



Local nonprofit awarded grant – beneficial for Upper Valley with wildfire season on the horizon

By KALIE DRAGO
Echo Reporter

While living amongst a beautiful landscape clearly has more pros than cons, there are some setbacks that come with the idyllic backdrop of our home.

There are some wildfire issues that arise in the Leavenworth community that impacts Leavenworth residents either directly or indirectly.

The Chumstick Wildfire Stewardship Coalition is an organization that has been working for over ten years to form ways to coexist with the inevitable wildfire and help shape the area and the residents to be fire adapted.

“We’re working to create a culture, community and landscape adapted to wildfire here in the Leavenworth area,” said Corrine Hoffman, CWSC director.

Recently, the CWSC was awarded two grants to help them continue their mission.

The Washington State Department of Natural Resources (DNR) provided \$100,000 from the All Lands Forest Restoration Grant Program and \$25,000 from the Building Forest Partnerships Grant Program.

This money will trickle into several beneficial programs for the CWSC’s mission.

According to Hoffman, the \$25,000 will help pay for several projects – one of which includes the partnership with Chelan County Fire District 3 to help cultivate a slightly

more safe community in regard to wildfires.

“We have two at risk projects where folks are maybe not able to do the work themselves, so we’re going to pair up with Chelan County Fire District 3 for these programs to help the community get a little safer,” said Hoffman.

The organization also paired up with the Leavenworth Fish Hatchery to host ‘Dump Days’ – which will take place at the hatchery and they will be accepting any ‘woody’ materials like branches and then ship it – this will help reduce fuel.

As for the \$100,000, the CWSC will be joining the ranks of the Wenatchee River Ranger District.

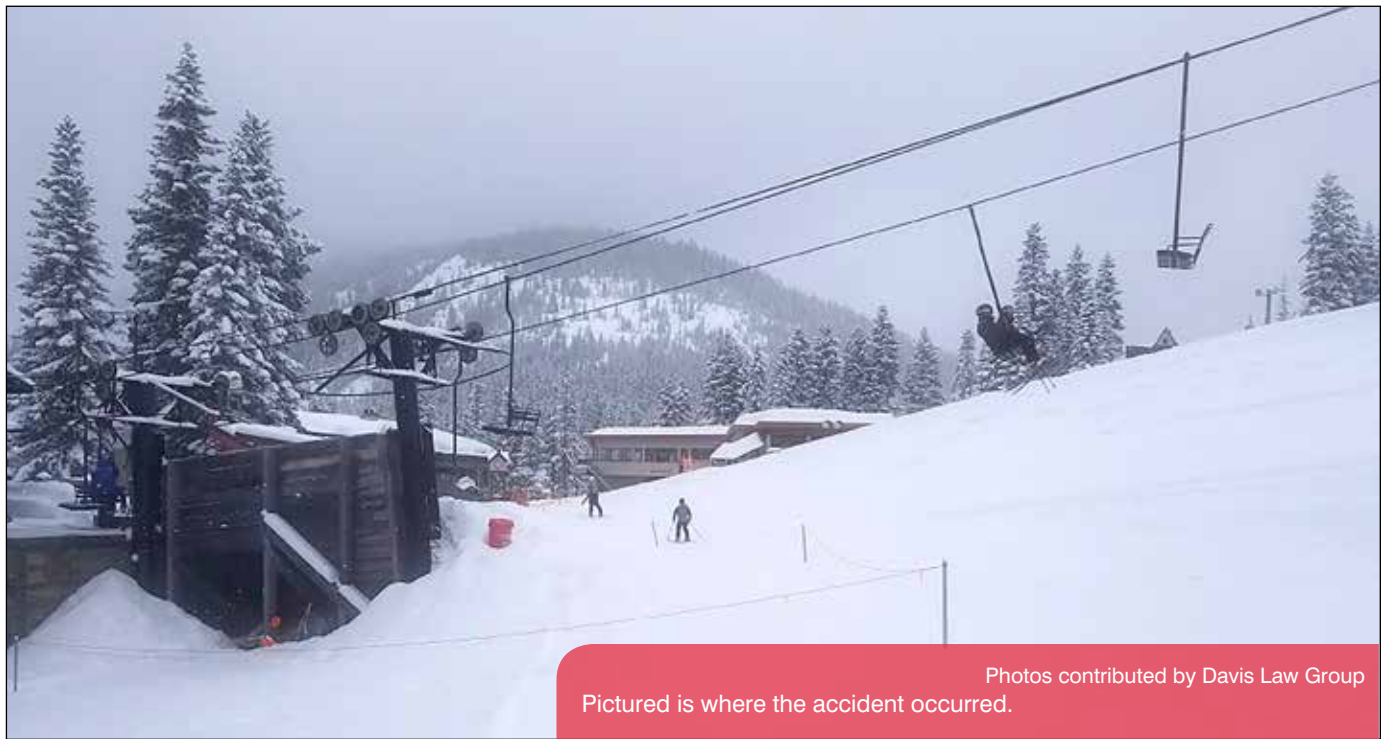
The Wenatchee River Ranger District is slated to do 144 acres of treatment and right next to them, the CWSC is shooting for at least 50 acres to cover.

Hoffman says that’s in the works but can’t promise an exact number of acreage.

There is a pattern of partnering up with outside entities and various organizations – and not without purpose.

“We have this all hands on deck kind of thing because as we know fire does not respect boundaries – so even though we have to respect boundaries, getting all those hands: private people, residents, state agencies, local agencies, federal agencies – getting all those hands to

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Local ski resort faces lawsuit

By KALIE DRAGO
Echo Reporter

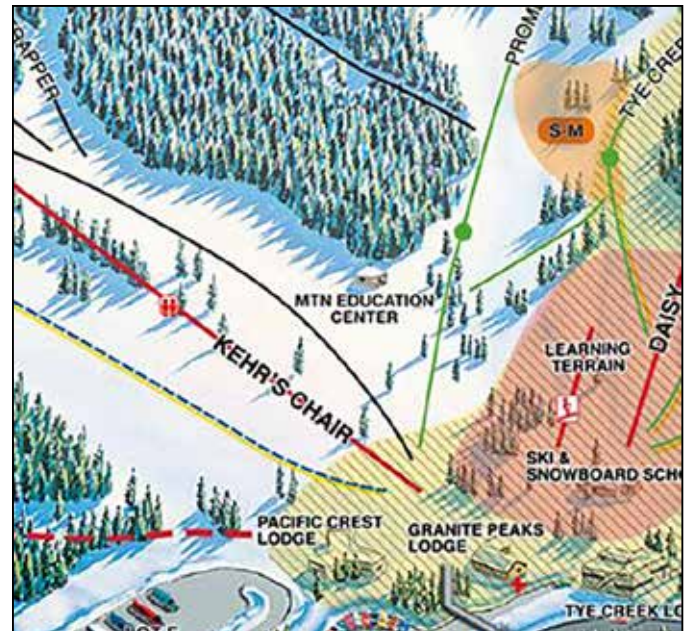
Local hotspot for snow sports, formerly owned by Stevens Pass Mountain Resort and now under new ownership with Vail Resorts, Stevens Pass Ski Area is facing a lawsuit.

Davis Law Group, P.S. has filed a lawsuit against Stevens Pass Mountain Resort after a February 2018 incident led to an unnamed person being injured due to failure to properly mark a hazard. Last February, a man was night skiing in the early evening and as he approached a chair lift area was hit by a thin rope strung across a ski pathway, according to a report. For those familiar with Stevens Pass Ski Area, the report

stated that the location of the incident was on the Promenade run beneath the Kehr’s Chair that was coming near the base.

Allegedly there was failure to properly light the rope and path or warn skiers of the rope ahead. The injuries sustained were serious and required surgery and months of physical therapy according to the report.

Due to the lack of visible or proper marking, the injured skier is filing a lawsuit against the well known Stevens Pass. According to Mischelle Davis from Davis Law Group, Vail Resorts corporation isn’t transferred the liability, but rather the former owner’s insurance company at the time of the accident would be responsible. The lawsuit was



Pictured is a map of the ski area where the accident occurred.

filed in October 2018, about 8 months after the incident. “I can confirm that at this time the new owners of Stevens Pass are not named in the suit,” said Davis.

City offers reserved parking spaces with permit

By KALIE DRAGO
Echo Reporter

Five minutes late to work, coffee getting cold in the

cup holder and no parking space to squeeze into – Leavenworth employees and employers alike have voiced frustration over the lack of parking to the city of Leavenworth.

No one likes to start their 9-5, circling a parking lot and playing the waiting game for an open spot. And the city of Leavenworth has taken those frustrations and used them to shape a pilot program to test the waters of mitigating the lack of parking – the Reserved Parking Pilot Program became an option on January 28.

The permit is good for reserving a space for the permit holder between 7 a.m. until 7 p.m. during the work week (Monday through Friday) with a sign.

The permits are open to the public, but according to the City of Leavenworth

press release, this program is primarily concentrating on employee and employer parking.

Currently, there is a limited number of permits available and it’s a first come, first serve circumstance.

With a total of 45 permits for sale – 15 reserved space in Parking Lot P4 and 30 for Parking Lot P2 – individuals can choose between the 30 spots in the lower lot located on Front Street and Division Street or the 15 in the lot located adjacent to City Hall on 700 Hwy 2.

“Of the 30 stalls at P2 lot we have sold 25 and of the 15 stalls at P4 we have sold 1 with another potential in the queue,” said Chantell Steiner, City Clerk.

The permits are addressed to individuals, not the vehicle – so the permits are transferrable between

different vehicles.

The monthly fee is \$30 and the reserved six month fee is \$180 for the lower lot and the City Hall lot is \$45 monthly and \$270 total for the six month fee.

“One thing to note that this (current prices) show a monthly rate; however, for the pilot program we are only selling 6-month passes at this time, monthly passes may be considered for the future if the pilot program does well,” said Steiner.

Meaning for now that the only purchase option is either the \$180 or \$270 option.

This is a temporary fixture that may become permanent – depending on how the trial period unfolds and how much impact it has for employee and employer parking.

SEE EMPLOYEE PARKING ON PAGE B2



Photos by Kalie Drago

Permits are needed in designated reserved parking areas, like this one on Front and Division Streets.



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Opinion

What has happened to the Democrat Party?

President Trump's State of the Union Speech was immensely popular with the viewers of some of the most liberal media in the country. According to a CBS poll 76 percent of those watching approved of the speech, including 30 percent of those who call themselves Democrats. CNN similarly reported 76 percent of watchers approved of the speech.

Once again media coverage shows the disconnect between the American people and the media covering the President.

CNN dismissed the poll saying the audience was largely partisan Trump supporters and 53 percent of viewers did not believe his speech would increase bipartisanship in the future. However in making their claim of an audience of largely Trump supporters, CNN did not define that claim.

CBS reported that the viewers were 43 percent Republicans, 24 percent Democrats and 30 percent Independents. More importantly CBS reported that 30 percent of the Democrats that viewed the speech rated it as favorable.

President Trump's speech was a reminder of the things that make America great. A strong economy, honoring success and highlighting the sacrifice of Americans who have made personal sacrifices to



IN MY OPINION
Bill Forhan
Publisher

make the world a better place.

Finding themselves in the minority the Democrats refuse to celebrate the success of this President and have become even more radical in their opposition.

Despite the historic evidence of the failures of socialism leading Democrats continue to call for socialized medicine and increasing taxes on the rich.

Leading the charge today is Alexandria Ocasio-Cortez. AOC is a 28 year old Democrat activist from New York. She is the youngest person ever elected to Congress. Her latest program is the "Green New Deal." It calls for economic security for everyone including those who are either unwilling or unable to work. AOC claims that unless her program is implemented the planet will die in 12 years because of our failure to address climate change. She calls for elimination of all airplane travel and replacement of every building in America in the next ten years. We could

dismiss this as naive youthful meanderings but many of our youth today are calling for a guaranteed national income and massive government programs to overcome the evils of capitalism.

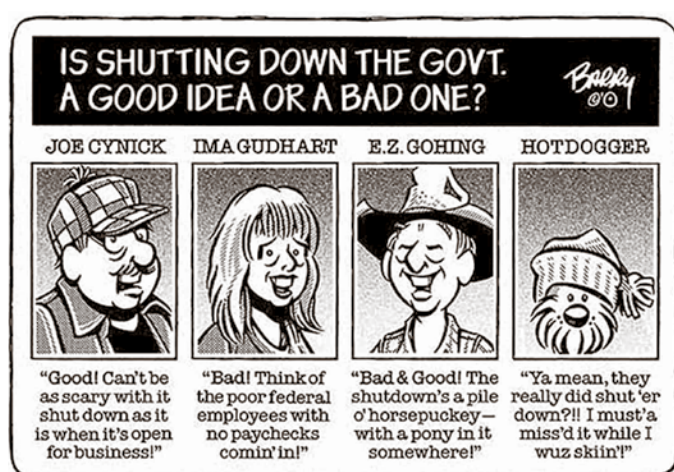
In another travesty, Democrats across the country are moving to expand abortion rights to even include infanticide.

Concerned that Republican appointments to the Supreme Court might result in the reversal of Roe v. Wade, Democrats are clearly pushing to build support from women voters by expanding their support of abortion rights. But few are questioning when our concerns for the health of a mother conflict with our concerns for protecting human life.

We should all be concerned about the extremes the Democrats are willing to go to in order to regain their political influence.

While some conservatives are rejoicing at the seeming implosion of the Democrat party, I am not. I am concerned about their apparent need to grab onto fringe political concepts in the hope that they can cobble together a majority to regain their lost political influence.

We need a viable opposition party. I am not for a one party system whether that be a Re-



publican one or a Democrat one. Part of our system of checks and balances calls for free and open debate on big political issues.

When you try to be all things to all people you often become of no real value to anyone. Democrats for decades have proclaimed they are the party of the big tent. Everybody is welcome. While they describe Republicans as racist, sexist, homophobes.

The Democrat party has now become the party where anything goes. There are no limits to what is considered acceptable policy or behavior.

While they engage in the politics of personal destruction many of their own are now coming under fire for the same transgressions that they used to try and derail Brett Kavanaugh's nomination.

Today's Democrat Party has no soul. No moral compass with which to make important decisions.

We need a party that stands for something not just a party that stands against the things that have made America great.

President Trump has called on Americans to remember what has made us great. He is calling on all of us to come together and remember that while we are not perfect we are still the envy of the world.

It is time for the Democrats to remember that they lost the election because they put up a flawed candidate. If they want to return to being a substantial player in the political arena they must abandon their flawed agenda of demonizing their opponents and offer real substantive debate on the issues of the day.

Why our children are mostly clueless

Our children are clueless in regards to the harsh realities of life in the greatest country that ever existed. Why?

I have a simple and maybe overly naive answer: Too much of the wrong kind of love. While we all love our kids, we don't always know how to show them that hard knocks are the only way to get up off the ground again with a lesson learned.

We are overly protective and go to great lengths to make absolutely sure our "babies" never feel any pain of any sort as if that actual feeling will immediately kill them.

Think of your own grandparents and their grandparents. Hard scrabble lives were the order of the day, which meant farming, hunting, fishing, bartering, begging and sometimes whatever else was necessary – even theft and other felonious



GARY BÉGIN
Managing Editor

actions.

That's right. Momma and her great mommas before her had to make do with onion soup or dandelion salad or boiled squirrel if that was the necessity of allowing lives to go on.

Now we coddle, coddle, coddle our kin to such a state of unreality that they don't understand the coddling must end some day. When that day comes we have suicides, welfare, food stamps, prison time, shacking up with Leroy because he has a few bucks or even, God forbid, they sink so low as to join the military.

Anyone who knows me will realize I am joking about the latter, as I think all youngsters ought to join the military for a variety of reasons. I am not a war hawk or someone who wants constantly larger and larger Defense Department budgets, but it is the best way to get rid of that constant coddling syndrome and cause the kid to mature.

Let's now revisit the beginning of this syndrome. After World War Two, those who survived and thrived wanted never to see those horrors or suffer those deprivations ever

again and they certainly never wanted their kids or grandkids to even come close that kind of trauma.

Korea happened and patriotic folks responded, but when Vietnam came on the scene it caused a backlash as we all got sick of this democratic imperative to rule the world simply because we are always right.

A bunch of kids went to Canada and a much greater bunch served in the war. Americans never learned a darn thing because Iraq and Afghanistan kept the war machine well oiled and chugging along with

a variety of justifications.

Once again all the loving parents and grandparents didn't want any angst causing their peeps to die from self-inflicted wounds and thus the coddling generation was born... and they continue to live in your basement or their friend's basement or Aunt Sally's... whatever.

I think the kids are afraid of failure, as if that was the actual end of the world. The kids are also shellshocked that their college degrees are mostly

SEE OPINION ON PAGE B2

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Corrections

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

JOE BROWN

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BUSINESS, REAL ESTATE, ESTATE PLANNING, AND PROBATE

56th ANNUAL

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AA Meeting Schedule

Information numbers for AA:
509-548-1627, 548-4522, 664-6469, 425-773-7527, 1-206-719-3379
Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St.
Sunday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, noon, First Baptist Church, 429 Evans St.
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Thursday, noon, Kristalls Restaurant, 280 US-Hwy.2, Leavenworth
Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain
Information number for Alanon: 509-548-7939
Alanon Meeting Schedule:
Monday, 7 p.m., United Methodist Church, 418 Evans St.

Community Calendar

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

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

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

Saturday
No Events Scheduled.

Sunday
No Events Scheduled.

Monday
Chumstick Grange Hall, 2 p.m., Helen Kensrud, 782-4086. (2nd & 4th Mon.)
Upper Valley Free Clinic, 6:30 p.m., evaluates urgent health needs; dental consultation is available the 1st Mon. of the month. Contact Upper Valley MEND. Call 548-0408.
Young Life Club, 6:30 p.m. All high school age students welcome. TJ Kaapuni 509-679-3247. (2nd & 4th Mon.)
Cascade School board meetings, 7 p.m., District Office board room. Call 548-5885. (2nd & 4th Mon.)

Tuesday
I.P.I.D. Meeting, 8 a.m., Anthony "Toni" Jantzer, 782-2561, meeting at Wescott Dr. in Cashmere. (2nd Tues.)
Icicle Valley Chapter of Trout Unlimited, 6:30 p.m., Icicle Village Inn, Lake Wenatchee Room. Call Dave, 548-0903. (2nd Tues.)
Cascade Medical Board Meeting, 9 a.m., at Cascade Medical, 548-5815. (4th Tues.)
Leavenworth People with Parkinson's Disease Support Group, 11 a.m. Church of Jesus Christ of Latter Day Saints, 10170 Titus Road. Call Katherine Degel, (206) 356-4288 or Judi Little (425) 870-2089. (2nd Tues.)
Upper Valley Women's Bible Study, Noon, at King Ludwig's. Call Delores Hall, 548-7803.
Buns, Book and Tea, Peshastin Book Club, 1 p.m., Peshastin Library. Call Kathy Springer, 509-433-1345. (3rd Tues.)
Cascade Education Foundation, 1 p.m., Boardroom at Cascade District office. Call Ken West, 670-1729.
LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 548-5477. (1st Tues.)
Leavenworth Masons, 7:30 p.m. Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)

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

Regional events
SCORE (small business counseling), 1 - 4 p.m. Wenatchee Chamber of Commerce. Call for appointment, 888-2900. (Tues. & Thurs.)
Cascadia Conservation District Board Meeting, 3:30 p.m., Upstairs Conference Room, Wenatchee World Building, 14 N. Mission St., Wenatchee. 509-436-1601.
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

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Senior Center Events

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

City Council Meetings

7 p.m., Leavenworth Planning Commission at City Hall contact Lilith Vespier, 549-5275. (1st Wed.)
8 a.m., Leavenworth City Council study session, City Hall, Joel Walinski 548-5275. (2nd Tues.)
3 p.m., Design Review Board, City Hall, Sue Cragun 548-5275 (2nd & 4th Tues.)
6:30 p.m., Leavenworth City Council meeting, City Hall, Joel Walinski 548-5275 (2nd & 4th Tues.)

Senior Center Menus

Leavenworth Senior Center, 423 Evans St., Leavenworth
 Please call 548-6666, 24 hours in advance to reserve a meal. Meals are served at noon.
February 14, Thursday: Cheese ravioli in meat sauce, Caesar salad, apricots, garlic bread, dessert.
February 15, Friday: Swedish meatballs over egg noodles, Italian vegetables, spiced salad, peaches, French Bread, dessert.
February 16, Saturday & February 17, Sunday: no lunch.
February 18, Monday: Presidents Day, no lunch.
February 19, Tuesday: Beef stroganoff, trio vegetables, tossed green salad, apricots, French bread, dessert.
February 20, Wednesday: Chicken salad, croissant, vegetable soup, grapes, dessert.

Leavenworth

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).
Children's Auditions
 Leavenworth Summer Theater is excited to announce auditions for the roles of the von Trapp children in our 2019 summer production of The Sound of Music. Our double-cast production has roles for 14 kids, both boys and girls, from ages 5 to 15. Tiffany Mausser will be the director and choreographer, and Bradley Stieger will be the vocal director. Auditions will be the morning of Saturday, March 2. Please call 509-548-7324 or visit www.leavenworthsummertheater.org/auditions. (er 6,7).
Upper Valley PEO Scholarship
 Application are now being accepted for this scholarship offered by P.E.O. Chapter JF for women residing in Chelan or Douglas County. The purpose of the scholarship is to assist women 30 years or older who are returning to or are currently enrolled in higher education in the state of Washington after a two-year or more absence. Deadline for applications is April 30, 2019. For more information contact Joyce Schiferl at royce.woody2@frontier.com (er 6,7).
4-H Fundraiser
 The Chiwawa Valley 4-H Youth Support Group is having a Spaghetti Feed and Silent Auction to help raise funds to support the 4-H kids at fair the this year. All you can eat – \$10 adults, \$5 kids on February 16, at 5 p.m., at the Lake Wenatchee Rec Club. (er 6,7)
Celebrate Recovery Special Meeting
 Come hear guest speaker, retired Dr. Stephen Hufman share his unusual blend of a passion for Christ and for those struggling with addictions. Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. A safe place to find community and freedom from issues controlling our life. www.plaincommunitychurch.org There is no fee for this meeting which will be on February 22, 6-9 p.m., at the Plain Community Church, 12565 Chapel Dr. 509-763-3621. (e 7,8).

Regional
The Community Foundation of NCW
 Now accepting applications for its scholarship program: The foundation manages over 100 unique scholarships that support high school seniors, current college students, and non-traditional students from North Central Washington who are planning to attend four-year colleges and universities, community colleges, and trade schools. Each scholarship has its own criteria and eligibility – most seek to support students who have served their communities, show growth and potential, and demonstrate significant financial need. The application process is online and students can easily apply for multiple scholarships at once. The deadline is March 1. For more information, contact Jennifer Dolge, 663-7716 (er 6,7).
Firewise Day 2019 – Preparation, Response, Recovery
 The Fourth Annual Firewise Day will be on Saturday, February 23 from 10 a.m. - 1p.m. at Pybus Public Market. Representatives from various local organizations will share information and resources on creating defensible spaces, landscaping, disaster planning and the benefits of being a Firewise community. (er 6,7).

Community Cupboard
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A program of Upper Valley MEND
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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	Valley Bank.
February 1 01:17 911, 980 US Hwy 2, Cashmere Valley Bank. 09:42 Disturbance, 263 Mine St. 10:21 Welfare check, 16255 Chumstick Hwy. 11:37 Assault, 10190 Chumstick Hwy. 17:43 Public assist, 228 13th St. 22:01 Public assist, 8769 School St.	February 5 06:07 Search and rescue, Lake Wenatchee Hwy MP 8. 07:20 Assist agency, SR 206 MP 3, Lake Wenatchee. 09:01 Accident, no injury, US Hwy 2 & 3rd St. 12:21 Property, 19189 Beaver Valley Rd., Plain. 13:14 Welfare check, 10195 Titus Rd. 14:35 Parking/abandon, 10190 Chumstick Hwy. 16:22 Trespass, 10190 Chumstick Hwy. 17:00 Traffic offense, US Hwy 2 & 9th St.
February 2 01:13 Traffic offense, Chumstick Hwy & US Hwy 2. 01:32 Noise, 810 US Hwy 2, Bavarian Lodge. 08:57 Assist agency, US Hwy 2 & Stevens Rd. 11:16 Property, Enchantment Park Way. 11:18 Fraud/forgery, 24611 Spur St., Plain. 13:03 911, 10261 Eagle Creek Rd. 13:10 Trespass, 9073 US Hwy 2. 13:42 Public assist, 940 US Hwy 2. 17:55 Property, 19115 Chiwawa Loop Rd. 18:56 Traffic offense, US Hwy 2 MP 101. 20:34 911, 3557 Allen Ln., Peshastin.	February 6 01:08 Civil, 25806 Bridle Ln., Plain. 09:24 Parking/abandon, 10190 Chumstick Hwy. 10:35 Sex offense, 10195 Titus Rd. 10:39 Civil, 10785 Lone Pine Dr., Peshastin. 13:22 Civil, 18480 Nason Ridge Rd. #2. 14:31 Hazard, Chumstick Hwy Mp 11. 20:38 Assist agency, 9041 US Hwy 2, Dryden.
February 3 09:16 Suspicious, River Rd. MP 1., Plain. 10:06 Harass/threat, 220 9th St. 15:31 911, 10195 Titus Rd., IRMS. 21:08 Suspicious, 525 Pine St. 21:47 Domestic disturbance, 23140 Lake Wenatchee Hwy.	February 7 00:11 DUI, Icicle Rd. & US Hwy 2. 07:21 Domestic disturbance, 18480 Nason Ridge Rd. #2. 08:54 Juvenile problem, 35 Rabbit Ln. 11:46 Civil, 225 Central Ave., Peshastin. 14:56 Civil, 16255 Chumstick Hwy. 20:00 Hazard, 10395 Chumstick Hwy. 21:26 Traffic offense, 9874 School St., Peshastin. 21:29 Suspicious, 21107 Lariat Rd., Plain. 23:07 Traffic offense, Camp 12 Rd. & Spur St., Plain. 23:55 Suspicious, 6320 Campbell Rd., Peshastin.
February 4 01:45 Noise, 10285 Ski Hill Dr. 10:35 Accident, no injury, 11685 US Hwy 2. 14:06 Public assist, 18380 Nason Ridge Rd., Lake Wenatchee. 17:09 Animal problem, 705 Birch St. 18:06 Public assist, 8859 Josephine Ave., Dryden. 19:10 911, 980 US Hwy 2, Cashmere	

ICICLE CREEK THIS WEEK

Feriante brings history of the world through guitar

 **JAMIE HOWELL**
André Feriante loves guitars. Much to our good fortune, he also loves bringing his guitars to Icicle Creek in Leavenworth, where he's been gracing us with his fingerstyle virtuosity for decades.

On **Friday, Feb. 22 at 7 p.m.**, Feriante will be joined by fellow virtuoso **Troy Chapman** for an intimate evening in the **Canyon Wren Recital Hall at Icicle Creek**.

Titled "**Cythara: The History of the World According to the Guitar**," Feriante and Chapman will present their personal collection of musical instruments from around the world.

All are relatives of the guitar. Playing everything from the ancient oud and tar, to the small but mighty ukulele and charango, this duo of virtuoso musicians will present a selection of music that corresponds to the origins of each instrument.

Chronologically, the performance will transport audience members from the first string ever plucked over a drum all the way to the jazz, acoustic and electric guitars at the roots of American music.

Educational, enlightening and entertaining - the duo promises a delightful ride through musical history. For tickets or more information, please visit icicle.org.

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Neighbors

Obituary

Roy Byron Dickinson

On January 29, 2019, Roy Byron Dickinson passed away in the Lake Wenatchee home he and his wife, Patricia Marie Dickinson, built.

Their home was on the same lakeside land where his parents, Lawrence (Dick) Dickinson and Marie Brown Dickinson, had built their pioneer home.

There they raised Byron and his two brothers, Leland, who passed as a child, before Byron was born, and Bruce, who was Byron's constant childhood companion.

Byron, a natural athlete, began competitive skiing in high school. He was awarded a full scholarship to Seattle University; and his 1953/54 ski team was inducted into the Seattle University's Hall of Fame.

He was invited to train with the US Olympic team, but with a family to support, he decided to join the Army instead.

Byron became an Army officer specializing in flying helicopters and fixed wing airplanes. He served two tours of duty to Vietnam.

After his retirement as a Lieutenant Colonel from the Army, Byron returned to Lake Wenatchee and became very active in the community.

He led the formation of the District 9 Fire Station at Lake Wenatchee, and was also instrumental in the creation of the



Lake Wenatchee Water District.

In both agencies, he continued to serve as a commissioner for many years.

Always a fan of outdoor adventure, Byron did a lot of fishing off the coast of Florida and Hood Canal.

He loved year-round high-country camping with his two best adventure buddies, his brother Bruce and their life-long friend Dal Hope.

The three of them rode horses (or in Byron's case, mules) in the warmer months and in the winter, they snowmobiled into remote areas.

Byron passed on more than just DNA to his 10 direct descendants – soon to be 11 when his great-granddaughter joins us.

He passed on a legacy of humor, playfulness, and practical (sometimes impractical) jokes. He also passed on a

tendency to feed hungry animals; not just dogs, ducks, and raccoons, but also the occasional bobcat or bear.

But Byron's most important legacy was his love of family. He was a great father to his four children, Suzan (Sue), Karen, Roy, and Diane. Above all, he loved his wife, Patricia.

They started dating as teenagers and had been together ever since.

Byron lived a life full of love of family and good friends, adventure, service, and a whole lot of fun.

Friends and family are invited to Byron's Memorial Service on February 23, 2019, 2 p.m., at the Pine River Ranch, 19668 Highway 207, Leavenworth, WA 98826.

In lieu of flowers, the family would prefer donations be sent to Lake Wenatchee Fire District 9 Station.

We are here to serve families in Leavenworth, Peshastin, Plain and the entire Upper Valley.



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For information call at 509-548-5286.
Or contact editor@leavenworthecho.com

Empty Bowls Festival has more youth volunteers than ever before

BY KALIE DRAGO
Echo Reporter

Being a young adult or teenager is filled with milestones and learning experiences – getting a drivers license, realizing how tedious college applications, securing that first after school job. Being a teenager also often comes with a stereotype of being selfish, fueled by teen angst and hormones.

A certain group of local youths are breaking the mold of the stereotype and simultaneously gaining an experience that carries an important learning message – to give back to their community.

Empty Bowls is the local good deed and fundraiser that many Leavenworth teens and tweens have been

participating in.

According to Linda Claeson, this is the most youths that have been working with the project yet.

“(I think the kids take from this learning experience) just the value of giving back to the community,” said Claeson.

“I think there's a lot of value for them in volunteering for that sense of community, that they're participating and giving back to a community that gives to them.”

Several different entities with young members have been participating in the local good deed – Empty Bowls, which in turn provides some funds for the Community Cupboard.

Leos, Cascade Interact Club, community service

members and Cascade High School art students have all participated among other kids.

“If they were students who painted bowls with the families in the past, now they're looking at it from the other side of volunteering to help others paint their bowls,” said Claeson.

Some of the bowls that will be up for raffle at the Soup Supper and the Gala will be the painted product of the high school's art students.

“It really gives them a sense of ownership in their community,” said Claeson.

“They're not just along for the ride, they're participating – and you know participating in a way that they haven't in the past.”



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www.cashmerepres.org



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Pastor Lilia Felicitas - Malana

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



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Pastor Robert Gohl



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www.LCN.org



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MONITOR



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Pastor Jorge Torres



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Cascade to send 14 wrestlers to state

WIAA cancels regionals, creates 32-man brackets for Mat Classic



Photos by Al Stover

Cascade Daniel Sandoval (pictured right) battled Cashmere Aaron Guerrero in the 126 finals of the District 6 tournament. Sandoval is one of the several Cascade wrestlers who will compete in the state tournament.

By AL STOVER

The Caribou Trail League and District 6 champion Cascade High School wrestling team, as well as other grapplers across Washington state, will have to wait another week to return to the mats.

When they do, it will be under the bright lights in the Tacoma Dome.

On Feb. 8, the Washington Interscholastic Activities Association (WIAA) announced it had canceled all boys and girls regional wrestling meets due to weather conditions and in the “interest of safety and equal opportunity for all participants.”

WIAA added that staff and event managers developed

32-competitor brackets for all of the weight divisions in the Mat Classic XXXI tournament. The organization released the details of the tournament schedule on Feb. 11.

Cascade had 14 wrestlers qualify for the CTL-NEA Regional crossover, who will now compete at the Mat Classic XXXI.


Juan Martinez, Axel Martinez, Manuel Camarena, Daniel Sandoval, Jace Seely, Adian Arceo and Hunter Reinhart won their weight brackets at the District 6 tournament.

Jesus Sandoval, D’Andre Vasquez, Cole Warman and Eric Rosario finished second in their divisions while Austin


CASCADE SCHEDULE

Feb. 15-16	Mat Classic XXXI
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Curry, Efen Guerrero and Jose Valdez placed third in theirs.

The cancellation affected some of the travel plans for the team. Cascade High School athletic director Dominique Coffin said the school is making hotel arrangements for the athletes for the state tournament, while canceling previous reservations for regionals.

The school is also “swapping transportation” for athletes in order to bring them to the state tournament.

Head Coach Jesus Sandoval is looking at the positive side

of the situation.

“Everyone who qualified for regionals will advance to the state tournament,” Coach Sandoval said.

“It gives wrestlers who had no chance (to qualify) for state an opportunity to experience competing at the state level.”

Coach Sandoval also hopes the extra week will help the Kodiak prepare for state competition and fine tune their skills.

“With all of the teams, it’s going to be a bigger crowd and a bigger turnout,” Coach Sandoval added.

Massey named 1A Boys XC Coach of the Year



Courtesy photo

Dayle Massey

Even though cross country season ended before the winter, the Cascade High School XC program can add one more accolade to their 2018 season.

The Washington Interscholastic Activities Association named Head Coach Dayle Massey as the 1A Boys Cross Country Coach of the Year.

The Kodiaks boys cross country team had a strong 2018 season that included winning a Caribou Trail League championship.

At the state competition, the Kodiak boys tied with Lakeside 113-113 for first place. For the tiebreaker, the judges included the time of each team’s sixth runner. Lakeside’s sixth runner had finished before Cascade’s sixth athlete, giving the Eagles the state title.

Cascade had six athletes in the boys race:

Derek Richardson, Jerome Jerome, Will Casayre, Jacob Redman, Lien Hagedorn, Owen Bard, who took third and Landon Davies, who came in fourth. The Cascade girls also had one state qualifier, Zoe McDevitt, who had won the CTL girls race.

Massey said he was surprised to received the 1A XC Coach of the Year honor, though he noted it is “fun to be recognized.”

“Me getting the award is a reflection of the team,” Massey said. “The boys ran hard. I helped train them and I get the credit, but the whole team earned that.”

Massey has helmed the Cascade XC program since 2010. He applied for the position after former head coach Bill Davies stepped down to focus on coaching track and field.

“I’ve always liked to run and working with kids. It’s been amazing. I absolutely enjoy it” Massey said of his experience coaching the Cascade program. “We have an amazing group of kids. It’s great seeing them train and get better. Everyone is excited to see their progress.”

Massey is not alone in leading the team as he has two new assistant coaches, Eric Bard and Stephanie Astell.

Together, the three coaches help train athletes, organize workouts, discuss strategy and find other ways to help grow the Cascade XC program, which has averaged a turnout of 40-50 athletes in the last five years.

“It’s well deserved,” Cascade High School Dominique Coffin said of Massey’s accomplishment.

“I graduated from Cascade and (back then) our cross country team was 8-10 kids and that was considered big. For us to be 45-55 kids is awesome. Dayle does a lot of work with the kids. The biggest thing is he’s always recruiting.”

Massey said he actively recruits new athletes throughout the year. His preferred method of recruiting is talking to students face-to-face.

“We’ve had kids who started slow their first year and after four years their strong runners,” he said. “That’s really fun to see.”

He noted that several athletes who had never ran before donning a Kodiaks XC jersey fell in love with the sport and went on to running in marathons.

Although cross country season is several months away, Massey is already planning for the 2019 season. He and the other coaches are planning a couple of running camps and encouraging athletes to run in the offseason.



File Photo

Axel Martinez (top) was one of the Cascade wrestlers who was a CTL All-League first-team selection.

Cascade athletes make CTL All-League teams

Lewman, Sandoval earn “Coach of the Year” nods

By AL STOVER

Several Cascade High School athletes were selected for the 2018-19 Caribou Trail League All-League teams for winter sports.

WRESTLING

Juan Martinez (106 pounds) – First Team

Juan Martinez won the 106-pound bracket at the District 6 tournament. He also finished second in the Sky Valley Invitational and Cashmere Invite, as well as third in the Pioneer Invitational Tournament 106 division. He also finished in the top four of his weight class at the Apple Pie Invitational.

Axel Martinez (113 pounds) – First Team

Axel Martinez won the 113-pound weight division at the District 6 tournament and the Sky Valley Invitational. He took second in the Cashmere Invite and Rumble in the Valley tournaments. He also finished third in the 113 division at the Tony Saldivar Iron Man tournament and in the top four of the Apple Pie Invitational.

Manuel Camarena (120 pounds) – First Team

Camarena took first in the 120-pound at the bracket at the District 6 tournament. He also finished in the top four of the Apple Pie Invitational.

Daniel Sandoval (126 pounds) – First Team

Daniel Sandoval claimed the 126-pound title at the District 6 tournament. He also took first in the Pioneer Invitational’s 132-pound tournament and third in the 126 division of the Apple Pie Invitational. He also finished in the top four of his weight class at the Cashmere Invite, Sky Valley Invitational and Tony Saldivar Iron Man tournaments.

Jace Seely (132 pounds) – First Team

Seely came in first place in the 132-pound bracket at districts and the Tony Saldivar Iron Man. He also finished second in the Sky Valley Invitational and Apple Pie Invitational. He was also in the top four of his weight class at the Cashmere Invite and Rumble in the Valley.

Adian Arceo (138 pounds) – First Team

Arceo won the 138-pound bracket at districts. He took second in the 138 division of the Pioneer Invitational and Apple Pie Invitational. He also finished in the top four of his weight class in the Cashmere Invite and Sky Valley Invitational.

Hunter Reinhart (285 pounds) – First Team

Reinhart captured the 285-pound District 6 championship. Before districts, he claimed first-place medals in the Sky Valley Invitational, Apple Pie Invitational, Pioneer Invitational and Cashmere Invite. He also finished

SEE ALL-LEAGUE TEAMS ON PAGE B2



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CONTINUED FROM PAGE B1

Cascade athletes make CTL All-League teams

second in both the Tony Saldivar Iron Man and Rumble in the Valley tournaments.

Jesus Sandoval (120) – Second Team

Jesus Sandoval finished second in the 120-pound bracket at districts.

D’Andre Vasquez (145 pounds) – Second Team

Vasquez was the runner up in the 145-pound bracket at the District 6 tournament. He took second in the Sky Valley Invitational, and third in the Apple Pie Invitational. He also finished in the top six of his weight class at the Tony Saldivar Iron Man.

Cole Warman (160 pounds) – Second Team

Warman took second in the 160-pound weight division at districts.

Eric Rosario (182) – Second Team

Rosario finished second in the 182-pound bracket at the District 6 tournament. He also finished second in the 182 division in the Pioneer Invitational and in the top four of the Apple Pie Invitational.

Austin Curry (138 pounds) – Honorable Mention

Curry came in third place in the 138-pound bracket at districts. He won the 145 division of the Pioneer Invitational and finished in the top six of his weight class at the Tony Saldivar Iron Man.

Efren Guerrero (160 pounds) – Honorable Mention

Guerrero took third in the 160-pound division at the District 6 tournament. He also took third in 160 pound division of the Pioneer Invitational.

Jose Valdez (170 pounds) – Honorable Mention

Valdez finished third in the 170-pound bracket at districts.

In addition to the plethora of wrestlers who made All-League, Head Coach Jesus Sandoval was named the CTL wrestling “Coach of the Year.” Coach Sandoval helped lead Kodiaks to the first CTL league title in 12 years, and the first District 6 championship in the program’s history.



File Photo
Cascade’s Kaija Lovelady made the CTL All-League second team.

GIRLS BASKETBALL

Kaija Lovelady – Second Team

Lovelady, a point guard, was the Lady Kodiaks’ leading scorer throughout the season. Lady Kodiaks’ Head Coach Dane Lewman, who was in his third year of leading the CHS girls basketball program, received “Coach of the Year.”

BOYS BASKETBALL

Isaac Cortes – Second Team

Cortes was one of the team’s top scorers throughout the season. He missed the final three games due to an injury.

The Kodiak boys also received the Sportsmanship Award.



File Photo

Kodiaks’ Isaac Cortes was a CTL All-League second-team selection.

CONTINUED FROM PAGE 1

Local nonprofit awarded grant – beneficial for Upper Valley with wildfire season on the horizon

work across all those lands in a focused manner, connecting those treatment sites so that we have a fuller spectrum of protection for the community,” said Hoffman.

By joining forces and obtaining these grants, the CWSC is hopeful about the

future and what it holds for their mission. However, they’re not done working toward their mission with these grants and are striving to obtain more funding for the ongoing pro.

There will be a community meeting planned for the

spring along with several opportunities to attend community workshops according to Hoffman.

For any further questions or interest in the organization, contact Hoffman at (206)-999-8004 or info@chumstick-coalition.org.

CONTINUED FROM PAGE 2

Why our children are mostly clueless

worthless unless and until they are given a break by God or one of his angels.

They just obligated themselves to \$100k+ of debt for a piece of paper that states they might be fairly competent in a certain area of life, but maybe not, please give me a try. Clue the “puppy eyes” and offer to work nearly for free just to get your foot in the door.

Sometimes God intercedes out of pity for the helpless, but on many occasions these hapless puppies get run over by cars or thrown into the abyss of a boiling pot operated by supervisor number one or foreman number two or principal

number three or sergeants and unbearable roommates.

I only have one thing left to say about this bleak picture. Let it stay dark and keep your hands off the turmoil and chaos of what everyone needs to mature and that’s a bit of hard knocks.

After not too long, a new day will dawn and new flowers will spread their petals and life will go on. Chirp, chirp I hear the birds of spring.

That’s it. Leave some of the situations exactly as they are. Human kind is far more durable than one may think. Losing car keys or being behind on rent or having children “ac-

cidental” are not comparable in magnitude of importance, but all do happen to even the most disciplined.

Sometimes those we love deserve our love delivered in a formula part bitter, part sweet. If little Johnny doesn’t get his butt back to work within a few days or weeks after moving onto your couch then personally drive him to the Marine Corps Recruiting office in East Wenatchee.

Guaranteed he will never be the same after trying a bit of tough love.

In the end he will thank you... or maybe curse you, but it is all up to him.



Goehner Report: ‘Bad Budget’, business bills

District 12 State Representative Keith Goehner (R-Dryden) is serving on three committees this session. Here is his latest communicate, edited for space, to his constituents:

“I am the assistant ranking member for the House State Government and Tribal Relations Committee.

This committee considers issues related to state agency rulemaking, performance audits, elections, campaign finance, public disclosure and much more.

Governor’s budget

Maybe the most eye-catching proposal of the legislative session so far is the governor’s budget proposal. Under his budget, state spending will increase by 75 percent over the last eight years, including 20 percent over the last cycle. How would he pay for his spending increase? He is proposing \$3.7 billion in new taxes including:

- a capital gains tax;
- an increase in the state B&O tax;

- and the state’s real estate excise tax (REET).

While it is only a proposal, we certainly do not need to implement new taxes or raise any others. The state has been experiencing historic levels of revenue. In fact, budget writers will have \$4.2 billion in additional revenue entering the 2019-21 budget cycle, compared to 2017-19.

I will be watching the tax proposals closely as the session moves forward.

Damaging proposals to small business

House Bill 1515, Senate Bill 5513, Senate Bill 5326 – Assault on independent contractors. If you caught the news this week you may have heard about the more than 1,000 hairstylists who flooded the Capitol campus on Monday to testify against these bills. They feared the legislation would do away with booth rental agreements, forcing them to go to work for bigger employers rather than themselves. The hair dressers

and stylists are entrepreneurs, many of whom are women and mothers who are pursuing their dreams, and enjoy the flexibility in setting their own schedules and maximizing their income.

The subject matter appears to be narrow in scope, but the consequences of this legislation could negatively impact all independent contractors or the self-employed, such as home care workers, the hospitality industry, custodial services, delivery workers, contractors, subcontractors, and many other occupations. The sponsor of Senate Bill 5326 said this bill is “dead,” meaning they are not going to take further action on it this session. However, there are a number of other bills detrimental to small business. I will be watching for these proposals. I can assure you I will be advocating for our small businesses and the rights of Washingtonians to work for themselves and determine what is best for their own lives and families.

Goehner invites students to the Page Program

By KALIE DRAGO
Echo Reporter

Most of us don’t picture a teen pacing the halls with tasks of the state Capitol, however the Page Program is a program that allows those between the

ages of 14 and 16 to be a House Page. Representative Keith Goehner is a familiar face for Chelan County residents and he’s encouraging students to apply for the program, according to a press release.

Students must have a legislative sponsor and Goehner is making it clear he would be more than happy to fill those shoes for those interested.

Beyond needing a sponsorship and meeting the age requirement, appli-

cants must get both parent and school written permission.

Pages will be in charge of delivering documents, distributing amendments and bills during debates on the House floor and perform ceremonial tasks.

Pages will earn experience, an opportunity to rub shoulders with powerful figures in government and possibly

most appealing – \$35 per day.

“Civic education is an important part of our state’s curriculum and Washington state has an incredible page program. I hope there are some students out there that want to take advantage of this great opportunity. I would be happy to sponsor them,” said Goehner in the press release.

Cooking With Teri

Happy Valentines Day

As we all start a new year with all sorts of resolutions and good intentions, I just have one and that is to eat less sugar. This is a tough one for me as I enjoy soft drinks, cookies, cakes and ice cream just to name a few.

Sweets obviously have copious amounts of sugar, in some other form. Americans consume more sugar than any other nation on Earth. Our consumption is over 60 pounds a year, which breaks down to 77 grams per day, 19 tablespoons, or 306 calories per day.

Nutritionist suggest that men should consume a maximum of 37 grams or 9 teaspoons and women 25 grams or 6 teaspoons daily. Teens and toddlers consumption is much lower.

I have noticed that one of the difficulties in lowering my sugar consumption is that sugar and its various forms are in so many foods that you would not think about that are commercially produced.

Look at labels on ketchup, salsas, salad dressings and most processed foods. If you love soda that’s about 12 tablespoons of sugar per 12 ounce can. As for me I am doing pretty good at lowering my sugar consumption but still have lots of room for improvement.

As Valentines Day is almost here my sweet of choice is anything with dark chocolate. Happy Valentines Day!

CHOCOLATE DIPPED STRAWBERRIES

- 1 pound of fresh strawberries with stems
- 16 ounces milk chocolate or dark chocolate chips
- 2 tablespoons of shortening
- Toothpicks

Directions

1. In a double boiler melt the chocolate chips and shortening, stirring occasionally until smooth.
2. Insert a toothpick into the stem end of the strawberry, dip into melted chocolate.
3. Lay berries on a wire rack or insert the toothpick end into a block of Styrofoam to cool.
4. Refrigerate until ready to serve.

Serve with a champagne for a special treat.

Teri Miller, Broker

940-A-Hwy 2
Leavenworth, WA 98826
509-669-1585
terismiller@hotmail.com
www.leavenworthrealty.com

CONTINUED FROM PAGE 1

City offers reserved parking spaces with permit

Regardless if this program comes to fruition permanently, the city will continue testing and trying out methods.

“We are currently working to have the first Parking Stakeholder Committee meeting that has not yet been determined for its first meeting date – shooting for some time in February

though,” said Steiner on the future of solving the parking issue.

“The Committee will be reviewing the Parking Study and Guiding Principles that came as a result of the Parking Study that will look at a multitude of options to implement changes for improving parking and circulation.”



Photo by Kalie Drago

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 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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 590 Hwy. 2
 Leavenworth.

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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
afisk@trhospital.net

EOE

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CASCADE SCHOOL DISTRICT
 The Cascade School District is seeking qualified applicants for the following position:
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 Fast Track application process and information can be found on our website at:
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 EOE

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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.
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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 octrn.org, or email request to nutrition@octrn.org. Closing deadline is February 8. OCTRN is an EOE


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 Go online to see information on NCW Market.com

REDUCE REUSE RECYCLE

CROSSWORD PUZZLE

CROSSWORD

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THEME: THE OSCARS

ACROSS
 1. *Animated Isle dwellers
 5. Dropped drug
 12. Doing nothing
 13. Hoodwink
 14. Support person
 15. Toothy wheel
 16. Distinctive flair
 17. Tadpoles, eventually
 18. *"Bohemian Rhapsody" protagonist
 20. Norse capital
 21. *Kathy Bates' Annie Wilkes, e.g.
 22. Contrary conjunction
 23. Withdraw, like Ukraine from Soviet Union
 26. Sweet Madeira wine
 30. *"Green Book" nominee
 31. Completely lacking
 34. Clip contents
 35. Like pleasant winter day
 37. Charge carrier
 38. Food between meals
 39. Relating to ear
 40. Religious split
 42. *"BlackKkLansman" nominee
 43. Sweet treat
 45. *Paths to glory
 47. One or some
 48. Wharton's "The House of ___"
 50. Shipping hazard
 52. *T'Challa, a.k.a. Black ___
 54. Arrange into categories
 55. One with pants on fire?
 56. Japanese stringed instrument
 59. *Nominations for "A Star Is Born" (2018)
 60. *Olivia Colman's royal character
 61. Discharge
 62. Fill to excess
 63. Casual attire
 64. *The ___ Emperor," winner of 9 Oscars

DOWN
 1. "Can you ___ it, man?"
 2. Schiller's address to joy
 3. "The Oscars show is filled with it, informal
 4. Tranquil
 5. Seductive beauties
 6. Tire in the trunk
 7. Say it isn't so
 8. *Ryan Gosling's role
 9. *Former American ___ and best supporting actress winner
 10. Emmet Brickowski's brick
 11. "Robinson in "The Graduate"
 13. King's order
 14. Run ___ of the law
 19. Red, as in healthy complexion
 22. *The ___ and the Beautiful," winner of 5 Oscars
 23. Heidi's shoe
 24. Fill with optimism
 25. Locomotive hair
 26. Twiggy's skirt
 27. Size
 28. *Kevin Hart stepped down from this role
 29. Ox connectors
 32. *Bale's role
 33. "___ la la!"
 36. *Literary forgerer portrayer
 38. *2-time Oscar-winning Dame
 40. *Jessica Lange won Best Actress for "Blue ___"
 41. Famous existentialist
 44. Teen worry
 46. Israeli money
 48. *Jackson ___ of "A Star is Born"
 49. Stupid or silly
 50. Result of hair follicle infection
 51. "Cogito, ___ sum"
 52. Neighborhood map
 53. *Best Picture and Best Foreign Language Film nominee
 54. Dry, Demi-___, Doux
 57. ___ the season ...
 58. Giant Hall-of-Famer

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PUZZLE SOLUTION



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PUBLIC NOTICES

SUMMONS BY PUBLICATION
No. 18-2-01186-04
SUPERIOR COURT OF
WASHINGTON
FOR CHELAN COUNTY

RAYMOND C. SCHMITTEN, a married man as his separate estate, Plaintiff, v. PABTISTINE JUDGE and any Unknown Heirs and Devises of PABTISTINE JUDGE; also ALL OTHER PERSONS OR PARTIES UNKNOWN CLAIMING ANY RIGHT, TITLE, ESTATE, LIEN, OR INTEREST IN THE REAL ESTATE DESCRIBED IN THE COMPLAINT HEREIN, Defendants.

THE STATE OF WASHINGTON to all defendants, named and unknown:

You are hereby summoned to appear within sixty (60) days after the date of the first publication of this summons, to wit, within sixty days after January 9, 2019, and defend the real property quiet title action in the Chelan County Superior Court, and answer the complaint of the Plaintiff, Raymond C. Schmitt ("Plaintiff"), and serve a copy of your answer upon the undersigned attorney for Plaintiff, at his office below stated; and in case of your failure so to do, judgment will be entered against you according to the demand of the complaint, which has been filed with the clerk of said Court.

The object of this action is to quiet title in Plaintiff and eliminate any and all interest any defendant may have, if any, in and to a parcel of real estate situated in Chelan County, Washington, more particularly described as follows:

Parcel A: The southerly 30 feet of that portion of the west half of the southwest quarter of Section 3, Township 23 North, Range 19, East of the Willamette Meridian, Chelan County, Washington, described as follows: beginning at the northeast corner of said subdivision and run west on the north line thereof 330.4 feet; thence SOUTH 1332 feet, more or less, to the north bank of the Wenatchee River; thence southeasterly along said north bank to the east line of said subdivision; thence north 1605 feet, more or less, to the point of beginning; AND

Parcel B: That portion of the southwest quarter of the southwest quarter of Section 3, Township 23 North, Range 19, East of the Willamette Meridian, Chelan County, Washington, lying north of the Wenatchee River. Plaintiff seeks no monetary relief from any defendant.
DATED this 3rd day of January, 2019.

J.C. BROWN LAW OFFICE, PLLC
By: /s/ Joseph C. Brown, Jr.,
WSBA No. 17991
200 Aplets Way, PO Box 384
Cashmere, WA 98815

Published in the Cashmere Valley Record/ Leavenworth Echo on January 9, 16, 23, 30, February 6, & 13, 2019. #84064

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 representatives 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 representatives 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

Valentine's Day gift ideas to wow that special someone

(STATEPOINT) -Flowers and chocolates are always fun to give and receive on Valentine's Day, but if you are looking to shake things up with your gift-giving, there are plenty of ways to tell someone you love them.

Here are unique gift ideas to really wow that special someone.

- **Go Somewhere:** Whether it's a pair of concert tickets, a long weekend to an exciting destination or dinner on the town, the gift of an experience, particularly one that allows you to spend time together doing something new and different, can be both meaningful and memorable.

- **Give the Gift of Music:** Are you shopping for a musician or someone who would like to learn to play an instrument? Wherever that someone is on his or her musical journey, and no matter your budget, you shouldn't have to compromise on quality to make Valentine's Day special. New keyboard

models, for example, are making it possible to get great sound quality at a modest price. One example is the CT-X700, which comes equipped with tools for learning to play songs, and faithfully reproduces the sound of acoustic instruments such as guitars, drums, basses, brass, wind instruments, string ensembles and more. Its extensive library of 600 tones and 195 rhythms, allows musicians to create their own masterpieces and is nice for budding and seasoned musicians alike.

- **Cook Together:** Beat the crowds and surge pricing -- make a romantic playlist, plan a delicious menu and select a great bottle of wine or other beverage of choice for a fine dining Valentine's Day experience in your own home.

- **Upgrade Home Technology:** Instantaneously upgrade his or her home theater or gaming system with a projector. Look for a model that offers instant



PHOTO SOURCE: (c) teksomolika / stock Adobe.com
Use a photo of a beloved pet, the lyrics of a favorite song or a picture of the two of you to personalize a special gift.

on and off functionality so there's no down time before getting started. The LampFree X-J-F210WN from Casio, a mercury-free model, has a high power 16-watt speaker and a long operating life, making it a good choice for serious movie enthusiasts, gear heads and gamers who prefer a low maintenance option.

- **Personalize It:** Use a photo of a beloved pet, the lyrics of a favorite song or a picture of

the two of you to personalize a special gift. From jigsaw puzzles to throw blankets to tumblers and cutting boards, you can personalize just about anything these days with photos, monograms, sayings and more.

This Valentine's Day, get creative with your gift-giving. Select items that support your recipient's hobbies and offer you an opportunity to spend time together.

Six tips from doctors for a healthier heart

(STATEPOINT) -February is American Heart Month, and an excellent reminder that there are many easy steps you can take to improve your heart health.

Unfortunately, nearly half of all U.S. adults are living with high blood pressure, putting them at an increased risk of heart attack and stroke, according to the American Medical Association (AMA).

"During American Heart Month, we urge all Americans to take control of their heart health by knowing and monitoring their blood pressure levels and making healthy lifestyle changes that can significantly reduce the serious health consequences

associated with high blood pressure," says Barbara L. McAneny, M.D., president of the AMA. "We know that by empowering more patients to monitor and control their blood pressure, we will continue to help improve the health of patients, while reducing health care costs."

To help you get started, Dr. McAneny and the experts at the AMA are offering six tips for this American Heart Month and beyond.

1. Know your blood pressure numbers. Visit LowerYourHBP.org. The site contains tools, resources and information for both patients and physicians, and was launched by the AMA as part of an effort to reduce the number of Americans who have heart attacks and strokes each year. Having a better understanding of your numbers and taking necessary steps to get your high blood pressure, also known as hypertension, under control

will reduce your risk of heart attack or stroke.

2. Commit to manage high blood pressure. Work with your doctor to create an individualized treatment plan that includes healthy lifestyle changes that you can realistically stick to long-term to help you maintain a lower blood pressure and lower your risk for negative health consequences.

3. Be more physically active. Regular physical activity can help reduce the risk of developing high blood pressure. It is recommended that healthy adults 18 to 65 years of age get at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

4. Eat a healthy diet. Making simple dietary changes can help you manage or prevent high blood pressure. These changes should include eating less sodium, reducing the amount of packaged and processed

foods you consume (especially those with added sodium and sugar), reducing consumption of sugar-sweetened beverages and eating foods that are rich in potassium.

5. Maintain or achieve a healthy weight. Being overweight can put you at an increased risk for developing high blood pressure. Take steps to maintain a healthy weight.

6. Drink in moderation. When consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

American Heart Month serves as an important reminder that living a heart-healthy lifestyle is possible. By paying attention to risk factors like your blood pressure, weight and more, you can reduce your risk for heart disease.

Is Folic Acid The Same Thing As Folate?

Both folic acid and folate are the same vitamin, B-9, just slightly different forms of it. Like several other vitamins, vitamin B-9 has a synthetic version called folic acid in addition to several forms found in foods. Although all forms of B-9 do the same job in your body, they look slightly different and some are better absorbed than others.

Vitamin B-9 was first discovered and isolated from the leaves of green leafy vegetables. Researchers named it folium, from the Latin word for leaf, folia. The scientists went on to identify four closely related naturally occurring compounds that work as vitamin B-9 in our bodies, called folates.

While folates are the naturally occurring vitamin B-9 compounds, folic acid is their synthetic cousin. Folic acid is more easily manufactured and absorbed into the body than folates and is widely used in vitamin supplements and fortified foods.

Folates and folic acid (FA) have an important role in supporting new cell growth, particularly important for a baby's developing nervous system. Around the third week of pregnancy, the brain and spinal cord start developing from special cells called neural tube cells. A lack of folate or folic acid at this critical point can prevent the normal development of these neural tube cells into a complete brain and spinal cord, resulting in severe and preventable birth defects called spina bifida and anencephaly. In spina bifida the spinal cord remains unfinished and exposed to the outside because the bones in the back that protect and support it don't completely develop. Anencephaly occurs when both major parts of the brain and the skull that normally covers it fail to fully develop, causing death within hours or days of birth.



Providing adequate folic acid or folate levels in very early pregnancy dramatically reduces these severe birth defects. Because the critical time of formation of the brain and spinal cord occur well before a woman would even suspect she is pregnant, it's best to get supplemental folic acid BEFORE a pregnancy is confirmed.

With nearly half of all pregnancies in the United States considered "unplanned", the Food and Drug Administration (FDA) along with the Centers for Disease Control and Prevention (CDC) recommends all women of childbearing age take 400mcg of folic acid supplementation daily.

In 1996, the FDA required that folic acid be added to all enriched flours, breads, some cereals, pastas, and rice along with other B vitamins like thiamine, riboflavin and niacin. Although this resulted in a significant decrease in neural tube defects, in Hispanic women there was very little change, so in 2016 the FDA approved the voluntary addition of folic acid to masa flour used to make tortillas, tacos, tortilla chips and tamales.

One of the most common assumptions is that because vitamins are natural, if there is some benefit with a smaller dose, a larger dose will give even more benefit. Not so with folic acid. Taking too much folic acid can cover up vitally important clues to diagnose and treat a painful type of anemia caused by a vitamin B12 deficiency. A significant deficiency in vitamin B-12 intake can cause pernicious anemia, which can cause mental confusion and lead to irreversible nerve damage.

Taking large amounts of folic acid may confuse or mask signs that can pinpoint the source of the problem, throwing off doctors and delaying an accurate diagnosis and allowing mental deterioration and nerve damage to continue. To avoid this, the FDA has recommended a maximum intake of daily supplemental folic acid of 1000 mcg.

The labeling of some vitamins is changing. The FDA now requires products containing vitamin B-9 to label their content with dietary folate equivalents (DFEs) instead of folic acid (FA) by January 2021. The equivalent recommended daily dose of 400mcg FA for women is 600mcg using the newer DFE units.

4 Final Facts About Folate and Folic Acid:

1. For best absorption of folic acid, take it on an empty stomach.

Food can decrease absorption of folic acid supplements by 20%.

2. All women of childbearing age should get at least 400 mcg FA (600 mcg DFE) daily.

Some women may need more; talk to your doctor about what is best for you.

3. The upper limit of safe intake of folic acid and folate is 1,000 mcg/day.

Folic acid tablets sold without a prescription must contain less than 1,000 mcg folic acid.

4. Green, leafy vegetables are an excellent source of folates.

Other good sources of folates are bananas, melons, lemons, tomato juice, orange juice, beans and mushrooms.

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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