



Charlotte Ley is the 2019 Royal Lady of the Autumn Leaves

By KALIE DRAGO
Echo Reporter

Charlotte Ley – along with her husband, Tom, and two daughters in tow – put roots down in Leavenworth in 2000. She hasn't budged since falling for Leavenworth 19 years ago.

Formerly living in Kirkland with two daughters to raise, her youngest teetering on the edge of starting kindergarten, Ley decided to find a better fit to raise her children. She found the perfect landing spot for her family with the help of her friend Robin – Leavenworth, Washington. Thus began her love affair with the Bavarian Village.

"My best friend came over to Leavenworth, found this cute little town and said we have to move here," said Ley. "I put a bid on the house before my husband even saw it."

In 2003, she scanned the Leavenworth Echo for opportunities to engage with her new neighbors and immerse herself in her new community – Ley found her niche in the form of the Autumn Leaf Festival.

Diving right in, Ley rotated through several positions from secretary, vice president and even a stint as the president for three years. In her three years as president, she had the responsibility of hosting the members of Northwest Festival Hosting Group when they came to Leavenworth.

Northwest Festival Hosting includes festivals from different cities from Portland, Oregon to British Columbia, and its festival hosting groups who network in order to help each other. Every year Northwest Hosting gets together in one of the cities to toss ideas



Photo courtesy of Heidi Swoboda Photography
Charlotte Ley – the 2019 Royal Lady of the Autumn Leaves

and solve problems.

"(One of my favorite Autumn Leaf Festival memories is) when we put on Northwest Hosting, there was a team building exercise and different groups put together bicycles with no instructions," explained Ley.

The groups ended up donating all the

bicycles with a helmet and backpack to children in the community who needed a bike.

"When we were all done putting this together, it was so awesome. They brought these little kids out and got on their bicycles," said Ley. "We got to talk to the kids and the parents just had

tears in their eyes they were just so grateful we did that for them."

Ley has many memories with the Autumn Leaf Festival after many years extending a helping hand. Ley's long time involvement with the Autumn Leaf Festival organization stems from her passion for Leavenworth.

"I am passionate about Leavenworth because we're so unique and I love sharing it with anybody that will listen," said Ley. "So it is really fun when you go to these other festivals and you're in your dirndl and people will stop, because everyone wants a picture with you. Everyone wants to talk to you about Leavenworth. And everybody has a story about Leavenworth."

While the dirndl is fun attire and her fellow Autumn Leaf Festival enthusiasts are good company, she emphasized that her absolute favorite aspect of Autumn Leaf Festival is promoting the city of Leavenworth.

Her Autumn Leaf Festival resume is already loaded, but now Ley can add Royal Lady to that impressive list.

"I really, really was in shock for several days, my head was just spinning," said Ley. "I think I'd really regret it if I didn't say yes, because Autumn Leaf is my passion. It's the only festival that goes all over, promoting Leavenworth."

After accepting, Ley immediately chose Elisabeth Saunders, former Royal Lady as her companion. Saunders was a Royal Lady during Ley's time serving as the president for Autumn Leaf, so it happened to be full circle for the duo.

"As Royal Lady I'm most looking forward to traveling and promoting Leavenworth," said Ley. "

Long awaited Beaver Valley property decision finalized

By Kalie Drago
Echo Reporter

The anticipated Beaver Valley surplus property has been on the forefront of priorities for a handful of community members. Many residents have filtered in and out of school board meetings, eager to see how the Cascade School District will go about selling the property. At the February 25 school board meeting, the decision on how to sell the property was finally established – among other business.

The school board unanimously decided on the third option: minimum \$340,000 price with no development, no well and the school district develops the play field on their property.

"It seems option three is less paperwork, less work, same amount of money," said Cyndi Garza, school board member. "If it doesn't work, we try it again in a different way, it seems reasonable."

Four finalists for the Cascade School District Superintendent position were unveiled, Tuesday February 25. After a lengthy executive session prior to the meeting, the candidates chosen were: Cascade High School

SEE BEAVER VALLEY ON PAGE 4



Photo courtesy Parson's Photography. Alphorns provided by Projekt Bayern
Alphorn Club's members proudly standing with their instrument. Members are (L-R) Logan Bradshaw, Jacob Tveten, Lariah Collins, Danielle Totman, Rhonan Allen, and Dylan Munly.

Alphorns Club is training ground for local juniors

SEE THE ARTICLE ON PAGE 4

CITY OF LEAVENWORTH
County commissioner drops in on City Council meeting

By KALIE DRAGO
Echo Reporter

The last city council meeting of the month was short and sweet similar to the month of February.

Representatives from Autumn Leaf Festival (Bill Forhan) and the county (Chelan County Commissioner, Bob Bugert) made a guest appearance at the February 22 city council meeting.

Unfortunately the United States Forest Service had to reschedule their own guest speaker slot – the group will come at a later date to present fire risk.

Bugert wanted to give an introduction to the beginning steps of the cycle to tackle overnight rentals within the county.

"We hope to share with you some of the steps to address short term rentals in the unincorporated areas of Chelan County," said Bugert.

During the mayor and administration reports, Mayor Cheri Farivar, brought back some follow reviews from

the task force that was put together to ease the heavy traffic during Christmas Lighting Festival and its possible dangerous impact on public safety (i.e. ambulances being able to reach their destination in the gridlock).

"According to all of the people involved in this task force consider it a success," said Mayor Farivar. "I want to manage expectations here a little bit. Did it make the traffic go away? Certainly not. Did it provide adequate coverage for our emergency management system? It did. As with anything, the first year is the kind of the pilot program."

On the heels of the mayor and administration reports, public comment brought forth Autumn Leaf Festival representative, Bill Forhan, extending an invitation to council members for the Royal Lady gala.

Leaping into the actions, Mike Kaputa, Chelan County Department of Natural Resources took to the micro-

SEE CITY COUNTY ON PAGE B4



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Opinion

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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.

A Minute with the Mayor

Christmas Lighting traffic congestion has become a major frustration in recent years, for both our local residents and the visitors who want to visit our lovely Christmas Village. For the City, public safety is always the major concern.

We want to be sure that our Sheriff's Deputies, fire department and emergency rescue services can get where they are needed in case of any emergency.

So, for the all three weekends of the 2018 Christmas Lighting Season, the City undertook a new plan to address some of the issues that are the most difficult.

Together with the Leavenworth Chamber of Commerce, we called together representatives from the Chelan County Sherriff's Office, Washington State Patrol, Leaven-

worth Fire Department, EMS ambulance services, Department of Transportation, Chelan County Public Works and Chelan County Emergency Services to brainstorm the problem and find solutions.

These monthly meetings began early in 2018 with the goal of improving safety by creating a plan to address the traffic gridlock created when our visitors are travelling into town before the lighting and out of town after the lighting ceremonies.

The major change we made to improve traffic flows included hiring additional deputies and contracting with a professional flagging and traffic control company to control the 7 major intersections from the Peshastin Bridge to Icicle Road including Chumstick Highway and North Road.

This entailed turning off all traffic lights and manning each intersection with both flaggers and Sherriff's deputies for an 8-hour period.

Additionally, we worked with fire and rescue to enable them to stage fire trucks and ambulances in locations throughout town.

Another solution that is being considered for the future is creating some off-site parking areas outside of town and shuttling visitors in.

The result this year was significantly better public safety standards for all our residents and our visitors. Additionally, the highway traffic flow was greatly improved.

We still had slow traffic, which is to be expected when thousands of vehicles are flowing into and through town on a major east/west interstate highway.



File photo

Mayor Cheri Kelley Farivar

In all, traffic was improved, but certainly not perfect. Our Christmas Lighting Public Safety Taskforce will continue to meet throughout the year to continue to improve the situation for the 2019 Christmas season, and we expect to continue to find new solutions.

The Blood of Otto

Make no mistake about it, the blood of Otto Warmbier is on "Little Midget's" hands.

Otto begged for his life and cried out his guilt in front of millions of viewers on North Korean courtroom video seen by the world.

He was finally released from North Korean prison and flown home to the U.S. while in a vegetative state where he soon succumbed to the torture inflicted upon him on direct orders of that unspeakable filthy "dear leader."

Kim Jong-un is a despicable dog who wages war on his own



GARY BÉGIN
Managing Editor

people on a daily basis and is the most nasty towards his country's handful of Christians and anyone he perceives to be yearning for their chance at taking power.

Americans are naive when it comes to how many other countries operate. There is always violence and money

involved.

Palace intrigue is alive and well in Asia, parts of Europe, Africa and South America.

What has kept America great is our ability to remain a country where peaceful transition from one political party to another has been the hallmark of our existence.

The United States can puff out its chest and do the cock-of-the-roost strut because we have managed to keep our collective heads above the mud of violent partisan behavior.

On the other hand, "Little Kim" has even had his uncle

and his half-brother killed. He is the embodiment, the manifestation of Satan on earth.

What shrinks call the "Napoleonic-Syndrome," where insecure men (and woman) act-out in negative and overly-controlling ways to make up for their lack of physical stature.

This nutcase even has nuclear weapons at his disposal and that forces us to pay attention to him.

This typical communist starves his own people in the name of family dynasty.

Otto Warmbier's name should be on everyone's lips and stay there until the North Koreans are made to pay for the killing of an innocent

American.

Americans should not let the wind of indifference carry Otto's memory into the ether forever gone to our memories, memorials and cultural legacy.

I will make my own personal effort to keep his name as a dog whistle for all those who believe in the sanctity of life and especially the sanctity of an American life.

We must occasionally be clannish and actually stand up and protect one another from ruthless tyrants everywhere, who feel free to brutalize even young college boys in front of the world, thus mocking our

SEE OPINION ON PAGE 4

Where's the inflation?



BRAD BLACKBURN
Financial Opinion

If there was ever a perfect time for out-of-control inflation, it would be now.

After the financial crisis, we saw massive government bailouts, sweeping economic stimulus programs and historically low interest rates.

More recently, we've had an enormous tax cut and a very low unemployment rate.

These are all things that economists say lead to high inflation – and yet our inflation rate has barely budged.

The lack of inflation has been somewhat puzzling to the financial world.

Some economists argue that inflation is actually much higher than it seems, but we are simply measuring it wrong.

Others argue that it's just a matter of time until the expected inflation shows up.

However, the most compelling argument is that we are living through a time where technology and globalization have changed the old rules of inflation.

Between the adoption of new technologies and access to an inexpensive global workforce, businesses can consistently find ways to cut their costs.

If one business boldly tries to raise its prices, many competitors are ready and willing to undercut them.

It's hard to get inflation when businesses can't raise prices.

For the most part, low inflation is a good thing because it will allow the Fed to

keep interest rates low.

However, inflation isn't all bad. A little bit of inflation gives businesses the flexibility to raise prices, which helps them grow.

Inflation also encourages people to spend their money, because when there's inflation, a dollar gets a little less valuable every day.

In addition, inflation makes debt more manageable, because that debt will be paid back with less valuable money.

The financial world has been calling this a "Goldilocks" economy, which means we have found the perfect sweet spot: Our economy is strong enough to keep growing, but not so strong as to create high inflation. That's a nice place to be.

However, our lack of inflation could cause problems in the future.

What happens when all of our current inflationary pressures go away?

The next 10 years aren't likely to bring many more massive bailouts, Fed programs, or tax cuts.

Does that mean we might start to see deflation?

In many ways, deflation is a scarier scenario than inflation because it's a much more difficult problem to fight.

But that's a problem for the future.

For now, our low level of inflation is undoubtedly a positive factor for the stock market.

Hopefully, it will continue.

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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, Kristalls Restaurant, 280 US-Hwy.2, 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.

Community Calendar

Wednesday
Peshastin Water District, 5:30 p.m., Peshastin Memorial Hall. Call Abby Bergren, 548-5266. (2nd Wed.)
Prostate Cancer Awareness & Support Group, 8:30 a.m., Kristall's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.)
Children and Youth program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 548-5292.

Thursday
Autumn Leaf Festival Association meetings, 6 p.m. at the Icicle Village Inn, in the Lake Wenatchee Room. Hwy 2. Call President Jim, 670-3343 or Secretary, Carol 670-1723. Everyone is welcome to attend. (1st Thurs. of every month, unless notified otherwise.)
Leavenworth Chamber of Commerce, 8 a.m., Kristall's Restaurant, Bill Forhan, president. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st & 3rd Thurs.)
Leavenworth Lions Club, Kristall's Restaurant, Conrad Delury, president, (509) 387-5051. (1st Thurs. at 6:30 p.m. and 3rd Thurs. at Noon)
Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
The Wenatchee Valley Doll Club, 11:30 a.m., call Yvonne, 509-663-7991. (2nd Thurs.)

Friday
Chelan County Veteran Service Officer, WorkSource, and SSVF, coffee and organizational information, 10 a.m.- 1 p.m., Kristall's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri.)
Leavenworth Rotary Club, 11:45 a.m. Kristall's Restaurant, Penny Carpenter, president. For more information, 509-885-0441.

Saturday
No Events Scheduled.

Sunday
No Events Scheduled.

Monday
Chumstick Grange Hall, 2 p.m., Helen Kensrud, 782-4086. (2nd & 4th Mon.)
Upper Valley Free Clinic, 6:30 p.m., evaluates urgent health needs; dental consultation is available the 1st Mon. of the month. Contact Upper Valley MEND. Call 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 Inn, Lake Wenatchee Room. Call Dave, 548-0903. (2nd Tues.)
Cascade Medical Board Meeting, 9 a.m., at 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 Degel, (206) 356-4288 or Judi Little (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 p.m. Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)

Ongoing events
Leavenworth Public Library: 548-7923.
 Monday, Tuesday, Wednesday, open 9 a.m.- 6 p.m.
 Thursday, 9 a.m.- 8 p.m.
 Friday, 9 a.m.- 6 p.m.
 Closed on weekends and Holidays.
Special events:
 Tuesday, 11:30 a.m., **Baby story time**
 Wednesday, 1:30 p.m., **Preschool story time**
Peshastin Public Library: 548-7821.
 Monday, 2 - 6 p.m.
 Tuesday, 1 - 6 p.m.
 Wednesday, 9 a.m. - 2 p.m. Thursday and Friday, 1 - 6 p.m.
Special events:
 Tuesday, 2:30 - 3:15 p.m. Stories and crafts in Spanish and English.
 Wednesday: 10:30 - 11 a.m., **Preschool and toddlers, Story time.**
 Closed weekends.
Upper Valley Museum:
 347 Division St., 548-0728. Thursday, Friday, Saturday 10 a.m. - 4 p.m., Sunday, 11 a.m. - 3 p.m.
Leavenworth Fish Hatchery, 548-7641. **Open daily,** 8 a.m. - 3:30 p.m.

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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Senior Center Events

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

City Council Meetings

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

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.
March 7, Thursday: Beef enchiladas, refried beans, spanish rice, veggie blend, Mexican slaw, fruit cup, dessert.
March 8, Friday: Quiche, Capri vegetables, crunchy pea salad, grapes, blueberry muffin.
March 9, Saturday & March 10, Sunday: no lunch.
March 11, Monday: Salmon with dill sauce, wild rice, Mediterranean veggies, garden salad, Waldorf salad, whole wheat bread or roll, dessert.
March 12, Tuesday: Roast beef, mashed potatoes, broccoli cuts, tossed veggie salad, apple slices, whole wheat bread or roll, dessert.
March 13, Wednesday: Chicken fettuccine, crunchy pea salad, spring salad, tropical fruit, breadsticks, 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
February 22
 08:39 Parking/abandon, 12797 Ranger Rd.
 10:19 Miscellaneous, 213 Park Ave.
 18:41 Accident, no injury, 10605 Chumstick Hwy.
 12:43 Assist agency, US Hwy 97 and US Hwy. 2, Peshastin.
February 23
 01:08 Property, 820 Front St., Gazebo Park.
 10:54 911, 228 Chumstick Hwy.
 11:17 Suicide threat, 10425 Titus Rd.
 11:57 Atl/atc, 636 Front St., #B.
 13:33 Trespass, High Mountain Meadows Rd.
 13:50 Suspicious, 12413 W. Shugart Flats Rd.
 15:21 Property, 12790 Fish Hatchery Rd.
 16:17 Public assist, 2701 Sumac Ln., Lake Wenatchee.
 16:55 Public assist, 2701 Sumac Ln., Lake Wenatchee.
 17:09 Property, 56 River Valley Ln., Plain.
 21:29 Property, 820 Front St., Gazebo Park.
 23:44 DUI, 932 Front St., Starbucks.
 23:55 Domestic disturbance, 1505 Alpengsee Strasse.
February 24
 00:41 Disturbance, 843 Front St., The Loft.
 01:00 Noise, 9940 Saunders Rd., Peshastin.
 01:40 Disturbance, 1016 Commercial St.
 08:07 Trespass, 427 Central Ave.
 11:39 Accident, no injury, 18130 W. Darndanells Rd., Lake Wenatchee.
 18:20 Public assist, US Hwy., MP 102, Peshastin.
February 25
 11:21 Welfare check, 920 US Hwy. 2, Union 76.
 11:25 Accident, no injury, 116 River Bend Dr., Safeway.
 12:44 Civil, 1016 Commercial St.
 14:46 Property, 820 Front St., Gazebo Park.
 15:49 Fraud/forgery, 141 West St.
 20:03 Traffic offense, 9th S. & US Hwy. 2.
 20:52 911, 12140 Emig Dr.
 21:01 Drugs, 9th St. & US Hwy. 2.
February 26
 10:11 Harass/threat, 309 8th St., Post Hotel.
 10:51 Alarm, 9275 Lone Pine Orchards Rd.
 13:56 Juvenile problem, 500 Pine St., Alpine Lakes.
 20:01 Disturbance, 817 Commercial St.
 20:39 Welfare check, 75 Rosie Ridge Ln.
 21:24 911, 110 Icicle Rd., #H.

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Leavenworth

Cascade High School Concert
 The Cascade High School bands and choirs will present a free concert on March 13, 7 p.m in the CHS auditorium. The public is invited . Also performances by soloists and small ensembles. The groups will be performing the pieces they have been preparing for Band and Choir Festivals, which will take place at the end of March. (e 10,11).

North Central WA Opioid Response Conference
 Pathways to Prevention will be at the Leavenworth Fire Station on Chumstick Hwy., Friday, March 15, 9 a.m.- noon. Join educators, students and community leaders/members in a unique opportunity for a facilitated discussion to address the opioid epidemic by taking action to increase awareness and prevention and by developing innovative, out-of-the-box strategies for opioid prevention for our community. Register online for a location near you. <https://www.eventbrite.com/e/ncw-opioid-response-conference-pathways-to-prevention-registration-56045603910>
 Contact, Christal Eshelman, North Central Accountable Community of Health, 509-886-6434 or Christal.Eshelman@cdhd.wa.gov (er 10,11).

Upper Valley Empty Bowls Auction
 Don't miss the 23rd annual Empty Bowls online auction of bowls hand painted by local artists. March 6, from 8 a.m. through 10:00 p.m. On March 20, twenty-one bowls designed and created by local artists and potters will be available for bidding online at the Upper Valley MEND website (www.uvmend.org). Each bowl is also available for immediate purchase with a "buy it now" price. All proceeds from the auction benefit Leavenworth's Community Cupboard food bank and a small art grant benefitting local youth. (e 10).

Spring Fashion Show and Tea Fundraiser
 Please join Chapter JF/WA P.E.O. (a Philanthropic Educational Organization), on Thursday, April 11, at 1 p.m. for the annual fund raising event held at the Icicle Village Resort 505 US Hwy. 2, Leavenworth. Light luncheon, tea and showcasing styles from the Upper Valley shops. Cost is \$30 per person. Due to limited seating, please make your reservation and advanced payment by April 4. Make checks payable to: Chapter JF. Mail to: 160 Dell Place, Leavenworth, WA. 98826. Call Vangie Schasse, 509-888-5309 or email vschasse@gmail.com (er 9,10).

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JAMIE HOWELL
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Icicle Creek Center for the Arts could not be more proud to be bringing **Mandy Harvey** back to NCW for the third time as part of the **Visiting Artist Series** - an educational program that puts national touring artists into local classrooms to experience the arts and the creative process first-hand.

Mandy Harvey has joined us three years in a row now, even as her star has continued to rise thanks to a fourth place finish on **America's Got Talent**. To our great good fortune, she likes it here. And each year she has increased her activities with local students to the point that, this year, she'll spend an entire week working with students from **nine different schools**, including leading **300 students in a mass choir on Wed., March 13**, at Wenatchee High School.

The **concert at Snowy Owl on Sat., Mar. 16**, will be an experience not to be missed. But this show will sell out. So don't miss your chance to sing and sign with this important and talented jazz singer/songwriter. For tickets or more information, go to icicle.org or call the box office at 548-6347, x.1.

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Neighbors

CONTINUED FROM PAGE 1

Long awaited Beaver Valley property decision finalized

principal, Elia Ala'ilima-Daley, Trevor Greene, Wade Barringer and Tracey Beckendor-Edou. Finalist Trevor Green has accepted another position. Marc Brouillet, Director of Human Resources, Chief Leschi Schools, Puyallup School District is the preliminary replacement candidate under consideration. Prior to the property decision being made – Tim Bentz, Cascade Transportation Director, came to update the school board on the transportation

branch of the school district.

He came bearing mostly good news – there were only two delays in the month of January and in comparison to the last school year, the school district is in much better shape with plenty of substitute bus drivers to fill needed spots.

However he did note lower ridership due to the large younger population in Leavenworth no longer needing to ride the bus out to Peshastin-Dryden Elementary.

"I was a little bit concerned about the dollars we generated this year because our ridership count is actually down," said Bentz. "And I've pretty much come to the conclusion that most of the major part of the reason we're down is because of the one year moving PD (Peshastin-Dryden) to Leavenworth. That's hit us on a couple of our routes."

But he emphasized that they still transport the Leavenworth based children, but its within the mile radius of the destination so it doesn't generate funding.

Bentz did propose an idea for funding for things, such as purchasing new buses, from his own brainstorming and background – a levy.

"We're going to have to get creative some years if we're going to buy one every year," said Bentz. "...possibly including bus dollars in a levy. Its just something you might want to consider, because the rate we're at now, there will be some years we won't be able to buy one every year, unless we come up with some other ways to come up with the shortfall."

Another special guest appearance was Food Services director, Colin Levi, the man in charge of delegating nutrition services for students.

He updated the board on the two new kitchens condition and how that has positively impacted the students meals – including the exciting addition of homemade pizza.

"Its just opened up a whole world of more scratch cooking we can do. We've got steamers, we've got grills, we've got a pizza oven. We've started making our own pizza

dough," said Levi.

Despite serving slices of pizza, nutrition is still prioritized for students. Levi confirmed the school district is still sticking to whole grains (even with the pizza dough), the salad bar has become quite the hit for students recently and kept a heavy emphasis on fresh fruit offered to the students.

Speaking of fresh fruits and veggies, this led Levi to bring up the pilot program that they started three years ago for the school district and an update on that.

"You can take the commodity dollars and divert some of them to getting fresh fruit and vegetables," said Levi. "This year we put another \$5,000 in and unfortunately, the people we used to buy fresh fruits and veggies from have dropped the program."

Levi places the blame here on the immense amount of paperwork that the government requires from the produce vendors and farmers – and paperwork is a universal nightmare, so it has been difficult to find sources to provide for the program.

But Levi is still looking for other avenues and programs to secure veggies and fruit for students.

Lastly, Levi noted that the school district is no longer allowed to single out students getting an alternative meal due to owing lunch money, because the state believes that is "shaming children".

Other business tended to:

- ♦ Action was taken on several policies and procedures: Suicide Prevention, Maintaining Professional Staff and Student Boundaries, Equivalency Credit for Career and Technical Education Courses.

- ♦ Stuart Beckman hire was approved as the Cascade High School assistant soccer coach. He is a Icicle River Middle School teacher, so a familiar face.

- ♦ There was a resignation from the 7th grade softball coach, which is now an open position.

- ♦ A first reading introduction to a policy and procedure regarding technology.

CONTINUED FROM PAGE 1

Alphorns Club is training ground for local juniors

By KALIE DRAGO
Echo Reporter

Lederhosens, dirndls and Alphorns are some of the elements that intertwine to make the authentic Bavarian atmosphere that's planted in Leavenworth.

With its eye catching long horn and talented individuals behind the wooden instrument, the alphorn is a mesmerizing feature for locals and tourists alike.

The alphorn interest even trickles down to some of the younger Leavenworth residents – the Alphorn Club is now offered at Icicle River Middle School.

In October 2018, school administrators encouraged Thomas Tilton, Alphorn Club advisor, to form the junior version of the local ensemble, Leavenworth Alphorns. Tilton is a member of the Leavenworth Alphorns and uses his expertise to help shape the little ones into finding their own groove with the alphorn.

"I love that we've come from moose calls to music," said Tilton. "It's very gratifying to see kids learning these new skills. Our students take pride in being alphorn players."

Projekt Bayern provided alphorns for the middle schoolers and Leavenworth Alphorn members extend a helping hand by teaching and mentoring the younger players.

The school administration was very supportive of a collaboration between the commu-

nity's well known instrument of choice and the middle school students.

"Our principal, Mike Janski, even attended a few meetings. He's not bad on the alphorn!" said Tilton.

The club doubles as an opportunity for the middle school students to have hands on learning on a unique instrument and a chance to be involved with their peers.

"Clubs, in general, offer a great way of strengthening students' connection to school. Alphorn Club offers participants an opportunity to learn a unique musical instrument and to work together to produce music," said Tilton. "I think it is fair to say that most of our members experience a sense of accomplishment, while having a lot of fun."

Alphorns are a familiar sight during Leavenworth community events and now some of the town's preteens have a chance to join in on the fun, thanks to the somewhat new club.

The club practices every Thursday afternoon to prepare for their debut in the community. According to Tilton, the club is striving to make their public appearance sometime in May.

"We are currently working on building our skills and learning some pieces," said Tilton.

"Leavenworth Alphorns will be hosting the third annual Northwest Alphorn Workshop from May 24th to the 26th. Our middle and high school players will be invited to participate."

CONTINUED FROM PAGE 2

The Blood of Otto

inherently compassionate society.

I am not in the Marine Corps anymore, but its spiritual brotherhood will never leave me or go away on its own.

That Corps mindset means looking out for America as the tip of the spear, when the point of that spear needs to get stuck wherever necessary until the enemy is dead or badly wounded.

Letting this vermin exist is to cultivate more evil on the world stage. God will forgive a culling of his herd if it means

the erasure of satanic ways.

It is my duty to ask for justice for Otto. Isn't he worth at least one Special Forces Op party, like we threw for Bin Laden?


Now its on our tough talking President Trump, to put aside his bark and bite down on criminals masquerading as presidents. If you don't, you, Mr. Trump, will be taken as one yourself.

I am not a war monger. A surgical strike will do just fine. A one punch knockout, not a 30-year mess.


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Pastor Lilia Felicitas - Malana

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Junior High, Wednesdays, 6:30 p.m.
Meet at - 206 Vine Street
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Children's Pastor, Andy Robinson
Congregation Care Pastor, Joyce Williams
Pastor Ian Ross, Director of Operations
Steffanie Haney, High School Director
christcentercashmere.com



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Vicar Rob Gohl - Cell - 860-0736

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Pastor Steve Bergland

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UPPER VALLEY NEWS SINCE 1904

CASCADE SCOREBOARD

Baseball	
March 9	Cascade at Kiona Benton at 11 a.m.
March 9	Cascade at Kiona Benton at 1 p.m.
Fast-pitch Softball	
March 12	Quincy at Cascade at 4:30 p.m.
Golf	
March 12	Cascade at jamboree in Okanogan at 2:30 p.m.
Soccer	
March 9	Cascade at Connell at 4 p.m.
March 12	Royal at Cascade at 6:30 p.m.
Tennis	
March 9	Cascade at Ellensburg at 10 a.m.

Cascade students, athletes enjoy benefits of new weight room



All Photos by Al Stover

Efren Guerrero (right) completes one of his squatting reps on the rack while his spotter Daniel Sandoval looks on.

By AL STOVER

During the Feb. 25 class, students from Paul Fraker's class bring in new dumbbells, ranging from 25-100 pounds, that were shipped to the school into the weight room, many of them covered in plastic.

The dumbbells are the latest equipment for Cascade High School's new weight room. Construction and set up of the weight room was recently completed and various students use the weight room throughout the day, including

football players, and kids from weights and P.E. classes. Students also use the weight room after school hours.

CHS and Icicle River Middle School athletic director Dominique Coffin said it has been nice for Cascade to finally have a weight room, and for students to use the equipment.

Before the facility was finished, students used the middle school's weight room.

Coffin explained the scenario was tough for students enrolled in weights classes

as they had to change at the high school, then travel to the middle school to use the facility.

Coffin said funding for the weight room was included in the school bond passed in 2015. CHS also bought new equipment for the weight room, including 10 weight racks along the walls designed by Wright Equipment. Each rack features red and black trim with the Kodiaks name and logo embossed on the top bar.

Including the school's colors

and logo adds a bit of CHS pride to the facility, according to Coffin. The weight room also features are benches, dumbbells, kettle bells and jump boxes. In the middle are cable machines and benches. There are also treadmills, exercise bikes and a row machine, Coffin said are "self-powered" and do not require electricity.

Another new addition to the weight room are the mirrors behind the weight racks.

"(They) are a little motivation," Coffin added. "Students see themselves, they'll see their bodies change and the progress they've made."

Coffin said he and Fraker have developed a weight training program that students use. In addition to working out, students also learn how to properly use the equipment and become familiar with in a weight room atmosphere. He also drafts his own workouts for football players

Coffin said students will have the opportunity to use the weight room in the summer. He noted the CHS football and cheer teams will use the facility during the day, and the girls' sports teams – basketball, volleyball and softball – will have a combined workout.

"Summer is our busiest time, kids are in here from 6 a.m. to six at night," Coffin added.

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Photo by Al Stover

Cascade senior Ethan Burpee eyes the basket seconds before he makes his shot. Burpee was one of several CHS seniors who competed in the annual game the graduating senior class and the Grizzled Old Men on Feb. 28.

In addition to the basketball there were raffles and a silent auction. All proceeds from the event went to support the Senior Class Celebration.



Cascade student Megan Evans runs on the self-powered treadmill during class.



Each of the weight racks is painted in red and black to match CHS colors and has the Kodiaks' name and logos at the top.



Photo by Al Stover

Ben Wiley works to break down Mat Cats' Gunner Ewald during their match. Wiley was one of several members from the Cascade Youth Wrestling team who competed in the annual Cashmere Invite on Feb. 23.

The annual tournament featured athletes from wrestling clubs located in Wenatchee Valley.

Cascade's Ramiro Alvarez and Tristan Sharpe won their divisions while Zach Dodrill, Thayer Robison and Peyton Curry finished second in their weight classes. Jace Bean took third in his division while Wiley and Carson Curry took fourth in theirs.

Former UFC champion St-Pierre was 'one of a kind'

By AL STOVER

The mixed martial arts world was rocked when former UFC welterweight and middleweight champion Georges St-Pierre announced his retirement from mixed martial arts competition.

St-Pierre's made his retirement on Feb. 21, over a year since his last fight against Michael Bisping where he won the UFC middleweight championship – and later vacated it. The Canadian superstar ends his MMA run with a record of 26-2.

I was skeptical when wind of St-Pierre's retirement rumors filled the Internet. In all of the years I have watched combat

sports, I have watched fighters hang up the gloves, only to later re-lace them and a take a bout, whether it was because of a big payday, a chance at another win or an opportunity to compete in a bigger promotion. Former Bellator and ONE champion Ben Askren "retired" from MMA in 2017. He returned after less than two years into his retirement to fight former welterweight champion Robbie Lawler at UFC 235.

Even as I write this, there are rumors that St-Pierre would return to the MMA competition for the right fight.

If St-Pierre is truly finished

with fighting, he will go down as one of the all-time greats. I would easily put him as the best welterweight competitor in MMA history and one of the top pound-for-pound fighters of all time.

St-Pierre wasn't my favorite fighter, but I will say that there is never going to be another competitor like him in mixed martial arts.

St-Pierre's beginnings as a fighters mirrored that of his peers who competed in his era. He started his MMA career in 2002, and after racking up some wins in Canadian promotions, he transitioned to the UFC and

became one of the promotion's top 170-pound fighters. He had his first taste of UFC gold in 2006 after he defeated Matt Hughes for the welterweight title. He would lose the title to Matt Serra, defeat Hughes for an interim title and unify the belts after to win his second world title.

After numerous successful title defenses, St-Pierre took a hiatus from MMA in 2013. He returned in 2017 to beat Bisping to win the UFC middleweight title, becoming the fourth fighter in the promotion to win champi-

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

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Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry / Bed Makers. 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

Manson School District is seeking applicants for the following position.

Elementary Principal 2019-2020 school year

Detailed job posting and online application process are available at: www.manson.org, 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.

Advertise 548-5286 or 782-3781



CROSSWORD PUZZLE

THEME: 20th CENTURY

ACROSS

- Nibble away
- Information space
- School support org.
- Royal Indian
- Short for Dorothea
- Oak nut
- And others, for short
- Seat of intellect
- Branch of philosophy
- War to end all wars?
- Lump of stuff
- Type of examination, pl.
- Owned
- Downer
- Wiggle room
- *Wan of "Star Wars," a 20th Century Fox film
- Tends to fire
- Affirm
- Grabbing tool
- Blade drops
- ____ ballerina or ____ donna
- *Village People song
- Verse with repeating lines
- Bartender's Triple ____
- Panhandler
- *"Cheers" owner
- Any high mountain
- Like yellow polka dot bikini
- Tropical edible root
- *First on the moon
- Holy See's administering body
- Focuses
- *____ Lady, a.k.a. Margaret Thatcher
- Newspapers and such
- December 24 and 31, e.g.
- Vena
- Common conjunction
- Ity-bitty
- Fence piece

DOWN

- Increased in size
- *North Atlantic Alliance, acr.
- Slightly open
- Whack
- Mark from a lash
- Is dressed in
- Dry riverbed
- *Walt Kelly's comic strip (1948-1975)
- *Aldous Huxley's journey
- *Mandela's org.
- Foil
- Aquarium scum
- *Conflict without active fire
- One step to success?
- "For ____ a jolly..."
- Half-rotten
- *Manhattan Project invention
- Don't do this to words!
- Raunchy
- Dispatch boat
- *Aden Emergency locale
- Skunk's defense
- *"The Century Trilogy" author Follett
- *Space ____
- *First in space
- Manufacturing site
- *Tupac's genre
- Vomiting
- Triumph maliciously
- Song words
- Treasure collection
- Event host
- U, on the road
- Like Mojave
- *____ Good Men"
- Singular of #21 Across
- Most luminous star
- Buzzing pest
- Number cruncher

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CROSSWORD PUZZLE

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- Most luminous star
- Buzzing pest
- Number cruncher

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

HELP WANTED

City of Brewster Employment Opportunity The City of Brewster has one opening for a full-time year-round Parks and Public Works position and one opening for a temporary part time Parks and Public Works position. Duties include: All aspects of Public Works and Park maintenance, cleaning and other duties as required. This position requires the ability to work outside in adverse weather conditions. Work hours may vary but are anticipated to typically be 40 hours per week, Monday through Friday, from 7:00 a.m. to 4:00 p.m. with a one hour lunch break. Wage for the temporary position is DOE, wage for the full-time position is per Union Contract. The successful candidate for the part-time position should anticipate the position will commence on April 1, 2019 and continue through approximately September 15, 2019. Criminal background check will be required, as will pre-employment drug testing. Random drug testing throughout the employment period may occur. Applicants must have a valid WA State Driver's License. An application can be obtained by visiting cityofbrewsterwashington.org by calling (509) 689-3464, or picking up at Brewster City Hall. Application deadline is March 8 at 4:30 pm.



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

Cascade High School/ Icicle River Middle School Choral Director

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

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ALP TEENY
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AND WEE SLAT

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APPLIANCES

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

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Deadline Tuesday at noon for the paper
Quad City Herald

AUCTIONS

Cut Rate Storage
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On March 16, 2019
10:00 a.m. at
107 Railroad Ave.
Cashmere, WA. 98815

PUBLIC NOTICES

CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that the Hearing Examiner for the City of Leavenworth will hold a Public Hearing to consider and make a decision on three applications. The Hearing will be held at 10:00 am, **Monday, March 18, 2019** in the Council Chambers at City Hall, 700 Highway 2, Leavenworth, WA.
1. •Doghaus Brewery, file CUP 2018-05, Aaron Gibbs (applicant) is requesting a conditional use permit for retroactive permitting of an existing microbrewery located within an existing multi-use commercial building. The property is located at 321 9th St, Leavenworth WA, within the Central Commercial zoning district, parcel number 241712662415.
2. •Zone Change, file ZC 2019-01, the City of Leavenworth is requesting a recommendation for a Zoning Map Amendment for three parcels of land, 9139, 9125 and 9111 Icicle Road owned by the City of Leavenworth (parcel numbers 241711440851, -852 and -853) from Recreation Public District to Residential Low Density 6,000 District (RL 6); and, one parcel, 1440 Commercial Street owned by the City of Leavenworth (parcel number 241701440150) from Multifamily District to Light Industrial District (LI). The recommendation will be forwarded to the City Council for final action; however, this will be the only time for public comment on this amendment.
3. •Closed Record Hearing regarding the Fletcher Variance decision, file VAR 2018-03; Todd Smith (agent) on behalf of Josh Fletcher (contact) is requesting reconsideration of the Hearing Examiner's decision, issued February 14, 2019, in accordance with LMC Section 21.15.120, regarding a variance to reduce the front yard setbacks from 25' to 10' for property located on State Highway 2, Leavenworth WA, within the Tourist Commercial zoning district, parcel number 241711140175.
The hearing examiner shall consider the request without public comment.
The public is encouraged to attend hearing and provide comment and/ or provide comment on items 1 and 2 to Development Services prior to hearing. Materials may be viewed during normal business hours at City Hall or on line at <http://cityofleavenworth.com/city-government/development-services-department/land-use-applications/>. Questions may be directed to Development Services, phone (509) 548-5275 or email dsmanager@cityofleavenworth.com
Published in The Leavenworth Echo/ Cashmere Valley Record on March 6, 2019. #84651.

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of JOHN S. VAUGHN, Deceased

No. 19-4-00059-04
PROBATE NOTICE TO CREDITORS

RCW 11.40.030

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: March 6, 2019
Personal Representative: BARBARA E. YANAGIMACHI
Attorney for the Personal Representative: RUSSELL J. SPEIDEL
Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881
Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 19-4-00059-04

BARBARA E. YANAGIMACHI
Personal Representative

Attorneys for Personal Representative: SPEIDEL BENTSEN LLP
By: RUSSELL J. SPEIDEL
WSBA No. 12838
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807.
Published in The Leavenworth Echo/ Cashmere Valley Record on March 6, 13 and 20, 2019. #84630

The Leavenworth Mosquito Control District Board

will hold their first meeting of the 2019 season on Monday, March 18th at 7 p.m. at the Chelan County PUD building at 222 Chumstick Highway, Leavenworth.
There is an opening for a new board member and the board will consider applications for this position at the meeting. Letters of interest should be directed to P.O. Box 34 Leavenworth WA 98826 or info@leavenworthmosquitodistrict.com

by March 16th. Meetings are scheduled at the same time and site on the first and third Mondays of each month but are often cancelled due to a lack of pressing business. For up-to-date information call Manager Jennifer Mullins at 548-5904. The District will begin larvicide treatments as soon as mosquito larva are found (but no earlier than March 18) continuing until October 15 at the latest. Larvicides used include Bacillus thuringiensis subspecies israelensis, Bacillus sphaericus, and methoprene. Spinosad may also be used. Additional larvicides which may be used also serve as pupicides: these are a monomolecular surface film and a paraffinic white mineral oil. The District seeks to reduce mosquitoes through habitat reduction and larviciding. Adulticides were not used from 2007 through 2018. If an adulticide is needed, we may choose to use malathion, natural pyrethrins, piperonyl butoxide (PBO), permethrin, etofenprox, naled, prallethrin, resmethrin and/or sumithrin. Such spraying could occur in June, July or August anywhere within the District and will be noted at our website: www.leavenworthmosquitodistrict.com. Larvicide treatment locations are also posted at this website. Additional sites may be added as needed. More information on these pesticides is available online at npic.orst.edu/pest/mosquito/. For additional information or to be placed on a "No Spray" list, leave a message for Manager Jennifer Mullins at 509-548-5904. Placement on the list is not a guarantee on non-treatment. The Department of Ecology Aquatic Pesticides Permit Manager may be reached at 360-407-6600. Published in The Leavenworth Echo/ Cashmere Valley Record on March 6, 2019. #84645

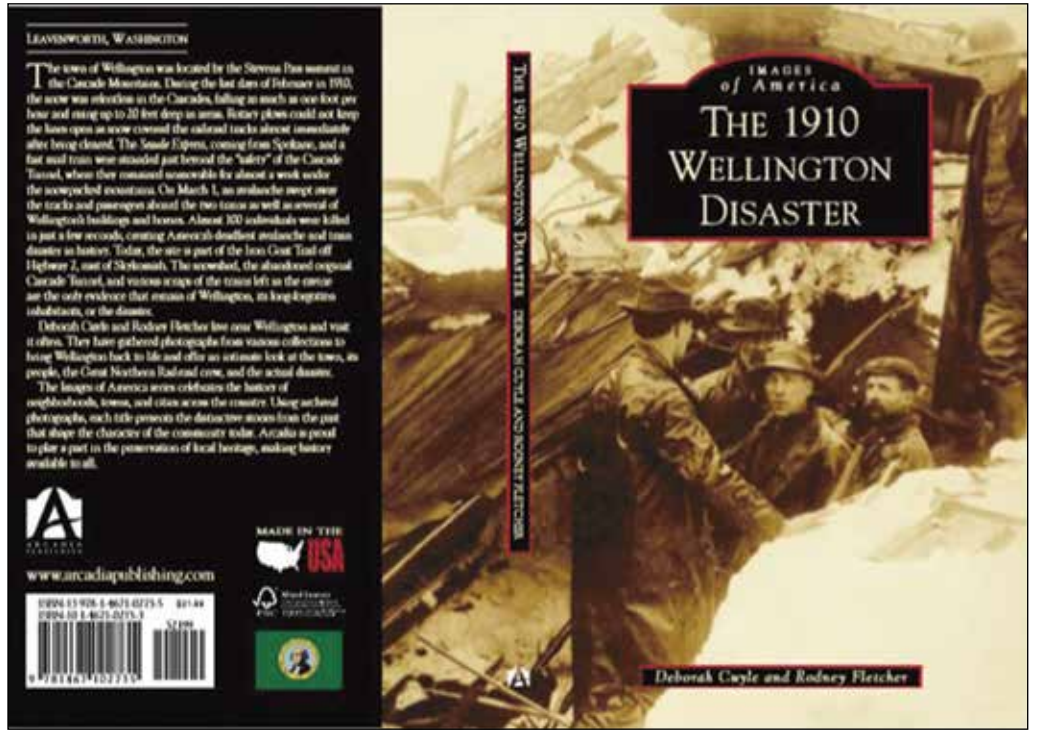


Photo contributed by Deborah Cuyle

A photo of the cover of the new book *The Wellington Disaster*.

Wellington Disaster brought to life with new book

By KALIE DRAGO ECHO REPORTER

The Cascade Mountains set a beautiful backdrop for Leavenworth and trains rattling on tracks near town is a common form of transportation for those coming and going. However on March 1, 1910 these two elements, two trains and the Cascade Mountains, were a part of the formula that formed a historical tragedy - the Wellington Disaster. The Wellington Disaster was the worst train disaster in history and one of the deadliest avalanches in America. Authors, Deborah Cuyle and Rodney Fletcher, decided to embark on retracing the steps of this pivotal moment in history - they put the tragedy's timeline and victims in black and white print while bringing local history to light in their book, *The Wellington Disaster*. "I traveled to the actual sites several times and it's extremely fascinating to me," said Cuyle. "The whole incident is just incredible. It's almost absorbing. The more you read and the more you learn, it just becomes so fascinating what these

people have been through and what the town was like." The book was published February 4 by Arcadia Publishing. Its timely given the tragedy took place just a few weeks after the publishing date and the current state of the Amtrak train that is stranded in Oregon. "It's so strange because that train just got trapped in Oregon. I was correlating the two, what these people thought they had to endure and what the people in 1910 had to endure. It was kind of eye opening," said Cuyle. The two writers went and visited the site of their muse while gathering material for their book. Beyond exploring the coroner's transcript (which they included in the book), newspaper articles (including the Echo) dating back to the event, diaries, artifacts and studying photographs of the individuals involved in the incident. According to Cuyle, she even had to draw a few of them to get a better glimpse due to the strain of time on the photography. "(The transcripts and

photos) really bring the people to life. I tried to put more personality, names and faces to the incident instead of just what happened," said Cuyle. "I tried to make it real and personal." As Cuyle was uncovering background and the forgotten pieces of the tragedy's puzzle, she admitted to being moved and even shed a few tears. Her goal was to inform people, particularly those connected due to local proximity, of a simultaneously devastating and forgotten piece of local history. "I think it's very important because it was in their backyard. Leavenworth was the last stop before they started their descent in Cascade and a lot of people that helped with the rescue came from Leavenworth, so it's such a big part of their history," said Cuyle. "I don't know why this isn't being taught in our local history classrooms." The Wellington Disaster has been buried in history for quite some time and Cuyle and Fletcher's book has resurfaced just in time for the 109 year anniversary of the event.

Deadline fast approaching!
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Spring & Summer Edition

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Healthy Living

How to Take a Non-prescription Drug Safely

Twelve years ago, my 78-year old father finally had surgery to replace his left knee. In the final year of World War II he injured it while serving on a ship in the Pacific, but it never really bothered him until his early 70s. When the doctor told him he needed his knee replaced, he kept putting it off because of my mother's progressing dementia. He insisted on taking care of her in their home, and it was only after she passed away that he had his knee replaced.

Rather than have him rehabilitate from surgery in a nursing home, my two sisters and I took turns staying with him around the clock, making sure he took his medicines and did his daily physical therapy. As the sister with a medical background as both an Emergency Medical Technician (EMT) and pharmacist, I covered his first weeks home from the hospital, driving him to his physical therapy appoint-

ments and other errands until he was medically cleared to do it himself.

On his very first night home from the hospital, I noticed that he'd slept for only three hours. Pouring him coffee the next morning, I mentioned it.

"Dad, you only slept for 3 hours last night. Are you SURE you're not in pain?"

"The pain pills work just fine, Lulu. Three hours is pretty typical for me; I've had trouble sleeping for years." "Well, we're going to have to do better than that or you won't get better very fast. People who don't sleep well, don't heal well."

My father took only two prescription medicines, and at 6 foot-one and 270 pounds, he'd never been very sensitive to pills, so on the way home from his physical therapy appointment that afternoon we stopped at his favorite grocery store to look for something to help him get more shut-eye.

As we headed toward the aisle with the sleeping medicines, I walked slowly so Dad and his walker could keep up with me.

I explained, "Over-the-counter sleeping pills come in two different formulas: one with diphenhydramine and one with doxylamine. The diphenhydramine lasts for about 6 hours and is a little safer in older adults than doxylamine, which can last up to 10 hours."

We purchased a bottle of 25mg diphenhydramine rather than the 50mg maximum strength, and he tried one of them that night. It didn't have much effect, so the next night we had him try the maximum dose of two tablets at bedtime. Dad was smiling as I poured him coffee the following morning. "I slept for five hours straight before waking up. It's been years since I've slept that well. That stuff really made a difference."

Most over-the-counter (OTC) sleep-aid products

contain an antihistamine, either diphenhydramine or its close cousin, doxylamine. But instead of just treating allergy symptoms like runny nose, itchy eyes and sneezing, these antihistamines are sold as sleep aids because they also cause significant drowsiness in most people.

Benadryl® (diphenhydramine) is available as a 25mg tablet or capsule in the allergy section of your grocery or pharmacy. But in the sleep aid section you'll also find diphenhydramine for sale as Somnex®, Nytol®, and zzQuil® as well as 50mg Maximum Strength Unisom® tablets or capsules.

Tylenol PM® and Advil PM® have a mild painkiller in addition diphenhydramine. Tylenol PM® contains an extra strength Tylenol (acetaminophen) 500mg in each tablet and Advil PM® contains 200mg of ibuprofen.

Confusion, dry mouth, constipation, and urinary retention are common side effects



Ask...

Dr. Louise

of diphenhydramine and doxylamine and are even more likely if you are also taking a prescription medicine for bladder control, depression or insomnia. Avoid dry mouth, as it accelerates tooth decay and gum disease.

Here are 3 Tips on Taking a Non-prescription Sleep Aid:

1. Avoid Alcohol. Although it may relax you, it can also interfere with you staying asleep. Avoid alcohol entirely if you also take a narcotic pain medicine, even if you take your pain pill several hours before bedtime.

2. Try diphenhydramine before doxylamine. The sleepiness from doxylamine may last up to 10 hours compared to 6 hours for diphenhydramine. A longer-

acting sleep aid is not always an advantage, because you can feel "hung over" if the effects of your sleeping pill haven't worn off by the time you need to wake up.

3. Start with half a dose at first. Always start with half a dose of any new sleeping pill, in case you are sensitive to it. If you're not sleepy within 30 minutes, go ahead and take the other half. *Sweet dreams!*

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



Photo courtesy of Heidi Swoboda Photography
Erin Carlson shows her hand painted bowl that will be auctioned off to raise funds to support the community cupboard

By BARB ROBERTSON

There are many Upper Valley residents that have hand painted bowls in their cupboards (as well as food) thanks to the Empty Bowls events that occur every year in time to brighten up the late winter.

This year, Teara Dillon and Erin Carlson join the creative ranks of local artists donating their time to create the Empty Bowls online auction bowls. Teara Dillon became involved in the event like many of us, through an invitation from a friend to paint a bowl. She now has a cupboard full of hand painted Empty Bowls.

2019 Upper Valley Empty Bowls Auction Artists

As an art teacher for the Cascade school district, Teara has encouraged many students over the years to get involved as artists and helpers. She has a passion for teaching others to explore their individual vision as well as to use art as a means to embrace diversity and reach across to others with empathy. She is inspired by color and texture and enjoys capturing a portrait of a person or animal in a unique way.

Teara challenges herself to see the world differently through the angles and proportions of Cubism, and enjoys many mediums including painting, drawing, sculpture, digital media, photography and ceramics. She feels most free while painting.

Besides being at school during the day, you can also find Teara around town in the evenings teaching classes for Sip and Paint. Her paintings can be found at Sleeping Lady Resort, Central Washington Oral and Facial Surgery, Tumwater Bakery and in private collections. It will be exciting to see what Teara has created for the Empty Bowls Auction this year!

Joining Teara as a new Empty Bowl Auction Painter this year is Erin Carlson. Creating from an early age, Erin started painting after being inspired by the happy trees and mountains painted by Bob Ross in his weekly television episodes. After a stint in the Marine Corps, Erin returned to the area and attended Wenatchee Valley College-taking as many art classes as her AA degree would allow. Since then, she has made time every year to paint a bowl at the Empty Bowls Festival.

"Ever since I painted my first bowl (back in 2012?), I have been hooked on the whole concept. Everything from choosing a handmade bowl, picking out glaze colors, designing the artwork for it, painting it, anxiously waiting to see the results and, finally, eating delicious, locally made soup out of my creation all in the name of giving back to our community! It is such an honor to be part of the artist community surrounding the Empty Bowls Festival and I wiggle with excitement to see what creations and

support our community brings to the table."

Our Valley is so fortunate to not only have so many talented people within our midst, but people who give from their hearts to help their neighbors. You can view and bid on these beautiful bowls and platters March 6-20 on the Upper Valley MEND website: www.uvmend.org. For more on the artists that support the empty bowls project check out our website leavenworthecho.com.

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CONTINUED FROM PAGE 1

County commissioner drops in on City Council meeting

phone to explain the option of the Icele Work Group Plan.

He suggested the base plan, alternative 1. However, while 15 out of 17 groups involved are for this alternative, two groups are holdouts.

"Is there a benefit to passing this resolution or detriment to waiting for a consensus?" asked council member Mia Bretz.

The council voted 4 to 1, with council member Bretz being the hold out due to wanting to delay the final decision until a later date. However, council member Jason Lundgren did ask a series of questions regarding the proposed base plan.

"I can tell you Joel (Walinski) (City Administrator) opinion," said Mayor Farivar.

"He feels very strongly that

we need to get into support of this initiative by this resolution. Signing on early is not going to discontinue the conversation certainly."

The council also approved the contract with Pacific Security for 2019.

The security services would be cover responsibilities such as parking enforcement, downtown patrol and even overnight rentals. The city has been working with the security service since 2012.

Other business tended to:

- Council approved the youth funding request for the Bike and Juice Festival

- A bid for \$364,769 to Nepal Electric and Control for the Highway 2 crosswalk improvements.

CONTINUED FROM PAGE B1

Former UFC champion St-Pierre was 'one of a kind'

onships in two separate divisions. Fans are skeptical when a competitor comes back to fight after a four-year absence, especially against a champion – but most fighters don't prep for a fight like St-Pierre does.

I always admired how St-Pierre approached his fights. He was known for developing a game plan with his trailers and putting together a complete training camp.

During the fight itself, he managed to implement his strategy from camp, and neutralize his opponent's strengths.

This approach did not always earn him praise from fans who wanted to see fast knockouts. Yet MMA is a sport where you're paid to win, not entertain fans.

St-Pierre was also one of the first fighters to conduct himself as a professional outside of the cage. He wore suits to press conferences and would carry his championship with pride, He was classy and he never

trash talked opponents.

St-Pierre was a superstar. Even my friends who didn't watch combat sports knew who he was and liked his style and how he conducted himself. My friends who practiced martial arts friends respected his approach to fighting.

When I used to watch UFC events at a local pub for one of his fights, the place would be packed.

Even with all of his fame, St-Pierre was never caught in a scandal or arrested, or even failed a drug test.

I still think St-Pierre will be involved in MMA. It's only a matter of time before he returns to the sport in some fashion – perhaps as an analyst.

Personally, I would like to see him become a trainer and pass on his knowledge and skills to future fighters.

Athletes who are itching to compete in mixed martial arts and want to be successful could learn a lot from St-Pierre.

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STORAGE

DOWNTOWN CASHMERE MINI STORAGE

5x10- \$60 Per Month

10x10- \$80 Per Month

8x14- \$90 Per Month

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

782-8113

201 Cottage Ave., Cashmere

EXCAVATION

Complete Excavating Service

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

(509) 548-3489
Leavenworth, WA

Licensed - Bonded - Insured