

### Leavenworth's watering hole will re-open

By KALIE DRAGO  
Echo Reporter

Over the course of the last few months, its been a nail biting, 'will they, won't they', uncertainty surrounding the future of the Howard Hopkins Memorial Pool – finally the situation has stabilized.

The city of Leavenworth announced February 13 that the Leavenworth watering hole, where the locals gather, will open for the summer.

In order for the long time pool to stay afloat, there needed to be some improvements that had a hefty price tag attached. After residents voted against the Upper Valley Park and Service Area levy in August 2018 – that would've funded the resurfacing of the pool and various upkeep costs – the city council was at odds how to mend the situation.

"I think its important to keep the pool upkeep," said Elmer Larsen at the February 13 study session. "It's front and center as you drive through town."

Mayor Cheri Farivar agreed at the study session, noting this prevents future deterioration as well and the money is there. The council members were all openly in favor of this.

At the February 13 City Council meeting, the council approved the motion to finance the pool with three options: 1/3 with Lodging Tax funds, 1/3 with the city's funds and 1/3 with a three year loan to the PRSA. It's \$61,000 and some pennies for each.

"I think one third, one third, one third is a defensible position and one that seems measured. And there's good logic to it," said council member Clint Strand, also at the February 13 study session.

The bid for the surge tank resurfacing, pool resurfacing and fiberglassing was a total of \$183,139 from the Ellensburg company, W.M. Smith & Associates Inc.

This was approved at the February 13 city council meeting.



Photos by Al Stover  
Cascade High School senior Heidi Dougherty is one of the new members in this year's CHS Equestrian Team.

## CHS Equestrian Team rides into another season

By AL STOVER  
Echo Reporter

The Cascade High School Equestrian Team is gearing up for the 2019 season.

The club is coming off the heels of an impressive 2018 season where they won the Washington State High School Equestrian Team (WAHSET) District One "High Point Title" for the fourth-consecutive year.

The CHS team, comprised of six riders, five from Cascade and one from Cashmere, practices at the Appleatchee Arena in Wenatchee at least once a week.

This year's club has several new faces, one being new CHS adviser Mickey Lane. Besides Lane, there are several coaches who help competitors practice for specific events.

Returning to this year's team are second-year riders

Team President Ava Holmes, Vice President Hailey Birmingham and Secretary/Treasurer Sasha Morgan. Cindy Fowler, the performance and drill coach, owns many of the horses the team uses for practice and competition.

Fowler is also the Club President of the Tillicum Riders Drill Team, out of Cashmere and one of the team's many supporters.

Lane said the season is going well so far for the club. She noted the first-year riders have not only learned about the different events they will compete in during the season, but have also gained some insight of the cost and commitment it takes to be a part of an equestrian team.

While riders have become familiar with riding and showmanship, they also know how

to properly saddle their horse in the western style, and the logistics of transporting it to and from the arena.

"Kids have to have time management skills for this," Lane said. "They're not just practicing for events, they are making time for feeding, cleaning and everything else that comes with owning a horse."

Lane commended the dedication, thirst for knowledge, work ethic and mental toughness the first-year club members have shown in and out of the arena.

First-year riders have also learned the importance of giving back through their teammates. In addition to preparing for their own events, Holmes, Birmingham and Morgan will provide guidance to first-year riders. CHS equestrian club alumni have also stopped by

practice to help the team.

Cascade High School junior Gloria Campbell is one of the new riders on this year's team. Campbell said she has adjusted to the equestrian lifestyle and appreciates how welcoming her teammates and coaches have been to her this season.

In addition to getting to know the other club members, Campbell has learned how to work with horses, one being Poko, who belongs to Gaming Coach Jeremy Price.

"It's about knowing where you stand with your horses and learning together," Campbell said of her partnership with Poko. "We're trying to get better together."

Campbell plans to compete in the gaming, showmanship,

SEE CHS EQUESTRIAN TEAM ON PAGE 5

## EMERGENCY

### Snowmobile accident leads to an injury and helicopter transportation

By KALIE DRAGO  
Echo Reporter

According to a press release from Chelan County Sheriff's office, a 39 year old male, Benjamin Hayden, suffered an injury after an afternoon snowmobile accident on February 15.

The accident occurred near Sugarloaf Lookout and about 12 miles north of Leavenworth.

Hayden's snowmobile got stuck in the snow and he was attempting to free the snow-

mobile for two hours and had suffered a fractured lower leg in the meantime.

At 12:45 p.m., Deputy Mike McLeod and USFS Law Enforcement Officer Mike Kujala, who were on a routine snowmobile patrol, tried to help Hayden – while they were stabilizing Hayden's leg, he fell unconscious and unresponsive.

A Life Flight helicopter transported Hayden at 2:30 p.m. to Central Washington Hospital in Wenatchee.

### Seattle hiker treated for cold feet

By KALIE DRAGO  
Echo Reporter

A 19 year old Seattle hiker was treated for cold exposure after her and a friend tried to hike into Culchuck Lake on Monday, February 20.

According to Jason Reinfield, chief of special operations at the Chelan County Sheriff's office, due to being unable to drive up to the trail head in the winter, the girl and her friend hiked up the trail about 2.5 miles before

camping overnight. The next morning, the girl's boots were frozen.

The pair decided to turn around and hike back, but the 19 year old's feet were to cold to continue.

At one point, Reinfield said the friend carried her and realized they needed to seek help.

A deputy responded and a paramedic provided care. The hiker was offered to be transported to the hospital, but declined.

## Controversy surrounding commercial lodging project

By KALIE DRAGO  
Echo Reporter

Despite the chill outside and mid-day timing when most would either like to be snug in a blanket or supposed to be starting their day in the office – the public hearing surrounding the commercial lodging on State Highway 2 brought forth an impressive turn out.

On Monday, February 11 at 10 a.m., many Leavenworth residents, along with the interested applicant and contractor, Josh Fletcher, gathered in City Hall.

The possible site is .20 acres, located on Highway 2 and is

bordered by Mill and West Commercial Street, according to city of Leavenworth documents.

"It's a family lodger, people would share one kitchen. Not like your typical hotel," said Fletcher. "Probably at least two lodges connected. Maybe like two customers there."

Fletcher had requested approval for a variance to reduce the front yard setback to 10 feet rather than the 25 feet that is the city's code.

"In a nutshell, it seems the reason we have variances is so that land is used for its intended

purpose, which is exactly why we're asking for this variance," said Fletcher.

"We're just trying to get to the 50% footprint that every other commercial lot is being able to enjoy."

The request stems from the contractor's desire to meet the 50% lot coverage allowance in the Tourist Commercial Zone.

With the unique size and shape of the lot, without the variance Fletcher says that instead of the lodging that he aspires to go on the lot, it will instead be something like a drive thru.

"It's actually in the code, that when you have a property with an unusual shape that that is exactly why there is a variance, we're trying to build the lodging structure to do what the code wants," said Fletcher.

"There's actually words in the code that Leavenworth wants it to be a destination and not a 'place just to stop by' like a drive-thru or other use, which we would be forced to do."

City staff has reviewed his proposal and recommend the variance unlike the head shak-

SEE COMMERCIAL PROJECT ON PAGE 4



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### Inside The ECHO this week

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# Opinion

## For the 10th time, cut Trump a husk

I am making myself and all the readers sick when I say for the gazillionth time to cut Trump a husk, give him a break, throw him a bone or whatever down home phrase you want to use.

I'm specifically talking about talks in Vietnam with North Korea. President Trump is correct when he stated on national television that, without him being in the Oval Office, we would be at war with North Korea because when Obama ran things for eight years, we acquiesced to North Korea's every request and never put our foot down. Another rocket test followed another rocket test which followed another and another and soon the North was announcing it could throw a nuclear weapon into the heart of Seattle or even New York City.

At least Trump has had the guts, whether prudent or not is another question, to fight

threats with threats. I believe that the world believed he was "crazy" enough to follow through on his threats to bomb "Little Kim" back into the stone age.



**GARY BÉGIN**  
Managing Editor

What really mattered was that the Chinese and North Koreans were actually afraid of "madman" Trump who is indeed crazy -- like a fox. His bellowing and posturing and gesturing and bumper sticker rhetoric was enough to back those fools in East Asia down and bring them to the negotiating table.

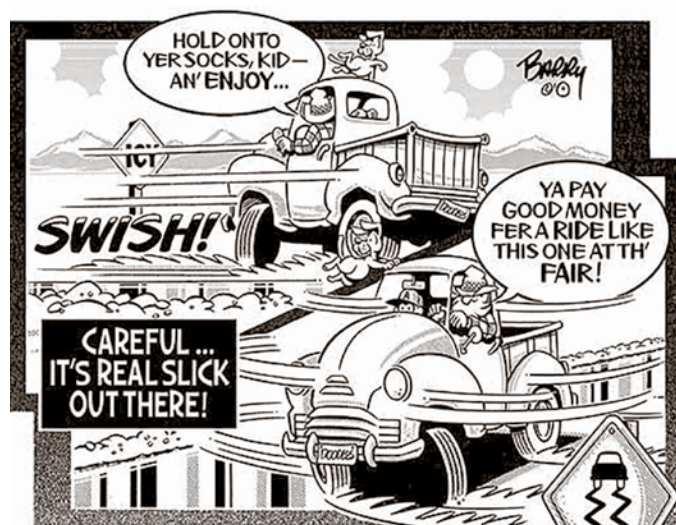
Millions on the left, especially the talking heads on left wing TV, think Trump is a nutcase

when he suggests North Korea could actually be the home of some world class beach resorts. Well, why the heck not?

Trump is 100 percent correct when he states that the Chinese, Japanese, South Koreans and tourists the world over would love to hang out on pristine beaches and play golf and perhaps visit ski resorts while spending considerably little money compared to other world resorts.

Imagine the amount of money that would flow into the North allowing the people to be fed and the economy to grow so that one day North Korea could also have the luxurious lifestyles we enjoy in Westernized democracies?

In case anyone has forgotten about Cuba and for how long Canadians, Germans, Russians, other Europeans, South Americans and even Asians have been visiting there and



spending big bank.

Once local workers see how the rest of the world lives and spends and enjoys, it won't be too long before materialistic envy strikes home and the desire for freedom on the home front becomes real enough to force the North to enact actual changes in its strict social and economic policies.

Even liberals must agree that it was President Richard Nixon, he of the famous (or infamous) tattoo on Roger Stone's back, who opened up China by sending a ping pong team to pave the way for more serious talks. Well, basketball star Dennis Rodman has, in his own way, already helped start that ball rolling.

If communist China embraced full force capitalism and Cuba is on the verge, once the Raul Castro is dead, then why not propose what could be to "Kim of the North" and let his greedy mind help establish a freer and freer economy?

Do you really want to know

who might be vehemently against opening North Korea to the idea of free trade with the West? It is the other Asian nations that have benefitted for decades from our largesse towards them, even though the Japanese wanted us all dead and/or subjugated just 70 years ago and now sells millions of cars to us. Even though the Chinese wanted us dead and out of North Korea 60+ years ago and is now our largest Walmart partner.

I believe we would all make money if Trump's ideas for an economically stable North Korea work out, we just need to cut him a husk.

I say again, for all his faults, if the American left would just let this crazy fox, aka Trump, do his thing in Vietnam, I bet we could get some real economic payback from North Korea within the next few years.

Paraphrasing Forest Gump, who played ping pong in China in the movie, "that's all I have to say about that."

## LETTERS TO THE EDITOR

### Leavenworth City Planning & City Council

*As an area resident dependent on Icicle Road as the primary access to our home, my wife and I are totally opposed to the location of the proposed Adventure Park.*

*We believe the developer's efforts to mitigate the parking, traffic, and noise falls short and find the City of Leavenworth efforts to help the developer navigate around city municipal code disturbing.*

*Agreeing with the developer's position that major changes to Icicle Road and*

*the installation of a traffic light at Highway 2/Icicle Road are not necessary, defies common sense.*

*The hundreds of additional cars making their way to and from the amusement park daily will require expanding Icicle Road to at least 4 lanes in that area, as well as, installing a traffic light to avoid traffic backing up in both directions on Highway 2, as well, as Icicle road.*

*The need to expand the width of Icicle Road to accommodate more lanes is the pri-*

*mary objection I have to the developer's setback variance.*

*While the developer's planned 69 parking stalls is a modest improvement over the original plan, it still falls far short of meeting parking needs for this type of development.*

*The applicant's determination of the parking requirement does not adhere to the LMC 14.12. 150 E. (4) for outdoor commercial amusement enterprises.*

SEE LETTER TO THE EDITOR ON PAGE 4



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### Letters policy

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

### Corrections

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



Mountain Meadows Senior Living Campus Announces

## 2018 EMPLOYEE OF THE YEAR Taylor Burton

Taylor Burton, day shift personal caregiver, has been chosen as the 2018 Employee of the Year by Mountain Meadows Senior Living Campus. She was selected by popular vote from community residents, staff, volunteers, and family members from a larger group made up of 2018 "Employee of the Quarter" candidates. Others vying for the title were Bonnie Hinsdale, personal caregiver, Carina Gomez-Castro, housekeeper, and Trina Matkins, medication technician.

Taylor has been employed for 3 years. She is known as the energizer bunny, so full of life and enthusiasm, promoting such a positive environment. Her compassionate caring nature is evident by the quality of her work.

The Board, staff, and residents of Mountain Meadows ask you to join them in thanking Taylor for her service and congratulating her on this special recognition!

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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.

**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.  
**February 28, Thursday:** Spaghetti with meat sauce, spinach salad, spiced pears, garlic bread, dessert.  
**March 1, Friday:** Hawaiian chicken, wild rice, baby carrots, slaw, pineapple, whole wheat bread or roll, dessert.  
**March 2, Saturday & March 3, Sunday:** no lunch.  
**March 4, Monday:** Country style ribs, Mac & cheese, trio vegetables, tossed green salad, pineapple & cherries, whole wheat bread or roll, dessert.  
**March 5, Tuesday:** Chili with cheese, mixed vegetables, broccoli salad, peaches, cornbread, cookies.  
**March 6, Wednesday:** Fish sandwich, sweet potato fries, cabbage apple slaw, fruit tray, dessert.

**Leavenworth**

**Suicide Prevention Forum rescheduled**

Learn more about suicide risks, warning signs and local prevention efforts at a free community forum 6 p.m., March 5 at Cascade High School Library in Leavenworth. The forum will be led by Julie Rickard, founder of the Suicide Prevention Coalition of North Central Washington. Psychologist Maxwell Moholy, Behavioral Health Consultant at Cascade Medical, will also be on hand to discuss local resources for intervention and support. For more information, call Social Worker, Katie Walker at 509-548-5815 or visit cascademedical.org. (e 9,10)

**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 and 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).

**Wenatchee River Institute**

Snowshoe tour on Thursday, February 28. Stroll along Leavenworth's River Front Trail. All ages welcome with snowshoes available. For more information, call 548-0181 (e 9)

**Regional Camp Fire Annual Benefit Luncheon**

Camp Fire North Central Washington Boys and Girls Annual WoHeLo Benefit Luncheon to be held on March 6. at noon at the Wenatchee convention center. No cost, but donations will be accepted and 100% of the funds go to funding kids to Camp Zanika. Linda Haglund will be the featured speaker. Call Theresa Samuelson, Executive Director 663-1609 to reserve your seat. (e ,9)

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**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	Peshastin.
<b>February 15</b> 05:04 Public assist, US Hwy 97 & Hwy 2, Peshastin. 09:47 Alarm, 12170 Ski View Ln. 11:41 Theft, 9966 Lee St., Peshastin. 12:06 Drugs, 15361 US Hwy 2., 59er Diner. 12:46 Assist agency, Sugarloaf Peak. 14:57 Parking/abandon, 9th & Commercial Streets. 15:39 Alarm, 14155 Chiwawa Loop Rd., Lake Wenatchee. 16:39 Harass/threat, 9838 School St., Peshastin. 17:36 Trespass, 1329 US Hwy 2, Dan's Food Market. 18:08 Hazard, North & Nibbelink Roads. 19:28 Property, Ski Hill Dr. & Pine St.	<b>February 18</b> 00:05 Liquor violation, US Hwy. 2 & Front St. 13:12 Search and rescue, Icicle Rd. 14:11 Public assist, 241 Ski Hill Dr. 14:49 Alarm, 8894 Stage Rd., Peshastin. 15:48 Civil, 16985 N. Shore Dr., Lake Wenatchee. 18:01 Harass/threat, 216 Prospect St.
<b>February 16</b> 01:38 DUI, Chumstick Hwy. & US Hwy 2. 02:32 Alarm, Cedric Rd. & Sproberg Canyon. 10:31 Drugs, 15361 US Hwy 2., 59er Diner. 12:16 Assist agency, US Hwy 2, MP 102, Peshastin. 16:55 Accident, no injury, Chumstick Hwy. & US Hwy 2. 18:31 911, 8835 Icicle Rd. 21:39 Domestic disturbance, 405 US Hwy 2., Howard Johnson Inn. 23:27 Disturbance, 935 Front St., Icicle Brewery.	<b>February 19</b> 08:37 Vehicle prowl, 8775 Icicle Rd. 10:42 Vehicle prowl, Hatchery Creek FS 7905 Rd. 16:00 Accident, no injury, Leavenworth. 16:14 Traffic offense, US Hwy. 2 & Mill St. 16:20 Animal problem, 7106 Icicle Rd. 21:51 Suspicious, 690 US Hwy. 2, Linderhof.
<b>February 17</b> 14:17 Disturbance, 820 Front St., Gazebo Park. 22:18 Warrant, 8587 Pine St.,	<b>February 20</b> 01:16 Assist agency, 922 Commercial St., Obertal. 07:32 Suspicious, 11756 US Hwy. 2, Jerrys Auto. 08:07 Animal problem, 21421 Stirrup Rd., Plain. 12:26 Property, 820 Front St., Gazebo Park. 13:48 Court order violation, 11734 US Hwy. 2. 22:09 Burglary, 714 Birch St.
	<b>February 21</b> 16:09 Traffic offense, US Hwy. 2 & 9th St. 18:00 Accident, no injury, 51 Meadowlark Ln., Plain.

To see more Sheriff's Report, [leavenworthecho.com](http://leavenworthecho.com)

**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,** 6 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**  
**Caregivers Support Group,** open to the community meets at 11 a.m., at Mountain Meadows in the Alder Room. Call for information: Julie, 548-5448. (1st Mon.)  
**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.

[leavenworthecho.com](http://leavenworthecho.com)

**ICICLE CREEK THIS WEEK**

**'FREE SOLO' HEADLINES VOXDOCS FILM FESTIVAL**

**JAMIE HOWELL**  
 The 8th Annual VOXDOCS FILM FESTIVAL returns to the Snowy Owl Theater this weekend, promising a lineup of some of the best documentaries of the year - from a current Oscar nominee to exciting new works from some of our best local filmmakers.

Headlining the two-day festival is the Oscar-nominated climbing doc, **FREE SOLO**, from Jimmy Chin and National Geographic.

**VOXDOCS** opens Friday night at 7 p.m. with a collection of locally made documentaries from Voortex Productions, North 40 Productions and students from the Icicle Creek Directed Film Study program.

Saturday's lineup includes three features:

- LOVE, GILDA - 1 p.m.:** The story of comedienne Gilda Radner in her own words.
- GENERATION WEALTH - 3 p.m.:** The American obsession with wealth.
- FREE SOLO - 7 p.m.:** The Oscar-nominated portrait of climber Alex Honnold as he attempts to climb El Capitan without a rope.

For tickets and more information, go to [icicle.org](http://icicle.org) or call the box office at (509) 548-6347, ext. 1.

**VOX DOCS FILM FEST**  
 FRI-SAT., MAR 1-2  
 Sponsored by Peoples Bank, Sulla Vita, D.A. Davidson, North 40 Productions

Arts, Education, Inspiration

Presented by **ICICLE CREEK** | Screenings **\$13** | Festival Pass **\$45** | At **SNOWY OWL THEATER**  
 \$15 DOOR | \$50 DOOR

TICKETS: [ICICLE.ORG](http://ICICLE.ORG) OR (509) 548-6347 X1



# Schools & Sports

## Kodiak coach reflects on successful season

By AL STOVER

The Cascade High School wrestling team finished their 2018-19 season – a season that turned out to be their most successful campaign in decades.

Although wrestling is an individual sport, the Kodiak grapplers celebrated numerous milestones as a team, including winning its first Caribou Trail League conference championship in 32 years.

Cascade blazed through the regular season, finishing 8-0

in conference duals and 9-1 overall, to capture the league championship. Outside of league action, several Cascade wrestlers claimed hardware from various tournaments around the state. As a team, the Kodiaks took home the Sky Valley Invitational title another milestone in the program's history.

The Kodiaks followed the conference title win with a District 6 championship after winning the district tournament on Feb. 2. It was the first

time the Kodiaks, who had 14 wrestlers place in the top three of their weight classes, had captured a district championship in the program's history.

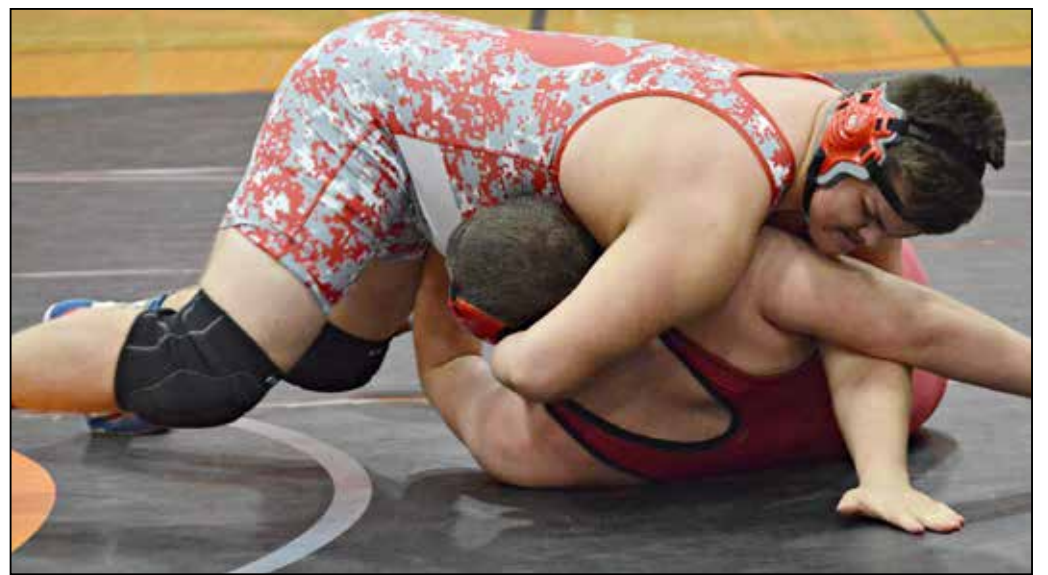
"This is by far the best season I've had as a coach and the best we've had in a long time," Head Coach Jesus Sandoval said.

The Kodiaks' efforts were recognized in the CTL as 14 wrestlers made All-League teams while Coach Sandoval was named the conference's "Coach of the Year."

Coach Sandoval attributed the team's success to the number of wrestlers who turned out for the program, as well as their hard work and dedication to the sport.

After districts, Cascade was set on sending 14 wrestlers to the regional tournament in Omak on Feb. 9 – until Mother Nature intervened and snowstorms forced the Washington Interscholastic Athletics Association (WIAA) to cancel regional tournaments across the state. The WIAA settled on a 32-wrestler bracket format where all wrestlers who qualified for regionals advanced to Mat Classic XXXI state tournament.

Cascade went from having 14 wrestlers qualified for regionals to 14 state competi-



File photo

Cascade's Hunter Reinhart had a successful 2018-19 season at 285 pounds, capturing a District 6 title at 285 pounds and finishing second place at the Mat Classic XXXI.



File photo

Cascade's Jace Seely (pictured above) finished seventh in the 132-pound weight class at the Mat Classic XXXI.

tors, the most in CHS history.

At the state tournament, numerous Kodiak wrestlers picked up wins in their brackets. In the end, Reinhart finished second in the 285-pound bracket while Seely took seventh in the 132 division.

Coach Sandoval said every wrestler who competed in the state tournament, whether they made it to the podium or wrestled only two matches, had a great experience wrestling in the Tacoma Dome.

The Kodiaks lose five seniors to graduation: Ricardo Barragan, Axel Martinez, Daniel Sandoval, Jose Valdez and D'Andre Vasquez.

As for next season, Coach Sandoval noted several athletes plan to return to CHS mat squad next year.

"We have kids who are going to attend different camps

and setting goals for next

year," Coach Sandoval said. He added that every wrestler who competed in the state tournament already has a goal for next season – return to the Mat Classic.

Part of the preparation for next season includes establishing a weight room training regiment for athletes who want to workout during the offseason. Some Kodiak wrestlers will also attend the annual Pasco Summer Team Camp, which hosts 50-55 schools, according to Coach Sandoval.

Cascade wrestlers will have an opportunity to accumulate mat time and wrestle in team duals throughout the duration of the camp. Wrestlers will also have the opportunity to participate in other camps, like the J.Robison Intensive Wrestling Camp and the Cash-

mere Summer Dual Camp and Clinic.

"We have a busy schedule for the summer that will allow guys to get in a lot of mat time and experience," Coach Sandoval said. "They will be learning technique from different people. The season is three months, but most guys who are successful at state will wrestle all year. We want to implement (ways) for the program and help athletes be more successful."

All in all, Coach Sandoval said he is proud of the Kodiak team and what they accomplished this year.

"This sport isn't for everyone and we have a good group of kids," Coach Sandoval said. He added that many athletes have younger siblings who are also looking forward to wrestling at the high school level.

## Young baseball players can learn from Robinson's legacy

By AL STOVER

Winter sports is almost over. As much as I've enjoyed covering basketball and wrestling, I am looking forward to the sunshine, warmer temperatures and spring sports, including baseball.

I'm sure I'm not alone and I know high school ball clubs

around the area are itching for the opportunity to get out on the field, throw some leather and hit some practice zingers, as are the Seattle Mariners and local minor league teams.

As baseball season gets underway, the sport will have to open the 2019 season without

one of its legends.

Hall of Famer Frank Robinson passed away at 83 years old on Feb. 7 after his battle with bone cancer.

Local ballplayers who are looking for some extra inspiration for the upcoming season may want to delve into Robinson's baseball career

and legacy, and learn how he etched his way into the sport's history books.

Robinson is regarded as one of the most tenacious and underrated ball players of the 20th century. During an appearance on the "Spain and Fitz Show," ESPN's Tim Kirchner referred to Robinson as one of the most "ferocious competitors who have played the game."

Robinson was fearless when it came to the plate, almost daring pitchers to hit him. He was also gutsy when it came to sliding into base and would often "spike" infielders to break up a double play.

The accolades Robinson earned as a player could fill an entire list. His professional highlights include being the only player to win the Triple Crown in both the National and American leagues, and becoming the second player in the Majors to have his jersey, No. 20, retired on three teams – the Cleveland Indians, Cincinnati Reds and Baltimore Orioles.

Robinson was inducted

into those ball club's respective Hall of Fames as well as the National Baseball Hall of Fame in 1982.

Robinson transitioned into a player-manager, becoming the first black manager in the Major League history, but not without some resistance from his peers.

Kirchner shared a story after Robinson's passing where during his first game as a player-manager, Yankee pitcher Doc Medich attempted to strike him out in three pitches. With an 0-2 count, Robinson, angered that Medich tried to strike him out on "his day," hit the next pitch into the left-center field. That's just one of many Robinson legends out there.

Robinson's most notable accolades as a manager include turning around the 1989 Baltimore Orioles, which earned him the American League Manager of the Year, and leading the Montreal Expos to a second-place finish in the National League in 2002.

During his years as a player, Robinson, like many colored

athletes in the 1960s, experienced racism from his peers and the rest of the world.

He didn't join the Civil Rights Movement at first, and stayed away from racial issues - until he experienced segregated housing in Baltimore and a lack of support from his teammates over the matter.

Robinson was outspoken about the racial issues in baseball, such as how white pitchers threw directly at black hitters.

He continued the fight against racism in baseball as a manager, specifically the lack of African-American managers and would go on to advocate for more black and Latino managers in the sport.

As baseball season looms, perhaps local players could implement aspects of Robinson's playing style and ferociousness on the diamond into their own baseball skillset.

They could also look at how Robinson fought against racial issues in baseball, and speak out about any injustices they see on or off the field.

## Bakke Cup returns to Leavenworth Ski Hill

The 2019 Bakke Cup returns to the Leavenworth Ski Hill on March 2.

The Bakke Cup is a three-way race open to young skiers, ages 6-17. Ages will be broken into five divisions: U8 (6-7 years old), U10 (8-9 years old), U12 (10-11 years old), U14 (12-13 years old) and U18 (14-17 years old). The Bakke Cup is named for Kjell Bakke, a longtime supporter of the Leavenworth Winter Sports Club and youth programs. He is also a descendent of the builders of Bakke Hill in the 1920s.

The first event is an alpine race, which takes place on a giant slalom course. Places will be determined based on a combined time for two runs.

The next event is the ski jump. Competitors will have two jumps, and distances will be combined for both. Competitors under 12 years will jump on the small hill, unless they have practiced on the big jump. Skiers ages 12 and over have the option to jump on the small or big hill.

The final event is the Nordic race, which is

started in pursuit fashion based on the first two events and the athlete with the lowest score will start the Nordic race. Athletes who are only competing in the Nordic race will be started after the other competitors. Skiers ages 6-11 will race for one kilometer while 12 and older will compete in a 2k race.

Athletes will begin the race at the ski lodge, loops by the ski jump and the big tow, then return to the lodge. Racers in the 2k event will complete the loop twice.

The Alpine race will begin at 1 p.m. following a warm up at noon. The ski jump is scheduled at 2 p.m. and the Nordic Race will begin at 3 p.m.

The registration fee is \$10 per person or \$25 per family. All proceeds from the event will benefit the Junior Alpine Team.

Athletes can register online at <https://www.webscorer.com/register?raceid=170266>. The registration deadline is March 2.

For more information about the event, contact [alpinecoach@skileavenworth.com](mailto:alpinecoach@skileavenworth.com)

CONTINUED FROM PAGE 1

## CHS Equestrian Team rides into another season

rail and working rancher events.

Senior Heidi Dougherty is another first-year rider from

Cascade.

Like Campbell, Dougherty acknowledged that her teammates and coaches have taken



CHS junior Gloria Campbell rides her horse Poko during practice. Campbell is one of the first-year riders on this year's CHS Equestrian Team.

her and the other new riders under their wing.

She has also had the opportunity to work with and learn from riders on Wenatchee's equestrian team, who also practice at the Appleatchee facility. Dougherty has also enjoyed bonding with her horse Dakota.

Dougherty will compete in barrels, keyhole, trail, figure eight, drill and other team events.

Rounding out the first-year riders is Cashmere High School freshman Ty Harris, who was introduced to the team and Fowler from his stepmother; another member of the Tillicum Riders Drill Team.

Harris, who has loved horses since childhood, enjoys being on the team because it allows him the opportunity to work with equines every day, and there is "always something to work on."

He has also worked with

Fowler on her ranch and at practice, and credits the coach for being "a big help" to him during the season.

One of the horses Harris works with is Chief, who belongs to Fowler. After a rocky first day of practice, where Harris tripped over a beam while leading Chief on a trot, the two have developed a mutual respect for one another.

Harris will compete in breakaway roping, cow sorting and other events.

The CHS team is also active outside of the arena. Like any school club, the team holds business meetings, fundraisers and secures local sponsors.

They also volunteer at events, including Cashmere's Apple Days where they give free horseback rides and raise money through donations. The club also actively recruits new members.

The CHS Equestrian Team will begin its season with two



Photos by Al Stover

Cashmere's Ty Harris, riding Chief, practices alongside the other members of the Cascade High School Equestrian Team. Harris is one of the team's first-year riders.

district competitions at the Appleatchee Riders facility, the first one scheduled from March 14-17 and the second from March 28-31.

Riders will compete in a third district meet, from April 25-28 at the Grant County

Fairgrounds in Moses Lake. Lane said riders can compete in five individual events and an unlimited number of team contests.

For more information about the CHS Equestrian Team, contact Assistant Adviser at Cascade High School at (509) 548-5277.

# 2019 Empty Bowls Festival

## 2019 Upper Valley Empty Bowls Gala and Artist Bowl Auction

For the past 23 years, the Upper Valley Empty Bowls Festival has been a fusion of feeding the hungry, promoting the arts and celebrating community.

The event brings talented artists, local restaurants and the community together to share a simple meal of donated soup and bread.

Proceeds from ticket sales and artist bowl auction are a substantial source of funding for the Community Cupboard Food Bank, a program of Upper Valley MEND (Meeting Each Need with Dignity).

A key part of the Upper Valley Empty Bowls Festival is the Artist Bowl Auction. From 8 a.m. March 6 through 10 p.m. 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](http://www.uvmend.org).

Each bowl is a work of art, from its creation at the hands of skillful potters, to the hours of time it takes to painstakingly hand paint the designs, and then the final careful firing of the masterpieces. Each bowl is also available for immediate purchase with a "buy it now" price.

Most of the bowls are ceramic serving bowls or platters thrown by local potters, but there is also a wood turned bowl by Scot

Brower, an etched glass bowl by Teri Zimmerman, and many other colorful works of art featuring birds, plants and local landscapes.

While the contributions of the artists' time and talent are sizeable, so too is the financial impact of the auction of their bowls.

The money raised by the artist bowl auction is a significant portion of the total Empty Bowls profit, each year raising more than \$7,000 for the Community Cupboard. \$1,000 of the proceeds also supports small art grants that benefit local youth.

If you would like to view these spectacular bowls in person, you can attend the Upper Valley Empty Bowls Gala. This event will be held Sunday, March 3 from 5:30-7:30p.m. at the

Icicle Ridge Winery in Peshastin.

Join your fellow community members for an evening of art, wine, appetizers and music, as well as an opportunity to meet the bowl artists and potters. Admission is by suggested \$20 donation at the door.

Event attendees will have an exclusive chance to view, bid on or purchase the artists' bowls, which will later be auctioned to the public through the Empty Bowls Artist Bowl online Auction.

The auction bowls will also be on display later in the month in the shop windows of Der Sportsmann, Inside & Out, Icicle Ridge Winery and Ganz Klasse.

They will also be featured at the March 21

Soup Supper at the Leavenworth Festhalle, so that the community may view the finished bowls as everyone gathers to celebrate and eat together.

### Upper Valley Empty Bowls ARTISTS' SHOWCASE & GALA RECEPTION at Icicle Ridge Winery

Join us for a fun evening of art, wine, appetizers, & music by Brian Bohman to benefit the Community Cupboard

SUNDAY, MARCH 3, 5:30 TO 7:30 pm

Icicle Ridge Winery — 8977 North Rd, Peshastin

- Enjoy a sneak peek at the 2019 Empty Bowls, and meet the artists & potters
- Enter the raffle for exclusive gala-only items and bowls

TICKETS AVAILABLE AT THE DOOR \$20 SUGGESTED DONATION

(Includes one glass of wine or alcohol-free beverage)

FOR MORE INFO, VISIT [UVMEND.ORG](http://UVMEND.ORG)

ICICLE RIDGE WINERY

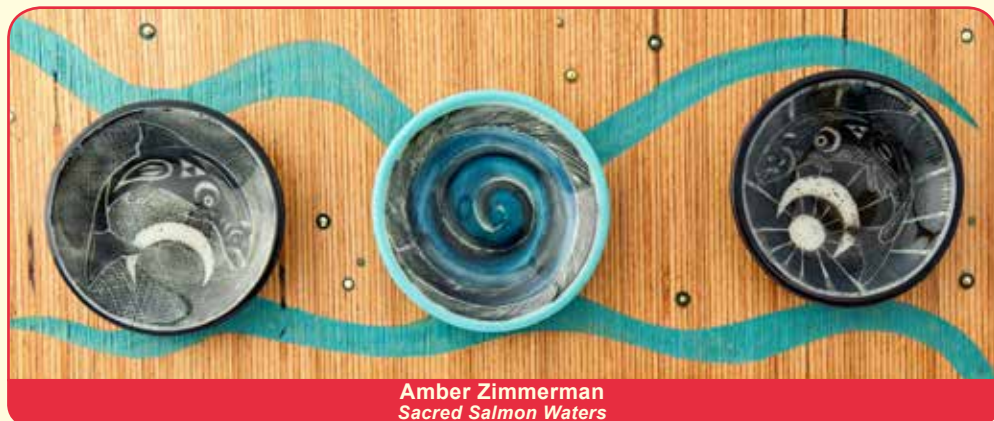
THE LEAVENWORTH ECHO

UPPER VALLEY MEND

ARTS & CRAFTS

COMMUNITY CUPBOARD

POSTER DESIGN: [herrydesign.com](http://www.herrydesign.com)



Amber Zimmerman  
Sacred Salmon Waters



Amanda Gibbs  
Bee mine nectar



Barbee Teasley  
The nest of eggs



Candy Dilhoff  
The wreath



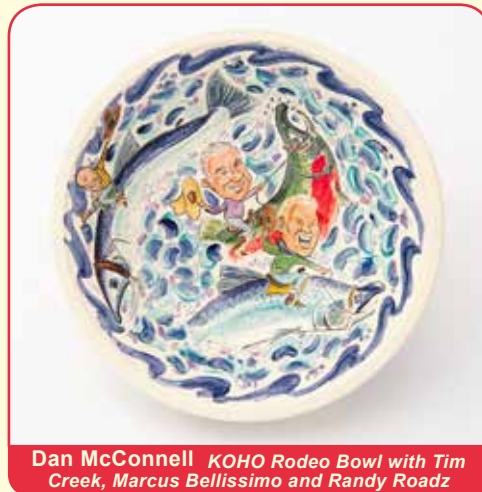
Carol Seaman  
Bowl of Cherries



Catey Luna  
Winter Garden



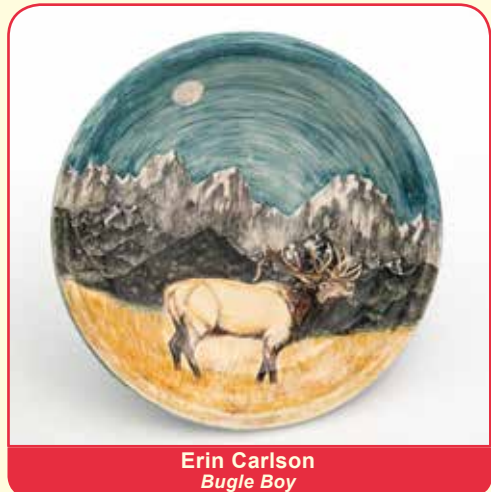
Cordi Bradburn  
Cat in repose



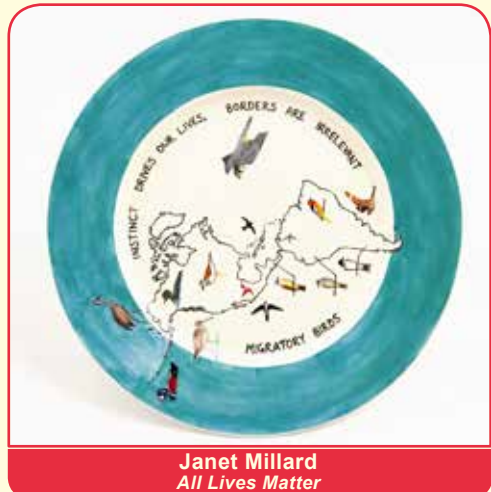
Dan McConnell KOHO Rodeo Bowl with Tim Creek, Marcus Bellissimo and Randy Roadz



Diane Priebe  
Wildflower Rainbow



Erin Carlson  
Bugle Boy



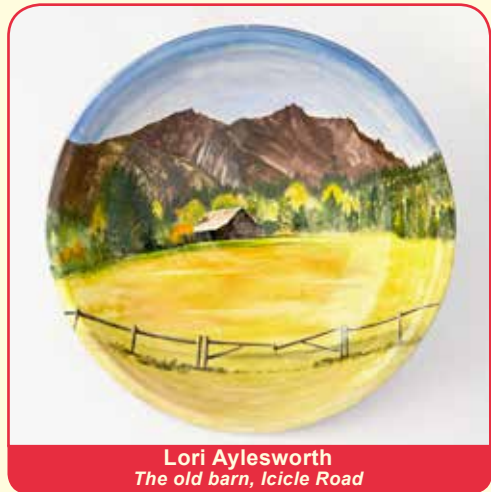
Janet Millard  
All Lives Matter



Josh Scharmann  
Unite!



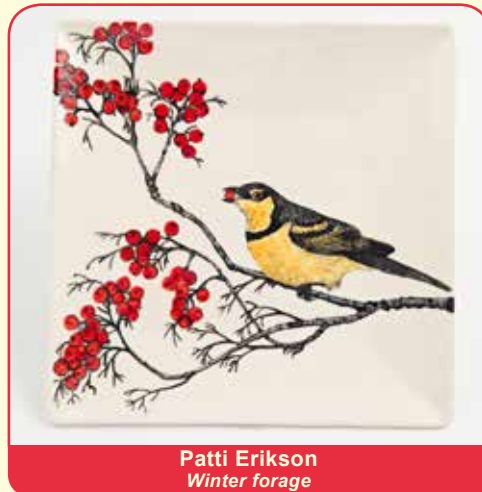
Linda Claeson  
Wesley Wabbit



Lori Aylesworth  
The old barn, Icicle Road



Mara Bohman  
The Kinship of Trees



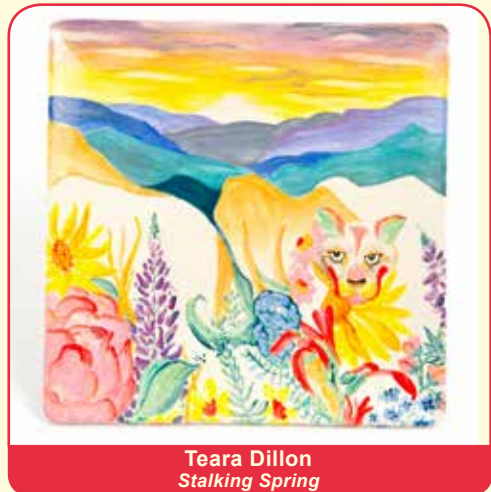
Patti Erikson  
Winter forage



Scot Brower  
Myrtle Fruit Bowl



Shelby Campbell  
View of Wedge Mt.



Teara Dillon  
Stalking Spring



Teri Zimmerman  
For the Love of Trees



Thea Scharmann  
Hoppiness in The Valley

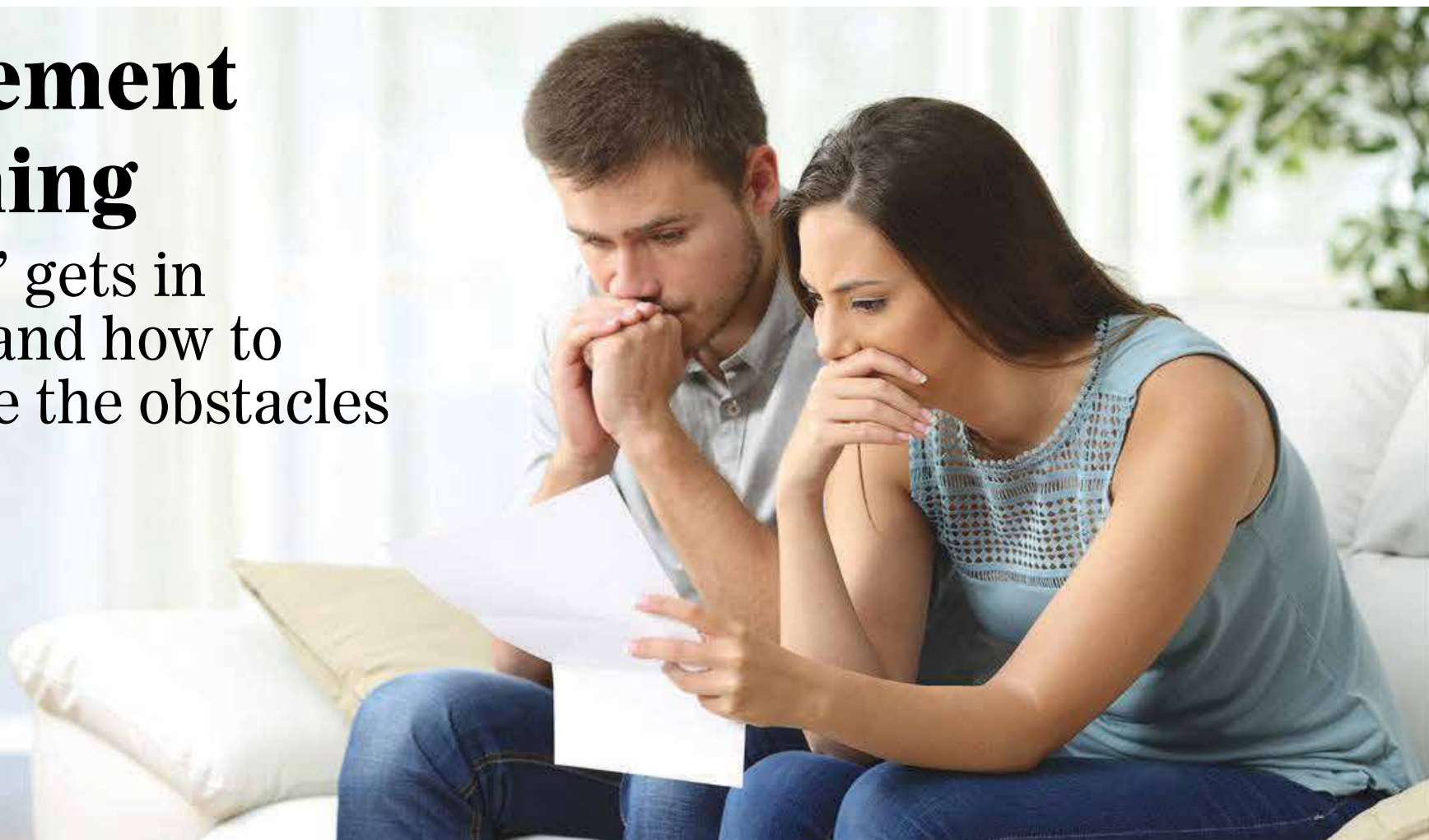


# SENIOR FOCUS

*A Guide to Healthy Living For Seniors and Others*

## Retirement planning

How 'life' gets in the way and how to overcome the obstacles



(BPT) - If you're like many Americans, retirement planning may not be high on your "to-do" list. When life is busy and you're shouldering the burden of looking out for yourself and your family, setting up a retirement plan can slide down the priority list - especially if you're hoping it will somehow be easier in a year, two or more.

But if you look at the root causes of inertia behind retirement planning, it's clear how the effects from your behavior can be significant.

Below are some insights to help you get on track and better understand the kinds of behaviors that can get in the way of planning for your financial future.

**1. Put simply, it's overwhelming.** Saving for retirement can feel open-ended and ambiguous, in large part because it's difficult to predict just how much you'll need. Adding to the stress are many

hard-to-anticipate variables, including how long you will live and healthcare needs. The good news is there are on-line calculators that can assist you in determining what your future needs may entail.

**2. We can't see our "future selves."**

Researchers have found that people struggle to identify with their future selves, according to a study published in the Journal of Marketing Research. It's not just young people who have difficulty imagining how long they'll live in retirement - older Americans also often underestimate how long their retirement nest egg will have to last. Increased life expectancy means we may live 20 or 30 years - or even longer - in retirement. The good news is that companies like Prudential Retirement now offer interactive games like an Aging App to help people better understand how the decisions they make today

could influence their futures.

**3. We procrastinate planning for retirement.**

Research shows that for many people, procrastination plays a big role in hindering retirement planning. On average, we spend two hours a day procrastinating. In our busy lives, it's often easier to daydream about our future than it is to spend time planning for it. The good news is that if you haven't begun saving for retirement, it's never too late to begin. Try taking a small step forward and consider setting aside 1 percent of your paycheck for a retirement account. Or, if you already have a retirement account but you're saving very little, increase your contribution by 1 percent.

**4. Budgetary pressures.**

Families have other future needs to plan for, such as their kids' college education or saving for a down payment for a home. Add in the immediate

need to cover day-to-day expenses, and it always feels like it's "the wrong time" to save for retirement. The good news is that there is a great deal of information available online to help with retirement planning. Take time to educate yourself and become familiar with the various tools that are available.

**The push to make retirement planning easier**

"It turns out that many financial companies and employers are acknowledging the psychological barriers that can get in the way of retirement planning," says Harry Dalessio, head of full service solutions

at Prudential Retirement. "Today, many employers have products and solutions to assist with student loan debt and that help employees set aside money for emergencies. Financial counselors are now available in many companies to discuss approaches to help get employees on the right path," Dalessio said.

In addition, important innovations, such as automatic enrollment, where new employees are automatically enrolled in their company's retirement plan, have led in many cases to plan participation exceeding 90 percent. Also, simplified products such as target date funds are making it easier for investors to benefit from

savings products that are appropriate for each worker's age and goals. Finally, innovations, such as the ability to use mobile devices and gamification tools, make it even easier to stay engaged.

"Even with these innovations, there is still ample opportunity to think bigger, and make retirement planning more accessible to employees," says Dalessio.

The bottom line is that it's easy to underestimate the importance of retirement planning. The good news is that with more tools and innovation, people may be better able to achieve the financial future they hope for as they grow older.

## 5 dermatologist tips for winter skincare

Conquer winter itch with dermatologist tips

(BPT) - The chill, the dryness, the itch: As temperatures drop, winter can wreak havoc on your skin. Fortunately, you can fight winter's wrath by taking a few smart, proactive steps.

Winter skin woes are common, with 83 percent of Americans saying their skin feels differently during the winter than it does the rest of the year, according to a recent survey conducted online among 2,000 U.S. adults by Harris Poll on behalf of CeraVe. More specifically, 77 percent say their skin feels dry in winter and 41 percent even describe it as itchy.

"Winter weather can affect all skin types," says board-certified dermatologist Dr. Shari Marchbein. "Even though people are aware that their skin is dry, they often unknowingly make mistakes that can cause their skin to feel worse. Being mindful of how you're treating your skin and adapting your skincare routine are two essential ways to help ease the skin discomforts that often come with the season."

**To help fight dry and itchy skin brought on by winter, Dr. Marchbein suggests five simple skincare tips:**

**1. Stay warm, not hot**  
Everyone loves a long, hot shower in the winter. In fact, the survey found 50 percent of people take more hot showers during the winter. Unfortunately, hot water strips the skin of natural moisture that keeps it healthy, hydrated

and protected. Take a short, lukewarm shower instead to avoid irritating the skin. Find that warm comfort by cozying up in a blanket afterward instead.

**2. Fix the winter itch**

That winter itch is most commonly caused by severely dry skin, so be sure to moisturize daily with products that contain ceramides to maintain hydration and fight dryness. Ceramides are naturally found in skin but can be regularly disrupted by factors like the environment and daily activities, leading to dry skin. Keep a tub of a ceramide-rich cream in your bathroom to slather on while your skin is still wet after showering to really seal in moisture and help restore the skin's protective barrier. For added moisture and protection, use an ointment like CeraVe Healing Ointment, which contains ceramides and helps to heal dry, chapped skin, and immediately slip on socks, gloves and comfortable clothes to help it soak in.

**3. Dress smart**

When you're heading outside, be sure to bundle up! Always wear gear that protects your skin from the elements, like hats, scarves and gloves. Additionally, while winter makes us more inclined to bundle up in cozy sweaters, avoid any materials that may irritate your skin. If you feel itchy under your favorite wool sweater, wear a breathable shirt underneath or consider swapping it for a

different material, like fleece or cashmere.

**4. Maximize moisture**

The colder winter air pulls moisture from the skin leaving it dry, itchy and lackluster, and heading indoors isn't helping. The rising thermostat in your house causes dry air that sucks hydration from your skin. Use a humidifier to add moisture back into the air in main spaces, like your bedroom. You should also be sure to adapt your skincare routine for the winter just like you would your wardrobe. Swap your light creams out for richer products that will add the extra moisturization needed during the winter and be sure to use them twice daily.

**5. Drink up**

However, adding moisture back into the air isn't the only way to hydrate yourself. You should also be moisturizing yourself from the inside out by drinking plenty of water throughout the day. Water has a wide array of health benefits and the quality of your skin is one of them - especially during the winter months when we tend to lose moisture more often. Warm tea is another great way to get hydrated while comforting yourself during the colder months.

"Winter doesn't have to mean dry, itchy and uncomfortable skin," says Marchbein. "A few proactive steps and adjustments to your daily routine can help ease some of those winter worries so you can enjoy all the fun the season has to offer."



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# Could you have a heart attack? Reduce your odds through these tips

## 4 top tips: Your best odds for preventing a heart attack

(BPT) - Many Americans consider themselves well-informed and attentive when it comes to their health.

That's why it's so puzzling that many remain unfazed by the threat of heart disease.

That was among the findings of the MDVIP Heart Attack IQ Survey, a national study showing Americans are more concerned about cancer than a heart attack - even though cardiovascular disease kills more people than all forms of cancer combined. In fact, heart disease is the underlying cause of one in three U.S. deaths. Many Americans don't take it seriously because they believe most heart problems can be treated with medication or surgery, while others simply procrastinate when it comes to adopting healthier behaviors that help prevent heart disease.

As a result, many are surprised when faced with a life-threatening heart attack, which can happen to anyone at any age. While the average age for a first attack is 66 for men and 70 for women, the risk increases significantly as soon as men reach 45 and women reach 55.

"Despite the statistics, people assume a heart attack is going to happen to somebody else, but not to them," said MDVIP Chief Medical Officer Dr. Andrea Klemes. "Heart disease can be dangerously

silent, which is why it's important to know your risk factors and the steps you can take to minimize them."

Gloom and doom aside, awareness of the issue is the first step, and there is much you can do to prevent heart disease. Some 80 percent of heart attacks and strokes are preventable.

**Consider these suggestions for reducing your risk of heart attack:**

- **Partner with your primary.** Your primary care doctor is your first line of defense in helping prevent heart disease. Make sure you partner with a physician who has the time to identify and discuss your risk in detail, who will work on a plan to control your risk factors and who can provide ongoing support to keep you motivated and accountable. Physicians like those in the MDVIP network maintain smaller practices so that they can devote more time to each patient and provide the coaching needed to keep them on track.

- **Stay up to date on screenings.** When's the last time you had your blood pressure and cholesterol checked? But don't stop at the basics. Most heart attacks occur in people with normal cholesterol levels. You also want to get a read on whether you have inflammation in your arteries or insulin resistance,



both of which raise your heart disease risk. You can only act on what you know, and knowing your numbers is key to early detection.

- **Make heart-healthy changes.** Creating and sustaining healthy lifestyle habits can help keep your blood pressure, cholesterol and sugar in check and lower your risk for heart disease. So don't skip your exercise, weight management or smoking cessation programs. Just make sure you consult with your doctor before changing your diet or beginning a new exercise program.

- **Sleep more, stress less.** While often overlooked, insufficient sleep and excessive stress can put strain on your heart over time. Both can also influence your eating habits,

mood and overall health. Most adults need seven to nine hours per night; if you're getting that and still feel tired, consider asking your doctor for a sleep

apnea test. Also, try starting a regular practice - whether it's a yoga class, deep breathing or a daily walk outside - to better manage stress.

*Take the Heart Attack IQ quiz and learn more about finding a preventive physician by visiting [www.mdvip.com/HeartAttackIQ](http://www.mdvip.com/HeartAttackIQ).*

# Fighting an illness? 4 ways to boost your immune system

(BPT) - The winter months bring cold and flu season, which can take a toll on your health. While flu shots and rest are common advice for prevention, a strong immune system is critical to keeping you healthy all year long. According to Margaret Martin, RD, MS, LDN, CDE, a Registered Dietitian at The Leukemia & Lymphoma Society, "Your body's ability to fight infection and disease depends on your immune system."

Margaret provides one-on-one nutrition consultations for people with cancer who have a weakened immune system due to the effects of treatment, but she says keeping a healthy immune system is important for everyone. "Boosting your immune system during and after cancer treatment can help you feel better, maintain your strength, avoid treatment delays and speed your recovery. This goes for anyone fighting an illness, or preventing one."

Margaret offers these important tips to help boost your immune system and keep it running smoothly throughout the year.

**Keep a plant-based, heart-healthy menu.**

Choose foods first as your source of vitamins and nutrients. Unless your healthcare team directs you to take a vitamin or supplement, you likely do not need one. The best way to include these nutrients is by eating whole foods. Make sure your meals incorporate a variety of vegetables and fruits, whole grains, legumes, beans, lean

protein and healthy fats.

Eat small, frequent meals throughout the day to stay energized and to ensure your body is getting enough calories, proteins and nutrients. Protein acts as a "builder" and the body uses it to build and repair tissues. Protein is also vital for making hormones and enzymes that promote the body's daily functions and supports a healthy immune system. In addition, drinking eight to 10 glasses of fluids every day is one of the most effective ways to flush waste from your body and support the health of your immune system.

**Power up with phytochemicals.**

Fruits, vegetables and other plants contain naturally occurring substances known as phytochemicals. Phytochemicals give fruits and vegetables their color and flavor. Phytochemicals act as soldiers in the immune system to protect the body from damage. Studies show that phytochemicals help support the:

- Immune system
- Creation of healthy cells
- Death of damaged cells (such as cancer cells)

**Decrease your risk of malnutrition.**

It can be harder for a malnourished body to fight off an illness or infection. Malnutrition results when the body does not receive enough calories and/or nutrients to promote good health and sustain healthy functioning of your body's systems. When you're "in the slumps," it can be easy to avoid eating

altogether. Follow these tips to reduce your risk of malnutrition during cancer treatment:

- Choose a variety of foods each week from all the food groups. Talk with your healthcare team before changing your diet. Eat regularly throughout the day, every four to six hours. Even if you do not feel hungry, try to have a snack or mini meal. If you forget to eat, try setting a timer.

- Include a protein source with every meal and most snacks.

**Make changes to your lifestyle. And stick to them.**

In addition to using nutrition to boost your immune system, you can also make changes to your lifestyle to help support health and immunity. These include:

- Decrease your exposure to bacteria, viruses and germs.
- Aim for 7 hours or more of sleep every night. If your sleep is interrupted, try a 30-minute nap during the day.
- Reduce stress by taking time to do things you enjoy such as spending time with family, spending time outdoors or reading. If your feelings of anxiety or depression make it difficult for you to complete daily tasks, talk to your healthcare team.

The Leukemia & Lymphoma Society offers PearlPoint Nutrition Services to all cancer patients and caregivers, providing free nutrition education and consultations. Visit [www.LLS.org/nutrition](http://www.LLS.org/nutrition) for more information.

# 4 ways to reduce your stress

(BPT)- Stress. No one wants it but we all experience it from time to time. Higher levels of stress can cause problems at work and at home. But stress is not just hard on your mental well-being, it is hard on your body and can lead to many negative health outcomes.

Stress levels can also increase significantly when economic times are tough. In England, the British Health and Social Care Information Centre found that stress had increased by 47 percent during that country's recession and that stress was the single biggest cause of sickness in the UK, affecting 20 percent of the population. In the United States, a survey by the Anxiety and Depression Association of America found that seven out of 10 people reported feeling some stress daily. To help you stay calm and focused, consider these four ways to reduce stress.

**Smells**

Certain smells can bring back very specific and detailed memories. These could be of a person, event or place. Most often the memory also has a deeply emotional feeling that is recalled. This is because smells are processed by a specific part of the brain that stores emotional memories. Taking the time to seek out the smells that bring back those happy memories can help reduce stress levels.

**Salt**

Stress is characterized in the

human body by high levels of the hormone cortisol, referred to as the "stress hormone." Scientific research has shown, in animals and in humans, that increased levels of salt consumption are very effective in reducing levels of cortisol. Research from the University of Haifa, published in the science journal *Appetite*, confirmed the relationship between salt and stress in humans. Researchers found an inverse correlation between salt and depression/stress, especially in women. Craving salty foods may very well be a biological defense mechanism we evolved to cope with daily stress.

**Pets**

Animal therapy has long been used to relieve stress, improve mood and treat anxiety. Some studies have also indicated that just being around an animal can reduce blood pressure. This pet therapy has been used in hospitals and nursing homes and even with military veterans suffering

from depression. And it is not limited to dogs and cats. Rabbits, Guinea pigs and even horses are used. An added benefit is that having a pet encourages exercise.

**Exercise**

Regular exercise, even if mild, may be the best stress reducer there is. When you are active the body releases endorphins, which produce a feeling of well-being. Regular activity can improve your concentration as well as your sleep, which can often be negatively affected by stress.

Just going for a daily walk can help improve how you feel. And the results of exercise can also improve your self-image and confidence.

Wintertime can be stressful for many people. The cold and shorter days mean less sunlight and fewer opportunities for outdoor activities. That is why it is important to take the time to take good care of yourself and your family by looking for ways to relax.



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# 50 or over? Why you may want to consider new shingles vaccine

(BPT) - When it comes to vaccines this time of year, influenza is often top-of-mind - and it should be, with as many as 35 million cases expected this flu season. But as you age, don't neglect the shingles vaccine.

Imagine if the slightest breeze or the touch of a bed sheet caused excruciating pain on your head, shoulder or side. What if you also had a fever, chills or an upset stomach? That's what shingles, a painful, blistering rash, can be like for some people.

Nearly one out of every three people in the United States will develop the disease in their lifetime, according to the Centers for Disease Control and Prevention (CDC). The risk for people over 50 is especially high, and it goes up with increasing age.

The good news is there is a way to reduce your risk of shingles. The CDC now

recommends that healthy adults 50 years and older receive Shingrix, a vaccine approved by the FDA in 2017.

### Cause and complications of shingles

Shingles isn't contagious in the way we think of the cold or flu. Instead, shingles erupts from the same virus that causes chickenpox, the varicella zoster virus (VZV). After a chickenpox infection ends, this virus becomes dormant or inactive within the body. Anyone who has had chickenpox can later get shingles if the virus reactivates. Scientists are unclear why this happens.

A bout of shingles typically occurs in a single stripe on one side of the body, often the torso and less often the face region, and generally lasts from two to four weeks. Around 10 to 13 percent of people who develop shingles continue to suffer for many years from

the debilitating nerve pain of post-herpetic neuralgia (PHN), according to the CDC.

Other potential shingles complications include vision loss, hearing problems and even, in rare cases, blindness or death, the CDC said.

The only way to reduce your risk of developing shingles and its aftereffects is to get vaccinated.

### What's different now?

The CDC describes Shingrix as the preferred shingles vaccine. Its protection has been shown to last longer than the older shingles vaccine. It also can be administered as early as age 50. The other shingles vaccine, an older version called Zostavax, may still be administered to healthy people 60 and older.

Shingrix is more than 90 percent effective at preventing shingles, and effectiveness stays above 85 percent for at least the first four years

after you receive the vaccine, according to the CDC.

### What else to know about the vaccine

- There is a high demand for Shingrix, so check with your pharmacy or doctor's office to see if they have a supply. You may be placed on a waiting list.
- Shingrix comes in two doses, spaced two to six months apart.
- If you've already had shingles or received the Zostavax vaccination previously, you should still consider getting vaccinated to help prevent another bout of shingles and its complications, according to the U.S. Department of Health and Human Services.
- Check with your health insurance provider or Medicare about whether the cost of this new vaccine is covered under your plan. Whether it's helping to schedule routine care appointments or checkups, UnitedHealthcare can help you navigate the health care system to get the care you need as soon as you need it.



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# How to Avoid the Prescribing Cascade

My sister-in-law has a good friend, Carol, who is 75 years old and takes 15 prescription medicines, not counting her multivitamin or blood glucose test strips. They were concerned that Carol could be taking too many medications, and asked me to help. Carol agreed to send me her current list of allergies, medical conditions and medicines. Over the past several months, Carol had complained that she "felt too tired" to do the things she'd always used to have fun doing, and was in the hospital twice this winter for lung problems. She kept telling her friends, "It's no fun getting old!" But what if her fatigue is not from getting older but instead from taking too much medicine? Over 1/3 of older adults take 5 or more prescription medicines. If you count non-prescription medicines like vitamins and supplements, the number taking 5 or more medicines doubles, to 67 percent. Part of the reason older Americans take so many medicines is that as we get older, we collect more chronic ailments, and the most common treatment doctors use for most medical conditions is a medication.

### Taking too much medication actually has a name: polypharmacy.

What is polypharmacy? "Poly" means "much" or "many", so polypharmacy literally means "many medicines". Polypharmacy is not defined based on a specific number of medicines you take but whether you are taking more medications than medically necessary. Polypharmacy is dangerous because the more medicines we take, the more they can interact with each other and cause harmful side effects, ranging from fatigue to confusion to an increased risk of falls.

### Who is at risk for polypharmacy?

Older adults like Carol who live in their own home are more likely to be at risk of either taking multiple medicines for the same thing, or new medicines to treat side effects of their current medicines. Polypharmacy is even more likely if, like Carol, they see specialists or have been recently hospitalized.

How does polypharmacy

happen? When people visit a physician, they expect something to happen, and they are not often disappointed. Between 50-75% of emergency department (ED) and clinic visits result in the doctor prescribing a new medicine for you. Doctors feel pressure to provide some kind of tangible "care", and medications are by far the most common form of medical treatment in the United States. One preventable problem is that sometimes new prescriptions aren't treating a new condition. Instead, they are prescribed to address a side effect of one of the medicines you are already taking!

### There's a name for this: The Prescribing Cascade.

There are several factors that create conditions for polypharmacy and the Prescribing Cascade to happen. One risk factor is your doctor not having complete information on the medicines you are already taking or have already tried. Another risk factor is seeing multiple doctors, including specialists who are seeing you for one specific issue, who don't see the entire picture or are not aware of what your other doctors have already done. Being admitted to the hospital for a new or worsening condition is another risk factor, which can add medications that may not be necessary once the condition stabilizes, but which are often continued after being discharged back home.

One of the most preventable yet dangerous causes of polypharmacy and the Prescribing Cascade is taking two medicines for the same thing at the same time. This can happen whenever a new medicine is prescribed, because doctors don't have much time to talk to you these days, and there can be confusion or misunderstanding about whether your doctor ADDED this new medicine to the others you already are taking, or REPLACED one of your medicines, and if so, which one. Using a mail-order pharmacy can also contribute to polypharmacy and the Prescribing Cascade. It can take a week or more until your new prescription arrives in the mail, which by that time you may not remember what the

doctor told you about why you were taking that medicine and whether it was in addition to or substitute for another one. Using than one pharmacy also hampers the ability of a pharmacist to recognize unnecessary or dangerous combinations of medicines, because you don't get all of your prescriptions in one place.

### Why does polypharmacy tend to continue?

Reluctance to change can play a part. Physicians can be reluctant to change another doctor's orders, especially if a medication is from a specialist.

Our medical care system is fragmented, with vital information often missing from the doctors taking care of you. New and important information about you from specialists isn't always shared with your other doctors in a timely manner, creating gaps in knowledge of what has already happened to you. Some patients become anxious about stopping a medicine that they were told by a doctor that they would be on "for life", and may feel that the clinician suggesting they reduce or stop it as "giving up on them".

Do certain medicines cause more trouble than others? Unfortunately, yes. There are medicines that cause more problems in older adults, setting them up for getting prescribed even more medicines to "treat" those side effects, creating the Prescribing Cascade. As we age, we gradually lose some resilience when it comes to tolerating different medicines. Adults over 65 years old are more likely to get dizziness, fatigue and confusion from their medicines than younger people.

To avoid the Prescribing Cascade, any new symptom you experience should be considered as a possible side effect of a medication until proven otherwise.

### 6 Ways to Protect Yourself from Polypharmacy and the Prescribing Cascade:

1. **Watch out when starting or changing medications.** After starting a new medication or after a dose adjustment, report any problems to your doctor right away. It's better to decrease or

Ask...  
**Dr. Louise**



change that medicine than end up on an additional one that's treating its side effects!

### 2. Keep a complete list of ALL your medications and supplements.

Include all the non-prescription medicines and supplements you currently take, and any allergies or adverse experiences you have had with any specific medicine in the past.

### 3. Take your medication list to EVERY medical visit.

Whenever and wherever you receive medical care, give your medication list to your regular doctor, the Emergency Department, any specialist, even your dentist and chiropractor.

### 4. Keep your medication list updated.

After any hospital stay or appointment with a specialist, update your medication list with any new or discontinued medicines. Ask for a summary of the hospital stay or specialist appointment that includes with any new plans or medicines, and use that to update your current list.

### 5. Clarify any new medicine as either an addition OR a replacement.

Whenever you receive a new prescription medicine, make sure you understand whether it is in ADDITION to what you already are taking or REPLACES one of your current medicines, along with which medicine to stop.

### 6. Ask your pharmacist.

If you have questions about whether medicines belong together or could be duplications, your pharmacist is a great resource.

*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. @2019 Louise Achey*


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# Eating to age gracefully: Top tips from a registered dietitian

(BPT) - What if you were 60 but felt more like you were 30? Consider taking charge of your nutrition by adding in foods that help you feel decades younger.

“What you eat and drink can have a tremendous impact on how you look and feel,” says Dawn Jackson Blatner, Registered Dietitian and Nutritionist. “Eating healthy is important at any age, but as you get older, certain foods can have a powerful impact on your overall well-being.”

### Top picks for food that fight aging include:

#### Fish

“Try substituting fish into meals a few times a week,” says Dawn. “Americans tend to eat less fish than people in other parts of the world and they are missing out on great-tasting protein that’s packed with omega-3s.” Omega-3s support brain and heart health, two important considerations as you age. In fact, Mayo Clinic doctors believe that omega-3s reduce the risk of dying of heart disease. “Fatty fish like salmon, tuna, sardines and mackerel are good options,” she says. “Try buying wild-caught versus farm-raised when possible.”

#### Eggs

“Many people don’t realize the benefits of eating eggs, and when you choose the right type of egg, you get higher levels of omega-3s, B12, and vitamin E, all nutrients needed for healthy aging,” says Dawn. She suggests Egghand’s Best eggs, which have 25 percent less saturated fat, more than double the omega-3s, 10 times more vitamin E, and more than double the amount of vitamin B12. Egghand’s Best has superior nutrition due to its proprietary all-vegetarian

hen feed that contains healthy grains, canola oil and a wholesome supplement of rice bran, alfalfa, sea kelp and vitamin E. Our ability to absorb energizing B12 decreases with age, so getting B12 in places like EB eggs is important. Also important in EB eggs is the antioxidant vitamin E, which can act like an internal “sunscreen” to protect skin from sun damage and help skin age more gracefully. “A better egg equals a better recipe,” she says. “Egghand’s Best eggs are the only eggs I recommend to my clients and serve to my family - double the omega-3s will help promote healthier aging.”

#### Berries

“Antioxidants protect your cells from damage and support a strong immune system,” says Dawn. “This is incredibly important as you age so you can stay healthy and feel younger.”

Packed with vitamins C and E, berries are a superfood great for snacking and cooking. Try eating an array of colorful berries each week to give your body the antioxidants it craves. Blueberries are particularly well-known for their antioxidant properties. “The sky is the limit for berry versatility,” she says. “Sprinkle some in yogurt, make a smoothie, add some to a salad or eat as a healthy dessert.”

#### Cruciferous vegetables

“Pack your plate with cruciferous vegetables as you age,” says Dawn. “These are members of the cabbage family and include broccoli, cauliflower, Brussels sprouts, bok choy and kale.”

These tasty greens are great fresh or cooked, providing plenty of fiber to help keep your digestion on track, which is a concern for many as they age. But there’s more: The National

Cancer Institute states that cruciferous vegetables may help reduce the risk of some cancers. “These dark-green powerhouses pack a nutritional punch that supports healthy aging, so discover recipes that include cruciferous vegetables and other ‘anti-aging’ foods.” Dawn shares one of her favorite recipes featuring some of these ingredients.

### Omega 3 Burrito

Makes 2 servings

#### Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons chopped red onion
- 2 tablespoons cream cheese
- 1 clove garlic, minced
- 4 Egghand’s Best eggs (large)
- 4 lacinato kale leaves, destemmed with leaves finely chopped
- 4 ounces sliced smoked salmon
- 2 10-inch whole-wheat tortillas

#### Directions:

Heat olive oil in a skillet over medium-high heat. Once oil is hot, add onion stirring occasionally until softened, approximately 3 minutes, then add garlic and cook for one minute.

Add kale to skillet and toss to combine with garlic and onion. Continue sauteing for five minutes, or until kale becomes tender.

Add Egghand’s Best eggs into skillet with kale and scramble until cooked through. Remove mixture from heat and set aside.

If warm tortillas are desired, simply place them on a microwavable plate and cover with a damp paper towel. Microwave in 30-second intervals until warm.

Spread cream cheese on the tortillas and lay salmon onto tortilla. Spoon egg and kale mixture into center of tortillas. Roll up burrito-style, tucking in the ends and enjoy.

# Four myths about salt

(BPT) - After more than a century of debate over the role of salt in human health, new medical evidence suggests that reducing salt in the U.S. diet may pose a greater risk of harm to the average person. Consider these four common myths about salt:

**Myth 1:** Salt consumption leads to hypertension

According to the Mayo Clinic, “For most adults, there’s no identifiable cause of high blood pressure [hypertension].” Dr. Jan Staessen, head of the Research Unit on Hypertension at the University of Leuven in Belgium, has written that, “The evidence relating blood pressure to salt intake does not translate into an increased risk of incident hypertension in people consuming a usual salt diet.” Having a temporarily elevated blood pressure is not the same thing as having hypertension, as blood pressure varies normally throughout the day depending on a variety of factors.

**Myth 2:** Americans could massively reduce their salt consumption without any negative health consequences

Dr. Andrew Mente, of McMaster University in Canada, and his team

conducted the largest ever epidemiologic study of the impact of sodium intake on blood pressure, cardiovascular disease risk and mortality. “We found that regardless of whether people have high blood pressure, low-sodium intake is related to more heart attacks, strokes and deaths compared to average intake,” he said.

**Myth 3:** The U.S. population would gain significant health benefits from major population-wide salt reduction

The FDA recommends a maximum daily limit of 2,300 mg of sodium per day and a maximum of 1,500 mg for people with certain conditions. Salt is 40 percent sodium. According to Dr. Michael H. Alderman of the Albert Einstein College of Medicine, “Sodium consumption around the globe has a mean of about 3,600 mg/day, and a range from 2,600-5,000 mg/day. This mid-range describes about 90 percent of the world’s population. ... Optimal survival is realized by those whose intake is between 2,800 and 5,000 mg/day. Specifically, there is no evidence of a superior health outcome at intakes less than 2,000 mg/day compared with

those in the usual range.”

**Myth 4:** Americans eat more salt than ever

Military records from the early 1800s up to WWII show that the average soldier was consuming between 6,000 and 6,800 mg/day of sodium. We eat about half of that today, and that number has remained consistent since WWII. The advent of refrigeration meant that we could preserve food with less salt, but salt remains a critical ingredient for food safety and preservation.

Sodium chloride (salt) is a nutrient that the body cannot produce, and therefore it must be consumed. The average American eats about 3,400 mg per day of sodium, according to The National Health and Nutrition Examination Survey,



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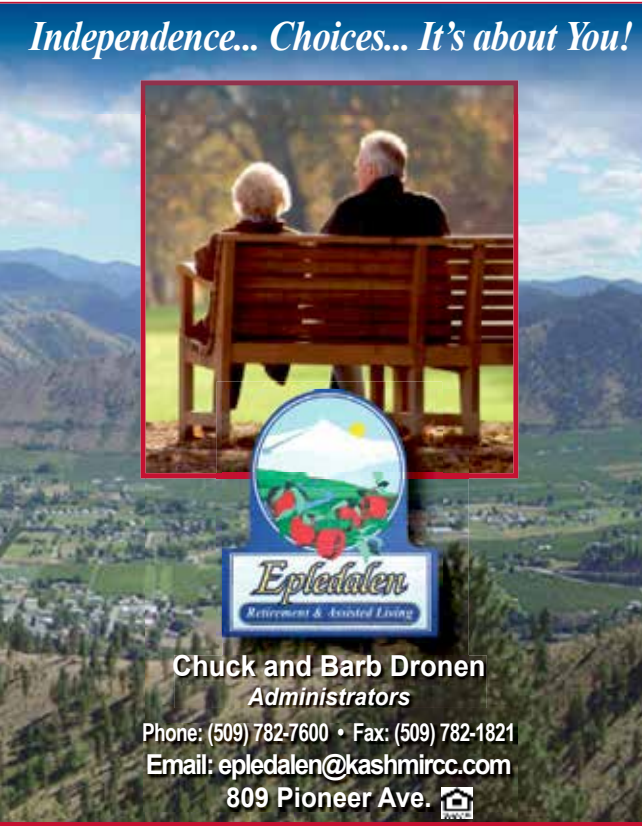
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**ANNOUNCEMENTS**

An Invitation to Chelan Manson Residents

Gospel services about Christ, his teachings, the Bible and getting help from God are being held at Chelan Senior Center, 534 East Trow Avenue, Wednesdays through April, 7:30 to 8:30 p.m. We represent no name or demonination other than Christ. We hold the Bible's account of Christ's birth, life, message and resurrection. No literature, just a Bible, and songbook. No collections, donations, or appeals for money. No pressure, no political causes or obligations later. We honor our country's flag and claim no military or tax exemptions. Children are welcome.

For information, call Craig Stockwell or Terry Wells at 206-300-8932.

Cascade Mountain Bible Church, 11025 Chumstick Hwy. Leavenworth

Would like to invite you to join us Friday, March 8 at 6:30 p.m. for a night of Southern Gospel music with the Keepers of the Faith Quartet. No charge. For more information. Contact Kellie James 509-421-1717.

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**HELP WANTED**



**CLINICAL MEDICAL ASSISTANT Full-time**

Three Rivers Hospital is seeking a Medical Assistant to work in our medical clinic. This position performs essential tasks, such as patient intake, including vital signs and medication review; performs a variety of patient care tasks, such as EKGs and PFTs. High school graduate or equivalent, must have valid WA State MA License. One year experience in clinic practice setting preferred. Spanish Bi-lingual is preferred

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

**Three Rivers Hospital**  
Anita Fisk, Director of Human Resources  
PO Box 577  
Brewster, WA 98812  
(509) 689-2517 x 3343  
[www.threerivershospital.net](http://www.threerivershospital.net)  
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**HELP WANTED**



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](http://www.cascadesed.org) EOE

**Part-Time Front Office Receptionist**

The Leavenworth Echo Newspaper is looking for an outgoing individual to work Mondays, Tuesdays and on a need basis. A qualified individual will answer phones, take classified and legal ads, and other office duties. A qualified individual must have good customer service skills, adept at utilizing computer systems Accurate typing, spelling, and math skills are a must. Interested applicants can send a resume to: Attention: Publisher P.O. Box 39 Leavenworth, WA. 98826 Or bring in a current resume to The Leavenworth Echo 215-14th St. (9 a.m. to 5 p.m.)

**HELP WANTED**

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**Caregiver needed**  
A kind, nurturing person with good listening skills is needed. This is a full-time, position with Vacation, Vision and Dental Benefits We will train and assist with credentialing as a Home Care Aid. Please apply in person at Heritage Heights, 505 East Highland Ave., Chelan, 509-682-1998.



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**CROSSWORD PUZZLE**

THEME: MARCH MADNESS

1. Trunk extension  
5. Dojo pad  
8. Villanova \_\_\_\_\_ at end of each half in '18 championship  
11. Away from port  
12. Windmill blade  
13. Key material  
15. Hefty competitor  
16. European sea eagle  
17. Walnut \_\_\_\_\_, MN  
18. \_\_\_\_\_ Sunday  
20. Smelling tainted, as in meat  
21. Soft and sticky  
22. Giant bird of "One Thousand and One Nights"  
23. \* \_\_\_\_\_ elimination  
26. Making sounds like Babe  
30. Beatle wife  
31. Not absorb, nor repel  
34. Twelfth month of Jewish year  
35. Batman to Bruce Wayne  
37. Elizabeth Gilbert's "\_\_\_\_\_ Pray Love"  
38. Cubic meter  
39. Ghost of Christmas \_\_\_\_\_  
40. P in POI  
42. Make work  
43. Puffed up  
45. \_\_\_\_\_ and effects  
47. Mont Blanc, e.g.  
48. Oddball's attempt?  
50. Tropical tuber  
52. \*Penultimate NCAA round  
56. Like cornflakes leftovers  
57. Slavic version of John  
58. Tangerine plus grapefruit  
59. Chased up an elm  
60. Blow off steam  
61. Tear violently  
62. Da in Russia

63. Before of yore  
64. Pasturelands

**DOWN**

1. Falls behind  
2. Archipelago unit  
3. Square one?  
4. Good-for-nothing  
5. Nobel Prize winner Curie  
6. Bug  
7. High school student  
8. Rumpelstiltskin's weaver  
9. Green-eyed monster  
10. Tie \_\_\_\_\_  
12. Ruled against, as President can  
13. Prod  
14. "Fill-in-the-blanks  
19. Pepsi and Coke  
22. Part of human cage  
23. Daytime entertainment, pl.  
24. Spouse's parent  
25. Neil Diamond's "Beautiful \_\_\_\_\_"  
26. Tiny leftovers  
27. Intestinal obstruction  
28. N in RN  
29. Mirths  
32. \*1 or 68, e.g.  
33. Crew tool  
36. \*Automatic vs. \_\_\_\_\_  
38. Creepy one  
40. \*Coach's locker room talk  
41. Similar to sextant  
44. Andrew \_\_\_\_\_ Webber  
46. \*Hang a banner, e.g.  
48. Abraham Lincoln bill, slangily  
49. Lacking sense  
50. Ruptured  
51. Ice, dark, and middle  
52. \*Twelve's opponent  
53. Type of molding  
54. Forearm bone  
55. Purges  
56. Slovenly abode

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**HELP WANTED**



Join Team Slidewaters for a summer of fun work with the #bestsummerjobever! Slidewaters & Lakeside Surf are now hiring for all teams. We have positions available on the Kitchen Team, Guard Team and newly formed Surf Team. Learn valuable life lessons while having a fun at work. Make life long friends and skills as you interact with co-workers and guests. We offer competitive wages with numerous opportunities for advancement, bonuses, prizes and freebies! We want to find happy people that can help make our guests happy! If you are happy and responsible, then we want you to join Team Slidewaters. <https://www.slidewaters.com/ncwmedia-team-member-opportunities>

**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 [cityofbrewster.washington.org](http://cityofbrewster.washington.org) by calling (509) 689-3464, or picking up at Brewster City Hall. Application deadline is March 8 at 4:30 pm.

**HELP WANTED**

**Pateros School District 7-12 science teacher 7-12 math teacher**  
Full-time teaching positions commence with the 2019-20 school year. Salary is dependent on experience and education. Positions open until filled. Application instructions below.

**Route Bus Driver/ Facility/ Trans Support**  
This permanent position commences immediately. 8 hour day split between route driving and general maintenance, mechanical, and grounds work. Class B CDL with "S" endorsement (passenger and air brakes), and a clean driving record mandatory. Training is available for motivated candidates. Pay \$20.23/hour. Position open until filled. Application instructions below.

**Business Manager**  
Experience as a school district business manager required. Training start date is August 1, 2019. Salary: \$62,000. Position open until filled. Application instructions below.

All applications processed through **FAST TRACK:** [www.pateros.org](http://www.pateros.org) - Our District - Employment. Position descriptions available online. Contact [employment@pateros.org](mailto:employment@pateros.org) or the district office at 509-923-2751 x 4 for more information. Application deadline is 3/6/2019. EOE

**PUBLIC NOTICES**

**Notice of two City Council Public Hearings**  
**NOTICE IS HEREBY GIVEN** that the Leavenworth City Council will be hosting two public hearings at the regularly scheduled March 12, 2019 meeting at 6:30 pm in the City Council Chambers at City Hall, located at 700 Highway 2, Leavenworth, Washington. The purpose of these hearings is to receive public testimony regarding proposed amendments prior to City Council action. The public is encouraged to provide comment to Development Services prior to the hearing or to the City Council at the hearing. The Hearings are:  
**Comprehensive Plan Land Use Map Designation changes:** Three parcels, located at 9139, 9125 and 9111 Icicle Road (parcel numbers 241711440851, -852 and -853), owned by the City of Leavenworth, proposed to change from Recreation Public District to Residential Low Density 6,000 District (RL 6) designation matching the property to the west of Icicle Road. One parcel, located at 1440 Commercial Street (parcel number 241701440150), owned by the City of Leavenworth, proposed to change from Multifamily District to Light Industrial District (LI).  
**LMC Section 18.24.090 Supplementary Residential Regulations, Yard Requirements - Modification and Chapter 21.90 Definitions:** The proposed amendments would define zero lot line development and add new standards for zero lot line development. Materials may be reviewed or requested during normal business hours at City Hall or online. Interested citizens are encouraged to comment on the proposal and to attend the public hearing. Questions or comments may be directed to Development Services, 700 Highway 2, Leavenworth, phone (509)548-5275, email [dsmanager@cityofleavenworth.com](mailto:dsmanager@cityofleavenworth.com).  
Published in the Leavenworth Echo/ Cashmere Valley Record on February 27, 2019. #84357

**PUBLIC NOTICES**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of SHIRLEY A. ALLYN, Deceased.**  
**No. 18-4-00311-04 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. 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(3); 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: Personal Representative: DAVID L. ALLYN Attorney for the Personal Representative: PEGGY MOXLEY Address for Mailing or Service Elder Law of Wenatchee 216 S. Mission Street Wenatchee, WA 98801 DAVID L. ALLYN Attorney for Personal Representative: ELDER LAW OF WENATCHEE, P.S. By: Peggy Moxley, WSBA No. 21680 Published in The Leavenworth Record/ Cashmere Valley Record on February 20, 27, and March 6, 2019. #84520

**Drug overdoses become a notifiable condition**

**EAST WENATCHEE** - The opioid epidemic continues to be a significant problem locally and nationally. Almost every family is affected. One duty of Public Health is to track and report on epidemics. That is why the Health Officer for Chelan and Douglas Counties, Francis J.V. Collins, MD, DDS, recently made life-threatening or fatal drug overdoses a notifiable condition.

This means health care providers in Chelan and Douglas Counties are obligated to report such overdoses, using a Drug Overdose Reporting Form available at: <https://cdhd.wa.gov/notifiable-conditions/#drugoverdose>.

Not every overdose is related to opioids. For example, as pharmaceutical-quality opioids become harder to access, some users are switching to other drugs. Overdoses can be intentional or accidental, but not all overdoses involve a substance use disorder. The information generated by these reports will help track the situation as it changes, and monitor the effect of prevention measures. For some people, an overdose can be a turning point where treatment may be accepted. The approach being used is designed to protect individuals' privacy while offering help when needed.

Health Officer, Dr. Collins, explained his decision in a January 29, 2019 letter to local health care providers and officials in Chelan and Douglas Counties. A copy of the Health Officer's letter is available at: <https://cdhd.wa.gov/notifiable-conditions/#drugoverdose>. Washington

Administrative Code 246-101-505 (3)(d) grants the local health officer the authority to "require the notification of additional conditions of public health importance occurring within the jurisdiction of the local health officer". Chelan-Douglas Health District and local health care providers will work in collaboration with The Center for Alcohol & Drug Treatment to offer treatment, yet Public Health will only receive depersonalized versions of the reports.

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**Lindsay Timmermans**  
Advertising Sales Executive  
Serving our customers in the Upper Wenatchee Valley, Cashmere, and Wenatchee  
Cell 509-860-7301  
[adexec1@ncwmedia.net](mailto:adexec1@ncwmedia.net)