



## College in the Classroom



Submitted by Marlene Farrell

Emma Kampen-Palmer enjoys working on figures. "I want to get the form perfect," she said.

BY MARLENE FARRELL

Students ready for college level classes or interested in career development have an array of opportunities at Cascade High School in Leavenworth.

With Career Technology, AP and dual credit classes with several regional universities, the high school, despite its relatively small size, has something for everyone.

In a recent class of Advanced English (dual credit through Eastern Washington University), teacher Andrea Brixey gave her students 90 minutes of guided inquiry, requiring them to engage, discuss, consider and reconsider. In other words, she gave them a mental workout.

The class listened closely as Brixey recited, from memory, a Marilyn Nelson poem entitled, "Not My Bones."

After the students gave a round of finger-snapping applause, discussion ensued about the meaning and metaphorical implications of the poem, centering around one impactful stanza: "We are brief incarnations / We are clouds in clothes / we are water respirators / we are how the earth knows."

Students suggested the poem implied a person is more than just their physical being. "The body is just a

vessel," one person said. "And after you die you aren't really gone, you exist in what people think of you."

Next, half the class at a time sat in a circle of desks for a "Socratic Seminar" on a chapter of the war novel, "The Things They Carried," by Tim O'Brien.

Brixey literally taped her mouth shut, letting the students be their own discussion facilitators.

While the conversation bounced around, Brixey drew lines on the white board between the names of students, showing the growth of the constellation of ideas.

Students who shared the most ideas became the brightest nodes on the conversation map.

Everyone gained a deeper understanding of the text and the author's intent. It was a communal, not oppositional, exercise.

One conclusion drawn by the students was that the author purposefully alternated the tone from resigned to joyous to match the dramatically swinging circumstances of a soldier's life.

"I've used Socratic Seminars for probably a decade," Brixey said. "Done well, they seem to be one of the most powerful and effective teaching strategies."

High expectations of another sort could be found in the computer lab. As students entered, they spread out among the computers, each equipped with dual screens. Wearing headsets and facing miniature cameras, the students interacted with their online teachers seamlessly. They could see each other's faces and the teacher can peer at anyone's screen at the touch of a button.

The current variety of offerings and rigor of the computer science classes are due, in part to the Technology Education and Literacy in the Schools (TEALS) program. TEALS is a nationwide effort to bring computer science courses and the associated skills to high schools via industry volunteers. Cascade High School and teacher Tammy Murphy are in their second year of TEALS mentoring.

Thus, the classes are taught remotely by software developers from Microsoft.

These professionals also drive over from the west side to visit a few times a year.

The current AP course, Computer Science Principles, focuses on understanding the fundamentals of networks and interconnectivity.

The emphasis of another course will be coding. If

the three students taking the current class pass the AP exam, they earn college credit.

The other computer science classes, including Intro, Digital Tools and Web Design, are dual credit, meaning the curriculum is the same as what's taught at Wenatchee Valley College (WVC). Students who earn a C or better can also earn college credits and potentially reduce the overall price of college.

"Each year we work to meet the needs of students as they seek post-secondary opportunities," said Principal Elia Ala'ilima-Daley. "We also want to keep students on campus for the high school experience."

At the same time, the school is seeing the loss of some students to Running Start at WVC.

"We have about 49 total students at Running Start this year with a few of those taking classes at CHS and

WVC," said Ala'ilima-Daley. "I did a survey of the Running Start Juniors. The AA degree and more flexible schedule were the main reasons given. Some students do not even step onto campus, as WVC allows online classes now."

Senior Emma Kampen-Palmer did Running Start last year, but now she's back at Cascade, for the social aspects, and to take classes like AP Art.

Kampen-Palmer's focus is on 2D art and design, with her favorite techniques including painting, drawing, water color and wash, a hybrid she described as "between water color and paint, depending on how thick you mix it."

Technology comes into play as well. Her teacher, Teara Dillon, said, "She will be using digital programs to elaborate onto her hand rendering and to create digital images as well."

During a yearlong indepen-

dent study, Kampen-Palmer will create pieces in the first semester.

During the second semester, as Dillon explained, "There is more focus on elaborating, artwork selection and working on the written descriptions. I try to challenge the artist to try new media and styles. I hope to push them beyond their comfort area and create art that evokes a feeling or thought from the viewer."

Kampen-Palmer's portfolio will then be put to the test as it's judged by a national panel, who will determine her AP score.

Students who seek an extra challenge can find it at Cascade High School.

From academics including AP Chemistry and Chicano Studies, to technical classes like Fire Science and Engineering, the opportunities to explore one's passion while also becoming prepared for college and career, are many.

## CITY OF LEAVENWORTH Ice Skating rink to open in Lions Club Park

BY BILL FORHAN

Four short years ago the city turned its back on a proposal to build a \$4 million dollar skating rink facility.

The proposal was the dream child of the Ski Hill Heritage Foundation.

The Foundation had enlisted support for the idea from the Chelan County Port District, the City, and the Community Foundation of North Central Washington to fund a feasibility study for the project.

Architectural drawings were completed and the participants reviewed other skating rinks around the area.

The conclusion was that none of the rinks were profitable and the city was es-

pecially concerned about the ongoing maintenance costs.

Many local business people expressed concern that the proposed rink would take up valuable parking space that could not be used for parking even during the eight months the rink was not operating.

In June of this year the City Council approved a special use permit for Holidays on Ice, a private California based company, to set up and operate a temporary 75 by 100 foot ice skating rink in Lions Club Park.

The project is considered a one year test to see how much interest the skating rink will draw.

Construction of the rink has begun and it is slated

to open on Nov. 1 and continue in operation through January 31, 2020.

Holiday on Ice will operate a small concession at the rink including skate rentals.

The city has a revenue sharing agreement with Holiday on Ice once the revenues from the project exceed \$200,000.

Once the project completes its first season the city will review attendance, revenues and expenditures to evaluate the future of the project.

Readers who would like to explore the history of the proposed Ice Skating facility in Leavenworth can find more information on our website. Just search ice skating rink.



Photo by Bill Forhan

Construction has begun on the temporary ice skating rink in Lions Club Park. The rink will be operated by a private company out of California.



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# Opinions

## 250 Montana Grizzly Bears: Yum-yum sayeth state poor

Washington state has been asked a favor by a fellow Western state – Montana. Montana has a surplus of 250 Grizzly Bears. Each of them bad boys averages 1,200 pounds MOL.

They are killing machines between the huge teeth and the huge claws and the unbelievable speed for such a massive animal. Fight or flight for a Grizzly usually means if you're too close then... oops,



GARY  
BÉGIN  
Managing  
Editor

you lose.

My neighbor thinks each Grizzly ought to be given to whatever Seattle neighborhood wants to adopt one. She calls them "sidewalk bears" and that neighborhood will be responsible for the care and feeding, waste management and any liability issues for their adopted bear.

Remember, some folks think it takes a village... so we shall see.

Give the tree hugging left what they want. A warm, furry, cuddly ferocious animal that they will attempt to domesticate because they are idiots.

After a handful of human deaths and poodle deaths and horse deaths and cow deaths... well, maybe someone will decide to transfer said bears to Alaskan or Canadian socialists, because that's what Canada is anyway – Socialist. Alaska is probably a close second.

The aforementioned political entities, being socialist Meccas, gives me certainly these bears will receive free medical care, a stipend for life in the form of raw honey, free grub and maybe even a rent free cave.

Perhaps those governments will even engage in match-making with Canadian or Alaskan bears.

Back to the butchering: Subtract the items of the carcass nobody wants, which isn't much, and let's say we are left with 1,000 pounds of things edible. Bear meat for the poor is ours for the asking. I believe our Olympia socialists can figure out a way to provide the poor with barbecue sets and the homeless can just cook the bear out on the sidewalk & sell it to wealthy liberals in all the big cities of the state.

Those with the cash can enjoy the fruits of their animal largesse. I am sure with my special solution to feeding the poor and adopting

Montana Grizzlies, at least for a bit, will be beneficial to Washingtonians and that the poorest and richest among us will benefit.

As usual, to heck with the middle class and to heck with vegetarians and to heck with those unwilling to sample God's menu that was put on Earth for all of us to enjoy.

That's one reason I love watching Alaska the Last Frontier and Mountain Men, "Survival 101."

When I visited the Philippines 39 years ago, "meat on a stick" was a common vending item on the streets of Olongapo and Angeles City.

I can't wait until America starts having the same treats available to its citizens.

I also realized the streets

of that far away place had no dogs or cats roaming the city and one time I saw a huge rat scurry under the swinging kitchen doors of a restaurant making me glad I ordered fish.

I looked at my brother Marine and said to him, "I know what fish looks like and tastes like, but good luck on your hamburger."

All Americans should learn to eat rats, bugs and other such savory things anyway because once Trump is kicked out of office, a great depression will take place and food is food after all.

Those too proud to eat snake or weeds will have a rough go.

## A stock market storm is coming, someday – how should you prepare?

It has been more than 10 years since the depths of the Financial Crisis – and what a glorious ride it has been.

The economy has grown consistently, and the stock market has more than tripled. However, nearly everyone I speak with is nervous about the future.

To be fair, I could have written the same thing 5 years ago. But we all know a storm is coming. It might arrive tomorrow, next year, or a decade from now. It might be a gentle rain, or a mega-hurricane. So, how should you prepare for it?

**Build up an emergency fund**  
It's probably not advisable to bury a big can full of cash in your backyard, but it's certainly a step in the right direction.

A better plan is to set aside 3-6 months of expenses in an FDIC insured savings account.

If you are nervous about a recession, you could aim for 6



BRAD  
BLACKBURN  
Financial  
Opinion

months, or even more. If your income falls, or you lose your job because of a recession, you'll be grateful for your fully filled emergency fund.

**Pay down debt**  
Another good way to prepare for a recession is to pay down your debt. That's especially true of any high-interest rate debt. The most obvious reason is that debt is expensive, and extra money will be harder to come by during a recession.

Perhaps more importantly, the worst way to go into a recession is with a massive amount of debt. It's a little bit like beginning a marathon

with a big tire around your neck.

**Revisit your portfolio**  
After 10 years of strong stock market growth, your stock allocation might have grown far too large. So, this is a great time to take a close look at your investment portfolio. How risky is it? If you have a long time before retirement, a large stock allocation might be okay – even if a recession is coming.

However, if you are close to retirement, or might need your money soon for another reason, you should be sure that too much of your money isn't exposed to the turbulence of the stock market.

**Identify ways to cut back**

Most of us spend money carelessly, at least every now and then. So, it makes sense to step back and take a close look at your expenditures. Are there places you could cut back? Perhaps a less ex-

pensive car, eating more meals at home, or fewer monthly subscriptions.

Any money you save now can be put to good use building up your emergency fund or paying down debt.

**The Bottom line**

If you were certain a recession was coming, the appropriate action would be to panic and sell everything. However, if you were certain a recession was coming – you have too much faith in your predictive abilities.

No one can predict when the

next recession will hit, or how bad it will be. But recessions are normal and can even be healthy for an economy over the long-term.

So, as long as you are well-prepared, you shouldn't lose much sleep over them.

*Brad Blackburn, CFP®, is the owner of Blackburn Financial, Registered Investment Advisor. Blackburn Financial is located at 121 Cottage Ave, Cashmere. He can be reached at 509-782-2600 or email him at brad@blackburnfinancial.net*

### THE LEAVENWORTH ECHO

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

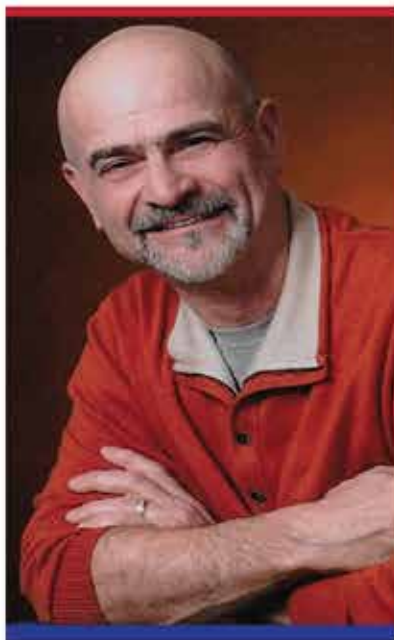
### Corrections

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

ELECT  
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**Scott  
Bradshaw**  
FOR MAYOR

"Leavenworth for EVERYONE."

I am a social moderate and fiscal conservative, which I believe is the style of leadership needed to keep the city strong, vibrant and moving forward. My experience and thoughtful, pragmatic approach to issues will provide the city with sound, forward thinking leadership.



### Fiscal Responsibility

The City Council should be careful, thoughtful and responsible in allocating City financial resources. Citizens should always have input.

### Accessible Government

Everyone should receive a prompt and courteous response from both elected officials and City employees.

### Responsible Planning

Current and long-term planning for infrastructure, housing and development should be responsive to ideas and concerns of residents and businesses.

## Reject dishonest vehicle taxes, vote yes on I-976

Taxpayers are getting ripped off, everybody knows it, and politicians refuse to fix it. That's why 352,000 voters signed petitions to get Initiative 976 on the ballot.

Taxing a \$10,000 vehicle like it's \$25,000 is fraud. I-976 repeals the dishonest vehicle valuation schedule that politicians are currently using to artificially inflate our vehicle taxes.

If a private company was price gouging its' customers like this, the government would shut it down. But here, because it's the government taking more than they should with a dishonest tax, all we're hearing is threats, lies, and scare tactics.

Politicians admit their taxes are dishonest and inaccurate. But they won't fix them because the Public Interest Groups feeding at the trough won't let them. For two and a half years, citizens have been screaming at politicians to fix them, but they haven't. When I-976 qualified in January, the Legislature had all session to fix them. They didn't. They could've put an alternative on the ballot alongside I-976. They didn't do that either. Why? Because the Public Interest Groups that get the dishonest taxes wouldn't allow it.

This is exactly why we have the initiative process – to give the voters the chance to solve a problem the politicians won't.

I-976 gets rid of dishonest vehicle taxes, repeals artificially inflated vehicle valuations, and sets license tabs to a flat, fair, and reasonable \$30 per year for your car, truck, motorcycle, motorhome, and other vehicles. It's a common-sense policy the voters have repeatedly passed. We're already paying huge sales taxes when we buy a vehicle, huge gas taxes and tolls when we use a vehicle, we shouldn't be forced to pay dishonest triple taxes just to own a vehicle. Working class folks, not just rich people, should be able to afford a newer vehicle. And under I-976, future vehicle taxes and fees must be voter-approved and based on Kelley Blue Book. In other words, they'll have to ask our permission and tax us honestly.

If politicians had any compassion for the average taxpayer, I-976 wouldn't be necessary. Washington is one of the highest taxed states in the nation. Dishonest vehicle taxes, skyrocketing property taxes, crushing sales taxes, massive gas taxes, obnoxious tolls, and costly fees on everything. Despite record revenues and a huge \$3.5 billion tax surplus, Olympia imposed 11 new taxes costing \$27 billion. It's insane. Now they're demanding income taxes, carbon taxes, pay-per-mile taxes. Enough is enough.

If we can't get tax relief when there's a huge \$3.5 billion tax surplus, when can we? Besides, all the money taxpayers save will get pumped right back into our state's economy. Opponents' threats, lies, and scare tactics are absurd – I-976 only affects a tiny fraction of government spending. An oversized semi-truck knocked down the Skagit Valley Bridge – but TV ads claim low taxes caused it. Total lie. Not a penny of car tab taxes goes to roads or bridges – gas taxes pay for those. And that \$3.5 billion tax surplus can easily backfill any affected program.

Triple taxing vehicles is indefensible. Taxing a \$10,000 vehicle like it's \$25,000 is fraud. Taxpayers are getting ripped off – that's the issue. Attacking me? A dumb distraction. I didn't create dishonest vehicle taxes, the government did. I didn't create dishonest vehicle valuations, the politicians did. When Karen and I sold off our retirement fund and loaned \$500K to kickstart the signature drive for this historic effort, it was a huge risk.

But we had faith – unshakable faith that there were lots of people sick and tired of getting ripped off. Polls show our faith was not misplaced.

Overwhelming voter approval of I-976 is the only way to get rid of this dishonest tax. Politicians will never fix it – here's our only chance. Vote Yes on I-976.

Tim Eymann, 30tabs.com, 30tabs@gmail.com, 509-991-5295

COMMUNITY BULLETIN BOARD

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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.

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.

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.)

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.)

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.)

Tuesday I.P.I.D. Meeting, 8 a.m., Anthony "Toni" Jantzer, 782-2561, meeting at Wescott Dr. in Cashmere. (2nd Tues.)

Wednesday 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.)

Thursday Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st 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.

Regional events SCORE (small business counseling), 1 - 4 p.m. Wenatchee Chamber of Commerce. Call for appointment, 888-2900. (Tues. & Thurs.)

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City Council Meetings

7 p.m., Leavenworth Planning Commission at City Hall contact Lilith Vespier, 549-5275. (1st Wed.) 8 a.m., Leavenworth City Council study session, City Hall, Joel Walinski 548-5275. (2nd Tues.)

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

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. October 24 Thursday: Meatloaf, potatoes & gravy, brussels sprouts, green salad, chilled peaches, whole wheat roll, dessert.

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 October 11 08:44 Property, 116 River Bend Drive, Safeway 12:32 Burglary, 10125 Chumstick Hwy.

09:22 Welfare Check, 7600 Block, Blewett Cutoff Rd. 10:28 Off Road Vehicle, West Railroad FS 7805

Leavenworth

Leavenworth Public Library Poet Laureate Claudia Castro Luna, Seattle's first Civic Poet, who won acclaim for "Killing Marias", is joined by two Washington Book Award finalists. Derek Sheffield, author of "Through the Second Skin", and Joseph Powell, author of "The Slow Subtraction".

Wenatchee Valley Beaver Project Field Trip Join Trout Unlimited and Wenatchee River Institute to learn about and experience, the Wenatchee Valley Beaver Project. The Project involves the relocation of "nuisance" beavers, and helps enable landowners to be more compatible with beavers.

Annual Needy Animal Fund Fundraiser Sale November 2, 9 a.m. - 4 p.m. at the Leavenworth Fire Station on Chumstick Hwy. This non-profit organization assists needy people with emergency medical expenses for their pets.

Christmas Greens from the Marlin Handbell Ringers Order forms for our annual holiday greens sale were mailed last week to our previous customers. A variety of cedar roping, wreaths, and swags will be available to decorate for the holidays.

The Cascade Education Foundation Tickets are on sale now for our One Big Event on Thursday, November 14, 5:30 p.m. at the Leavenworth Festhalle. Join us in Supporting Teachers and Kids. Fall Harvest Dinner, Wine Raffle, Silent & Live Auctions and a Dessert Dash.

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# Neighbors

## LETTERS TO THE EDITOR

### Salmon Fest Tradition Continues

The people of this valley and beyond were given a great gift of culture and science at the Wenatchee River Salmon Fest this year. What a very special sight it was to see children dancing with friends hand in hand to that familiar drum and chant that is unique to this land, showcasing an exuberant reverence for nature.

Salmon Fest is the event that brings together the heart and head of the Central WA community. I asked the kids and "everything" was their favorite.

Almost everyone I talk to here has a memory

of Salmon Fest and it feels like the importance of this three day education event grows as we increasingly use environmental science to help us understand our ecosystem. A warm sun, glorious valley views, soothing sounds and an atmosphere of creativity and curiosity will forever illuminate the memory of my first Salmon Fest as well as mascots, chalk art, beadwork, beavers, raptors, fishing nets, disc golf, fish guts, storytelling, climbing wall, and so much more.

Please donate, attend and support the 30 year tradition of bringing native culture and wildlife science together here in Leavenworth.

Courtney Feeney  
Leavenworth

## Trading apples for grapes

BY FRAZIER STRUTZEL

While talking to a friend at the American Legion in Wenatchee his subject came around to his family while living in Marysville, Washington used to make the same sausages and wine that my family did when I was young. When he mentioned that a group from Marysville used to buy a rail car of Zinfandel grapes every year from the growers of Napa Valley it rang a bell and brought back to my mind the following story.

The Strutzel's and Mehelich's were just two of many Austrian families who followed John Zager to Monitor. At that time Slovenia was a part of the Austro-Hungarian empire and were called Austrians. All of those families originated in the lower part of today's Slovenia. The trail left Trieste Italy to Tower/Ely Minnesota, then Butte Montana and finally Monitor. About 1895 my dad's uncle John Mehelich moved his family to Great Falls and purchased and platted the Mehelich Addition on second Avenue. He built the Black Eagle boarding house, restaurant and saloon there. He married a lady named Lucy and she became Auntie Lucy to the family. After John's death in 1916 Lucy met and married an Italian man with a vineyard in St. Helena California. By that time most of the Slove-

nians who would grow fruit in the Monitor area were established there.

Our families had been making wine and beer for hundreds of years in the old country and that didn't stop at Monitor. The connection to California grapes was obvious and I think inevitable. By the early 1920s the Monitor growers were trading half a railroad car of apples for a full car of California wine grapes every fall. This annual trade continued into the early 1940s. Not only was Monitor

providing Red Table Wine, referred to as Diego Red to the families, but my aunt Ann and uncle Mike had obtained Brewers Yeast from the Olympia Brewery. From the 1920s they were making clear Lager in their basement up Fairview Canyon. My aunt Ann had also developed her famous Wheaties cookie recipe and kept fresh ones on hand. At about 8 years of age I was with dad in our orchard and became thirsty. It was

SEE TRADING APPLES... ON PAGE 5

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## UPPER VALLEY CHURCH GUIDE

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TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

### CASHMERE

**CASHMERE BAPTIST CHURCH**  
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Sunday School 10:00 a.m. - Worship 11 a.m.  
Bible Study, Wed., 7 p.m.  
Pastor Bob Bauer  
Find us on Facebook at Cashmere Baptist Church

**CASHMERE PRESBYTERIAN CHURCH**  
303 Maple Street • 782-2431  
Sunday Morning Worship 10:30 a.m.  
Call for activities: Pastor Charles Clarke  
[www.cashmerepres.org](http://www.cashmerepres.org)

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

**CHRIST CENTER**  
Cashmere Assembly of God • 509-782-2825  
Worship Celebration & Sunday School 10 a.m.  
Meeting at The Conservatory, back entrance of Apple Annie's  
Underground High School Group, Sundays, 6 p.m.  
Junior High, Wednesdays, 6:30 p.m.  
Meet at - 206 Vine Street  
Lead Pastor, Steve Haney  
Children's Pastor, Andy Robinson  
Congregation Care Pastor, Joyce Williams  
Pastor Ian Ross, Director of Operations  
Steffanie Haney, High School Director  
[christcentercashmere.com](http://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](http://www.christforcashmere.org)

**COMMUNITY UNITED METHODIST**  
418 Evans Street • Leavenworth  
509-548-5619 • Rev. Matt Gorman  
Sunday service 10 a.m.  
[www.leavenworthumc.org](http://www.leavenworthumc.org)

**CORNERSTONE BIBLE CHURCH**  
Leavenworth Grange Hall  
621 Front St. • 548-0748  
Sunday Worship 10 a.m.

**CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**  
10170 Titus Rd. (across from middle school)  
Church: 548-7667  
Meetings: Sunday - 10:00 a.m.

**FAITH LUTHERAN CHURCH - ELCA**  
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224 Benton Street • 548-7010  
Worship 9:30 a.m. w/coffee following  
[www.faithleavenworth.org](http://www.faithleavenworth.org)

**FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC**  
429 Evans Street • 290-0686  
Sunday School, 9:45 a.m. • Worship, 11 a.m.  
Pastor Michael Brownell  
email: [mkb3123@gmail.com](mailto:mkb3123@gmail.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](http://www.LCN.org)

**SEVENTH DAY ADVENTIST CHURCH**  
10600 Ski Hill Drive • 548-4345  
Saturday Services  
Bible Study 9:30 a.m. • Worship 11 a.m.  
Fred Smith • 860-3997

**SPIRIT LIFE CENTER**  
210 Benton Street • 548-7138  
Sunday Worship 10 a.m.  
Prayer 6 p.m.  
Wednesday Bible Study 6:30 p.m.  
Pastor Russell Esparza

### MONITOR

**MONITOR UNITED METHODIST CHURCH**  
3799 Fairview Canyon • 548-2601  
Church Service & Sunday School 9:00 a.m.  
Pastor Lilia Felicitas - Malana

### PESHASTIN

**LIGHT IN THE VALLEY COMMUNITY CHURCH**  
8455 Main Street • 548-7517  
Sunday Worship 10 a.m.  
Pastor John Romine  
[www.lightinthevalley.org](http://www.lightinthevalley.org)

**PESHASTIN ASSEMBLY OF GOD**  
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Sunday Worship Service 10:30 a.m.  
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Sunday Worship, 10 a.m.  
Pastors, Darryl and Mindy Wall  
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# Schools & Sports

## TEAM STAT COMPARISON

### Chelan – Cascade

Total Offense 234 208  
 Number of Plays 44 39  
 Yards per Play 5.3 5.3  
 Passing -2 78  
 Completions - Attempts 1 - 1 4 - 4  
 Yards per Pass -2.0 19.5  
 Touchdowns - Interceptions 0 - 0 1 - 0  
 Rushing 236 130  
 Rushing Attempts 43 35  
 Yards per Rush 5.5 3.7  
 Receiving -2 78  
 Receiving Completions 1 4  
 Yards per Catch -2.0 19.5  
 Penalties - Yards 7 - 55 10 - 90  
 Turnovers 2 0  
 Fumbles - Lost 2 - 2 0 - 0  
 Interceptions Thrown 0 0  
 Punting Attempts - Average Distance 5 - 30.6 5 - 24.4  
 Defensive Sacks - Yards 0 - 0 0 - 0  
 Time of Possession 00:12:00 00:36:00

**Downs**  
 First Downs 17 11  
 First Downs - Rushing 14 7  
 First Downs - Passing 0 3  
 First Downs - Penalties 3 1  
 Third Down Conversions/Attempts 5/10 (50.0%) 1/9 (11.1%)  
 Fourth Down Conversions/Attempts 0/1 (0.0%) 3/8 (37.5%)



Read more on [leavenworthecho.com](http://leavenworthecho.com)  
**The Washington Outdoors Report**  
 The Weekly Round Up  
 By John Kruse

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## CASCADE SCOREBOARD

Football	
Oct. 18	Cascade 7, Chelan 13

## CASCADE SCHEDULE

Football	
Oct. 25	Cascade at Okanogan 7 p.m.
Soccer	
Oct. 29	Cascade at Cashmere 6:30 p.m.
Volleyball	
Oct. 26	Cascade vs Lakeside/Freeman at Chelan 1/3 p.m.
Cross Country	
Oct. 29	CTL Championships in Wenatchee 2 p.m.

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CONTINUED FROM PAGE 4

## Trading apples for grapes

a short walk to aunt Ann and uncle Mikes house so I headed over there. Aunt Ann was always glad to see me and brought me a small glass of cold clear Lager and two of her famous cookies.

What a revelation for me, so soon after I took my friend Harry over there and she loved visiting with us as she had no children of her own. She was Harry and my favorite lady up until her death in the early 1950s, God Bless her. My uncle Leo, Cashmere Class 1930, and my aunt Eva, Cashmere Class 1933, were very popular teens in the entire Wenatchee valley for obvious reasons. That continued with my older cousins Rudolph and Alvin.

I remember years later classmates of theirs telling about how appreciative they were of our families wine and beer making ability's.

When my brother Joe was a teen I remember him making wine at our house. After he was gone to the Army I continued that practice and ended up making wine from most of the fruit grown in the valley.

The one thing I only tried

once to make wine from was Dandelion's. I had no idea how many dandelions you had to pick to make 5 gallons of wine.

I also made beer and sometimes would share that beer with under classmen. It was usually bottled a little early and the underclassmen would still be thankful for it. The funds they would pay for that beer allowed us older guys to turn it into really good beer at Duffys in Dryden. These are just some of my memories of growing up in Monitor.

P.S. My dad was reading a Wild West magazine in the late 50s or early 60s and I heard him start laughing. "What's so funny"? I asked and he held up a full two page story with an obvious gun fight in progress. I looked and the article said "Gun Fight At The Black Eagle Saloon" he pointed to the end of the article and it said, proprietor John Mehelich. "He was my uncle," dad said. Still chuckling dad said that his uncle John had died in 1916 as I recall. Of course I intended to save the article but we all know how that works.

Aunt Ann's Cookies are still available today.

**Exciting changes are coming TO THE DISCOVERY CENTER**

**Celebrate with us at the Night at the Museum: Saying Goodbye**  
**Nov. 1 5:30-8:30 p.m.**

- Take a last trip through the Museum of the Columbia
- Enjoy refreshments
- Get a sneak peek at what's ahead

**ICICLE CREEK THIS WEEK**

**PATIO PARTY AND WINTERLAND SKI FILM**  
 MASON ELLIOTT  
 The Icicle Creek Center for the Arts is stoked for this Friday, the 25th, for our first ski film to kick off Winter! At 7 p.m. we will be screening the Teton Gravity Research film, Winterland in our Snowy Owl Theater.

Prior to the screening we will be having a patio party starting at 6 p.m. that you don't want to miss. With beer from Icicle Brewing Company and a raffle for a **FREE CAT SKIING DAY TRIP** with Cascade Powder Guides, along with booths from Arlberg Sports, Lithic Skis, Mission Ridge and Northwest Mountain School, this is perfect chance to come out and share the winter stoke with friends and family!

Winterland is a celebration of ski and snowboard culture. This story of adventure is far from over, as a new crop of modern-day pioneers are eager to etch their names in the annals of history. The technology and style might evolve, but the rush, excitement, and pure fun remain eternal, bonding past, present, and future riders. The film will follow these individuals as they leave their own mark on these fabled locations.

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

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**FRIDAY OCT 25**  
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**SNOWY OWL THEATER**  
 INFO: [ICICLE.ORG](http://ICICLE.ORG) OR (509) 548-6347

# Breast Cancer Awareness Month

## Breast Cancer Screening: New Doctor Recommendations to Know About

STATEPOINT

Breast cancer is the most common cancer in women and the fourth leading cause of cancer death in the U.S.

Annual mammograms have been widely promoted for women by many health advocates; however, experts say that for women with an average risk for breast cancer who don't have symptoms, diagnostic exams should be administered strategically, as screening too frequently can do more harm than good.

In a recent evidence-based guidance statement published in "Annals of Internal Medi-

cine," the American College of Physicians (ACP) – an organization representing internal medicine physicians – says that average-risk women with no symptoms and who are between the ages of 50 and 74 should undergo breast cancer screening with mammography every other year.

ACP found that annual mammography results in more harm than mammography every other year.

Harms of breast cancer screening include over-diagnosis, over-treatment, false positive results, radiation exposure, and radiation as-

sociated breast cancers and breast cancer deaths, as well as worry and distress from tests and procedures like breast biopsies.

ACP says that beginning at age 40, average-risk women without symptoms should discuss with their physician the benefits, harms, and their personal preferences of breast cancer screening with mammography before the age of 50.

"The evidence shows that the best balance of benefits and harms for the great majority of these women is to begin breast cancer screening with mammography at age 50 and

continue every other year through age 74," says Dr. Ana María López, a medical oncologist and president of ACP, who points out that this guidance does not apply to patients with prior abnormal screening results or to higher risk populations, such as women with a personal history of breast cancer or a genetic mutation known to increase risk.

About 20 percent of women diagnosed with breast cancer over a 10-year period will be overdiagnosed and likely over-treated.

Overdiagnosis means a woman is diagnosed with a

breast cancer that would not have made her sick or led to her death if not diagnosed or treated (overtreatment).

Therefore, finding this cancer is not of clinical benefit to the woman.

Screening guidelines such as the age to start and discontinue mammography, intervals between mammograms, and the role of alternative screening methods, have varied among organizations, complicating decisions about care for both patients and doctors.

However, this new evidence-based guidance statement from ACP, which represents

convergence across these differing recommendations, hopes to provide clarity and simplicity.

To learn more about the screening guidance, visit [acponline.org](http://acponline.org).

"Little difference exists in reducing deaths from breast cancer by screening every year versus screening every other year, while every-other-year screening substantially reduces harms," says Dr. López. "Of course, decisions regarding routine breast cancer screening should be made by doctors and patients together."

Ask...

### Dr. Louise



**Q** - Since menopause, I've noticed more and more vaginal dryness. Is there anything besides hormone pills that can help?

You are not alone. Over 75% of post-menopausal women, plus many women taking anti-estrogen medicines like aromatase inhibitors for breast cancer treatment or prevention suffer from vaginal dryness and discomfort.

Without estrogen, the cells lining the vagina and birth canal begin to shrink or atrophy, losing elasticity and secreting less lubricating fluid. Vaginal atrophy creates dryness, itching, burning, even pain and bleeding during sexual intercourse.

Vaginal secretions are also important in maintaining an optimum level of vaginal acidity, which supports the growth of "friendly" bacteria like lactobacillus discourages yeast infections.

Our bodies host many different types of bacteria that live on our skin, inside our mouth, and along our intestines and vagina. Some are helpful, but others aren't. Lactobacillus is a "good" bacteria, helping to keep out "bad" bacteria and prevent vaginal infections.

Today there are low-dose estrogen and non-estrogen options that can successfully treat

## Remedies for Relief of Vaginal Discomfort

the vaginal atrophy and discomfort.

Replens® is a long-acting moisturizing vaginal gel that gives up to 3 days of moisture between applications. It's available without a prescription in premeasured doses inside individual plastic applicators and as a tube with a reusable applicator. Although it relieves dryness and burning and makes sexual intercourse more comfortable, Replens® won't change your vaginal cells, the pH of your vagina or restore lactobacillus.

Instead of taking estrogen pills, low-dose vaginal estrogen reverses the atrophy of the lining of the vagina by supplying estrogen directly to those cells. This approach restores both elasticity and the ability to secrete lubricating fluids that increase the acidity of the vagina and encourage beneficial lactobacillus. Can a breast cancer survivor safely use low-dose vaginal estrogen to reverse the symptoms of vaginal atrophy? The evidence suggests YES. You don't need much estrogen when applying it directly to vaginal cells, and when used at appropriate doses, it doesn't create detectable levels of estrogen in the blood that could reach endometrial or breast tissue.

There are several forms of low-dose vaginal estrogen: vaginal

creams used with an applicator (Premarin®, Estrace®), vaginal tablets with individual applicators (Vagifem®), and a gelatin ring that releases estrogen (Estring®). The starting dose for the cream and vaginal tablet is once daily at bedtime for 2 weeks, then twice a week as maintenance.

Estring® is a vaginal ring that's inserted and left in for up to 3 months. As a pharmacist, I have to be careful when filling prescriptions for vaginal rings because there are 3 different ones available, each containing a different amount of estrogen. Estring® has the least amount of estrogen, and is worn for 90 days at a time, for vaginal atrophy. Femring® has two strengths available designed to relieve hot flashes and other menopausal symptoms, worn for up to 90 days. NuvaRing® is used for birth control and worn for 3 weeks at a time with one week off.

Other prescription options for vaginal atrophy include Ospheña® and Intrarosa®. Ospheña® mimics the action of estrogen in vaginal tissue but blocks estrogen action in breast tissue, and is a pill taken daily.

Intrarosa® is a tablet containing DHEA (dehydroepiandrosterone) inserted into the vagina every night. You should avoid DHEA supplements, as they don't work

well and may increase risk of breast cancer. Testosterone vaginal cream is in clinical trials as an alternative to vaginal estrogen. If you have significant vaginal discomfort, see your doctor to rule out infection or other serious issue, then ask about whether low-dose vaginal estrogen or another medicine is a possible option for you.

### 5 Tips to Help Relieve Vaginal Dryness:

**1.** Use a long-acting vaginal moisturizer.

Estrogen-free Replens® is available without a prescription. If you try it, watch out for some weird vaginal discharge during the first week of use, when dried out vaginal cells slough off and come out, looking like cottage cheese.

**2.** Apply a lubricant. You'll find a lot of choices available today for a "personal lubricant" for sexual contact besides the old standby, K-Y Jelly®.

**3.** Assess the relative risks between the various options available. Discuss your options for vaginal estrogen and other prescription medicines for relief of vaginal dryness with your physician.

**4.** Premarin® vaginal cream is more effective than Estrace® or estradiol.

Although Estrace® and estradiol vaginal cream are slightly cheaper than Premarin®, they don't relieve

relieving symptoms.

**5.** Use more than one product. Using a vaginal moisturizer plus locally applied estrogen or a lubricant (or all 3) can improve your results.

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*. Your questions and comments are always welcome at [www.AskDrLouise.com](http://www.AskDrLouise.com).

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Holly Blue, Lead Mammographer

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# How green are your car's tires? 10 to-dos for home and yard winterization



**(BPT)** There aren't literal green tires, of course - they would distract other drivers. But believe it or not, tires can help keep the planet a bit greener, when they're built and used with sustainability in mind.

Here's how. Low rolling resistance saves energy and lowers emissions. According to the U.S. Department of Energy, between 4 and 11% of a car's fuel is used up providing the energy required to propel your tires along the road. It's known as rolling resistance. Premium tires that are properly inflated require less energy to operate - less rolling resistance - which makes cars more fuel-efficient. Lower rolling resistance also helps lower carbon dioxide emissions.

Keep your tires inflated at the right level

Several companies make tires that minimize rolling resistance, but you can play a role in that, too. The key: keeping your tires inflated

at their proper level. Under inflated tires generate more friction and are less fuel-efficient. They're also more prone to blowouts and wear down more quickly.

So, if you're serious about going green, make sure you've filled your tires to the recommended inflation pressure. You can usually find that on a sticker inside your driver's-side door or in your car's owner manual. Keep in mind that as temperatures drop this fall and winter, so will your tire pressure: The colder it gets, the more your tires will deflate. As the thermometer drops, be sure to check your tires' inflation level more often than usual.

### Greener tires through better materials and processes

You can impact how full your tires are, but there's plenty that happens before those tires are on your car. Eighty-five percent of a tire's

carbon footprint is generated during its use, but the other 15% comes from the way tires are sourced and manufactured. If going green is important to you, be sure to do some research about those processes before you buy your next set of tires.

Nokian Tyres was the first tire company to eliminate the use of harmful oils in its tire compounds. It only uses purified oils in tire production - no toxic or carcinogenic chemicals. The Scandinavian company is also achieving new levels of sustainability in its production process. From 2013 to 2018, it decreased CO2 emissions from its production process by 38%.

Consider some of these ways tires impact the planet as you pick tires that are right for you and good for the environment. For more information about how you can promote sustainability when you buy your next set of tires, you can visit [NokianTires.com](http://NokianTires.com).

**(BPT)** - Scarves. Pumpkin spice lattes. Leaves crunching underfoot. Sweater season is moving in fast, which means it's time to start transitioning to fall maintenance to make sure your home and yard are ready for winter. The following are 10 things you can do to prepare for the cold and wet weather ahead.

### 1. Interseed your lawn

A summer of heavy use can take its toll on even the healthiest of lawns. If your turf has some thin or bare patches, fall is the ideal time to reseed. A turf specialist at a garden shop or university extension office can help you choose the right kind of seed for your local conditions. After spreading the seed, water lightly and frequently (if it doesn't rain) to keep the soil slightly damp until the seed germinates.

For those who live in the warmer, Southern regions of the U.S., interseeding with cool season grass seed can help you enjoy a lush green lawn year-round. Speak with a local landscaper or your university extension office to determine the best timing, seed and process for interseeding with cool season grasses as warm season lawns turn dormant.

### 2. Winterize your irrigation system

If the ground in your area freezes down to the depth of your irrigation pipes during the winter, be sure to shut off the water to the system and drain the pipes before the first freeze.

### 3. Lower your mower blades

For the last few mowings in the fall (and the first few in the spring), set your lawn mower blades at the lowest recommended height for your type of turf. You no longer need the height of the grass to shade the soil and keep it cool, and minimizing the amount of moisture that's trapped by the grass can help prevent fungal disease.

### 4. Remove the leaves

Don't leave your lawn buried under a thick layer of leaves. If you don't want to rake, try mulch mowing - chopping the

leaves up into small pieces allows them to decompose more quickly, so that they fertilize the grass instead of suffocating it. You may need to mow more frequently to keep up with the falling leaves, even if the grass itself isn't growing quickly.

### 5. Clean up your yard

Any object that sits on your grass all winter can create a dead spot. To protect your lawn, remove toys, furniture and other items from the grass. Be sure to cover or store anything that's not designed to be out in the rain or snow indoors.

### 6. Prep your equipment for spring lawn care

In addition to seeding, another great way to get a jumpstart on spring is to give



your lawn mower a tune-up. By sharpening the blades before you put it away for the winter, it will be ready to get back to work when the grass starts growing again in the spring.

### 7. Check your roof, gutters and downspouts

Leaks can lead to costly water damage, so check for potential trouble spots now, before the winter storms start. Look for broken shingles and damaged flashing around vents, chimneys and skylights; clean the leaves out of your gutters; and add extensions to your downspouts if the water runs less than three feet away from the foundation of the house.

### 8. Check your doors and windows for leaks

Eliminating air leaks around doors and window frames is one of the most effective ways to

lower your heating bills. Caulk and replace weatherstripping where needed to prevent cold air (and potentially water) from entering. Don't forget to make sure the seal between the garage door and the ground is tight as well.

### 9. Service your heating system

Before you turn your heating system on for the winter, have it cleaned and inspected by a professional. Regular preventive maintenance will keep it running safely and efficiently and make sure minor issues are resolved before they become major problems.

### 10. Test your emergency power generator

Winter wind and ice storms can bring down power lines

and cause lengthy blackouts. If you live in an area where power outages are common and you have an emergency backup generator, test it now, and make sure you have engine oil and filters on hand. Spending a bit of time in the fall to prepare your home and yard will allow you to enjoy the winter months with peace of mind. What's more, the effort you invest in the health of your lawn now can pay dividends in the spring by jumpstarting your turf's growth and minimizing weeds. Have you completed everything on the list? It must be time to curl up with a good book, a hot beverage and relax!

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## Home Weatherization 101: Tips for a Comfortable Home

**(StatePoint)** Do seasonal temperatures sometimes leave you frustrated with your home's lack of insulation? Staying comfortable indoors is a top priority for most people, and luckily, it's easy to ensure your home is an optimal temperature.

With a few quick tips and home defense strategies, you'll be on your way to a more comfortable abode in just a few hours.

### Why weatherize?

Preparing your home to combat temperature change is an important task for both homeowners and renters throughout the year. Feel uncomfortable drafts? Notice your heating and cooling equipment is continuously running? Tired of expensive energy bills? You're not alone: almost two-thirds of American adults live in a home that needs to be weatherized, according to recent research conducted by Duck brand.

There are many motivations for weatherizing. In fact, did you know...

- 54 percent of people weatherize to save money on energy bills
- 44 percent weatherize to

make the temperature of their home more comfortable

- 22 percent do it for greater energy efficiency

### Is that a draft?

First, you'll need to identify the source -- or sources -- of leaks. Don't stress -- it's easy! Hold an incense stick near potential draft sources, such as windows and doors. If the smoke blows sideways, you'll know an air leak exists and it's time to weatherize. But don't stop there. Areas such as attic access openings, pull-down stairs and exterior electrical sockets are additional, often overlooked sources of air leaks.

### So, now what?

Once you've identified the leaks, it's time to stop them.



Window and door seals take a beating from normal wear-and-tear and can be a large source of drafts coming into the home. Replace old, cracked seals with such products as Duck Brand Heavy-Duty Weatherstrip Seals, which are made with durable, flexible material, allowing them to stand up against extreme temperatures that cause other seals to freeze or crack. They help to block cold winter air from entering, as well as dust, pollen and insects during the warmer months.

For added protection with older windows, an easy-to-install, crystal-clear option like Duck Brand Roll-On Window Insulation Kits can create an additional barrier

against cold air. The pre-taped top and easy roll-on film require no measuring, making installation painless. When applied to indoor window frames, the film provides an airtight seal that's easily removed once warmer weather arrives.

Finally, address the hidden leaks with solutions like Duck Brand Socket Sealers Insulating Seals. Quick and easy to install, they fit behind outlets or light switch faceplate covers. When installed on exterior walls, they act as a buffer between the inside and outside air. Next, attic stairway covers protect against an often-uninsulated area, and offer a flexible, lightweight solution that can be repositioned to maintain direct access to the attic.

For more information on increasing home comfort, along with easy-to-follow weatherization installation videos, visit [duckbrand.com/weatherization](http://duckbrand.com/weatherization).

With a few key home projects anyone can complete, you can make your home more enjoyable all year long and save on energy bills in the process.

## 7 things you may not know about your child's safety in cars

**(BPT)** - Parents and caregivers want to keep kids safe in the car, but keeping up with the latest recommendations can be tricky, especially as your child grows and their needs change. It's sometimes hard to know if you're doing everything you can to keep children as safe as possible. Regardless of your child's age and how often they ride with you in the car, you'll want to follow these guidelines to help you find The Right Seat.

### 1. Under 13? Don't let them sit up front

Whatever a child's height or weight, the National Highway Traffic Safety Administration (NHTSA) advises that children under 13 should never sit in the front seat, even for a short trip. Car safety standards and features like airbags are developed and tested for adult bodies, not the growing body of a child. Air bags can be inflated at speeds of 200-400 mph, which could seriously harm a child if deployed. Most car crashes impact the front of the car, so keeping kids in the back seat can help protect them from

injury.

### 2. Tethers add extra protection

Most forward-facing car seats have tethers to secure them to the vehicle, in addition to using the vehicle's seat belt or lower anchors. Tethers help keep car seats from pitching forward in a crash, reducing injury to the child's head and neck. You can find the tether at the top of convertible, combination and all-in-one car seats. They're adjustable straps that have a hook that connects to your vehicle's tether anchors. Review your car seat's instructions and vehicle's owner manual to identify the correct tether location in your vehicle.

### 3. Don't move kids on too soon

The best protection for a child in a car is the car seat that's right for their age and size. According to the most recent NHTSA data, nearly 1 in 10 children between 1 and 3 years old were moved on to booster seats too early. And roughly 1 in 5 children aged 4 to 7 were prematurely moved

to just using a seat belt when they should have still been riding in booster seats. Booster seats help a child's seat belt fit appropriately, which means crossing the center of their chest and not touching their neck.

### 4. Check car seat recommendations online

Tools and resources are available to help make it easier to check that your child is in the right seat for their age, height and weight. Visit [NHTSA.gov/TheRightSeat](http://NHTSA.gov/TheRightSeat) to compare car seats and get helpful installation instructions.

### 5. Free car seat checks are available

Whether you've just installed a new car seat or just want a "checkup" for a seat your child's been using for a while, you can get help at a car seat inspection station near you. Certified technicians will inspect your car seat free of charge and show you how to correctly install it and make sure your child is properly secured. Find a car seat inspection station near you at [NHTSA.gov/TheRightSeat](http://NHTSA.gov/TheRightSeat).

### 6. Tweens should always be buckled

According to a 2005 report by the NHTSA, most accidents in urban areas happen under 30 mph. Be consistent and stay firm if your tween or teen resists wearing seat belts. Set safe habits for life, help keep your child safe and obey the law by making sure your child is buckled up every time for every ride, no matter how few miles or how slowly you're driving.

### 7. Car seats have expiration dates

Car seats expire, because technology improves and safety standards change. If you buy a used car seat or receive one as a hand-me-down, check it carefully and make sure you know the history and whether or not it has been involved in a crash. Most car seats have an expiration date stamped on the side or base. Visit [NHTSA.gov/TheRightSeat](http://NHTSA.gov/TheRightSeat) for more information and to search for a car seat inspection station or event near you.

## 6 ways to create community in your neighborhood

**(BPT)** - It's easy to see the value of living in caring neighborhoods and being good neighbors. One recent survey found 75 percent of Americans think it's important to welcome new neighbors, 58 percent say it's important for neighbors to socialize and 37 percent are more likely to seek help from a neighbor than a friend when it comes to small projects.

The chance to meet others is often cited as a primary reason millennials prefer living in urban neighborhoods. The survey found 58 percent of millennials have had face-to-face interactions with their neighbors, while 40

percent wish they were better connected than they already are. Interested in becoming a better inhabitant of your own neighborhood?

Consider these suggestions aimed at promoting a kinder, friendlier environment.

Introduce yourself. Take the first step. Instead of avoiding contact when in your yard or out for a walk, shake hands, say hi and make an effort to remember people's names. Even when in-person contact is brief, it can go a long way toward helping people feel connected and more like friends than strangers.

Take new neighbors

housewarming gifts. Make newcomers feel wanted and welcome by acknowledging their arrival with a thoughtful gift. One meaningful and sure-to-be-welcome idea is a beautifully fragranced soy candle from Bright Endeavors, a Chicago-area nonprofit that employs young mothers. Every purchase helps empower young women by teaching them job training and giving them the skills needed to gain permanent employment and provide for their children.

Give new families contact info for neighbors and neighborhood amenities. Include phone numbers for emergency services, doctors' offices, dentists, schools, babysitters, entertainment options, sources of great takeout food, dry cleaners and any other assets you think may be helpful. People will appreciate your insider view into local amenities, and they'll be more likely to communicate key information to others if their contact info is readily available.

Organize a neighborhood event. It could be as simple as a front-porch open house or as strategically planned as

a neighborhood cleanup, but any gathering that brings people together to socialize is bound to create goodwill and a friendlier neighborhood vibe.

Stay aware of who needs help. When possible, organize meal delivery, dog walking, transportation or other assistance for neighbors going through tough times. Teaming up to help others may make your neighbors feel more connected, and people on the receiving end of such kindness tend to pay it forward.

Live by the golden rule. Treat your neighbors as you would like to be treated. Clean up after pets and kids, drive through at reasonable speeds, don't be overly loud, mow at reasonable hours, return anything you've borrowed and generally stay aware of how you're coming across to others.

It feels good to live in a neighborhood that feels more like a community than an anonymous collection of strangers. Consider how you can take the initiative to create warmth and peace within your own neighborhood. Find more information, visit [BrightEndeavors.org](http://BrightEndeavors.org).

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1. Tetanus symptom  
 6. "Giant bird of "One Thousand and One Nights"  
 9. Cooking grease  
 13. Home to Buccaneers  
 14. Major division of geological time  
 15. Dressmaker's measurement  
 16. Brown, Dartmouth and Yale, e.g.  
 17. "To \_\_\_\_\_ is human"  
 18. Provide, as with some quality  
 19. "Brian Jacques's fictional world"  
 21. "One of Mr. Popper's visitors"  
 23. Like a fox? 24. Play charades  
 25. International Monetary Fund  
 28. Reproductive structures  
 30. 7th planet from the sun  
 35. "Arnold Lobel's "Mouse \_\_\_\_\_"  
 37. Approximately, two words  
 39. 50th state greeting  
 40. Cannonballs to cannon  
 41. Big Dipper shape  
 43. Niels \_\_\_\_\_ of quantum physics  
 44. Change the Constitution  
 46. "Hugo Cabret's "wheel"  
 47. Arctic jaeger  
 48. "a.k.a. Caroline Augusta Woodlawn"  
 50. '70s hairdo  
 52. "Be quiet!" - onomatopoeically speaking  
 53. Like never-written story  
 55. Mining product  
 57. "Roar of \_\_\_\_\_, Hear My Cry"  
 61. "The \_\_\_\_\_ in Times Square"  
 65. A variety show  
 66. "Peter Parker's Aunt"  
 68. Escape 69. Signs of things to come  
 70. Military activities  
 71. Burdened  
 72. Black or green, hot or cold, pl.  
 73. No longer working, abbr.  
 74. "Once Upon a Time in Hollywood" trick

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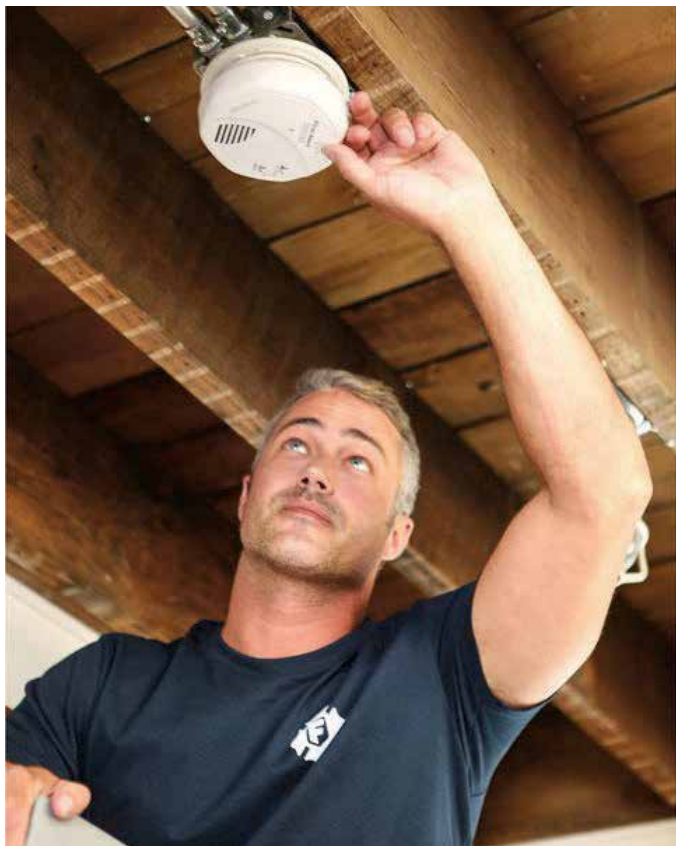
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# 5 step fire safety checklist How to Turn a Simple Shed into a Livable Oasis



**(BPT)** - When flames engulfed his 1940s beach bungalow without warning, actor Taylor Kinney was thankful to make it out alive. That experience, paired with his role as one of America's favorite TV firefighters, inspired him to advocate for fire safety and is why he's partnering with First Alert this fall to share important messages about fire safety preparedness.

"In my role as a firefighter on TV, I help portray very serious and dangerous fire emergency situations," said Kinney. "But one of the most dangerous of all is the lack of fire safety precautions among a majority of Americans, including having working smoke and carbon monoxide alarms to provide early warning in the event of a real home emergency."

Recent research shows that more than 60% of consumers do not test their smoke and carbon monoxide (CO) alarms regularly. That, along with other easy-to-perform tasks,

can mean the difference between a safe home and a dangerous home. This simple fire safety checklist can help ensure your home and family are protected from the threats of smoke, fire and carbon monoxide.

**1) Install smoke alarms on every level and in every bedroom.** Three out of every five home fire deaths result from fires in homes without smoke alarms or with no working smoke alarms, according to the National Fire Protection Association (NFPA). For maximum protection, install smoke alarms inside every bedroom, outside each sleeping area and on every level of the home, including the basement.

**2) Testing and maintaining alarms is key.** Alarms should be tested regularly and replaced at least every 10 years. Help ensure your alarms remain in good, working order by changing the batteries at least every six months. For

hassle-free protection, install alarms like the First Alert 10-Year Smoke and CO Alarm available at Lowe's, which has a sealed 10-year battery - rendering battery removal and replacement a thing of the past. Many cities and states require sealed 10-year battery alarms, so check with your local fire department if you do not know what to install.

**3) Equip your home with fire extinguishers.** Beyond alarms, having fire extinguishers - and knowing how to use them - is an important part of maintaining a safe home for you and your family. Every 24 seconds, a fire department responds to a fire, according to the NFPA, so being prepared to fight small fires is critical. Place extinguishers in convenient locations on every level of the home, in the kitchen and in the garage.

**4) Protect against the "silent killer."** An odorless and invisible gas, CO is the number one cause of accidental poisoning and can only be detected with an alarm - yet only 47% of homeowners report owning a CO alarm. Consider hassle-free protection by installing 10-year sealed battery alarms and, just like smoke alarms, be sure to check all CO alarms regularly using the "test" button for continued protection.

**5) Plan. Practice. Repeat.** Recent consumer research reveals that less than 50% of homeowners have an escape plan - and even fewer practice a plan regularly. Make sure to involve everyone in your household in creating a plan and practice it at least twice every year. As part of this plan, equip second-floor bedrooms with escape ladders and discuss how to use them. Identify two ways out of each room and a meeting place outside. Emphasize that once at the pre-designated meeting area, call 911 and wait until officials clear your home to re-enter it safely.

For more information, visit [www.firstalert.com](http://www.firstalert.com).

**(StatePoint)** Once the domain of lawnmowers and gardening tools, today's backyard sheds are being repurposed into unique, functional spaces (think: she-shed, bunkhouse or even a bar pub) complete with plumbing and electricity.

Here are tips from the experts on how to turn a simple shed into a backyard oasis.

"Quite often, we are seeing that homeowners are adding electricity to backyard sheds and using decorative interior lighting to make a statement, just as lighting would be used in the interiors of a home," says Jennifer Kis, director of marketing communications for Progress Lighting.

Backyard sheds are widely available at garden centers, hardware and home stores in a variety of architectural styles, from traditional to modern. Sheds range in size, from small (under 80 square feet), medium (approximately 90 to 120 square feet) and large (ranging from 144 to 288 square feet.) Choose a size appropriate for the use -- for example, a gardener's getaway or she-shed may be on the smaller size. A bunkhouse or bar shed will need to be larger.

Decide whether this will be a DIY project from the ground up, or whether a prefabricated shed best meets your needs. Check with your local planning department to comply with codes and guidelines. Decide if the shed will mirror the architectural features of your home. Keep in mind that because sheds are not tall, the roof will be visible and should be considered as part of the design.

When turning a backyard shed into a dream bunkhouse at her lakeside home, designer, artist and owner of Meme Hill Studio, Amie Freling Brown put this to the test.

"I'm obsessed with the tiny living concept and the she-shed movement," says Freling Brown. "When we decided we

needed more sleeping space for our 750 square foot lake house, we knew it was time to create our own tiny house."

Choosing a 10 by 12-foot classic backyard shed with a gambrel roof, gable vents, transom windows and 7-foot walls to give top campers in the bunk beds more headroom, Freling Brown transformed a simple shed into a bright, nautical farmhouse-inspired bunkhouse, complete with electricity for an overhead light, two wall lanterns and electrical outlets.

The hand-painted wood grain texture of its overhead pendant inspired Freling Brown's choice of reclaimed wood paneling for the ceiling, creating an unexpected décor

detail. She added vinyl plank flooring that would stand up to sandy, wet feet from the lake. Beadboard paneled walls make the most of the reflected light, adding to the small space's open, airy feeling. As a contrast to the light palette of the bunkhouse interior, she used color in coordinating bedding, nautical decor and navy furniture, as well as accessories make it warm and inviting.

For more lighting tips, trends and inspiration, visit Progress Lighting at [progressltg.com/Lighting](http://progressltg.com/Lighting).

By transforming a shed into a livable oasis, extending your home's living space is both trendy and easy.



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# Are you protecting your digital house from cybercrime?

**(BPT)** - As the pace of technology advances, cybersecurity threats do, too. Data breaches, identity theft, phishing and malware make headlines seemingly every day. Internet-connected devices, social media, digital assistants and mobile apps have become indispensable in our everyday lives, but their connectedness makes us increasingly vulnerable to cyberattacks. Recent reports estimate that damages relating to cybercrime are expected to hit \$6 trillion annually by 2021.

"It's impossible to predict when you will be affected by cybercrime," says Bashar Abouseido, chief information security officer for Charles Schwab Corp. "The best defense is to stay informed."

It can be helpful to envision your computer and digital devices as a house where you store your personal data. October is National Cybersecurity Awareness Month, so it's a good time to make sure your digital house is secure. The first step is to understand the ways cybercriminals may attempt to access your data.

## Types of cybercrimes

Data breaches occur when there is unauthorized access to sensitive personal information. These incidents often make headline news and can affect large numbers of consumers.

Malicious software, also known as malware, spyware, ransomware and viruses, refers to software programs

designed with the purpose of gaining unauthorized access to a mobile app, digital device or computer.

Phishing is one of the most common forms of online fraud and cybercrime. Cybercriminals try to lure you with a fake email sent from what they have designed to appear to be a trusted source or contact that encourages you to click a link or open an attachment in order to extract personal account information.

## 5 tips to protect your digital house

### 1. Remodel your digital house: Installing updates is an essential first step.

Think of system updates as basic maintenance to your digital house that is keeping your personal data safe. It can be annoying to see those system update prompts on your computer or mobile device, but software developers are constantly improving their software to repel the latest malware. By keeping your operating system and apps updated, you are making sure that your digital house is as secure as possible.

### 2. Don't have a leaky house: Be wary of public Wi-Fi networks.

Using public - and often free - Wi-Fi networks is convenient, but it is a common entry point for criminals to use malware to infect your devices and apps. Use only networks you trust or use your own personal Wi-Fi hotspot if you have one. Never update your devices when you



are connected to a public Wi-Fi network.

### 3. Keep your keys secure: Choose unique access credentials.

Access credentials - usernames and passwords - are the keys that keep your digital house safe and secure. Select credentials that are unique and don't include personal identifying information such as a name, address or birthday. For added protection, choose

two-step verification to access critical online accounts for your banking, retirement or investment accounts. Two-step verification is typically a key or another code provided by the service provider in addition to your primary access credentials to verify your identity.

### 4. Secure doors and windows: Use only secure websites and app stores.

Web browsers and app

stores are like the doors and windows in your digital house. Make sure they are secure by using web addresses that start with "https" and downloading apps only from the Apple App Store, Microsoft Store and Google Play store.

### 5. Don't open that door: Delete suspicious emails.

That knock on your cyber front door is the sound of a cybercriminal sending you a phishing email. Be suspicious

of emails that come from unknown senders. Use your cursor to hover over questionable links and email addresses to reveal the true identity of the link or sender. When in doubt, don't click on any links or open any attachments and delete the email immediately.

For more information on more ways to educate and protect yourself from cybercrimes, visit SchwabSafe.

# Recycling 101: What to know before you throw

## (BPT) - When it comes to recycling, do you know what to throw?

A plastic milk jug is recyclable, but an old plastic toy isn't. The cardboard box from your latest online order can go in your recycling container, but a greasy pizza box shouldn't. Aluminum cans, yes; aluminum foil, no.

It can seem confusing, but that's where Recycling Simplified comes in. Republic Services aims to simplify recycling with easy-to-follow tips for consumers.

Consumers are trying to do the right thing by recycling, but they don't always know what - or how - to recycle. In fact, about one-third of what gets tossed in curbside

recycling containers doesn't belong there. That's one out of every three items!

Many items are placed in the recycling bin with the hope that they'll be recycled. This is known as "wish-cycling." But people sometimes confuse "reuse" with "recycle." Examples of this include old clothing and shoes, stuffed animals, tools and plastic toys. All of these items could be reused if donated, but they won't find a new home if you put them in your recycling bin. Take them to a donation box or thrift shop.

## So, what does belong in the recycling bin?

There are three main categories of recyclables: Paper and cardboard, metal

cans including aluminum, and plastic bottles and jugs. With bottles and jugs, leave the caps on or throw them away - they're too small to recycle by themselves.

Also, recyclables should be empty, clean and dry. Even when an item is recyclable, like a soup can or plastic ketchup bottle, any remaining food or liquid becomes a problem. When those items come into contact with clean recyclables, that leftover chicken noodle soup will saturate otherwise good paper and cardboard. This is known as contamination, and once it happens, perfectly recyclable items become trash and wind up in the landfill - which is what we're all trying to avoid by recycling.

And don't bag your recyclables. The sorting process at a recycling center happens quickly, and most of what is bagged or bundled ends up in the garbage because sorters cannot see the contents. Plastic bags also can get tangled in the machinery, causing delays or even damage.

"Many of us want to be better recyclers, but we aren't sure how or think we don't have the time," said Pete Keller, vice president of recycling and sustainability at Republic Services. "With a few simple steps, we can all do our part to make environmentally responsible choices and help make a positive impact in our community for generations to come."

Make sure you know how and what to recycle with these simple Do's and Don'ts from Republic Services:

**DO** recycle paper products. Clean, dry, flattened cardboard, newspapers and magazines, office paper and mail are accepted. Break down cardboard boxes before putting in your bin and remove any plastic such as the see-through windows in envelopes.

**DO** recycle empty soda or food cans. Be sure any remaining food or liquid is removed and the can is rinsed and dry.

**DO** recycle "Empty, Clean, Dry" plastic. You can leave the tops on bottles and jugs.

**DO** remember, when in doubt, throw it out. If you're

unsure whether an item is recyclable, put it in the trash.


**DON'T** recycle wet or food-tainted items. A greasy pizza box should go in the trash.

**DON'T** recycle cans that held hazardous waste. Metal cans that contained paint, oil or any other potentially hazardous waste need special handling. Consult your city or county website for information on hazardous waste disposal.

**DON'T** recycle yard or food waste. Composting options for tree trimmings and other yard waste may be available in your community, but not via your recycling container.



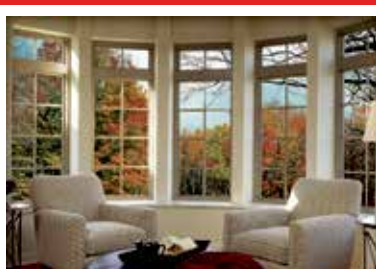

**DON'T** bag it. Reuse plastic bags if you can, then return them to grocery stores for commercial processing.

For more quick and easy guidelines to becoming a better recycler, visit RecyclingSimplified.com.




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