



Photos by Al Stover
Coach Whitney Free and snowshoer Tim McKenzie enjoy a practice race. McKenzie is training for the 200 meter and 400 meter snowshoe races at the upcoming Special Olympics.

Icicle Trackers prep for Special Olympics

By AL STOVER
Echo Reporter

Folks who ski on the land behind the Leavenworth Fish Hatchery on Sunday afternoons may notice a group of skiers and snowshoers, many of them wearing purple jackets, practicing on the hills and



Cross country skier Alex Darlington is one of the founding members and inaugural athletes on the Icicle Trackers team.

flat areas.

The athletes are members of the Icicle Trackers cross-country ski team who are preparing for the 2019 Special Olympics, which is scheduled for the first weekend in March.

The Icicle Trackers team was started by Terry and Paul Anderman in 2004. Like many of Upper Valley Connection's programs, Icicle Trackers helps connect specially-abled individuals to the community, and encourages interaction and socialization with others.

Head Coach Rachael Pashkowski started as a volunteer when her son Robert joined the team.

"I went to my first Special Olympics and it was such a positive environment," Pashkowski said. "Everyone is so encouraging."

When the Andermans, who are still involved with the program, wanted to step aside from head coaching roles, they asked Pashkowski to take up the mantle. As a coach, Pashkowski said she loves talking and working with athletes.

"The connections you make with them, watching them work hard and be successful, how happy they are to be skiing," Pashkowski added.

"To be able to support that and be a part of that. To go out and ski with them, you're creating a relationship. You get to know what they like and don't like. That's the best part."

Pashkowski said all of the skiers on this year's team are returning athletes from last year and will once again compete in the games. She noted athletes will compete in two events, ranging from 10 meters to 10 kilometers.

There are three skiers who will race in long distance events, including two competitors who will ski in the 2.5km and 5km meter races, as well as Robert, who will be skiing in the 5km and 7.5 km competitions. There are also athletes who will participate in snowshoe races.

For this year's games, the Icicle Trackers will have one snowshoe unified relay team

SEE ICICLE TRACKERS ON PAGE B2



Photo contributed by Cascade Medical
Cascade Medical EMT Lester Stoltz (in yellow) talks with participants at the Special Olympics Winter Games in March 2018. Ambulance crews interact with residents and provide on-site support at more than 15 community events every year.

Cascade Medical Levy passes with great success

By KALIE DRAGO
Echo Reporter

Some of us have been eyeing the month of February on the calendar excitedly for Valentine's Day, but Cascade Medical Center has been anxious about the Feb. 12 ballot and the outcome for the Cascade Medical Emergency Medical Service levy. And just like that co-worker who received a dozen roses and chocolate, the Cascade Medical Center wasn't disappointed. With 79.9% of the voting yes, the levy passed.

"This is 100% dedicated to operations and maintenance of our ambulance department and emergency service department," said Rachel Hansen, Cascade Medical Public Relations Coordinator. "The cost to run a 24/7 emergency center with ambulance services, the costs are high and it's not self-sustaining. But it's important that we remain ready for our community, all hours of the night, weekends, no matter what."

In 2012, the levy passed with 82%, but given the bleak weather circumstance, it wasn't a expected slam dunk for the levy to pass with a similar high percentage.

"I didn't know what to expect. We had three winter storms hit in four days leading up to the vote," said Hansen. "I was surprised with the results frankly."

With the bad weather, casting a vote could've been at the back of the community's mind as they scraped ice off windshields and shoveled driveways – but the abundance of snow falling didn't seem to impact the vote negatively at all.

"To see our community come through the way that they did, I've never been more proud of this community," said Hansen. "I was absolutely awestruck with 80%."

The operations and maintenance of the emer-

SEE CMC ON PAGE B2

CITY OF LEAVENWORTH Update on the Adventure Park

By KALIE DRAGO
Echo Reporter

Leavenworth City Council closed the February 12 meeting with updating the community on some individuals favorite hot button topic, Alpine Adventure Park. After the last City Council meeting that had a crammed audience and robust public comment period, this meeting was relatively quiet. However, in between the initial roll call and heads up on the theme park, a lot of business was tended to in City Hall.

Chelan County Commissioner, Bob Bugert, was supposed to drop in for a formal introduction to Leavenworth but unfortunately the recent snow made for treacherous roads – so Bugert stayed on the safe side, took a rain (snow) check and will make an appearance at a later date.

"He's going to come and talk at our next evening meeting and make a presentation about what the county is thinking about doing with overnight rentals," said Mayor Cheri Farivar. So if overnight rentals within the county spike an interest, mark the calendar

for February 26. "Since we're the only community that has actually regulated overnight rentals in the way that we have, he took our ideas and some thoughts back."

After Sergeant Scott Lawrence's December 2018 update, the city dived into council member reports. Margaret Neighbors brought up Enchantment Park in her updates, which would later become a thoroughly discussed topic on the agenda.

"Enchantment field turf improvements, the contract has

SEE CITY COUNCIL ON PAGE B2



Photo provided by Carol Forhan
The Royal Ladies are wondering. Who will be joining their group this year? It is time to make your reservations for the Royal Lady Gala where the new Royal Lady will be revealed. Don't miss the biggest event of the year make your reservations now. Details are in the bulletin board and on page B1.



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Opinion

Restrictions on pot shops bares bias, hypocrisy of anti-business lawmaker

This is the latest anti-marijuana industry proposal coming from Olympia:

House Bill 1003, introduced by Rep. Brad Klippert, R-Kennewick, would further restrict marijuana businesses from operating in areas frequently visited by children prohibiting the LCB from issuing or renewing a license for any locations within 1,000 feet of any preschool or bus stop.

The Liquor and Cannabis Board is already barred from issuing a marijuana license to any business within 1,000 feet of a ... school, playground, recreation center, child care center, public park, public transit center or library.

A cop testified in general support. The cop said his desire for children to be protected from advertising near bus stops and institutions prompted his testimony. Why don't they just stay in bed all day and avoid reality altogether? Oh, wait, that's what smart phones are for.

So now I ask, as a taxpaying, voting and freedom-loving disabled veteran adult who actually also cares deeply about children, why aren't stores



GARY BÉGIN
Managing Editor

that sell liquor, beer, wine and tobacco products under the same restrictions? Or for that matter, guns, knives and violent video games. I am sure all hell would break loose if those other retailers were forced to abide by these same newly proposed marijuana rules.

I can only deduce in my own logical way, that this wannabe lawmaker is vehemently anti-cannabis industry. He most likely has plenty of constituents that sell alcohol and tobacco near bus stops and schools, yet he is calling for an immediate closing or at least prohibition of pot shops.

Listen Bradley, guns, booze and cigarettes kill millions of Americans every year including thousands of children.

If they survive childhood, these same unfortunates will continue smoking and drinking until those vices cause their early and painful de-

mise, but only after bankrupting them because of medical and legal costs.

Domestic abuse, child abuse and many other societal ills rise forth from booze and tobacco use.

So we have this self-righteous Kennewick dude trying to kill an industry by a million little cuts. It won't work Bradley. We, the people, have voted to approve the legalization of marijuana and your nitpicking showboating petty proposed law is just another example of what sore losers do after they have been put in their place by the people.

Next time Brad Klippert has a wine or beer or votes or proposes a vote in favor of the alcohol, tobacco or beer and wine industries (this includes cider orchards, craft breweries and vineyards) I hope he remembers his own hypocrisy vis-a-vis marijuana.

This industry pours millions into state coffers and employs thousands all over urban and rural Washington. Leave it alone Bradley. You watch your kids, I'll watch mine.

The people of the state do not need to be told that you are



only out to protect their little Janes and Johns from seeing advertising (billboards).

I suspect ulterior motives and hidden agendas on your part under the guise of being pro-children.

Hey, why not spend millions more of our tax dollars and propose a law to place a county resource officer at every bus stop to make sure the kids are in lock-step with your "thought police" ideas and are not looking around, but staring straight ahead?

Give them protective eye wear so they can't even see billboards at all.

What else about free speech

don't you like. The people have voted, an industry flourishes, money is made by all ... it is called capitalism and democracy at its finest.

Bradley, maybe you should just drive your kids to school in a carpool of like-minded Communists. Leave the kids alone. Let them become normal citizens, rather than become the victims of your over-protective psychological warfare. We have too many laws already.

Cradle to grave instructions on how best to live are anti-factual to free speech and the very origins of the American think.

LETTERS TO THE EDITOR

Deception

Planned Parenthood – sounds warm and fuzzy, but in fact it is Planned Extermination – not so warm and fuzzy.

These days an unborn baby's most dangerous place is in its mother's womb, especially if you are poor and a minority. It is no accident many Planned Parenthood clinics are located close to poor and minority communities. Don't be deceived.

Planned Parenthood was founded on the idea of creating a voluntary means of lowering the number of the poor and minorities.

And our government gives Planned Parenthood our tax dollars to kill babies and sell their body parts.

There has never in the history of the world been a more diabolical plan by a species than to consciously murder its innocent babies by

the millions (60+ million to date) and make money from their dead bodies.

But wait, there's more. Planned Parenthood kicks back millions of dollars in campaign contributions to the politicians who support Planned Parenthood, which is a deceptive way for politicians to access federal tax dollars. It's blood money, there's no other way to describe it.

Knowing all this, how does Planned Parenthood continue to exist?

Ladies, you could shut Planned Parenthood down cold if you would refuse to choose abortion as your means of birth control.

There are free organizations willing and able to help women and their families deal with unplanned pregnancies (Care Net here in Okanogan County). Please – choose life.

*Chrystal Perrow
Winthrop, WA*

Icicle Fund accepting grant applications

PRESS RELEASE

The Icicle Fund is now accepting applications for Initiative and Strategic Project grants. The deadline for both programs is March 4th.

The Fund awards grants to non-profit organizations who develop North Central Washington as a region where nature, the arts, and the area's natural and human history encourage appreciation, understanding and stewardship of this special place.

The Fund supports organizations in Chelan, Douglas, Okanogan and Grant counties.

The Fund values projects and initiatives that foster a collaborative atmosphere, connect all peoples to place, and are aligned with the Icicle Fund mission.

Through collaboration,

the Icicle Fund increases the impact of organizations across this region.

When mutually beneficial, exploration of collaborative relationships with one or more of the six Icicle Fund lead organizations is encouraged.

Initiative Grants are single-year grants of up to \$7,500. The Fund's goal is to contribute to smaller organizations' ability to fill gaps in the community in the areas of arts, environment, and history.

Project goals should be accomplished within the 1-year grant period.

Strategic Project grants are one or two-year grants of \$15,000 or more.

Grants are given to innovative, inspiring, and impactful organizations and projects in the areas of arts, environment, and history in

NCW. The program goal is to enable organizations to work on a particular mission-centered and strategic project to create a significant, long-term impact on the organization and its local or regional community.

Additional information and application instruction can be found at www.iciclefund.org

Twenty years ago, the Icicle Fund was established by Harriet Bullitt.

Today, the Fund remains committed to a sense of place as central to its mission. It is this belief that strong connections to the land and the communities in which we live are nurtured through artistic expression and imagination, an understanding of our past, and experience in and love for our natural landscapes and wildlife.

Beaver Valley Surplus continues on

By KALIE DRAGO
Echo Reporter

An item that has rotated on and off the school board agenda for quite some time will have a final decision made by February 25, according to Cascade Superintendent Bill Mottsenbocker.

At the February 18 school board meeting discussion brewed around the property

and there are four possible options for how to go about selling the 5.37 acres.

One option is to sell the acreage in its entirety (5.37) but without the play field requirement with the original minimum price requirement, \$250,000.

Another option is to subdivide the property into two parcels, each \$170,000, also removing the play field

requirement and installing a well.

The third option is to sell the 5.37 acres at a minimum price of \$315,000, again with the play field requirement – Mottsenbocker said this adds the \$65,000 that could be gained later if subdivided.

And lastly, there is the option to hire a real estate agent to market the property and sell at a market rate.

LATEST NEWS

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THE LEAVENWORTH ECHO

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

Corrections

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

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LEAVENWORTH ROTARY NEWS ROTARIAN OF THE MONTH



Rotarian President Penny Carpenter presents Pamela Brulotte with certificate in recognition as January Rotarian of the Month for Leavenworth Rotary Club. Pam is co-owner of München Haus and Icicle Brewery. She currently is serving as President of Washington Brewers Association. Pam has been a member of Rotary since March of 2018.

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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 21, Thursday: Meatloaf, potatoes and gravy, green beans, carrot raisin salad, apple celery salad, whole wheat bread or roll, dessert.
February 22, Friday: Stuffed cabbage rolls, roasted red potatoes, green beans, strawberries and bananas, whole wheat bread or roll, desert.
February 23, Saturday & February 24, Sunday: no lunch.
February 25, Monday: Hamburger steak with grilled onions, twice baked potatoes, trio vegetables, garden veggie salad, whole wheat bread or roll, berry crisp.
February 26, Tuesday: Clam chowder, cottage cheese, broccoli salad, three bean salad, peaches, whole wheat bread or roll, dessert.
February 27, Wednesday: Country fried steak, potatoes and gravy, buttered corn, garden salad, chilled pears, whole wheat bread or roll, dessert.

Sheriff/Fire/EMS



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

- Leavenworth**
- February 8**
- 03:11 Traffic offense, 8th & Front Streets.
 - 12:28 Suspicious, 8587 Pine St., Peshastin.
 - 12:57 Civil, 18480 Nason Ridge Rd., Lake Wenatchee.
 - 13:33 Fraud/forgery, 36 Amas Pl., Peshastin.
 - 16:12 Accident, no injury, 980 US Hwy 2, Cashmere Valley Bank.
 - 20:22 Traffic offense, Main & School Streets, Peshastin.
- February 9**
- 01:19 Trespass, 647 Front St. #1.
 - 02:57 Trespass, 131 Whitman St., Apt 4.
 - 09:54 Civil, 360 Ski Hill Dr.
 - 16:25 911, 590 US Hwy 2, Enzian Inn.
 - 16:32 Alarm, 21611 Camp 12 Rd., Plain.
 - 16:57 Harass/threat, 116 River Bend Dr., Safeway.
 - 20:14 Assist agency, 11684 Sunitsch Canyon Rd.
 - 22:38 Noise, 10350 Suncrest Dr.
 - 22:48 Noise, Lions Club Park.
- February 10**
- 01:25 Accident, no injury, 263 Mine St.
 - 07:41 Disturbance, 280 US Hwy 2.
 - 08:38 Public assist, 817 Commercial St.
 - 12:56 Weapons violation, 3432 Hansel Ln., Peshastin.
 - 13:34 Alarm, 12315 Mule Tail Flats Rd.
 - 16:21 Welfare check, 590 US Hwy 2, Enzian Inn.
 - 20:21 Public assist, 843 Front St., The Loft.
 - 22:00 Traffic offense, US Hwy & 9th St.
- February 11**
- 00:56 Alarm, 932 Front St., Starbucks.
 - 07:47 Parking/abandon, 9079 Deadman Hill Rd.
 - 11:47 Vehicle prowl, Blk Coulter Creek Rd.
 - 13:43 Traffic offense, Icicle Rd. & Wilson St.
 - 15:08 Suspicious, 922 Commercial St., Obertal.
 - 16:12 Accident, no injury, North & Nibbelink Rd.
 - 18:54 Hazard, Chumstick Hwy & US Hwy 2.
 - 19:04 Hazard, Chumstick Hwy MP 1.
 - 22:29 Hazard, 3500 Blk Hansel Ln, Peshastin.
 - 23:54 Public assist, 11756 US Hwy 2, Jerry's Auto.
- February 12**
- 03:45 Assist agency, US Hwy 2 MP 99.
 - 08:39 Traffic offense, Chumstick Hwy MP 4.
 - 09:25 Hazard, 10395 Chumstick Hwy MP 4.
 - 10:45 Hazard, Chumstick Hwy.
 - 11:01 Hazard, Chumstick Hwy MP 2.
 - 13:57 Hazard, SR 207 & Beaver Valley Rd.
 - 14:28 Parking/abandon, Stemm Rd. & US Hwy 2, Peshastin.
 - 15:39 Trespass, 932 Front St., Starbucks.
 - 15:57 Fraud/forgery, 131 Whitman St.
 - 17:54 Vehicle prowl, 590 US Hwy 2.
 - 18:57 Parking/abandon, 8455 Main St.
 - 20:51 Warrant, 6585 US Hwy 97, Pehastin.
 - 21:36 Public assist, 9255 Foster Rd., Dryden.
 - 21:52 Alarm, 932 Front St., Starbucks.
 - 23:23 Assist agency, 19475 US Hwy 2.
- February 13**
- 00:23 DUI, 485 Alpine Pl.
 - 07:52 Accident, unknown, Chumstick Hwy MP 1.
 - 08:11 Property, 6380 Campbell Rd., Peshastin.
 - 10:13 Hazard, 11007 US Hwy 2, Preys Fruit Stand.
 - 14:50 Alarm, 12315 Mule Tail Flats Rd.
 - 16:42 Accident no injury, 10680 Fox Rd.
 - 20:27 Welfare check, 4901 US Hwy 97, Peshastin.
 - 21:22 At/acc, 590 US Hwy 2.
- February 14**
- 07:15 Parking/abandon, 15910 Cedar Brae Rd., Lake Wenatchee.
 - 09:02 Parking/abandon, 10190 Chumstick Hwy.
 - 09:43 Vehicle prowl, 34491 US Hwy 2, Stevens Pass.
 - 10:44 Assist agency, 3935 Old Blewett Rd., Peshastin.
 - 10:59 Accident, no injury, 34491 US Hwy 2, Stevens Pass.
 - 11:16 Parking/abandon, 639 Front St.
 - 11:53 DUI, 9255 Foster Rd., BJs.
 - 12:36 Parking/abandon, US Hwy 2 & 9th St,
 - 13:03 Welfare check, Chumstick Hwy & US Hwy 2.
 - 13:06 Alarm, 246 Division St.
 - 15:05 Disturbance, 10190 Chumstick Hwy.
 - 15:58 Parking/abandon, 100Blk Poplar St.
 - 17:54 Scam, 335 Whitman St.
 - 18:09 Assist agency, US Hwy 2 MP 105, Dryden.
 - 18:32 Alarm, 11645 Eagle Creek Rd.
 - 19:40 911, 208 West St.
 - 23:19 Assist agency, 8734 School St., Dryden.

Leavenworth

Please join us for the 56th Annual Royal Lady Gala which will be held on March 5, 6 p.m. at the Icicle Inn Resort.
 If you would like to make a reservation and a meal choice or need more information call Sandra, 548-7074 or Marggie, 670-1653 or email marggie136@msn.com Cost is \$35.00 per person. Send a check or credit card by Feb. 22 to ALFA GALA, PO Box 116, Leavenworth, WA. 98826. (e 8)

Celebrate a Century: 1919-2019
 Join us for the Old Time Fiddlers on Saturday, February 23, 6 p.m. at Dryden Community Church on Hwy. 2 and Dryden Avenue. Donations accepted. (e 8)

Festhalle Walking Changes
 The schedule has changed for Festhalle walkers, 7-9 a.m., Mondays-Thursdays
 NO walking on Monday, February 18, Thursday, March 21 or Monday, March 25. (e 7,8).

New Support Group
 A Caregivers Support Group is open to the community and meets at 11 a.m. the first Monday of each month at Mountain Meadows in the Alder Room. For more information contact Julie, 548-5448. (e 7,8).

Wenatchee River Institute Speaker
 The Red Barn Speaker event, Rock Glaciers of the Eastern Cascades, by Karl Lillquist PhD Geography Professor, from Central WA University, has been rescheduled to April 24. (e 7,8).

Wrapped in Light Exhibit
 Local photographer, Reed Carlson photo exhibition will run until February 25th at the Archibald James Tasting Room, 925 Commercial St. in Leavenworth, for more information call 509-255-3796 (e 8).

Regional

Mission Creek Lip Sync contest
 On February 23 at the Wenatchee Convention Center Ballroom the 2nd annual Lip Sync live. Tickets are \$15, in advance \$12. Doors open at 6 p.m. and show starts at 7 p.m. Must be 18. For more information, 663-2787. (er 8).

Community Calendar

- Wednesday**
- Peshastin Water District, 5:30 p.m.,** Peshastin Memorial Hall. Call Abby Bergren, 548-5266. (2nd Wed.)
 - Prostate Cancer Awareness & Support Group, 8:30 a.m.,** Kristall's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.)
 - Children and Youth program, 6:30-8 p.m.,** 4th-12th grade, Leavenworth Church of the Nazarene, 548-5292.
- Thursday**
- Autumn Leaf Festival Association meetings, 6 p.m.** at the Icicle Village Inn, in the Lake Wenatchee Room. Hwy 2. Call President Jim, 670-3343 or Secretary, Carol 670-1723. Everyone is welcome to attend. (1st Thurs. of every month, unless notified otherwise.)
 - Leavenworth Chamber of Commerce, 8 a.m.,** Kristall's Restaurant, Bill Forhan, president. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st & 3rd Thurs.)
 - Leavenworth Lions Club, Kristall's Restaurant, Conrad Delury, president,** (509) 387-5051. (1st Thurs. at 6:30 p.m. and 3rd Thurs. at Noon)
 - Peshastin Community Council meeting, 7 p.m.** Peshastin Memorial Hall. (2nd Thurs.)
 - The Wenatchee Valley Doll Club, 11:30 a.m.,** call Yvonne, 509-663-7991. (2nd Thurs.)
- Friday**
- Chelan County Veteran Service Officer, WorkSource, and SSVF, coffee and organizational information, 10 a.m.- 1 p.m.,** Kristall's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri.)
 - Leavenworth Rotary Club, 11:45 a.m.** Kristall's Restaurant, Penny Carpenter, president. For more information, 509-885-0441.
- Saturday**
- No Events Scheduled.**
- Sunday**
- No Events Scheduled.**
- Monday**
- Chumstick Grange Hall, 2 p.m.,** Helen Kensrud, 782-4086. (2nd & 4th Mon.)
 - Upper Valley Free Clinic, 6:30 p.m.,** evaluates urgent health needs; dental consultation is available the 1st Mon. of the month. Contact Upper Valley MEND. Call 548-0408.
 - Young Life Club, 6:30 p.m.** All high school age students welcome. TJ Kaapuni 509-679-3247. (2nd & 4th Mon.)
 - Cascade School board meetings, 7 p.m.,** District Office board room. Call 548-5885. (2nd & 4th Mon.)
- Tuesday**
- I.P.I.D. Meeting, 8 a.m.,** Anthony "Toni" Jantzer, 782-2561, meeting at Wescott Dr. in Cashmere. (2nd Tues.)
 - Icicle Valley Chapter of Trout Unlimited, 6:30 p.m.,** Icicle Village Inn, Lake Wenatchee Room. Call Dave, 548-0903. (2nd Tues.)
 - Cascade Medical Board Meeting, 9 a.m.,** at Cascade Medical, 548-5815. (4th Tues.)
 - Leavenworth People with Parkinson's Disease Support Group, 11 a.m.** Church of Jesus Christ of Latter Day Saints, 10170 Titus Road. Call Katherine Degel, (206) 356-4288 or Judi Little (425) 870-2089. (2nd Tues.)
 - Upper Valley Women's Bible Study, Noon,** at King Ludwig's. Call Delores Hall, 548-7803.
 - Buns, Book and Tea, Peshastin Book Club, 1 p.m.,** Peshastin Library. Call Kathy Springer, 509-433-1345. (3rd Tues.)
 - Cascade Education Foundation, 1 p.m.,** Boardroom at Cascade District office. Call Ken West, 670-1729.
 - LWSC Alpine Committee, 7 p.m.,** Ski Hill Lodge. Call 548-5477. (1st Tues.)
 - Leavenworth Masons, 7:30 p.m.** Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leaveworthmasons.org. (1st Tues.)
- Ongoing events**
- Leavenworth Public Library: 548-7923.**
 Monday, Tuesday, Wednesday, open 9 a.m.- 6 p.m.
 Thursday, 9 a.m.- 8 p.m.
 Friday, 9 a.m.- 6 p.m.
 Closed on weekends and Holidays.
 - Special events:**
 Tuesday, 11:30 a.m., **Baby story time**
 Wednesday, 1:30 p.m., **Preschool story time**
 - Peshastin Public Library: 548-7821.**
 Monday, 2 - 6 p.m.
 Tuesday, 1 - 6 p.m.
 Wednesday, 9 a.m. - 2 p.m. Thursday and Friday, 1 - 6 p.m.
 - Special events:**
 Tuesday, 2:30 - 3:15 p.m. Stories and crafts in Spanish and English.
 Wednesday: 10:30 - 11 a.m., **Preschool and toddlers, Story time.**
 Closed weekends.
 - Upper Valley Museum:**
 347 Division St., 548-0728. Thursday, Friday, Saturday 10 a.m. - 4 p.m., Sunday, 11 a.m. - 3 p.m.
 - Leavenworth Fish Hatchery, 548-7641. Open daily, 8 a.m. - 3:30 p.m.**
- Regional events**
- SCORE (small business counseling), 1 - 4 p.m.** Wenatchee Chamber of Commerce. Call for appointment, 888-2900. (Tues. & Thurs.)
 - Cascadia Conservation District Board Meeting, 3:30 p.m.,** Upstairs Conference Room, Wenatchee World Building, 14 N. Mission St., Wenatchee. 509-436-1601.
- Note:** Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

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ICICLE CREEK THIS WEEK

FLIES TIED AS SNOW FLIES: FLY FISHING FILM TOUR BACK

JAMIE HOWELL

The original and preeminent exhibition of fly fishing cinema, **F3T (short for Fly Fishing Film Tour)** returns to the Snowy Owl Theater this weekend with films from around the world packed with, well, fishing.

But fishing cast in its most beautiful forms, the things angling fantasies are made of - topnotch tales, stunning visuals and dreams of that next fishing trip.

With an emphasis on the people, places and fisheries that make up the vast world of fly fishing, the **2019 F3T** will take you from Alaska to Florida, South Dakota to French Polynesia, British Columbia, Australia and more, through a series of curated short films.

This year, the festival serves as a special benefit for **Family Lines**, a local non-profit fly fishing organization based in Plain dedicated to strengthening family bonds through the medium of fly fishing. They're worth checking out at www.familylines.org. A portion of every ticket and the proceeds of a benefit raffle will go to support this fine organization.

Tickets are on sale now and you can save a few dollars by purchasing in advance (as well as guarantee yourself a seat, because these shows often sell out). For tickets and more information, go to icicle.org or call the box office at (509) 548-6347, ext. 1.



SAT., FEB. 23 at 7 PM

FLY FISHING FILM TOUR

Sponsored by
 Fresh Burger Cafe, Cascade Medical, K&E Outfitters and Ellensburg Angler

Arts, Education, Inspiration

Presented by **ICICLE CREEK CENTER FOR THE ARTS** Adults: **\$15 \$17 DOOR** 18 & Under: **\$7 \$9 DOOR** At **CANYON WREN RECREATION HALL**

TICKETS: **ICICLE.ORG OR (509) 548-6347 X1**

Neighbors

Obituary

John Roger Smith

July 14, 1929 – February 4, 2019 Peshastin, WA.

John Roger Smith, 89, a lifelong Peshastin resident, passed away on Monday, February 4, 2019 at his home. John was born July 14, 1929 in Marquette, Michigan to the late Benjamin and Helen Smith.

He moved with his family as an infant to Peshastin and attended elementary school to high school in Peshastin.

Following high school, he went to work for the Peshastin Box and Lumber Mill where he worked over 40 years until his retirement in 1989.

John met Maxine Harrison in 1947 and they were married on September 5, 1949.

The two were inseparable for over 70 years.

Always together enjoying the outdoors, on horseback when they were young and later going jeeping and exploring back roads hoping



to come across wildlife to watch.

He was always an outdoor enthusiast and did his share of hunting, fishing and snowmobiling. He also loved travelling with friends in his Chevy truck and trailer and had many fond memories of their trips.

John loved going for drives, he just loved going anywhere, seeing new places and old, it was hard to ever catch them at home. This beautiful world intrigued him and he couldn't

see enough of it.

John is survived by his loving wife, Maxine Smith, Peshastin, WA, son and daughter-in-law, John and Ellen Smith, Mountain View, AR., daughter and son-in-law Jana and Scott Pitman, Leavenworth, WA., grandchildren, Ashley and David Tillotson, Burleson, TX., Jordyn Sauer, Peshastin, WA., Makenzie Sauer, Peshastin, WA., great-grandchildren, Noah, Avery and Evelyn Tillotson, Burleson, TX.

He was preceded in death by his parents and eight siblings.

You are invited to view his online tribute at www.heritagememorialchapel.com to leave a condolence or share a memory.

Arrangements are in the care of Heritage Memorial Chapel, East Wenatchee & Cashmere.



FOCUS On Seniors

Health • Lifestyle

Publishes Feb. 27-28
Ad deadline Feb. 20

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Morton named 'Star Volunteer of the Year'

PHOTOS AND STORY BY AL STOVER
Echo Reporter

Mountain Meadows Senior Living Campus held its volunteer appreciation luncheon on Feb. 14. During the event, volunteer Steve Morton (right) who

was named the campus' "Star Volunteer of the Year" award.

Morton has volunteered at Mountain Meadows for the last 10 years, specifically playing piano for residents on Monday nights. He has also performed

at other events.

Life Enrichment Director Fern Arness (left) recognized Morton and other volunteers in attendance, many of whom have served at the facility for several years.

At the event, Leavenworth Mayor Cheri Farivar spoke about the importance of volunteering in the community, and how volunteers are critical to the success of Mountain Meadows.



Leavenworth Mayor Cheri Farivar spoke at Mountain Meadows' volunteer appreciation luncheon. During the event, she spoke about how volunteering is essential to the success of community events and praised the facility's volunteers and their dedication.

UPPER VALLEY CHURCH GUIDE

New to our area? On vacation?
These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 782-2869
Sunday School 10:00 a.m. - Worship 11 a.m.
Bible Study, Wed., 7 p.m.
Pastor Bob Bauer

Find us on Facebook at Cashmere Baptist Church



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



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

CHRIST CENTER

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



GRACE LUTHERAN CHURCH
Vine & Elberta Streets • 860-0736
Worship 10:30 a.m.
Pastor Robert Gohl



ST. JAMES EPISCOPAL CHURCH
222 Cottage Ave. • 782-1590
Holy Eucharist 9 a.m.
5th Sunday Morning Prayer 9 a.m.
Deacon Carol Forhan - 670-1723
Vicar Rob Gohl - Cell - 860-0736

EVERGREEN BAPTIST CHURCH

5837 Evergreen Drive • 782-1662
Sunday School 9:30 a.m. • Worship 10:45 a.m.
Morning Worship - 11 a.m.
Evening Service - 6:00 p.m.
Pastor John Smith www.christforcashmere.org

DRYDEN

DRYDEN COMMUNITY CHURCH
Hwy 2 at Dryden Ave. • 782-2935
Sunday School 9:30 a.m. • Worship 10:45 a.m.
Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH

8345 Stine Hill Rd. • 782-2616
Worship Service, 10 a.m., Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
"Where God's Word Remains The Pillar Of Truth"
11025 Chumstick Hwy. • 548-4331
Sunday School 9 a.m.
Sunday Worship 10:30 a.m.
AWANA (Youth Program) Weekly Bible Studies
Wednesday 6:30 p.m. (school year)
Pastor Todd James
www.cmbiblechurch.org



COMMUNITY UNITED METHODIST
418 Evans Street • Leavenworth
509-548-5619 • Rev. Matt Gorman
Sunday service 10 a.m.
www.leavenworthumc.org

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

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

FAITH LUTHERAN CHURCH - ELCA
"Reconciling Works Congregation"
224 Benton Street • 548-7010
Worship 9:30 a.m. w/coffee following
www.faithleavenworth.org

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC
429 Evans Street • 290-0686
Sunday School, 9:45 a.m. • Worship, 11 a.m.
Pastor Michael Brownell
email: mkb3123@gmail.com

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 548-5292
Sunday Worship 9:00 a.m.
Lead Pastor: Andy Dayton
Youth Pastor, Kent Wright
Pastor to Children & Families: Becky Goodman
www.LCN.org



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

SPIRIT LIFE CENTER

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

MONITOR



MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 782-2601
Church Service & Sunday School 9:00 a.m.
Pastor Lilia Felicitas - Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street • 548-7517
Sunday Worship 10 a.m.
Pastor John Romine
www.lightinthevalley.org

PESHASTIN ASSEMBLY OF GOD
School and Lake St. • 548-7523
Sunday Worship Service 10:30 a.m.
Bible Adventures for kids at 10 a.m. sharp
Pastor Jorge Torres



NEW LIFE FOURSQUARE CHURCH
7591 Hwy. 97 • 548-4222
Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: newlifeleavenworth.com
www.newlifeleavenworth.com

FEBRUARY 20, 2019 • VOLUME 120, NO. 8

UPPER VALLEY NEWS SINCE 1904

Reinhart, Seely place at Mat Classic XXXI *Kodiaks grapplers finish 17th as a team*

By AL STOVER

The Cascade High School mat squad finished their season on Feb. 16, on day two of the Mat Classic XXXI state championships. The Kodiaks finished 17th out of 47 teams with 63 points.

Hunter Reinhart finished second in the 285-pound weight class.

He opened the tournament with a 42-pound pinfall over Freeman's Tyson Delcour and followed it with a 42-second pin over Wahluke's Pedro Castaneda to advance to the quarterfinals.

Reinhart tore through the next two rounds, pinning Mount Baker's Braeden Shannon in the third period, and a second-period pin over Deer Park's Titan Duncan to reach the finals.

In the championship match, Reinhart was pinned by Forks' Luke Dahlgren in the second round of their match.

Reinhart was not the only Cascade wrestler to make it to the podium as Jace Seely finished seventh in the 132-pound division.

Jace Seely began the tournament with a pinfall loss to Colville's Takota Morrison in the third period of their match. He scored an 11-1 majority decision over Hoquiam's Zach Barnes, then ended the first day with a 10-3 decision over Granite Falls' Kolby Petraberger.



Cascade's Eric Rosario (right) wrestled Colville's Joey Allen in his first match at the Mat Classic XXXI. Rosario went 1-2 in the 182-pound division. Contributed photos by Roger Harnack

He earned an 10-8 decision over Stevenson's Andrew Garcia, then defeated Lakeside's Mason Christen, 10-8, in overtime. After his pinfall loss to Zillah's Emmanuel Troncos, Seely earned an 8-3 decision over La Center's Hunter Mallicoat.

Axel Martinez finished 3-2 in the 113 weight class. He earned his first state win after he pinned Newport's Jeremy Ward in the second period of their match. In his next match, he lost to Castle Rock's Ethan Erickson via pin. He rebounded from the loss to pin Mount Baker's Griffin Heiner in the

second period.

Axel Martinez opened the second day of competition with a pin over Naches Valley's John Mitzel in the second period of their match. He lost his final match to Forks' Andre Santos-Del via a 4-3 decision.

Austin Curry was 2-2 in the 138 pound bracket. Curry suffered a pinfall loss to Newport's Nate Allen in his first match of the day. He pinned Wahluke's Juan Mejia in the second period of their match, then finished day one with a 14-7 decision over Vashon Island's Nico Nuxoll.

Curry was eliminated from

the 138-pound bracket after an 11-1 majority decision loss to Medical Lake's Justin Warnick.

Adian Arceo was 2-2 at 138 pounds. After dropping an 8-3 decision to Colville's Rueben Seemann in their match, he bounced back to earn a 9-1 decision over River View's Carlos Saucedo, followed by a pinfall over Meridian's Brayden Zender.

Arceo's run in the 138-pound division after a 15-7 majority decision loss to Granger's Juan Arteaga.

Juan Martinez went 1-2 in the 106 pound division. He opened the tournament with

a 15-8 decision loss Deer Park's Emerson McCoullugh, then rebounded from the loss to pin Warden's Cason Cox in his next match. He was eliminated from the tournament after his 10-2 majority decision loss to Granite Falls' Riley Hoopole.

D'Andre Vasquez went 1-2 in the 145 pounds division. After a 10-6 decision loss to Colville's Kaden Mackowiak in his first match, Vasquez scored a 54-second pinfall over Port Townsend's Ian Linn-Glasgow. He was eliminated from the tournament after a pinfall loss to Warden's Rodrigo Ozuna.

Jose Valdez was 1-2 at 170 pounds. He began the tournament with a 5-1 decision loss to Deer Park's Brennan Hill. He came back in his next match to pin Granite Falls' Seth Harris in 56 seconds. Valdez ended the night with a pinfall loss to Warden's Elijah Gonzalez.

Eric Rosario finished 1-2 at 182 pounds. After he lost to Colville's Joey Allen via pin in the first match of the night, he

picked up a 7-3 win over Elma's AJ Hamilton. Rosario lost his final match to Meridian's Matthew Hudson via a 15-5 majority decision.

Cole Warman went 1-2 at 160 pounds. He opened the competition with a pinfall loss to Deer Park's Brigham Collins. Warman received a bye into the round of the consolation bracket where he lost to Tonino's Karlton His.

Manuel Camarena finished 0-2 in the 120 pound weight class. Camarena was pinned by Lakeside's Austin Butkus in the second period of their match. He was eliminated from the tournament after a pinfall loss to Hoquiam's Xavier Garcia.

Jesus Sandoval also went 0-2 at 120 pounds. He lost to Colville's Devin Tinnier via pin late in the first period, then lost his next match to Montesano's Konnor Odekirk via pin.

Daniel Sandoval finished 0-2 in the 126 pounds division. He lost his first-round match to Colville's Dylan Sahota via pin, then dropped a close 2-1 decision to Royal's Yahir Morales. Efrén Guerrero was 0-2 in the 160 pound division. Guerrero suffered a pinfall loss to Freeman's Jacob Roibal. He lost his second match to Royal's Jacob Joslin via pin.

The Kodiak grapplers are coming off what has been an amazing season. Cascade went 8-0 in Caribou Trail League duals en route to their first conference championship in 12 years, then followed it with the District 6 title, a first in program history.

Cascade loses five seniors to graduation: Ricardo Barragan, Axel Martinez, Daniel Sandoval, Valdez and Vasquez.



Cascade's Cole Warman attempts to break down Deer Park's Brigham Collins during their first-round match.

Cascade swimmer Young PRs at state championships

By AL STOVER

Cascade High School swimmer James Young wrapped up his high school swimming career on Feb. 15 at the 2A Boys Swimming and Diving Championships.

Young took 17th in the 50-yard freestyle event with a personal record of 23.27 seconds, breaking his old PR by .54 seconds.

The Kodiak swimmer also finished 18th in the 100 breaststroke with a PR of 1:05.21 seconds.

Cascade Youth Wrestling provides wrestling, life lessons

The Cascade High School wrestling team is having one of the most successful seasons in program history, winning both the Caribou Trail League and District 6 championships and sending 14 wrestlers to state competition.

Some of the wrestlers on this year's Kodiak mat squad were once a part of the Cascade Youth Wrestling program, which recently began its 2019 season.

Cascade Youth Wrestling practices every Tuesday and Thursday night throughout the winter months. Like their high school counterparts, the young wrestlers started the season in the commons of Icicle River Middle School, then moved practice to the new wrestling room after it was finished.

The program is open for kindergarten through fifth-

graders. Some of the young athletes will transition to IRMS' wrestling team and later Cascade's team when they reach high school.

During practice, volunteer coaches lead athletes in running, hops, crab walks and other maneuvers to stretch their muscles.

They transition into practicing wrestling stances, take-downs, takedown defense, technique and pinning maneuvers. Athletes will practice live-match scenarios.

"It takes a village," said Coach Gary Waunch, referring to the coaches and volunteers who help with the program, which has 35 kids,

Waunch, who has coached in the program for several years, said athletes wrestle for 6-7 weeks, which is shorter than other youth programs.

He explained the goal of the youth program is to teach athletes the foundation of wrestling and fundamentals, while not risking burnout.

An athlete can participate in the program, not matter how much wrestling experience they have.

"What's kept me going is we'll have a kid who knows nothing about wrestling," Waunch said. "When they get to the first match, they're doing what we told them in practice."

Through wrestling, athletes also learn character traits like self-discipline, work ethic, mental and physical toughness and teamwork.

In addition to teaching wrestling to young athletes the program also supports the other wrestling programs. Waunch said the youth pro-

gram has helped pay for a couple of high school wrestlers to attend state camps.

During the Feb. 13 practice, held a day early because of Valentine's day, Waunch created gift bags for Kodiak wrestling team to take with them on their trip to the Tacoma for the Mat Classic XXXI.

Among the items was a card congratulating the Cascade wrestlers going to state, signed by all of the athletes who attended practice that night.

The young wrestlers are about to compete in their first set of tournaments, including a Mix and Match on Feb. 21 at Cascade High School and a tournament in Cashmere on Feb. 23.

For more information about Cascade Youth Wrestling, email cascadeyouthwrestling@gmail.com.

Autumn Leaf Festival Association

Honors
THE 55th ROYAL LADY
AND PRESENTATION OF OUR 56TH ROYAL LADY

Icicle Village Resort
505 Hwy. 2, Leavenworth
Tuesday, March 5, 2019
Social: 6-7 p.m Dinner: 7 p.m.
3 Dinner Choices
\$35 per person

RSVP by February 22. Seating is limited.
Call Sandra, 509-548-7074
Marggie: 670-1653 or marggie136@msn.com

Suggested: Semi-formal dress or Trachten

CONTINUED FROM PAGE 1

Icicle Trackers prep for Special Olympics



Cross country skiers Nicoletta Bard and Alex Darlington practice their technique. Both athletes are training for the 500 meter and 1 kilometer cross-country ski races. Darlington is an inaugural/founding member of the Icicle Trackers.

and two cross-country unified relay teams. For practices, Pashkowski said she tries to pair one skier with another coach or volunteer. Each coach will adapt to an athlete's training style and regiment. The team also works on interval training, warmups, skiing motions and ski-pole training during the fall.

On the last Sunday before the games, Pashkowski said the team will stage unified races that will include noises and cheering.

She said the team started the practices last year as a way to help athletes become familiar with the noises and racing environment.

She added that the athletes on this year's team are "very competitive" and understand the importance of racing.

"I'm just amazed at how great my athletes are in being make to make decisions for themselves and know what's safe for them," Pashkowski added. "They'll tell you on what they want to achieve."

Pashkowski said she is thankful for the support the program receives from the community. For example, the Leavenworth Winter Sports Club gives athletes free passes to practice during the offseason.

The LWSC also grooms the hill and courses on Sunday before every practice. She added that the team is always looking for more coaches and volunteers.

For more information about coaching or volunteering opportunities with the team, contact Maren Cagle at uppervalleyconnection@gmail.com or call (509) 888-4181. This year's

Special Olympics will begin on March 1 with the preliminaries at the Leavenworth Sports Club/Fish Hatchery from 12:30-2:30 p.m., followed by the Opening Ceremonies at the Town Toyota Center in Wenatchee that evening.

Races will continue at the Fish Hatchery on Saturday, March 2 from 9 a.m. - 4 p.m. The competition finishes on Sunday, March 3, from 9:30 a.m. - 3:30 p.m.



Coach Kimiko Nalle races alongside snowshoer Alex Bergland, who is training for the 200 meter, 400 meter snowshoe race, and for the 4x200 meter unified relay.

City council members refreshed on social media etiquette

By KALIE DRAGO
Echo Reporter

The council congregated for their first 8:30 a.m. study session, looking refreshed from that extra thirty minute leeway.

Speaking of being refreshed, guest speaker Emily Guildner dropped in to refresh city council on how to navigate the tricky world of social media and engaging with constituents at the February 12 study session in city hall.

"It's very easy for us to over speak on social media," said Mayor Cheri Farivar.

While they maintain their First Amendment rights as a private citizen, as elected officials they're not entitled to the entirety of the First Amendment.

"When you are speaking as a public official, you do not have the full First Amendment rights," said Guildner. "You are speaking as a public official and in the eyes of the entity."

Guildner touched on some gray areas for social media that council members should tread lightly as to not cross any lines. Such as: campaign positions, sharing activities as council members and engagement with constituents.

"So something to keep in mind when you are trying to decipher whether you are speaking as a private citizen or public official, does the public have access to your platform? If the regular public can't have that kind of authority behind you, then you're speaking as a public official, not a private citizen," said Guildner. "It is based on the content of what you're posting, not necessarily where you're posting it," she said.

As a private citizen, there is slack on the social media leash for council members. When a

council member is on their private page their allowed actions can range from liking a political candidate's Facebook page to sharing that Kodak moment of their kids at Disney World.

However, using social media, email or even personal texting as public officials, the rules are clearly much tighter and available as public record.

"This is one of the burdens that you've accepted by becoming elected officials," said Guildner.

Even something as seemingly minimal like a council member emailing 'reply all' is considered not allowed, because it would be regarded as a serial meeting.

Emojis are typically used as adding some flavor to a text – however they are discouraged for elected officials' messages because of the broad interpretation of the context of the emoji being sent.

"I know Leavenworth is a small town and so generally you're engaged in a lot of community things," said Guildner. "But as part of being a public official, you have to keep that line in mind."

Their code of conduct for social media is a little different than those of us who jump on

Facebook and slam our hands on the keyboard and fire out a status with whatever comes to mind.

Some other business tended to:

- Nancy Smith gave the council some info on what's unfolding for the Chamber. At the board retreat, they discussed how on brand Leavenworth is and making sure to maintain that charming Bavarian character. "We weigh that every year, pretty significantly." Smith also brought up an individual's brewing interest in a bike tour, which the chamber would be supportive of if the tour was wrapped up by 8 a.m. and not cause for downtown to be shut down during the lucrative weekend time.

- Council seemed unanimously in agreement that providing funding via partially using Lodging Tax to the Hopkins Memorial Pool because 1) it'll prevent further deterioration, 2) Larsen made the point that just seeing kids out there playing is a tourist draw and 3) it's historically a one time funding.
- The upcoming spring newsletter in March - keep an eye out for topics like garbage disposal do's and don'ts, upcoming festivals and the announcement of Spring Clean Up for the city.

CONTINUED FROM PAGE 1

Cascade Medical Levy passes with great success

agency services are both used and essentially funded by the members of the community.

To see that the needed support hasn't wavered, not only benefitted Cascade Medical, but those who use the Cascade Medical services.

"We are so grateful to serve this community, it's really

thanks to them that our ambulances and our emergency department will always be ready. We are community owned and we're just so grateful that they are supportive of continuing these services. That support is really vital to keeping them going," said Hansen.

CONTINUED FROM PAGE 1

Update on the Adventure Park

come back and the interesting thing about that is that we're within the scope of the levy," said Neighbors. The city hasn't overspent.

Council member Mia Bretz replied to this by bringing back some complaints from sports groups about the park's closure for the seasons – the closure is in order for the contractor to work on the field's drainage and grading work.

"There's been a lot of feedback from the sports groups lately about their concerns of the shutting down, but we tried to start collaborating with them over a year ago," said Bretz.

Herb Amick, Public Works Director, explained that due to unpredictable weather and the contractor's schedule, the city can't allow teams to schedule events at specific times.

He stated they did have a meeting with the sports groups two years ago as form of heads up.

However, he and the Mayor emphasized that when no one is working on the fields, the teams are able to use the fields.

"They are welcome to use the field until the contractor starts, but they are not changing our contractor's schedule to match the sports schedule," said Mayor Farivar.

The bid of \$151,746.66 was granted to Greenshield Systems LLC and planning on beginning work in the spring.

Some residents' slumber may be impacted, but only for 35 days and for a good reasoning.

The Washington State Dept. of Transportation requested a special use permit for night construction in order to rebuild (they are out of compliance with American Disabilities Act) pedestrian sidewalk ramps. It has to be done at night due to traffic concerns and will last an

estimated 35 days (April-May), but only 8 days of demo (i.e. 8 days of sound).

It'll take place at the intersections of Chumstick Highway and Front Street and US 2 and River Bend Drive – primarily commercial buildings, so little impact on locals.

"They (WSDOT) don't have to even come to us for this, this is courteous and they're exempt from doing this," said Mayor Farivar.

A recent update to the closely followed Alpine Adventure Park was read out loud by council member Jason Lundgren and the council seemed keen for the message to the constituents to be passed on – so no one is left out of informative information for such a heated debate topic.

"A mitigated determination of non-significance was issued on February 8, 2019. The comment period and appeal period for the MDNS will both end on February 22, 2019," read Lundgren.

If one is interested in sending in a comment, this gives the community a week and a few days window to gather thoughts and send comments to Lilith Vespier, dsmanager@cityofleavenworth.com, or in person.

Comments can also be sent via snail mail and should be addressed to City of Leavenworth, PO Box 287.

As for an appeal, that will come with a \$500 fee and will be submitted to the City Hearing Examiner.

A notice of an appeal with the fees should be delivered to the city, City Clerk, Chantell Steiner.

"A comment is not the same as an appeal," continued Lundgren. "The city's SEPA official will review comments,

but may disregard those comments."

Other business that occurred at the meeting:

- The Ale Fest was given a special noise permit - in past years there have been 0 reported complaints and the group uses their own decimeter to ensure noise doesn't exceed what is allowed.

- Highway 2 crosswalk's new HAWK signals and the Rapid Rectangular Flashing Beacon at the Link Transit Park and Ride and the maintenance will be the Washington State Department of Transportation's responsibility.

- The council approved a bid from W.M. Smith and Associates for the Hopkins Memorial Pool Surge Tank Resurfacing, Pool Resurfacing and Fiberglassing.

- City of Leavenworth agreed to the needed obligations to fulfill within 18 months of the KOA Utility Easement and officially took jurisdiction of the road.

- A simple formality was taken care of: The city identified the City Clerk Treasurer as the designated person to file claims against the city.

- The mayor added Anne Hessburg to the Parking Stakeholder Group as she got approval from the council to reconfirm the appointments to the group.

- Sergeant Scott Lawrence, liaison officer, informed council the month of December deputies had a much higher number than usual. 226 incidents versus 117 in September.

The mayor asked how many were due to Christmas Lighting (only two), but primarily the calls were for welfare checks, citizen assists and vehicle accidents were up – the factor appeared to be weather.

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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.

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HELP WANTED

Temporary Employment Opportunity

The Parks & Recreation Department is looking for dedicated individuals who can make a commitment for the entire 2019 summer season working in a diverse, fast-paced customer service business.

Seasonal positions include: RV Office Lead, RV Office Clerks, Marina Office Clerks, Putting Course Office Clerks, Restroom Facilities Maintenance, Landscape Maintenance, Parking Enforcement, and Evening Security Staff.

The Lake Chelan Golf Course seasonal positions includes greens keepers, office workers, and cart attendants.

Most positions begin in April or May and work through September of October.

Women and minorities are encouraged to apply. We are an equal employment opportunity employer.

Applications are available at www.cityofchelan.us and at the City of Chelan Parks & Recreation Department at 619 W Manson Hwy.

Sleeping Lady Mountain Resort is seeking a Facilities and Grounds Manager for the Maintenance Department. Please submit applications to: Deborah Hartl, Human Resource Director, at dhartl@sleepinglady.com Sleeping Lady Mountain Resort is an equal opportunity employer. Go to NCW MARKET.COM to review more information.

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Leavenworth Nutrition Program Cook: Prepare dietitian approved menu for large groups. Monday- Friday, 7 hours/day. Must have knowledge of all aspects of food preparation and serving, supervisory skills and experience purchasing within budget. Must be friendly and efficient. Full job description, application and background check authorization may be obtained online at octn.org, or email request to nutrition@octn.org. Closing deadline is February 8. OCTN is an EOE

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Apply in person
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 590 US Hwy. 2
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Chelan-Douglas Health District seeks a full-time Nurse Home Visitor for the Nurse Family Partnership program. BSN preferred. Please see full job description on our website: <https://cdhd.wa.gov/> Go online to see information on NCW Market.com

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CROSSWORD PUZZLE

THEME: '80s MUSIC

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ACROSS
 1. "Formerly," formerly
 5. *Steven Tyler to Liv
 8. **"Ebony" Ivory
 11. Shakespeare king
 12. Depression drifter
 13. "One with lonely heart"
 15. Epiphany guests
 16. Sir Mix-
 17. **"Free Fallin'" performer
 18. **"This is what it sounds like when"
 20. Day before, pl.
 21. Scandinavian fjord, e.g.
 22. **"Sweet dreams" made of ..."
 23. **"Clock strikes up the hour and the sun begins"
 26. Iceman to cinema
 30. Time frame
 31. Maximum
 34. Greek liqueur
 35. Escape
 37. Black and white sea bird
 38. Razor sharpener
 39. Antonym of all
 40. Starting time
 42. Chowd down
 43. Like geometric reasoning
 45. Styled with salon goo
 47. Decompose
 48. Past participle of bear
 50. Duck-like black bird
 52. "A-ha's hit
 55. Foliun, plural
 56. Argonauts' propellers
 57. Container weight
 59. Apartments, e.g.
 60. Black-eyed legumes
 61. Author Murdoch
 62. Opposite of paleo
 63. Checked at bar, pl.
 64. Catholic fasting period

DOWN
 1. "Slippery" tree
 2. Done between the lines
 3. Kind of palm
 4. Alex Trebek's forte
 5. Big name in fashion
 6. Terminate, as in mission
 7. Half-rotten
 8. Pot contribution
 9. In proximity to the Knicks
 10. "Def Leppard album, "High 'n' "
 12. Pork meatloaf
 13. Phantom's favorite genre?
 14. **"We've got to hold on to what"
 19. Provide with ability
 22. **"Goody Two Shoes" singer, Adam
 23. "Tiger Beat" audience
 24. Lowest deck
 25. Flora's partner
 26. Says "what?"
 27. Beyond suburban
 28. Nitrogen, in the olden days
 29. Bicycle with a motor
 32. Stake driver
 33. *Swing ___ Sister
 36. **"Just a city boy born and raised in South"
 38. Dictation taker
 40. Quaker Man's cereal
 41. Emerge
 44. Itsy-bitsy bits
 46. Dal staple
 48. Talked like a sheep
 49. Ladies' fingers
 50. Orange traffic controller
 51. Spaghetti aglio and ___
 52. Serengeti antelope
 53. Foal's mother
 54. "Joannie Loves Chachi" actress
 55. **"Oh girls just want to have ___"
 58. NYC time

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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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PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of: GEORGE MELVIN FRESE, Deceased. Case No.: 19-4-00013-04

PROBATE NOTICE TO CREDITORS
RCW 11.40.030
The personal representatives named below have been appointed as personal representatives of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the latter of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and non-probate assets.

Date of First Publication: February 6, 2019
Personal Representatives: Glen A. Frese and Laurel L. Fife
Attorney for Personal Representatives: Craig Larsen
Address for Mailing or Service: 27 Harrison St. Wenatchee WA 98801

Court of Probate proceedings and cause number Chelan County Superior Court Case #19-4-00013-04
Published in The Leavenworth Echo/ Cashmere Valley Record on February 6, 13, and 20, 2019. #84295

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: PEGGI 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: Peggi Moxley, WSBA No. 21680
Published in The Leavenworth Record/ Cashmere Valley Record on February 20, 27, and March 6, 2019. #84520

Taking Medicines: Patches vs Pills

Several weeks ago, a 75 year-old man in our clinic complained that his nitroglycerin patch "Isn't doing me any good." When I asked him how he wore it, he answered, "I put a new one on every day, in the morning." "Do you wear it all night, too?" "Why wouldn't I?"

"When you wear a nitroglycerin patch for 24 hours straight, after a few days it will quit working. It's weird, but you need to leave it off for at least 8 hours every day. Most people put their nitroglycerin patch on in the morning and take it off at night. That should work for you, too."

Patches are easy and convenient, giving us several days of medicine instead of having to take one pill after another. Several prescription medicines come as patches, including patches for birth control, estrogen and testosterone hormone replacement, methylphenidate for ADD and ADHD, scopolamine for motion sickness, nitroglycerin for chest pain and fentanyl (Duragesic®) and lidocaine patches for pain. Some patches don't require a prescription. You can purchase patches to help you quit smoking that contain nicotine in several strengths, a patch to help relieve irritable bladder symptoms (Oxytrol®), and analgesic patches that have nearly as much lidocaine as their more expensive prescription-only counterparts.

Most patches are designed to deliver the same amount of medicine, hour after hour. Compared to pills or liquid medicines, patches begin working more slowly but their effects build up over hours, even or days at a time. The effects of a patch can also persist much longer than you might think. After removing a patch, the medicine that's inside your skin continues traveling into your body for several hours afterward.

The potency of a patch is directly related to how much surface area directly touches your skin, with the larger the dose delivered, the bigger the patch. This makes it very tempting to cut a patch down to adjust the dose, which can be dangerous to do with certain types of patches. Most medication patches use either a reservoir or a matrix



Ask... Dr. Louise

delivery system for its active ingredient. A reservoir patch contains a liquid or gel-like reservoir of concentrated medicine inside, designed to deliver medication at a controlled rate as long as it stays intact. If a reservoir-type patch gets torn or is cut, the concentrated medicine in the liquid or gel may leak out of the patch onto the skin, dramatically increasing the amount of medicine absorbed and creating an overdose.

A matrix patch incorporates its active ingredient into the adhesive layer of the patch. This allows some matrix-type patches to be cut to adjust the amount of medicine delivered, unlike the reservoir-type patch. One of the biggest advantages of taking medicine as a patch is that it delivers a consistent dose of medicine over an extended period of time. With a patch, you could apply one every 3 days instead of taking a pill every day.

By delivering medicine through your skin directly into your bloodstream, a medication patch completely bypasses your stomach and significantly reduces stomach upset. Using a patch instead of a pill can cause itching and burning skin from the adhesive, a delayed effect when applying the patch, and a higher out-of-pocket cost to you.

6 Tips on Using Medication Patches Effectively:

1. Know when to replace the patch. Some patches need to be removed at specific

intervals. ALWAYS remove old patches before applying new ones.

2. Apply patches only to recommended areas, rotating sites every time. Watch for restrictions on where the patch should NOT be placed, and always choose a different spot for the next one.

3. Apply patches to clean, dry, and (mostly) hairless areas. Avoid applying patches to broken or irritated skin which could increase the absorption of the medicine, or to areas that rub against clothing which could peel them off.

4. Remove the inner liner before applying a patch. Once you remove the outer wrapper, there may be an inner liner needing to be peeled off before you apply it. If you don't do this, the patch will not work properly.

5. Avoid cutting or tearing patches. If you need to adjust a patch's dose, check with your pharmacist first to see if it can be safely cut. With many patches now generic, what was once a matrix patch with one manufacturer may now be a reservoir patch, which shouldn't be cut.

6. Don't apply patches in front of children. The boxes that patches come in are not child-resistant and may look like stickers to children.

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

PUZZLE SOLUTION



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3	6	8	7	1	4	5	2	9
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SUMMARY OF CITY OF CASHMERE RESOLUTION 02-2019

On the 11th day of February, 2019 the City Council of the City of Cashmere, Washington passed Resolution 02-2019. A summary of the content consisting of the title provides as follows:
AMENDING RESOLUTION 03-2016 ADOPTING RATES AND CHARGES FOR GENERAL LICENSES, PERMITS AND MISCELLANEOUS FEES FOR OTHER SERVICES AND PENALTIES

A copy of the full text of this resolution detailing the rates is available at Cashmere City Hall or will be mailed to you upon your request to City Clerk, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815.
City of Cashmere
101 Woodring Street
Cashmere, WA 98815
Ph. (509) 782-3513
Fax (509) 782-2840
Website www.cityofcashmere.org
Published in The Cashmere Valley Record/ Leavenworth Echo on February 20, 2019. #84516

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

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