifieds@leavenworthecho.com

**Circulation**  
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circulation@lakechelanmirror.com

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**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.

## Americans Can't Afford Insurance – and Obamacare is to Blame

The number of uninsured Americans rose in 2018 for the first time since the Affordable Care Act passed in 2010, according to the Census Bureau.

Obamacare's defenders were quick to blame the change on meddling by the Trump administration. But the real culprit is the law's faulty design.

Since the first exchange plans went into effect in 2014, Obamacare has delivered higher premiums and deductibles for Americans who don't get coverage from their employers. As a result, millions have fled the Obamacare exchanges over the past few years.

Today, only people who receive government subsidies can afford exchange plans.

Currently, Americans who make less than 400 percent of the federal poverty level but do not qualify for Medicaid are eligible for subsidies.



**SALLY C. PIPES**  
Guest Editor

These subsidies are generous. For example, a family of four with \$50,000 in annual income could get a \$15,855 plan for just \$3,250 – or \$271 per month.

Just under half of Americans are eligible for subsidies. The rest are out of luck, and face monthly premiums routinely exceeding \$1,000.

As a result, many people are deciding not to shop for coverage on Obamacare's exchanges. Between 2016 and 2018, unsubsidized enrollment plummeted by 2.5 million – a 40 percent decline from around 6.2 million to 3.7 million. Eighty seven percent of people with exchange cover-

age received subsidies in 2019.

The cost of exchange coverage has soared because of Obamacare's many rules, mandates, and regulations. Obamacare requires every plan sold on the exchanges to cover a list of 10 "essential health benefits," from pediatric vision care to substance abuse treatment.

Such comprehensive coverage is expensive. It's also unappealing to many people, particularly young folks for whom these benefits seem far from "essential."

Obamacare also forces insurers to charge everyone of a certain age the same rate, regardless of their health status.

These mandates have raised costs for insurers, which they've passed on to enrollees in the form of higher premiums.

In 2017, average exchange premiums rose 21 percent. Not surprisingly, exchange enroll-

ment fell by 10 percent that same year. Americans who didn't qualify for subsidies accounted for roughly 85 percent of this decrease.

An additional 1.2 million unsubsidized patients exited the exchanges in 2018, when premiums rose by 26 percent.

Fortunately, there's at least one option still available to those who can't afford the plans on Obamacare's exchanges – short-term, limited duration insurance. These policies are exempt from Obamacare's mandates. Insurers don't have to cover every essential health benefit and can price plans based on a beneficiary's risk.

As a result, short-term plans are far more affordable. One analysis found that premiums for the cheapest short-term plans are 80 percent lower than those for the least expensive Obamacare plans.

And thanks to a rule change

by the Trump administration, Americans can purchase short-term plans that last up to 364 days. Insurers can also renew those policies for up to three years. Previously, short-term plans only lasted three months and couldn't be renewed.

As the next open enrollment period approaches, it's clearer than ever that Obamacare has failed. The law's mandates were supposed to help every American get insurance. Instead, they've made it impossible for almost anyone to purchase coverage without a government subsidy. So much for the "Affordable" Care Act.

*Sally C. Pipes is president, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is The False Promise of Single-Payer Health Care (Encounter). Follow her on Twitter @sallypipes.*

## Goehner receives 'City Champion Award'

SUBMITTED BY KURT HAMMOND

Rep. Keith Goehner has received a "City Champion Award" from the Association of Washington Cities (AWC).

AWC created the award following the 2014 legislative session to recognize legislators that went out of their way to advocate for key city priority issues. AWC Government Affairs Director Candice Bock said Goehner wasted no time making local government a priority in his first year as a legislator.

"As a new member of the House, Rep. Goehner quickly

stepped up to serve as his caucus' point person for the Local Government Caucus, a bipartisan group of House members who support city issues. With a background as a county commissioner, he was an important voice for the needs of local government and a strong advocate for local decision-making authority and local funding," said Bock.

Goehner, who serves on the House Local Government Committee, feels his local government experience gives him a needed perspective in the

Legislature.

"It is great to be recognized for my work. However, I am hopeful we can bring more attention to the challenges our local governments continually face with unfunded mandates, and rules and regulations imposed by the state," said Goehner, R-Dryden. "Local governments are expected to be fiscally responsible and still offer the core functions of local government despite having to budget with a one percent cap on property tax growth every year."

Goehner would like the state to provide more assistance with indigent defense, increase the percentage of marijuana revenues going back to local governments, and not take money out of the Public Works Trust Fund, an account utilized by local governments for grants and loans for infrastructure improvements.

The 2020 Legislative Session begins on Monday, Jan. 13.

## Adventure park decision remains delayed

BY BILL FORHAN

The Friends of Leavenworth's appeal to the Superior Court remain undecided after Wednesday's hearing. Attorney's for both sides presented their arguments to Judge Travis Brandt. But Judge Brandt promised to make his decision after weighing all of the issues.

Attorney's for the Friends argued at length that the city had ignored the environmental issues and improperly concluded that the environmental impacts were minor and easily mitigated. The hearing examiner essentially concluded the city had acted properly so the Friends filed suit.

The primary impacts relate to traffic and noise. The Friends argue that the location is especially problematic for traffic being located on the

corner at the intersection of Highway 2 and Icele Road.

Developers argue that the small amusement park they are building will not be drawing large crowds to Leavenworth. The facility they envision will be just another activity to be enjoyed by the crowds of tourists that already come to the Bavarian Village.

Judge Brandt asked several questions regarding the expected number of cars that were expected to be traveling to the facility but neither side gave clear answers although Judge Brandt expressed some doubt that anyone would make an investment in the property with no expected growth in traffic.

The Judge did not set a deadline for making his decision.

**Cashmere Gun Club Turkey Shoot**

**Sunday, Nov. 17 9:30 a.m.**

Amateur Trap • Heated Clubhouse • Handicap Shooting • Food • Bingo • Miss-N-Outs • Annie Oakleys • Paddle Wheel • Handicap Shooting • Food • Bingo • Miss-N-Outs

For more Info: **Brian James 782-3099**

**6550 Turkey Shoot Rd. (off Sunset Hwy.)**

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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
Tuesday, 7 p.m. Plain Community Church 12565 Chapel Drive
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 509-763-4343, cell 206-355-7451 or cell 206-669-7055

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 14 Thursday: Hamburger steak, potatoes and gravy, green beans, garden salad, whole wheat roll, berry crisp.
November 15, Friday: Taco stuffed potato, Baja veggie blend, chilled pears, Tortilla Chops, dessert.
November 16, Saturday and November 17, Sunday: No lunch.
November 18, Monday: Baked fish, garden rice, Caribbean veggies, crunchy pea salad, whole wheat roll, fruited jell-o.
November 19 Tuesday: Swedish Meatballs, egg noodles, glazed carrots, Caesar salad, cherries and pineapple, whole wheat bread, dessert.
November 20, Wednesday: Bacon & Swiss Quiche, steamed broccoli, garden salad, fresh fruit tray, muffin.

Senior Center Events

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

Sheriff/Fire/EMS
The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

- Leavenworth
November 2
01:26 Welfare Check, Leavenworth
07:59 Public Assist, 505 US Hwy. 2, Icicle Village Resort
10:06 Rec. Stolen Vehicle, USFS Rd. 7230, Peshastin
11:09 Agency Assist, 9764 Dye Rd.
12:50 Domestic Disturbance, 10793 US Hwy. 2, Peshastin
12:59 Harass/Threat, 18636 Beaver Valley Rd., Plain
13:54 Weapons Violation, 9630 Marson Drive
November 3
00:27 Suspicious, 185 US Hwy. 2, Fairbridge Inn
09:35 Agency Assist, 7201 N. Dryden Rd., Peshastin
09:59 Malicious Mischief, 9501 Jeske Rd., Park & Ride
10:02 Public Assist, 10170 Main St., Peshastin
13:03 Welfare Check, 18183 Winton Rd., Lake Wenatchee
13:47 Property, 800 Front St.
16:02 Malicious Mischief, 9448 Jeske Rd., Peshastin
18:59 Vehicle Prowler, 9501 Jeske Rd., Park & Ride
19:32 Suspicious, 20620 Haight Drive, Lake Wenatchee
November 4
03:25 Agency Assist, 510 Orchard St.
05:50 Accident/No Injuries, River Bend Drive & US Hwy. 2
06:37 Vehicle Prowler, 11645 North Rd.
07:34 Vehicle Prowler, 11645 North Rd.
07:36 Traffic Offense, Chumstick Hwy., MP 1
08:42 Alarm, 907 Front St., Kris Kringle
08:46 Property, 228 Chumstick Hwy.
09:44 Extra Patrol, 1326 Commercial St.
09:49 Property, 843 Front St. #A
10:31 Trespass, 2201 Salal Drive, Lake Wenatchee
13:13 Harass/Threat, 10195 Titus Rd., Icicle River Middle School
16:44 Agency Assist, Park Ave. & Mine St.
20:59 Malicious Mischief, 116 River Bend Dr., Safeway
21:18 Property, Icicle Rd., MP 1
November 5
01:09 Public Assist, US Hwy. 2, MP 96
05:23 Alarm, 9101 Icicle Rd., Golf Course
10:03 Animal Problem, 16999 Second Creek Rd.
10:18 Injury Accident, Lake Wenatchee Hwy., MP 7
1059 Harass/Threat, 700 US Hwy. 2
11:47 Alarm, 11645 Eagle Creek Rd.
12:56 Accident/No Injuries, Icicle Rd., MP 3
14:59 Theft, North Rd. & Chumstick Hwy.
15:37 Agency Assist, 9499 Saunders Rd., Peshastin
16:23 Accident/No Injuries, US Hwy. 2 & Alpengasse Strasse
16:28 Burglary, 3935 Old Blewett Rd., Peshastin
19:29 Agency Assist, 8316 Lynn St., Peshastin
21:47 Fraud/Forgery, 5671 Mountain Lane Rd., Peshastin
21:54 Suspicious, 291 Ski Hill Drive
22:50 DUI, 9th & Commercial Streets
November 6
06:25 Domestic Disturbance, 8973 E. Leavenworth Rd.
09:37 Accident/No Injuries, Chumstick Hwy & Sunitsch Canyon
12:33 Public Assist, 8000 Block Saunders Rd., Peshastin
12:45 Vehicle Prowler, 19537 Chiwawa Loop Rd.
16:44 Theft, 9089 Deadman Hill Rd., Dryden
16:50 Property, 905 Commercial St., #2
19:25 Suspicious, 405 US Hwy 2, Howard Johnson
19:58 Agency Assist, 17822 Chumstick Hwy.
November 7
07:53 Accident/No Injuries, Ski Hill Dr. & US Hwy. 2
09:21 Disturbance, 817 Commercial St.
10:01 Burglary, 11076 Eagle Creek Rd.
10:06 911, 309-8th St., Post Hotel
11:26 Traffic Offense, Chumstick Hwy. & Eagle Creek
12:10 Suspicious, 817 Commercial St.
14:31 Agency Assist, 980 US Hwy. 2
16:08 Trespass, 7306 US Hwy. 97, Peshastin
20:47 Traffic Offense, US Hwy. 2 & US Hwy. 97, Peshastin

City Council Meetings

7 p.m., Leavenworth Planning Commission at City Hall contact Lillith 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 (2nd & 4th Tues.)
6:30 p.m., Leavenworth City Council meeting, City Hall, Joel Walinski 548-5275 (2nd & 4th Tues.)

Leavenworth

Special Holiday Ladies Night Out
Shop for the holidays with a 20% discount for you this month at Jubilee Global Gifts on November 14, 6:30-8:30 p.m. Upper Valley MEND will be there selling wine from Icicle Ridge Winery and truffles from the Rocky Mountain Chocolate Factory to raise funds for the Upper Valley Free Clinic. For information, 548-0408. (e 46).
Cascade Actors Guild Presents "Clue"
The Cascade School District will perform this "Who Done It?" mystery November 14-16 at 7 p.m. at the Cascade High School Auditorium. Tickets are \$12/Adults, \$5/Seniors, kids under 12, and students with ASB. (e 46).
Coffee with Commissioner Bugert
Join Chelan County Commissioner, Bob Bugert, for a community meeting at the Leavenworth Fire Station at 228 Chumstick Hwy., on Thursday, November 14 from 4-5 p.m. Bring your ideas, questions, and coffee for an informal meeting with Bob. We hope this will become a bi-monthly event. (e 46)
Write On The River
Write On The River Writers' Competition opens on November 15, with a final submission date of February 1, 2020. Cash prizes awarded. The fee is \$20 per submission or \$40 per submission (includes entry in the contest plus three written critiques). For competition guidelines and to submit your work, visit the Write On The River website, www.writeontheriver.org. (er 46)
Red Barn Event, Cascades Wolverine Project
Learn about Cascade Wolverine Project's (CWP) support of wolverine recovery in the North Cascades on December 4, 7-8:30 p.m. in Wenatchee River Institute's Red Barn, 347 Division St., Leavenworth. (e 46, 47).

Regional
The Wenatchee Valley Native Plant Society
Welcomes botanist Ron Bockelman, who will report on the rescue and replanting of the endemic Snowball cactus, Pediocactus nigrispinus, at the Wild Horse Wind Farm in Kittitas County along with other ongoing cactus studies. Free and open to the public, Thursday, November 14, from 7- 8:30 p.m. at Wenatchee Museum and Cultural Center, 127 South Mission Street, Wenatchee. (er 46).
Cascadia Conservation District
The Cascadia Conservation District Board meeting will be on November 21 at 3:30 p.m. in the Upstairs Conference Room at the Wenatchee World Building, 14 N. Mission St., Wenatchee. For more information, call the District at 436-1601. (er 46, 47).

ICICLE CREEK THIS WEEK
2020 CHAMBER MUSIC FESTIVAL PREVIEW 11/17
MASON ELLIOTT
Join us in our beautiful Canyon Wren Recital Hall for a Chamber Music Concert by Oksana Ejokina and Hoorig Poochikian at 3 pm on Sunday!
This concert is set to be one for the books! With works from Baghdasaryan, Grieg and Prokofiev performed on violin and piano you will be delighted from start to finish.
Along with this, the Icicle Creek Center for the Arts is just getting started with its Christmas schedule that will have something for everyone! Be sure to look into some of the upcoming events!
Teton Gravity Research: Roadless - 11/22
The Met: Live in HD: Akhnaten - 11/23
A Tuna Christmas and Friends - 11/29 & 30
A Handbell Christmas - 12/7
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Sunday NOV 17
ICICLE CREEK CENTER FOR THE ARTS
CANYON WREN RECITAL HALL
TICKETS AND INFO: ICICLE.ORG OR (509) 548-6347

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. Krystal's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.)
Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 548-5292.
Thursday
Leavenworth Chamber of Commerce, 8 a.m. Krystal's Restaurant, President Bill Forhan. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st & 3rd Thurs.)
Leavenworth Lions Club, Krystal's Restaurant, President, Conrad Delury, call or text, 509-387-5051. (1st Thurs. at 6:30 p.m. & 3rd Thurs.at Noon)
Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991. (2nd Thurs.)
Friday
Chelan County Veteran Service Officer, WorkSource, and SSVF, coffee and organizational information, 10 a.m.-1 p.m., Krystal's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri)
Leavenworth Rotary Club, 11:45 a.m. Krystal's Restaurant. President, Ken Grosse. 509-763-2753.
Saturday
No Events Scheduled.
Sunday
See Church schedule.
Monday
Leavenworth Mosquito District Board Meeting, 7 p.m., at the Chelan County PUD building, Jenny Mullins 548-5904 (1st & 3rd Mon.)
Chumstick Grace Hall, 2 p.m., Helen Krensud, 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.)
Tuesday
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. (4th Tues.)
Leavenworth People with Parkinson's Disease Support Group, 11 a.m. Church of Jesus Christ of Latter Day Saints, 10170 Titus Road. Call Katherine (206) 356-4288 or Judi (425) 870-2089. (2nd Tues.)
Upper Valley Women's Bible Study, Noon, at King Ludwig's. Call Delores Hall, 548-7803.
Buns, Book and Tea, Peshastin Book Club, 1 p.m., Peshastin Library. Call Kathy Springer, 509-433-1345. (3rd Tues.)
Cascade Education Foundation, 1 p.m., Boardroom at Cascade District office. Call Ken West, 670-1729.
LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 548-5477. (1st Tues.)
Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)
Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 662-7706. (3rd Tues.)
Ongoing events
Leavenworth Public Library: 548-7923.
Mon., Tues., Wed., open 9 a.m. - 6 p.m.
Thurs., 9 a.m. - 8 p.m. and Fri., 9 a.m. - 6 p.m.
Closed on weekends and Holidays.
Special events:
Tues., 11:30 a.m., Baby story time
Wed., 1:30 p.m., Preschool story time
Peshastin Public Library: 548-7821.
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.

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# Neighbors

## Obituaries

### Darlene Elizabeth Chase



Darlene Elizabeth Chase 82 of Leavenworth, went to Heaven on October 30, 2019 to join her beloved Norman.

Although mother loved life... she would often comment that she had everything but nothing since she lost her partner in life in 2004.

Mother was blessed to have many family and friends that she

loved unconditionally as they did her.

Her biggest pleasures in life were her daily walks to Dan's Market and the Community Cupboard along with her trips to Mill Bay with the Senior Center or her Daughter.

Many people will miss her daily communications she wrote on post cards/note paper... always with some kind of sticker attached. It was always the little things that mattered to her.

The first thing people always looked for was to see what socks and earrings she was wearing.

Mother took great pride in her appearance and her apartment. She so looked forward to seeing her grandkids and great grandkids and having the fresh eggs delivered from Tawna and Jace.

Darlene was preceded in death by her husband Norman

E Chase Sr., Daughter Viola Marie Chase, Grandson Norman E Chase III, and numerous other family members.

Darlene is survived by her Son, Bud Chase of Cheney, WA (Lori Chase); Lea Anne Paine of Cashmere, WA (Jim Paine); Norma Jean Diaz of Leavenworth, WA (Manny Diaz); 5 Grand Children and numerous Great Grand Children.

Our Family would like to extend our deepest appreciation to the staff at Dan's Market/Friends at Garten Haus/Cascade Medical Center and Hospice for always being so loving to our mother and always making her feel so special. She was a special lady!!

There will be no memorial service per her request.

Any donations may be made in her memory to The Leavenworth Senior Center.

### Frances M. "Frankie" Brender

July 10, 1920 - November 1, 2019

Frances M. "Frankie" Kelley Pulse Brender, a well-known resident of Leavenworth, passed away on Friday, November 1, 2019.

Frankie was born on July 10, 1920 in Wenatchee, Washington to Ollie and Mable (LaBarr) Kelley. She was raised and received her early education in Peshastin, where her father had an orchard.

On November 15, 1938 she married William E. Pulse in Reno, Nevada.

They made their home in Lodi, California for two years, and in 1940 they moved to the Leavenworth area, where they owned and operated the Fisherman's Wharf on Lake Wenatchee from 1958 to 1963. She then owned and operated the Leavenworth Florist's from 1964 to 1971.

On November 7, 1969 she married Jack P. Brender in Leavenworth, where they owned and operated an orchard until his death in 1986.

Frankie was a member of the Washington State Autumn Leaf Festival and was honored to have represented the Bavarian Village as Royal Lady in 1972.

Together with Othello Coffin, they started the Autumn Leaf Festival Parade, and she served as parade chairperson for several years.

She was a past member of the Leavenworth Chamber of

Commerce and had worked on many committees within various service clubs in town during the transformation of Leavenworth into the Bavarian Village.

She always supported any of the school activities her children, grandchildren or great grandchildren were a part of.

She will be remembered for her willingness to give of herself and her love for her family. She was always "on the ready" to help wherever she could, whether it was to make cookies for the kids at the ski hill or to support any activities the kids might be involved in.

Survivors include her sons, William E. Pulse of Bellingham, WA and Kenneth "Kenny" L. Pulse and wife, Gracie of Leavenworth; daughter-in-law, Gail Pulse of Leavenworth; step-son Jory Brender and wife, Jodi of Snohomish; step-daughter-in-law, Christine Cram of Modesto, CA; step-daughters, Jacquie Peterson and husband, Scott of Bellingham, and Paula Odell and husband, Brian of Wenatchee; sister, Betty West; brother-in-law, Chuck Wilsey of Wenatchee; eighteen grandchildren; many nieces and nephews.

Frankie was preceded in death by her parents; her husbands, William E. Pulse in 1965 and Jack P. Brender in 1986;



brother, Gerald "Jerry" H. Pulse; sister-in-law, Sharon Pulse; step-son, Jeff Cram; brother, Bud Kelley; sisters, Nita West and Peggy Wilsey; and her very special friend, Geri Davy.

A graveside service will be held on Saturday, November 23 at 11:00 at Mountain View Cemetery in Leavenworth. Frankie's life will be celebrated on Saturday, November 23 at 1:00 pm at the Leavenworth Festhalle., 1001 Front Street.

In lieu of flowers, donations may be made to Cascade Ambulance, 817 Commercial Street, Leavenworth, WA 98826. Please be sure to specify AMBULANCE with your donation.

Please express your thoughts and memories on the online guestbook at jonesjonesbetts.com.

Arrangements by Jones & Jones ~ Betts Funeral Home.

## Wenatchee River Institute Red Barn Event, Cascades Wolverine Project

PRESS RELEASE

Learn about Cascade Wolverine Project's (CWP) support of wolverine recovery in the North Cascades on Wed., Dec. 4th, 7pm - 8:30 pm in Wenatchee River Institute's Red Barn, 347 Division St. in Leavenworth.

Many biologists seek to answer questions about wolverine ecology in the Cascades, such as this elusive mountain carnivore's population distribution, abundance, and habitat.

However, the intrepid Gulugulo is notoriously difficult to study due to the remote and rugged terrain it inhabits.

Blending science, alpine recreation, conservation, storytelling, and stewardship, CWP works to collect highly sought after data by engaging those in the Pacific Northwest who share the mountains with wildlife.

During the event CWP project manager, field biologist, and mountain guide Stephanie Williams will share her knowledge about wolverine ecology and conservation, as

well as current research and citizen science among the winter recreation community - particularly backcountry skiers and climbers.

Now beginning its third season of winter fieldwork, CWP is a grassroots effort based in the Methow Valley.

Doors open at 6:30pm for community social and no-host refreshments, presentation begins at 7pm.

The evening will also include a raffle to benefit CWP, an 8x10" ready to hang print by photographer, wildlife tracker, and field biologist David Moskowitz.

The photograph features Stella the wolverine, who calls Early Winters Creek near Washington Pass her home.

Wenatcheeriverinstitute.org / Community Experiences / Red Barn Events

Event questions? Rebecca Ryan, (509)548-0181 x2 or rryan@wenatcheeriverinstitute.org

Related links:

- <https://wenatcheeriverinstitute.org/community-education/>
- <https://red-barn-events.html/event/2019/12/04/red-barn-event-stephanie-williams-cascades-wolverine-project/263455>
- <https://cascadeswolverineproject.org/>
- [https://www.youtube.com/watch?time\\_continue=24&v=LCKeMZrqr1rM](https://www.youtube.com/watch?time_continue=24&v=LCKeMZrqr1rM)



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## UPPER VALLEY CHURCH GUIDE

**TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286**

<p><b>CASHMERE</b></p> <p><b>CASHMERE BAPTIST CHURCH</b> 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</p> <p><b>CASHMERE PRESBYTERIAN CHURCH</b> 303 Maple Street • 782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke <a href="http://www.cashmerepres.org">www.cashmerepres.org</a></p> <p><b>CASHMERE UNITED METHODIST CHURCH</b> 213 S. Division • 782-3811 Worship &amp; Sunday School at 11:00 a.m. Office Hours: Monday - Thursday 10:00 a.m. - 1:00 p.m. Pastor Lilia Felicitas - Malana</p> <p><b>CHRIST CENTER</b> Cashmere Assembly of God • 509-782-2825 Worship Celebration &amp; 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 Stephanie Haney, High School Director <a href="http://christcentercashmere.com">christcentercashmere.com</a></p>	<p><b>GRACE LUTHERAN CHURCH</b> Vine &amp; Elberta Streets • 860-0736 Worship 10:30 a.m. Pastor Robert Gohl</p> <p><b>ST. JAMES EPISCOPAL CHURCH</b> 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</p> <p><b>EVERGREEN BAPTIST CHURCH</b> 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 <a href="http://www.christforcashmere.org">www.christforcashmere.org</a></p> <p><b>DRYDEN</b></p> <p><b>DRYDEN COMMUNITY CHURCH</b> Hwy 2 at Dryden Ave. • 782-2935 Sunday School 9:30 a.m. • Worship 10:45 a.m. Pastor Steve Bergland</p> <p><b>MID-VALLEY BAPTIST CHURCH</b> 8345 Stine Hill Rd. • 782-2616 Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore <a href="http://www.midvalleybaptist.org">www.midvalleybaptist.org</a></p> <p><b>LEAVENWORTH</b></p> <p><b>CASCADE MOUNTAIN BIBLE CHURCH</b> "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 <a href="http://www.cmbiblechurch.org">www.cmbiblechurch.org</a></p>	<p><b>COMMUNITY UNITED METHODIST</b> 418 Evans Street • Leavenworth 509-548-5619 • Rev. Matt Gorman Sunday service 10 a.m. <a href="http://www.leavenworthumc.org">www.leavenworthumc.org</a></p> <p><b>CORNERSTONE BIBLE CHURCH</b> Leavenworth Grange Hall 621 Front St. • 548-0748 Sunday Worship 10 a.m.</p> <p><b>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS</b> 10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10:00 a.m.</p> <p><b>FAITH LUTHERAN CHURCH - ELCA</b> "Reconciling Works Congregation" 224 Benton Street • 548-7010 Worship 9:30 a.m. w/coffee following <a href="http://www.faithleavenworth.org">www.faithleavenworth.org</a></p> <p><b>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC</b> 429 Evans Street, 509-470-7745 Sunday Worship: 11:00 AM Website: <a href="http://www.leavenworthbaptist.com">www.leavenworthbaptist.com</a> Email: <a href="mailto:info@leavenworthbaptist.com">info@leavenworthbaptist.com</a></p> <p><b>LEAVENWORTH CHURCH OF THE NAZARENE</b> 111 Ski Hill Drive • 548-5292 Sunday Worship 9:00 a.m. Lead Pastor: Andy Dayton Youth Pastor, Kent Wright <a href="http://www.LCN.org">www.LCN.org</a></p>
<p><b>SEVENTH DAY ADVENTIST CHURCH</b> 10600 Ski Hill Drive • 548-4345 Saturday Services Bible Study 9:30 a.m. • Worship 11 a.m. Fred Smith • 860-3997</p> <p><b>SPIRIT LIFE CENTER</b> 210 Benton Street • 548-7138 Sunday Worship 10 a.m. Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. Pastor Russell Esparza</p> <p><b>MONITOR</b></p> <p><b>MONITOR UNITED METHODIST CHURCH</b> 3799 Fairview Canyon • 782-2601 Church Service &amp; Sunday School 9:00 a.m. Pastor Lilia Felicitas - Malana</p> <p><b>PESHASTIN</b></p> <p><b>LIGHT IN THE VALLEY COMMUNITY CHURCH</b> 8455 Main Street • 548-7517 Sunday Worship 10 a.m. Pastor John Romine <a href="http://www.lightinthevalley.org">www.lightinthevalley.org</a></p> <p><b>PESHASTIN ASSEMBLY OF GOD</b> 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</p> <p><b>NEW LIFE FOURSQUARE CHURCH</b> 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: <a href="mailto:newlifeleavenworth@gmail.com">newlifeleavenworth@gmail.com</a> FB page: <a href="http://newlifeleavenworth.com">newlifeleavenworth.com</a> <a href="http://www.newlifeleavenworth.com">www.newlifeleavenworth.com</a></p>		



UPPER VALLEY NEWS SINCE 1904



Senior Avery Jacobson completes his career at Cascade helping his team to a 5th place finish in State competition.



Junior Zoe McDevitt finished state competition in 42nd place with a time of 20:27.

## Cross Country teams wrap up a successful season

SUBMITTED BY DAYLE MASSEY

Cascade High School's boys cross country team took 5th place at State!

The top 16 teams from each division plus fast individuals from teams that didn't qualify, totaling 155 runners, competed on a hilly 5k (3.1 mile) course at the

Sun Willows Golf Course in Pasco on Saturday.

The seven member Cascade boys varsity team were in first place through two miles, but they couldn't quite hold on and ended up in 5th.

By previously run times we were ranked fourth going

into the race. We knew we had a chance at winning, but everyone would have to have exceptional races, and I doubt there's ever been a group of boys who tried harder.

We came so close - five out of the seven boys had their best races of the year, but

that wasn't quite enough to take first.

Junior Landon Davies led the team with a 5th place finish in a time of 16:10, a new personal record (PR) and thus Cascade school record.

Sophomore Derek Richardson probably had the best

race of the day, finishing next in 14th place in 16:27, a 22 second PR. Sophomore Owen Bard was next in a season best 16:34 which put him in 19th place.

Sophomore Jacob Redman just keeps getting faster, beating his PR from the league meet a week ago by 8 seconds to finish in 61st place with a time of 17:25. He was followed by junior Jerome Jerome, sophomore Lien Hagedorn, and senior Avery Jacobson.

Since six of the seven are returning, and there are a couple of fast 8th graders

coming up, we have high hopes for next year. Running never ends, so lots of work ahead of us.

Cascade's girls team took 3rd at the league meet and thus didn't earn a team berth at state, but qualified two individuals, junior Zoe McDevitt and freshman Tillie Leroy. Zoe ran very well, finishing in 42nd place with a time of 20:27, and Tillie finished in 136th place with a time of 23:18.

The girls team is also planning to work hard in the offseason to compete at the state meet next year.

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Sophomore Derek Richardson finished in 14th place with a time of 16:27.



Landon Davies, Owen Bard and Derek Richardson help to keep the seven runner team in contention through the first half of the race.



Tillie Leroy finished in 136th place with a time of 23:18.



Junior Landon Davies led the team to their 5th place team finish with a time of 16:10.

### CASCADE SCOREBOARD

Football

Nov. 8 Cascade 7 vs Newport 35

### CASCADE SCHEDULE

Football

Nov. 15 State competition TBD

Volleyball

Nov. 15-16 State Competition TBD

Cross Country

Season finished

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Located at Kahler Glen Golf & Ski Resort, 20625 Haight Dr., Leavenworth, WA. 98826, adjacent to Lake Wenatchee State Park.

Contact us at 509-763-2013, email: kahlerclub@gmail.com or Website: kahlerglenathleticclub.com



# The Washington Outdoors Report



Coho salmon fishing on the Icicle River near the Leavenworth National Fish Hatchery – John Kruse

## The Weekly Round-Up

STORY BY JOHN KRUSE

### Fishing:

An unexpected fishery opened up on the Icicle River Nov. 2 for coho salmon. Some 4500 fish are expected in the Wenatchee River basin, far beyond what is needed for hatchery operations.

Boat anglers can launch from the Leavenworth National Fish Hatchery and fish their way downstream to fish towards the mouth of the river.

Bank anglers have limited public access which includes one pull out on East Leavenworth Road and a section of the river downstream of the

hatchery. Casting spinners or twitching jigs are two ways to catch coho.

Be warned though, the fish have made a long journey to get here so be prepared to either catch and release them or consign them to the smoker.

Staff at the South-Central Washington regional office for the Washington Dept. of Fish and Wildlife say this month is the perfect time to catch and release sturgeon in the Columbia River Gorge.

That's because the lower water flows and falling water temperatures improve both the bite and the resulting fight from these fish which can

reach eleven feet in length and several hundred pounds in weight.

Tim Nizich at Clark's All Sports in Colville says trout fishing throughout Lake Roosevelt has been very good.

Anglers are trolling pink flies, streamers and rooster tail spinners and using lead core line to get to where the trout are in 50 to 100 feet of water.

The rainbows are averaging 16 inches in size and some are reaching 20 inches in length.

### Shellfish:

Dan Ayres, the Coastal Shellfish Manager for the

Washington Dept. of Fish and Wildlife, says... "This year's razor clam system is going to be real gang buster! We have strong populations on almost all of our beaches and we are offering a whole lot of razor clamming dates in the months ahead. Populations are up and for the most part, there are a good number of larger clams."

The next scheduled digs (with low tide information and open beaches included) are scheduled for:

- November 11, Monday, 5:51 pm, 0.1 feet; Long Beach, Twin Harbors, Copalis
- November 12, Tuesday, 6:27 pm, -0.3 feet; Long Beach, Twin Harbors, Mocrocks
- November 13, Wednesday, 7:03 pm, -0.5 feet; Long Beach, Twin Harbors, Copalis
- November 14, Thursday, 7:41 pm, -0.6 feet; Long Beach, Twin Harbors, Mocrocks
- November 15, Friday, 8:22 pm, -0.5 feet; Long Beach, Twin Harbors, Copalis
- November 16, Saturday, 9:08 pm, -0.3 feet; Long Beach, Twin Harbors, Mocrocks
- November 17, Sunday, 9:59 pm, -0.1 feet; Long Beach, Twin Harbors, Copalis

### Wildlife:

A moose has taken up residence in the Horan Natural Area in Wenatchee.

At least two local outdoors photographers have posted pictures of the adult cow moose on social media over the last two weeks.

Be sure to give this big animal space and don't crowd it.

Moose can be dangerous and forcing it out of its habitat (and on to nearby city streets or highways) could be very

detrimental to this animal's long-term prospects.

Jill Sessions works at Confluence State Park which manages this natural area.

She is no stranger to moose, having lived in Alaska for 25 years. Sessions says, "Let the moose do its thing and don't try to approach her. It's fine to take pictures but do respect the animal. Never approach a moose or encroach on its natural area. View it from a safe distance. If you see the animal's ears pin back or if the moose lowers its head and shoulders, that's a warning you are too close and may be in danger."

### Upcoming Events – Chili Cook-Off

Yours truly will be competing at the annual Sportsman's

Warehouse Chili Cook-Off being held Nov. 16 from noon to 2 p.m. at the East Wenatchee Sportsman's Warehouse store.

I'll be serving up "Buffalo Chili" and using bison meat this year in an effort to come out on top against a field of talented chili chefs.

Come to the store for free samples from up to ten different cooks and vote for your favorite.

By doing so you will be entered for a chance to win a \$50 gift card being given away to one voter at 2p.m.

You do not have to be present to win the gift card if your name is drawn.

John Kruse – [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americayoutdoorsradio.com](http://www.americayoutdoorsradio.com)



Photo courtesy by Jaana Hatton

This moose has taken up residence at the Horan Natural Area in Wenatchee.

## Land Trust purchases 73 acres to protect salmon habitat

### Land along Kahler Creek near Nason Ridge benefits salmon and trail users

SUBMITTED BY CURT SOPER  
CHELAN-DOUGLAS LAND TRUST  
EXECUTIVE DIRECTOR

WENATCHEE – The Chelan-Douglas Land Trust (CDLT) has purchased 73 acres along Kahler Creek and Nason Creek for protection of salmon habitat and to secure conservation of a popular recreational trail.

The purchase protects 1 mile of river frontage along Kahler Creek, plus .3 miles of river frontage on the mainstem of Nason Creek.

Kahler Creek has both ex-

cellent salmon rearing and spawning habitat as well as consistently cool water temperatures.

The creek empties into Nason Creek, one of the most productive and important salmon streams in the entire Wenatchee River system.

This property adjoins the 3,714 acre Nason Ridge property, recently conserved by CDLT, Western Rivers Conservancy (WRC), and others. Part of the widely-used Nason Ridge trail system crosses the Land Trust's new Kahler

Creek property.

CDLT looks forward to welcoming trail users and working with the community to provide public access compatible with habitat protection.

The Land Trust is grateful to the family of Clyde Toole, who sold the property for conservation purposes in keeping with his wishes, and to the Western Rivers Conservancy for acquiring the property and selling it to CDLT.

Funding for this purchase

was provided by the Priest Rapids Coordinating Committee Habitat Subcommittee through Grant PUD's habitat funds (PRCC) and the Washington State Salmon Recovery Funding Board.

Permanent stewardship of the property by the Land Trust is being made possible

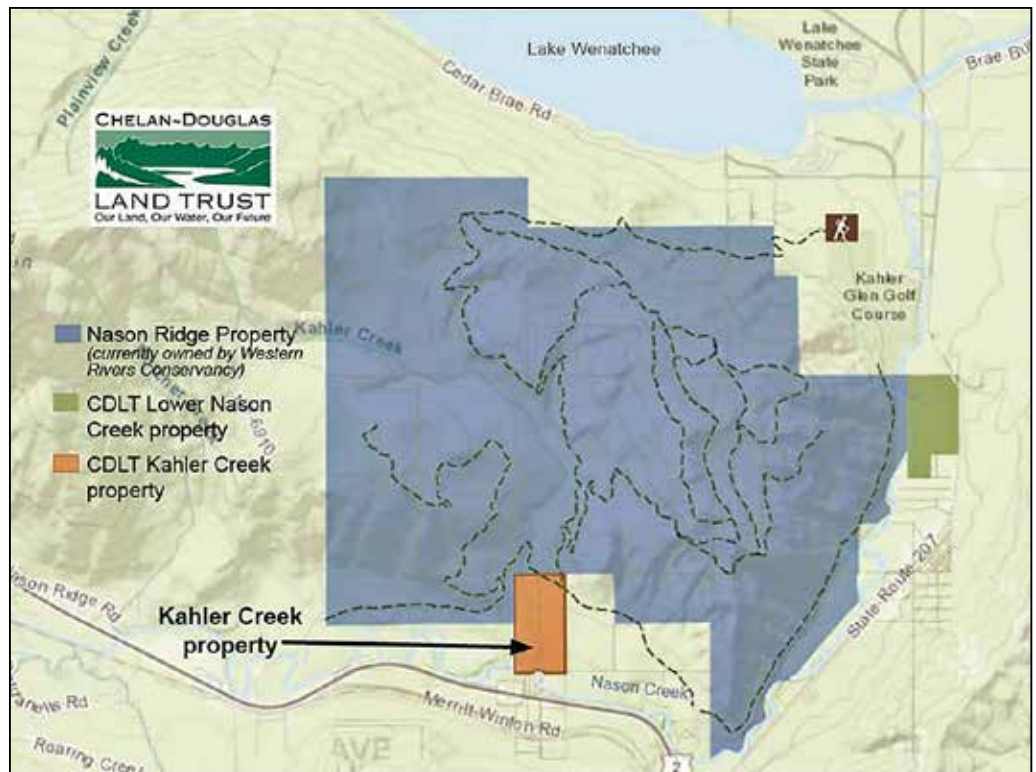
through funding from the PRCC and the Tina Scull Opportunity Fund, founded by Tina and Eliot Scull, with additional contributions from Terry and Suzanne Sorom, and Bill and Mary Griffin.

The Chelan-Douglas Land Trust is a local non-profit working to conserve our land,

our water, and our way of life.

The Land Trust has a 34-year record of working collaboratively with property owners and communities to identify and protect the region's most important natural landscapes forever.

For more information: [www.cdlandtrust.org](http://www.cdlandtrust.org)



**Journey to Bethlehem**  
Experience the town of Bethlehem as it was the night the Christ Child was born.  
Reserve your tour time online.  
[J2BWENATCHEE.ORG](http://J2BWENATCHEE.ORG)  
**Dec. 5 - 8** Online Reserved Tours 5:30 to 9:30  
Walk-in Tours 5:30 to 8:30  
Anyone arriving by 8:30 can attend.  
This Event is FREE!  
A gift from your valley Seventh-day Adventist Churches  
**5th & Western, Wenatchee**  
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**Holiday Spice**  
Holiday Spice is a poignant holiday revenue featuring the area's best performers and the Holiday Spice Big Band saluting the season through dance, music, comedy, and theatre performances.

**DEC 6** 7:00 PM  
**DEC 7** 1:00 PM

**DAVE & SANDY GELLATLY**  
**RICHARD & CONNIE HOFFMANN**



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information@nwi.net



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Kashmir Gardens Florist, is a successful, well-known, respected business, and a Cashmere mainstay since 1949. Great growth potential! Owner retiring. Asking 35K. Includes inventory, equipment, and displays. Terms-cash. **509-782-2071** Kashmirgardensflorist@yahoo.com

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One bedroom, 1,000 square foot, unfurnished apartment in the lower level of a 3 story home. Separate entrance and parking. Laundry, full kitchen, private wind-screened deck with sweeping view of Lake Chelan. \$1,000/month includes cable TV, Internet and all utilities. References required, non-smoking preferred. Call Claudia at 360-561-6090 or email: pop.palmer@gmail.com. Available December 1.

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Storage units available.

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**\*CONGRATULATIONS!**  
**WILL YOU MARRY ME?**  
**\*I'M SORRY!!**  
**\*Happy Anniversary**

Only \$15 for 30 days  
includes 3 photos

**HELP WANTED**

**CASCADE SCHOOL DISTRICT**

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

Peshastin-Dryden Special Education Para Educator

Icicle River Middle School 8th Grade Girls Basketball Coach

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

**HELP WANTED**

**LAKE CHELAN MIRROR**

**Receptionist/Administrative Assistant**

The Lake Chelan Mirror is looking for an outgoing person to serve as a receptionist/ administrative assistant, full-time, Monday-Friday in our Chelan office. Qualified applicants will answer phones, take orders for ads, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, prepare affidavits and tear sheets for advertisers and assist with other administrative activities. Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, with good math skills and the ability to use a ten key adding machine. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan area communities this is the job for you. Dependability and dedication are important work skills for this rare opportunity. Interested applicants can apply at the Lake Chelan Mirror office at 310 E. Johnson Ave. 9 a.m.-5 p.m. or send their resume to P.O. Box 39, Leavenworth, WA 98826. EOE

*Find the Best Qualified Local Employee in our Classifieds Ads.*

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

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

Deadline Tuesday at noon **Quad City Herald**

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

A part-time position for a Registered Dental Hygienist is available at a growing private dental practice in Brewster. Please call Brewster Dental, Dr. Adrian Tomarere's practice, for more information at 509-689-2557 or stop by at 11 Hospital Way to drop off your CV and pick up an application.

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**HELP WANTED**

**LAKE CHELAN MIRROR**

**Journalist Wanted**  
**The Lake Chelan Mirror**

Is looking for a talented writer/ photographer to report on the news of the Lake Chelan Valley. Qualified applicants will cover city council, local school boards, high school sports and community events. Must be a good writer, photographer, and have excellent computer skills and love to attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to:  
Publisher  
NCW Media, Inc  
PO Box 39  
Leavenworth, WA 98826  
or email to  
Publisher@leavenworthecho.com

**Full and Part-Time Bedmaker, Laundry and Housekeeping**

Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry / Bedmakers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 4:00 daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months.

Apply in person  
Enzian Inn  
590 US Hwy. 2  
Leavenworth

**NCW MARKET.COM**  
CLASSIFIED ADS

**HELP WANTED**

**wheatland bank**

**Teller/CSR**

Wheatland Bank seeks upbeat and energetic individual with outstanding customer service skills to work on a full-time basis, in our Chelan branch.

Will perform a variety of teller services such as greeting customers, processing deposits and withdrawals, customer account maintenance, and educating customers on bank products and services. Previous cash handling and customer service experience desired. This is a fully benefited position.

**Wheatland Bank Email:**  
[hr@wheatlandbank.com](mailto:hr@wheatlandbank.com)

**Equal Opportunity Employer**

**Entiat School Paraeducator**

The Entiat School District 127 is looking for candidates for two paraeducator positions, to start as soon as possible after recruitment closes. Deadline is November 1, 2019. Hours 7:45 am - 3:00 pm Monday-Friday Health insurance and retirement benefits available.

Please see our job flyer at  
<https://www.entiat-schools.org/cms/lib/WA01001449/Centricity/Domain/19/General%20Para%20FlyerJD%2019-20.pdf>

for more information, or call the office to request one. We look forward to hearing from you! Please call if you have any questions! (509) 784-1800

**HELP WANTED**

**THREE RIVERS HOSPITAL**  
CHARGE/ER RN  
Full-time/Nights

Three Rivers Hospital is seeking a full-time Charge/ER 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, & 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](http://www.threerivershospital.net/opportunity@trhospital.net)  
EOE

**CASCADE SCHOOL DISTRICT**

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



**CROSSWORD PUZZLE**

THEME: THANKSGIVING ACROSS

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**1.** Slick grp.?  
**5.** Mountain basin  
**8.** Bygone bird of New Zealand  
**11.** Relating to armpit  
**12.** Pestilence pest  
**13.** End a mission  
**15.** Ancient Greece assembly site, pl.  
**16.** What little kittens did with their mittens  
**17.** "Thanksgiving Cranberry concoction"  
**18.** "Site of the "First Thanksgiving"  
**20.** "Guilty," e.g.  
**21.** Kill, pl.  
**22.** \_\_\_ Aviv  
**23.** "Give what?"  
**26.** Strangling tool  
**30.** Jul. follower  
**31.** Pupil protector  
**34.** Loads from lodges  
**35.** Shows off  
**37.** Part of human cage  
**38.** Source of indigo dye, pl.  
**39.** Laughing on the inside  
**40.** Truly  
**42.** Highest or lowest card  
**43.** Nemo's home plant  
**45.** "U.S. President's magnanimous gesture"  
**47.** Say "no"  
**48.** Plural of carpus  
**50.** Tom Jones's \_\_\_ a Lady"  
**52.** "First settlers"  
**55.** \_\_\_ con Carne or \_\_\_ Verde  
**56.** Fe  
**57.** Off-color  
**59.** Popular jeans brand  
**60.** Attention-getting sound  
**61.** Peter, Paul and Mary, e.g.  
**62.** Elvis' \_\_\_ Now or Never"  
**63.** \_\_\_ someone off

**64.** Do like goo  
DOWN  
**1.** Lout  
**2.** Alka-Seltzer sound  
**3.** James \_\_\_ Jones  
**4.** Colored wax stick  
**5.** VIP's influence  
**6.** Compass point, pl.  
**7.** The Count's favorite subject  
**8.** Wry face  
**9.** Black and white mammal  
**10.** "What Thanksgiving celebrant did?"  
**12.** Excessively showy, slang  
**13.** Turkish monetary unit  
**14.** "Macy's parade flyer"  
**19.** "Haste \_\_\_ waste"  
**22.** Little bit  
**23.** \_\_\_ PeriÚdica  
**24.** Connected to Lake Michigan  
**25.** September stone  
**26.** Hurtful remark  
**27.** Synonym to #61 Across  
**28.** Telephone company  
**29.** City in Germany  
**32.** Marine eagle  
**33.** Jack-in-the-box part  
**36.** "First Thanksgiving parade (Philadelphia) sponsor"  
**38.** What Darwin says we do  
**40.** "No room in the \_\_\_ for the travelers weary."  
**41.** Print from a smartphone  
**44.** Desert mirage  
**46.** \_\_\_ Bridge in Venice  
**48.** The \_\_\_ of the Bambino  
**49.** What phoenix did  
**50.** Bolted  
**51.** Hurries  
**52.** Hearts and diamonds  
**53.** Claudius' heir and successor  
**54.** British slang for swindle  
**55.** Computer-generated imagery, acr.  
**58.** Anonymous John

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**CROSSWORD PUZZLE**

THEME: THANKSGIVING ACROSS

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**5.** Mountain basin  
**8.** Bygone bird of New Zealand  
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**53.** Claudius' heir and successor  
**54.** British slang for swindle  
**55.** Computer-generated imagery, acr.  
**58.** Anonymous John

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**SUDOKU**

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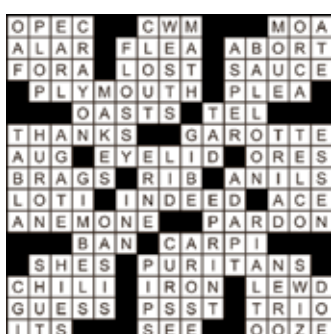
**HELP WANTED**

**News Reporter**  
Do you love to write and can take photos ?  
Join our team at The Leavenworth Echo-Cashmere Valley Record.  
We do Local!  
Local sports. Local community events.  
Willing to work flexible hours. Pay DOE.  
Call Publisher Bill for an interview. 509-548-5286. or drop off or mail your resume to Publisher The Leavenworth Echo 215-14th St. Leavenworth, 9am-5pm Monday-Friday. EOE.

**Full and Part-Time Breakfast Catering Staff**

The Leavenworth Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions.  
Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course.  
Apply in person. 590 Hwy. 2 Leavenworth.

**PUZZLE SOLUTION**



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

**APPLIANCES**

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

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

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

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

Deadline Tuesday at noon for the paper **Quad City Herald**

**GARAGE & YARD SALE**

**CLEAR SOME SPACE WITH A**



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

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

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

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

**GENERAL MERCHANDISE**

**ALJU Stove & Fireplace, Omak**  
can take all your stress out of installing our wood, pellet and gas stoves, fireplace inserts, and fireplaces. Chimneys, hearthpads, chimney relining, gas venting, gas piping, repair and complete, code installation and advice year-around.  
45+ years. Experience. Call Al Bosco, 509-826-2736 aljuf \* 0550m

**SPECIAL Fundraiser for Autumn Leaf Festival Leavenworth Cards**  
With sayings like I Miss You--- Wish You Were Here (in Leavenworth.) and many others. Regular cost \$3.99 Selling for \$1.50  
Pick up one or more and donate to a family, friendly festival organization.  
Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

**BOATS & TRAILERS**

**Sunset Marina - Chelan**  
[sunsetmarinalakechelan.com](http://sunsetmarinalakechelan.com)



24 ft. deep water slip, annual rent for 2020 at prevailing rates with off-season Free!!  
Water, power, security, **Clubhouse Amenities!!**  
Jerry: 509-521-6441

**PUBLIC NOTICES**

The Leavenworth Mosquito Control Board will be holding a Public Hearing at 7:00 pm on Monday November 18, 2019, to discuss and approve our operating budget and per parcel tax rate for 2020. It will be held at the Chelan County PUD meeting room at 222 Chumstick Highway in Leavenworth. Published in The Leavenworth Echo/Cashmere Valley Record on November 6, and 13, 2019 #86501

**PUBLIC HEARING NOTICE**  
Notice is hereby given that the Leavenworth City Council will conduct a public hearing on water utility code changes, generally related to billing procedures, at 6:45 P.M. on Tuesday, November 26, 2019. The hearing will be held at the Leavenworth City Hall, 700 US Highway 2. The public is invited to attend said hearing and make comment. Published in The Leavenworth Echo/ Cashmere Valley Record on November 13, 2019. #86570

**PUBLIC NOTICES**

**NOTICE OF PUBLIC HEARING**

**NOTICE IS HEREBY GIVEN** that on Monday, November 25, 2019, at 6:00 p.m. at the Cashmere City Hall, 101 Woodring Street, Cashmere, Washington, the Cashmere City Council will hold a public hearing for taking testimony and adopting written findings and conclusions justifying the moratorium established by Ordinance No. 1280. A copy of the ordinance adopting a moratorium on the filing and acceptance of building permits, for residential use of property zoned DB-Downtown Business District is available by contacting City Hall. Written comment can be sent to the attention of Director Steve Croci at Cashmere City Hall, 101 Woodring Street, Cashmere WA 98815. Published in the Cashmere Valley Record/ The Leavenworth Echo on November 13, 2019. #86568

**NOTICE OF PUBLIC HEARING ON CITY OF CASHMERE FINAL 2020 BUDGET**

The City of Cashmere Preliminary 2020 Budget has been filed with the City Clerk-Treasurer. The Cashmere City Council will hold a public hearing on the Final 2020 Budget for the City of Cashmere on Monday, November 25, 2019, at 6:00 p.m. at the Cashmere City Hall, 101 Woodring Street. Copies of the preliminary budget are available by November 20th at Cashmere City Hall, 101 Woodring Street, between the hours of 9:00 a.m. and 5:00 p.m., Monday through Friday. The public is invited to attend said hearing and make comment. Kay Jones City Clerk CITY OF CASHMERE Published in The Cashmere Valley Record/ Leavenworth Echo on November 6 and November 13, 2019. #86170

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**Stocking up for Cough and Cold Season**

A couple of years ago, I spent one long, miserable week in January in bed with influenza. I coughed, I sneezed, my nose ran, and it felt like every cell in my body HURT. When I ran completely out of my cough and cold medicine I felt even WORSE. Ever since, I check my medicine cabinet before every flu season to make sure I have plenty of my favorite remedies on hand.

1. Delsym® for cough. Delsym® is a concentrated form of dextromethorphan (DM), the same active ingredient as in Robitussin DM®. Each Delsym® dose lasts for 12 hours, so taking a dose before leaving for work lasts all day. Delsym® is almost as powerful as codeine against a cough, but since it doesn't cause drowsiness it's much safer to use when driving a car or working around machinery.

2. Tylenol® for fever and headache. I prefer taking extra-strength 500mg acetaminophen tablets for headache and fever over ibuprofen or naproxen because acetaminophen is less irritating to my stomach, especially if I'm not able to keep anything down but chicken soup.

To protect my liver, I stay within the maximum daily dose of acetaminophen, which is 8 extra-strength tablets (4 grams) daily. For those over 70 years old the recommended maximum dose is 3.1 grams, or 6 extra-strength 500mg tablets.

I won't run out of acetaminophen (Tylenol®) any time soon because my dear husband purchased a twin pack of Costco-sized bottles last year. Because the supersized bottles don't fit in our medicine cabinet, I keep a smaller bottle of acetaminophen tablets on the shelf instead, refilling it when needed from the larger bottles I keep in a nearby closet.

3. Aleve® for body aches. My worst influenza symptom is severe muscle aches. The last time I had the flu I SWEAR that a ninja snuck into my bedroom while I was asleep and whaled on me with their nun chucks.

I prefer non-prescription naproxen (Aleve®) over its



cousin ibuprofen because naproxen lasts twice as long (8-12 hours). I hated waking up in the middle of the night when my ibuprofen wore off after only 5 hours.

Naproxen and ibuprofen work better for body aches than acetaminophen, but if you take them while dehydrated from vomiting or diarrhea, they can harm your kidneys, and they cause stomach irritation, even ulcers. People who take blood thinners like warfarin, Pradaxa®, Xarelto®, Eliquis® or Plavix® (clopidogrel) need to be especially cautious to avoid stomach bleeding. To reduce your risk, always take them with a full glass of water or some food.

4. Sudafed® for sinus and nasal congestion.

I only stock the original version of Sudafed® that contains pseudoephedrine, the one you have to sign for, because the other formulation isn't very effective. I prefer the red coated 30mg tablets over the white 60mg tablets because I have trouble sleeping when taking the higher dose.

5. Actifed® for runny nose and sneezing.

I learned about Actifed® as a hospital pharmacist many years ago. We'd get an urgent call from the surgery department, requesting we send something ASAP to dry up the runny nose of a surgeon or scrub nurse. This was before we had the prescription Atrovent® nasal spray available, which can dry up a runny nose in a flash, so instead, we sent them a couple of tablets of Actifed®, a surprisingly effective combination of the antihistamine triprolidine and the decongestant pseudoephedrine.

Pseudoephedrine relieves stuffiness while triprolidine stops the drips and decreases

sneezing. Triprolidine has another benefit: unlike its antihistamine cousins diphenhydramine and doxylamine, it rarely causes drowsiness, so those surgeons didn't have to worry about nodding off in the middle of a hip replacement. Today, Actifed® is only available behind-the-counter.

6. NyQuil® for night-time multi-symptom relief.

While I prefer single ingredient products to treat my specific symptoms, if my husband gets sick he insists on "something to knock me out, so I can get some rest." The green original flavor and red cherry flavor original Nyquil® contained 5 active ingredients: acetaminophen for fever and aches, dextromethorphan for cough, pseudoephedrine for stuffy nose and sinus pressure, and both the antihistamine doxylamine and 10% alcohol to help you sleep.

After pseudoephedrine was banished behind the counter in 2006, Nyquil's® formula changed, now including several variations, using phenylephrine instead of pseudoephedrine. Nyquil® Severe Cold and Flu remains closest to its original formula.

7. Apple juice to prevent dehydration. Instead of drinking Gatorade when losing fluids from vomiting and diarrhea, apple juice is an effective and tastier option.

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

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