



Empty Bowls Glazing Days January 25-29  
See Page 4



EMT Whitney Woodward and other first responders rescue a mock patient during Arrive Alive, a car crash demonstration for Cascade High School students, in May 2018.

All photos contributed by Rachel Hansen

## Winter walking program gets Leavenworth adults moving

By KALIE DRAGO  
Echo Reporter

As the clock ticked to midnight on Tuesday, January 1, a majority of us watched the ball drop, ordered a new 2019 planner and planned on a fresh start for the new year.

A lot of people make a list of New Year resolutions to fulfill, like procrastinating less or call Mom more often.

Often times, the new year is an opportunity to commit to a healthy lifestyle – whether that’s just opting out of the routine fast food lunch stop or to finally try out that Keto diet the neighbor claimed was the source for her weight loss.

For the second year in a row, the City of Leavenworth is helping those who are striving to incorporate exercise in their 2019 rituals.

“We were able to start our walking in November of 2017 and continued until the end of March 2017 (approximately 4 months). Since the Festhalle in December of 2018 was rented for the entire month we were not able to start our walking program in 2018,” said Residential Advisory Committee, Festhalle Oversight Committee member and council member Sharon Waters.

The Adult Walking Program kicked off on Thursday, January 3 at the Festhalle. Early birds can flock to the Festhalle Monday through Thursday from 7 a.m. until 9 a.m. to catch some brisk laps for no charge.

Waters had brainstormed what to offer to the community in the summer of 2017 after a Residential Advisory Committee meeting and then she had the light bulb moment for the program.

“Why can’t we walk in the Festhalle early in the morning as a community gift to those who like to walk for exercise and have to quit because of the cold winter weather and slippery icy roads?” she had proposed at a Festhalle Oversight Committee meeting.

Waters paired up with

SEE WALKING PROGRAM ON PAGE B2

## Emergency medical service levy will be on February ballot

By KALIE DRAGO  
Echo Reporter

Looking at the month of February, people can expect heart shaped candies, oversized teddy bears and arguably too much pink and red hues – but Upper Valley residents should also plan for an important levy on the February ballot. Six years has come to an end and so it’s time for the renewal of the Cascade Medical Emergency Medical Service levy.

The Cascade Medical facility has an outward appearance of a ski lodge and inward, a homey atmosphere. With features like an indoor pool with an underwater

treadmill, a future installment of a 3D mammogram machine and the first Lung Cancer Screen Center designated by the American College of Radiology on the east side, it’s clear Cascade Medical is constantly ensuring the best for the community.

But those piercing sirens and sometimes life saving staff don’t have an endless fund to support the community, so the renewal of the Emergency Medical Service levy, which funnels into around 26% of the budget, is crucial for voters to be aware of.

“I believe that the ambulance and

SEE EMERGENCY MEDICAL SERVICE ON PAGE B2



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.

## Debbie Dimitre tells the story of a fourth wiseman

By KALIE DRAGO  
Echo Reporter

Storytelling comes in all forms – maybe its with a flashlight under the chin with the audience around a campfire or flipping through a worn copy of Goodnight Moon before bedtime. However, since 1987 Debbie Dimitre has taken storytelling to new heights and has made it a successful profession.

She weaves together historical tales, such as a Emily Dickinson biography or sharing Indian Princess Tales, clad in historically relevant attire to unveil a story that doubles as a performance for audiences.

Dimitre makes the stories of women in American history three dimensional

for listeners. Dimitre will be taking her talents to the Leavenworth Community United Methodist Church on Thursday, January 17 at 7 p.m. and dessert and coffee will be served prior starting at 6 p.m.

Dimitre is coming for a cause that overlaps with her relaying important females historical accounts – the Philanthropy Education Organization Sisterhood, Chapter JF will be hosting the program. P.E.O. is a national organization, Chapter JF is the local branch of the entity, that for over a century has raised money to help women, and some men, get education grants to go back to college.

“We were exposed to Debbie by

SEE STORYTELLER DEBBIE DIMITRE ON PAGE 2



Submitted Photo  
Ms. Dimitre also dresses in the appropriate costume for whatever story she presents at the time.

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# Community

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215 14th St., P.O. Box 39  
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**Leavenworth Cashmere**  
Call 509-571-5302  
or 548-5286

**Publisher**  
Bill Forhan • 509-548-5286  
publisher@leavenworthecho.com

**Managing Editor**  
Gary Bégin  
509-571-5302  
gary@ncwmedia.net

**Reporter**  
Kalie Drago  
Reporter@leavenworthecho.com  
548-5286

**Reporter/Photographer**  
Al Stover  
Al.leavenworth.echo@gmail.com

**Advertising Sales Manager**  
Carol Forhan • 509-548-5286  
carol@leavenworthecho.com

**Creative Services**  
Echoads@leavenworthecho.com

**Front Office Classified / Legal Notices**  
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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.

## Confronting the impotence of the law

A couple of unsolicited emails came across my desk this week that reinforced my column from last week. One was new. One was old. In fact the old one was so old I had forgotten about it and had to do some research to verify its authenticity.

The new one was an oped from my friend Roger Harnack which I offer here because I couldn't write it any better.

The other was testimony from Darrel Scott before a congressional hearing following the Columbine High School shooting in 1999.

Scott was the father of one of the children that died in that tragedy. His testimony is very



**IN MY OPINION**  
Bill Forhan  
Publisher

compelling but not what the left wants to hear on this issue. I have included a poem written by Scott as a sidebar to this column. If you would like to review his complete testimony, I have put the video of it up on our webpage.

Nearly 20 years after the tragedy in Colorado we are still bent on trying to fix the problem

of school violence with ineffective legislation.

And I find it a little bit curious that conservatives are now adopting the tactics of the left to invalidate laws they find inconvenient.

Ultimately, this only serves to weaken our concept of equal justice under the law. Either the law is fair, just and applied equally or it should simply be abolished.

The bottom line however is that we have to look at ourselves and face the truth that we cannot ignore our spiritual nature. Laws will not prevent people who are morally ignorant from doing evil things.

Your laws ignore our deepest needs,  
Your words are empty air.  
You've stripped away our heritage,  
You've outlawed simple prayer.  
Now gunshots fill our classrooms,  
And precious children die.  
You seek for answers everywhere,  
And ask the question "Why?"  
You regulate restrictive laws,  
Through legislative creed.  
And yet you fail to understand,  
That God is what we need!

Darrel Scott

## Gun dealer shoots hole in I-1639

Call it a loophole if you want.

But I call what Talos Tactical owner Matt Cieslar is doing in West Richland a moral win for rural residents and 2nd Amendment supporters... albeit temporary.

The owner of the gun shop at 4096 W. Van Giesen St. vowed last week to continue selling hunting rifles to adults older than 18 and younger than 21 despite the enactment of portions of Initiative 1639 effective Jan. 1.

The gun-control measure restricts all sales of "assault" rifles to state residents older than 21 as of Jan. 1 and enacts a myriad of other gun-control regulations.

According to Matt, here's the loophole:

While the gun-control measure defines "assault rifles" to include all semi-automatic hunting rifles, the definition doesn't become law until July 1. That leaves a six-month window for law-abiding adults between the ages of 18-21 to continue purchasing semi-automatic rifles legally.

I spoke with Matt for a while last Friday. And as with all businessmen, he didn't make the decision to shoot holes in the initiative lightly; he did his homework.

"We didn't throw caution to the wind," he told me, adding his decision to continue sell-



**ROGER HARNACK**  
Guest columnist

ing is the "right thing" to do for his business, his customers and rural residents everywhere. "I've no intention of breaking the law. I'll continue to sell everything I legally can to every one I legally can until the day I legally can't."

That day comes July 1. In the meantime, he hopes the law will be rewritten or thrown out in court challenges. And the law is being challenged.

Last month, Republic Police Chief Loren Culp took heat for saying he wouldn't enforce Initiative 1639. And in Centralia (yes, west of the Cascade Crest), Lewis County Sheriff Robert Snaza came under fire for saying he won't actively pursue violations under the new law. Call it law enforcement nullification of an unconstitutional law.

In addition, the city of Republic has also been roundly criticized by Western Washington gun-control advocates for discussing a measure that would declare the city a "sanctuary" from the over-

reaching gun law, which is also being challenged in U.S. District Court in Seattle by the National Rifle Association and Second Amendment Foundation.

The legal challenge and nullification efforts are welcomed by Matt, myself and other rural lifestyle advocates.

Matt, who also owns land near the Lake Roosevelt National Recreation Area's Fort Spokane just outside of Hunters, said he didn't mean to become a lightning rod in the gun-control debate. Instead, he decided to continue selling because it is the right thing to do.

Looking around the state, the anti I-1639 is growing.

A Lynnwood firearms dealer has also said she will continue selling semi-automatic rifles to adults ages 18-21 until July 1. Others too, after having read about Matt's effort, have called him and law enforcement agencies, looking for clarification.

"It's snowballing," he said. "You cannot ban something that doesn't exist (under state law)."

In Colville, Clark's All-Sports owner Ray Clark said he's studying the issue before making a decision on how to proceed.

Clark points out that Initiative 1639 takes aim at a large percentage of Stevens County

residents, businesses and others in Eastern Washington.

He says most rural residents ages 18-21 will still have to "bite the bullet" and jump through the hoops of I-1639 if they attempt to purchase a semi-automatic hunting rifle in Washington. That's because gun store owners are under constant scrutiny by state and federal agencies.

So, don't be surprised if many firearms dealers are hesitant to risk their business.

A check of the voting record of the impact on residents in Eastern Washington.

Voters in 18 of the 20 counties east of the Cascades rejected the measure by wide margins.

Lincoln County led the way with 75.09 percent of voters opposing the initiative - that's three out of every four voters. In Stevens County, 73.14 percent of voters opposed it. In Ferry County, 72.79 percent opposed it, while Garfield County voters rejected I-1639 72.95 percent of the time.

Around Eastern Washington, more than 60 percent of voters in Adams, Benton, Columbia, Douglas, Grant, Okanogan and Pend Oreille counties also rejected the measure.

Only residents in the more-liberal bastions of Spokane and Whitman counties sup-

ported the measure.

In Spokane County, the measure squeaked by with 50.89 percent of voters supporting the stringent gun-control rules. In Whitman County - home to Washington State University, and many liberal professors and students who moved into our region of the world - the percentage of support was 54.33 percent, the highest east of the Cascades.

In our state, at the age of majority (18), you are considered an adult. As such, you should be entitled to all the rights and protections guaranteed by the Constitution. To me, that includes the ability to purchase, own and carry a firearm.

Between now and July 1, let's hope more residents, officials and businesses stand up and oppose the onerous regulations encapsulated in the text of Initiative 1639. Let's hope more law enforcement agencies and municipalities nullify the unconstitutional measure. Let's hope Matt's message continues to spread.

Our culture, economy and way of life here east of the Cascades depend on it.

*Roger Harnack is the publisher and editor of the Statesman-Examiner and Deer Park Tribune. Email him at publisher@statesmanexaminer.com.*

CONTINUED FROM PAGE 1

## Debbie Dimitre tells the story of a fourth wiseman

another chapter member years ago and seen her presentations of Eleanor Roosevelt and Anne Morrow

Lindbergh and we just love her presentation and stories of these women," said P.E.O member Sheryl Wood.

Though the group is familiar with Dimitre, in fact the storyteller has been a guest for both the organization and the church in the past, they chose a story that will be refreshing for the audience. Dimitre will be presenting "The Story of the Other Wiseman" which isn't as commonly known.

"This one (the story)

intrigued us because it's appropriate for the the season and most people only know the three wisemen. This story will contain our interest," said Wood.

For a good cause and a unique storytelling production,

tickets are \$10 and those who want to join, can reserve their seats in advance. The P.E.O will use the proceeds from the evening toward their organization. Phone to reserve seat or get a ticket. Call Joyce: 206-351-5725.

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 Call for information on any of these items. 509-548-5286

**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**  
**Prostate Cancer Awareness & Support Group,** 8:30 a.m., Kristall's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.)  
**Peshastin Water District,** 4 p.m., Peshastin Memorial Hall. Call Abby Bergren 548-5266. (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, Paula Helsen, 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.)

**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**  
**See the Church page in the Leavenworth Echo / Cashmere Valley Record.**

**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 meeting,** 6 p.m., District Office board room. Call 548-5885. (2nd & 4th Mon.)

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

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

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

**leavenworthecho.com**

**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,** City Hall Conference Room, Nathan Pate 548-5275 (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.  
**January 10, Thursday:** Tuna noodle casserole, peas and carrots, spinach salad, peaches, WW bread, dessert.  
**January 11, Friday:** Oven fried chicken, mashed potatoes, buttered corn, spiced salad, pineapple, WW roll, dessert. **No lunch on the weekends.**  
**January 14, Monday:** Sweet and sour chicken, rice, stir fry veggies, cabbage apple slaw, tropical fruit, WW bread or roll, dessert.  
**January 15, Tuesday:** Baked fish, wild rice, green bean casserole, coleslaw, citrus salad, WW bread or roll, dessert.  
**January 16, Wednesday:** BBQ country ribs, sweet potato, pasta salad, carrot raisin salad, pineapple tidbits, cornbread, dessert.

**Leavenworth**

**A Storyteller Presentation**  
 Please join the PEO Chapter JF at a wonderful presentation of "The Story of the Other Wiseman" by storyteller, Debbie Dimitre. Thursday, January 17 at the Leavenworth Community United Methodist Church, 418 Evans Street. Dessert and Coffee 6 p.m. and Program 7 p.m. Tickets are \$10. Please call Joyce 206-351-5725 for reservations. (er 1,2).

**Peshastin Water District**  
 Peshastin Water District will have rate increase meetings on January 16, 23 and 30 2019 at 5:30 p.m. at the Peshastin Memorial Hall, contact Abby, waterdept@peshastin.org (e 1,2).

**Wen. River Institute Snowshoe Tours**  
 On January 10, 17, 24, 31 join area naturalist guides for a free snowshoe stroll along the river front trail in Leavenworth. All ages welcome with snowshoes provided. Drop-ins welcome. Reservations appreciated and required for groups of 8+. For reservations, call 548-0181 Ext. 5 (e 2,3).

**CHS Art Display**  
 Join us on Thursday, Jan 24, 6:30-7:30 p.m., at the Leavenworth Library who will host a reception for the Cascade High School art class whose art is on display in the library's fireside room from Jan 4- Feb 1. The student artists include Rose Cruz, Kendra Emry, Carina Hernandez- Delgado, Mia Lopez, Rose Robinson, Alexa Rodgers, Kohl Turner, Isaak Walker, Catie Bailey, Natalie Craig, Bethann Gifford, Fatima Rosario, Nayeli Vazquez. The media will include: paintings- acrylic, oil, & watercolor; drawings- charcoal, pastel, pencil, & relief; and glass etching. Subject matter will range from classic realism to modern abstraction. Come meet the students and their teacher, Teara Dillon, and join us for refreshments. (e 2,3).

**Leavenworth Ski Hill**  
 On January 13 will be having a Nordic Ski 4 Free Day and January 20 a Snowshoe Demo. (e 2,3).

**Leavenworth Fish Hatchery**  
 January 11, 12, 18, 19, 25 & 26 from 1-3 p.m. and also for Jan. 12, 19 and 26 also from 10 a.m.-2p.m., there will be Snowshoe Tours available. Call 548-7641 to make a reservation. We provide the snowshoes, available in one size. Small children and large adults can rent them in town. The tour takes 2 hours and follows the Icicle Creek Nature Trail, a route of about 1 mile. (e 2,3).

**Apple City Roller Derby**  
 10 women roller derby teams from around the Pacific Northwest will come for two days of competitive tournament bracket games on January 12 and 13. (e 2,3).

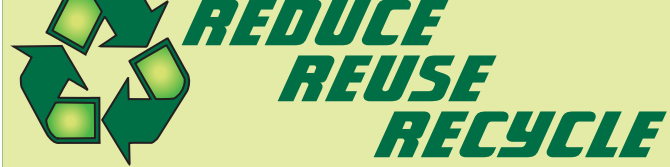
**Bavarian Ice Fest**  
 The annual Ice Fest will be on January 19 and 20. There will have games like The Great Frisbee Sweep, Ice Cube Scramble and Smoothing along with Stevens Pass Resort's Grom Playground and Firework's on Sunday evening. (e 2,3).

**Plain Valley Ski Trail**  
 On January 12, Ski Basics for Women Classic Cross Country Ski and on January 13 there will be a Rocking Relay. (e 2,3).

**Regional**

**Genealogical Society**  
 The Wenatchee Area Genealogical Society will meet at 2:00 p.m., Monday, January 14, at the Douglas County PUD Auditorium, 1151 Valley Mall Parkway, East Wenatchee. We will present a webinar, "Genealogy and the Little Ice Age," by Canadian geologist and genealogist Wayne Shephard. For more information, call 782-4046. Free and open to the public. (RE 1,2).

**Cascadia Conservation District Board**  
 The Cascadia Conservation District Board meeting will be on Tuesday, January 15 at 3:30 p.m., in the Upstairs Conference Room at the Wenatchee World Building. Please sign in at the front desk before coming up to the office. For more information, call the District at 436-1601.



**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	Hwy.
<b>December 29</b>	<b>December 31</b>
10:05 Harass/threat, 116 River Bend Dr., Safeway.	00:50 Vehicle prowling, Fish Lake Sno Park, Lake Wenatchee.
13:20 Parking/abandon, 1001 Front St.	06:57 Suspicious, 940 US Hwy 2 #A.
20:08 Public assist, 12069 Chumstick Hwy.	09:29 Suspicious, 629 US Hwy 2.
21:56 Alarm, 565 US Hwy 2, Alpine Spa.	10:29 Public assist, 18451 Camp 12 Rd, Plain.
22:37 Malicious mischief, 116 River Bend Dr., Safeway.	13:23 Accident, no injury, US Hwy 2 & Chumstick Hwy.
<b>December 30</b>	13:55 Fraud/forgery, 1300 Commercial St. #207.
01:45 Hazard, Chumstick Hwy MP10.	14:46 Accident, no injury, Chumstick Hwy & Clark Canyon.
02:11 Theft, 820 Front St., Gazebo Park.	16:48 Traffic offense, 13119 Chumstick Hwy.
05:01 Alarm, 21622 Camp 12 Rd., Plain.	17:19 Vehicle theft, 6585 US Hwy 97, Peshastin.
05:43 Public assist, 185 US Hwy 2.	20:11 Weapons violation, Stirrup Rd. & Saddle St., Plain.
10:37 Malicious mischief, 922 Commercial St., Obertal.	21:05 Assault, 801 Front St.
11:14 Accident, no injury, Icicle Rd. & E. Leavenworth.	21:46 Fireworks, 165 Blue Ribbon Ln.
12:25 Malicious mischief, 429 Evans St., Baptist Church.	22:28 Fireworks, Cherry St. & Park Ave.
12:30 Welfare check, 585 US Hwy 2, Icicle 76.	<b>January 1</b>
12:38 Alarm, 26350 White River Rd.	00:09 Fireworks, Mine & Prospect St.
12:54 Agency assist, US Hwy 2 & River Bend Dr.	01:37 Traffic offense, US HWY 2 & ith St.
15:55 Parking/abandon, 1221 Commercial St.	02:01 DUI, 116 River Bend Dr.
16:34 Welfare check, 9872 North Rd.	12:01 Accident, no injury, 185 US Hwy 2, Fairbridge.
17:11 Accident, no injury, 14500 Blk Chumstick Hwy.	12:05 Fireworks, 16625 Brown Rd., Lake Wenatchee.
18:07 Suspicious, 221 8th St., Ducks and Drake.	12:24 Parking/abandon, 18550 Karl Rd., Lake Wenatchee.
18:46 Suicide threat, 5671 Mountain Lane Rd.	16:19 Public assist, 7776 Icicle Rd.
19:00 Animal problem, 9933 School St., Peshastin.	16:37 Traffic offense, US Hwy 2 & 9th St.
20:08 DUI, 6342 Campbell Rd., Peshastin.	18:55 Weapons violation, 315 River St.
23:39 Suspicious, US Hwy 2 & E. Leavenworth Rd.	19:33 Property, 820 Front St., Peshastin.
23:54 Suspicious, 10395 Chumstick	

To see Sheriff's Report, leavenworthecho.com

See Sheriff's report continued on page 4

**ICICLE CREEK THIS WEEK**

**Opera or soap opera? You decide with Met's latest**

**JAMIE HOWELL**

**Adriana Lecouvreur** is an opera in four acts by Francesco Cilea that debuted in Milan in 1902. But when you read through the plot, it could easily run as episodes out of "Day of Our Lives" on modern TV.

You've got all the love triangles, deception, jealous rages, even poisonous flowers required to satisfy the public's thirst for salacious drama back in 1902. And with the new staging from the Met coming up this Saturday, it continues to satisfy audiences with its tantalizing blend of history and lurid gossip.

Based on the real-life 18th-century actress Adrienne Lecouvreur, a scandal magnet back in the day who would fare well against the Kardashians of today, the opera version plays up the theory that the actress was actually murdered by the Princess of Bouillon with a bouquet of poisoned violets. What better than a scandalous story on a Saturday morning?

Perhaps the biggest deal with this particular production is the appearance of modern opera's ultimate diva, **Anna Netrebko**, in the title role.

Join us at the Snowy Owl Theater and, as always, you will enjoy free coffee and mimosas courtesy of our season sponsor, Equilus Financial. **For tickets and more, go to icicle.org** or call (509) 548-6347, x.1.

**JAN. 12, 9:55 AM**

**ADRIANA LECOUVREUR**

sponsored by **D.A. Davidson and Equilus Financial**

Arts - Education - Community

Presented by **ICICLE CREEK CENTER FOR THE ARTS**

ADULTS **\$22** DOOR \$24

STUDENT **\$12** 12 & UNDER \$5

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

# Neighbors

## Empty Bowls Glazing Days January 25-29

Help support our local Community Cupboard food bank by participating in the 23rd annual Upper Valley Empty Bowls Festival! The events get started with the Glazing Days, beginning on Friday, January 25 (12 p.m. – 8 p.m.) and Saturday January 26-Tuesday January 29 (10 a.m. – 8 p.m.) in the Woodpecker Room at the Sleeping Lady Mountain Resort. All ages are welcome, no experience is necessary, and volunteers are on hand to offer advice. While at the glazing days, be sure to visit the table of local artists at work decorating beautiful bowls for the Empty Bowls Artist Bowl Auction in March.

The Upper Valley Empty Bowls Festival donates over \$15,000 each year to Leavenworth's Community Cupboard food bank, which serves between 600-700 people per month from around our area. This donation funds over 50 percent of the food bank's budget each year, helping to stock its food shelves and provide food boxes to local households. It is one of



Submitted photo

A little artist focuses on the little cup to get enough paint on her brush to finish painting her bowl.

the few food banks in the state that are open six days per week. In addition to funds for the food bank, the Upper Valley Empty Bowls Festival also awards a small art grant to support local youth arts programs.

Work for the festival is a labor of love by a small army of volunteers and begins months in advance, when local potters begin to throw handmade ceramic bowls. The public is then invited to paint bowls during the glazing days, after which

the potters fire each piece. Local artists also contribute their talents to decorate bowls that are unveiled at the Artist Showcase and Gala Reception on March 3, then auctioned online March 6-20. The final event of the Upper Valley Empty Bowls Festival is the community soup supper in the Leavenworth Festhalle on Thursday, March 21. The soup supper brings over 700 members of the community together to collect their finished bowls and enjoy a simple meal

with family and friends. Food for this event is donated by local restaurants, bakeries and grocery stores in our community. Prices are \$20 for a hand-made bowl thrown by local potters, or \$15 for a pre-made bowl, and include a ticket for the soup supper. Family rates are also available. Tickets to the soup supper usually sell out during Glazing Days week, so don't delay purchasing your tickets to this amazing community event.

The Empty Bowls Festival committee is blessed to have so many local potters, artists and community members as active participants and supporters of this annual event. Please join us as we help feed our community's hungry, strengthen community and celebrate the arts through the Upper Valley Empty Bowls Festival!

For more information, go to [www.uvmend.org](http://www.uvmend.org), or call the UVMEND office at 548-0408. Contact: Diane Priebe – [dndpartytour@gmail.com](mailto:dndpartytour@gmail.com), home: 509-548-7336, cell: 509-630-4681

### Al Stover at NCW Media

Al Stover has joined The Leavenworth Echo and Cashmere Valley Record as a reporter/photographer. He will mainly focus on covering Cascade High School and Cashmere High School athletics.

Stover is a lifelong resident of eastern Washington. He graduated from Rogers High School in 2003 and attended Spokane Falls Community College where he earned his associate's degree, and later Eastern Washington University.

After graduating from EWU with a



bachelor's degree in journalism, Stover relocated to Wolf Point, Montana, to work at the Wolf Point Herald News as an editor. He moved back home in December of that year to take a job with Free Press Publishing.

During his time at Free Press Publishing, Stover worked at the Cheney Free Press for three and a half years, then transitioned to The Ritzville-Adams County Journal for one year. In his time as a reporter, Stover has covered different beats, but his favorite subject is sports.

### Sheriff/Fire/EMS

Continued from page 3

Gazebo Park.  
22:56 Malicious mischief, 900 Front St., Taffy Shop.

#### January 2

00:26 Liquor violation, 980 US Hwy 2, Cashmere Valley Bank.  
00:55 Lewd conduct, 980 US Hwy 2, Cashmere Valley Bank.  
07:50 Runaway, 10600 Titus Rd.  
10:12 911, 505 US Hwy 2, Icicle Village.  
10:19 Harass/threat, 34491 US Hwy 2, Steven's Pass.  
11:07 Suicide threat, 10190 Chumstick Hwy.  
12:20 Public assist, 525 Alpine Pl., Alpine Condos.  
12:53 Warrant, North & Nibelink Rd.  
13:10 Hazard, Chumstick Hwy Mp 4.  
13:15 Domestic disturbance, 7776 Icicle Rd.  
15:11 911, 190 US Hwy 2.  
15:47 Fireworks, 70 Garmisch Ln.  
16:50 Property, 565 US Hwy 2.

17:40 Public assist, Mountain Home FS 7300 Rd.

19:38 Public assist, 8201 Mountain Home Rd.

23:11 Warrant, 920 US Hwy 2, Union 76.

#### January 3

01:42 Welfare check, 6145 US Hwy 97, Peshastin.  
06:23 Trespass, 9073 US Hwy 2.  
09:14 Suspicious, 940 US Hwy 2, Leavenworth Chamber.  
10:10 Welfare check, 24110 Morgan St., Plain.  
12:20 Warrant, 8746 School St., Dryden.  
13:16 Disturbance, 900 Front St.  
13:47 Welfare check, 405 US Hwy 2, Howard Johnson.  
15:09 Accident, no injury, 10195 Titus Rd.  
18:15 Accident, no injury, Front St. & US Hwy 2.  
18:26 DUI, 185 US Hwy 2.

## Hope for Lucas

SUBMITTED BY SHARON WATERS

Many of you have been following the story of Lucas the Lionheart through email updates from his mom Tia.

Lucas Howard Walters was born July 24, 2018 to Doug and Tia (Waters) Walters. Both Doug and Tia grew up and went to school in Leavenworth. Eventually they married and within a couple of years were expecting their first child. During the sixth month of pregnancy, they were sent to the University of Washington Hospital to have an ultrasound.

They were devastated to find out that their son had a rare condition and only had 2 chambers in his little heart. As Tia needed to be no farther than 30 minutes from the U of W Hospital, 30 days before Lucas would be induced... at

the end of June the Ronald McDonald House became their home. Right after Baby Lucas was born he was transferred to Children's Hospital.

Lucas had 3 open heart surgeries his first month of life. He courageously battled back from each of those surgeries surrounded by many prayers.

In Astrology, those born on July 24th are a Leo; which is symbolized by the Lion. So Lucas became known as: Lucas the Lionheart. Since birth it has been a bumpy journey for Lucas the Lionheart, Tia, Doug, their families, friends and all who have joined this amazing story with their prayers.

Since birth, Lucas the Lionheart has spent 105 days at Children's Hospital, and a couple of short stays with mom and dad at the Ronald McDonald House. He had his



Submitted photo

Lucas Howard Walters – Lucas the Lionheart

4th Open Heart Surgery this month, and is predicted to have the next one between 3 & 6 years old. During his stay at Children's he has had 4 open heart surgeries, 5 heart catheterizations and one surgery. He will be 5 months old on December 24th.

On December 20th Lucas the Lionheart once again

joined mom and dad at the Ronald McDonald House (hoping that his next move is back to Leavenworth).

Because so many people have asked what they can do to help... a "Hope for Lucas" account has been set up at Cashmere Valley Bank.

Please remember Lucas the Lionheart in your prayers.

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



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## 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](http://www.cashmerepres.org)



#### CASHMERE UNITED METHODIST CHURCH

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

#### CHRIST CENTER

Cashmere Assembly of God • 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  
Pastor, Andy Robinson  
Pastor, Joyce Williams  
Ian Ross, Director of Operations  
Steffanie Haney, High School Director  
[christcentercashmere.com](http://christcentercashmere.com)

#### EVERGREEN BAPTIST CHURCH

5837 Evergreen Drive • 782-1662  
Sunday School - 9:45 a.m.  
Morning Worship - 11 a.m.  
Evening Service - 6:00 p.m.  
Pastor, John Smith  
[www.christforcashmere.org](http://www.christforcashmere.org)

#### GRACE LUTHERAN CHURCH

Vine & Elberta Streets • 860-0736  
Worship 10:30 a.m.  
Rev. Rob Gohl



#### ST. JAMES EPISCOPAL CHURCH

222 Cottage Ave. • 782-1590  
Holy Eucharist 9 a.m.  
or Morning Prayer 9 a.m.  
Deacon Carol Forhan - Cell- 670-1723  
Rev. Rob Gohl, Vicar - Cell - 860-0736

#### OUR LADY OF THE ASSUMPTION

300 S. Division • Office: 548-5119  
Rectory: 782-2643  
Sunday Mass • 8:30 a.m.  
Spanish Mass • 12:30 p.m.  
Daily Mass • Wednesday 5:30 p.m.  
Friday 9:30 a.m. Mass  
at Cashmere Convalescent Center  
Fr. Miguel Gonzales

### 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](http://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](http://www.cmbiblechurch.org)

#### COMMUNITY UNITED METHODIST

418 Evans St. • Leavenworth  
509-548-5619  
Rev. Matt Gorman  
[www.leavenworthumc.org](http://www.leavenworthumc.org)  
[leavenworthumc@outlook.com](mailto:leavenworthumc@outlook.com)



#### 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. with coffee following  
[www.faithleavenworth.org](http://www.faithleavenworth.org)

#### FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

429 Evans Street • 290-0686  
Sunday School, 9:45 a.m. • Worship, 11 a.m.  
Pastor, Michael Brownell  
email: [mkb3123@gmail.com](mailto:mkb3123@gmail.com)

#### LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 548-5292  
Sunday Worship 9:00 a.m.  
Lead Pastor, Andy Dayton  
Youth Pastor, Kent Wright  
Pastor to Children & Families, Becky Goodman  
[www.LCN.org](http://www.LCN.org)

#### OUR LADY OF THE ASSUMPTION

145 Wheeler Street • Parish Office: 548-5119  
Daily Mass • Tuesday & Thursday 8:30 a.m.  
Saturday Vigil 5 p.m. • Sunday Mass - 10:30 a.m.  
Spanish Mass • Saturday, 7 p.m.  
Fr. Miguel Gonzales

#### 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](http://www.lightinthevalley.org)

#### PESHASTIN ASSEMBLY OF GOD

School and Lake Streets • 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.  
Ministry night/Wednesday, 6:30 p.m.  
Pastors Darryl & Mindy Wall  
[newlifeleavenworth@gmail.com](mailto:newlifeleavenworth@gmail.com)  
FP Page: [newlifeleavenworth](http://newlifeleavenworth)



Contributed photo by EWU Athletics

Former Cascade High School football player Dennis Merritt (No. 44) brought his abilities and work ethic to the EWU gridiron.

## Cascade alumni Merritt competes in FCS championship game

By AL STOVER

The Eastern Washington University Eagles football team finished the 2018-19 season with a 38-24 loss to North Dakota State University in the Football Championship Subdivision National Championship game on Jan. 5 in Frisco, Texas.

One of the athletes wearing an Eagles jersey was Cascade High School alumni (class of 2015) Dennis Merritt.

Merritt is a redshirt junior running back for the Eagles and plays on special teams. During the game against he had one carry for a loss of two yards, and two kickoff returns

for 49 yards.

Before the National title game, Merritt had 44 carries for 346 rushing yards and three touchdowns for the Eagles. He also three receptions for 90 yards and one receiving TD.

Merritt was a preferred walk-on during his freshman season. After redshirting his first year, Merritt played in two games during the 2015 season. In 2017, he played in 11 games and finished with 13 carries for 118 yards.

He was selected as the "Eagles Special Teams Player of the Week," for his performance in the Sept. 2, 2017

game against Texas Tech where he made seven tackles.

Before joining the Eagles, Merritt was a three-sport varsity athlete and a powerhouse on the Kodiak football team, helping the team advance to the 1A State Championship semifinals.

He was a four-time All-Caribou Trail League selection, as well as the league MVP in the 2014 season. He also earned second-team All-State honors from the Associated Press and broke the Cascade High football program's rushing record with 4,487 yards.

With the junior season under his belt, Merritt is ex-

pected to return to the Eagles lineup next season.

Cascade High School head football coach Dominique Coffin, who also played football at EWU, recommended Merritt try out for Eastern. He said it was great watching Merritt grow as a player in high school, and knew his hard work and dedication would help him at the college level.

"He has carried that over to Eastern, and to be able to work your way up from a walk on to a scholarship kid is a big accomplishment," Coffin said.

He added that Merritt had always wanted to play in a championship game during

### CASCADE SCOREBOARD

Girls Basketball	
Jan. 4	Cascade 29, Highland 47
Boys Basketball	
Jan. 4	Cascade 53, Highland 26
Wrestling	
Jan. 3	Cascade 39, Chelan 33
Jan. 3	Cascade 61, Cashmere 12

### CASCADE SCHEDULE

Girls Basketball	
Jan. 11	Omak at Cascade 4:15
Jan. 15	Cashmere at Cascade 5:45
Boys Basketball	
Jan. 11	Omak at Cascade 7:15
Jan. 15	Cashmere at Cascade 7:15
Wrestling	
Jan. 12	Apple Pie Invitational 10 a.m.

### For the Best Performance choose



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## Cascade wrestling earns two league wins, Sky Valley tournament title

By AL STOVER

The Cascade High School wrestling began with a lot of momentum, adding two more conference wins on Jan. 3 at a Caribou Trail League double dual. The Kodiaks defeated Chelan, 39-33, then picked up a 61-12 victory against Cashmere.

Against Chelan, Cascade jumped to an early lead after Austin Curry's 14-1 majority decision over Gilberto Mora and D'Andre Vasquez's pin over Alvaro Arteaga. The Goats went on a five-match winning streak before Hunter Reinhart added points for Cascade with his forfeit win. Juan Martinez scored a first-period pin over Logan Oules and Axel Martinez won his match via forfeit.

With the score tied 33-33, Adian Arceo clinched the victory for Cascade after he scored a pin in the first period over Carlos Venegas.

In the dual against Cashmere, the Kodiaks scored their first points after Cole Warman picked up a majority decision victory, and Jose Valdez scored a pin over Iziah Orcepa.

Eric Rosario, Arceo, Curry and Juan Martinez also picked up pins while Daniel Sandoval earned a 7-4 decision against



Photo Al Stover

Cascade's Juan Martinez attempts to force Chelan's Logan Oules onto his stomach during their match at the Caribou Trail League double dual on Jan. 3.

Aaron Guerrero. Isai Claros, Hunter Reinhart, Axel Martinez and Jesus Sandoval all won their matches via forfeit.

Cascade wrestling head coach Jesus Sandoval said he was happy to earn both league wins. According to Coach Sandoval, the Chelan win marked the Kodiaks' first league victory against the Goats since he took over the Cascade wrestling program.

"They've had the run of the league in the last 2-3 years," Coach Sandoval added. "It was nice to finally get a win over them. I remember the first time

facing them (years ago), when the match was over I looked at the score, and it was 60-6."

Coach Sandoval said he is not overlooking the Goats as the Kodiaks will face them again on Jan. 17 in a CTL double dual. However, he said the win will help build the team's confidence in the coming weeks.

Following the double dual, the Kodiaks added another accolade on Jan. 5 with the Sky Valley Invitational tournament team title. Cascade finished first out of 19 teams with 139 points.

Axel Martinez won the >>>

>>> 113-pound bracket after he earned a 10-1 majority decision over Darrington's Darrin Sedenius.

Reinhart won the 285-pound division with a 48-second pinfall over La Conner's Demetrius Scott in the championship match.

Juan Martinez took second in

the 106-pound bracket, losing to Granite Falls' Riley Hoople via pin in the championship round. Jace Seely finished second in the 132-pound bracket following a loss to tournament winner Sultan's Aidan Fleming, while Daniel Sandoval took fourth in the same division. Vasquez was the runner-up in the 145-pound

division. Arceo finished fourth in the 138-pound bracket.

Curry, Eric Rosario, Cole Warman, Manuel Camarena and Saul Vizcaino also picked up wins in their respective weight classes.

The Kodiaks travel to Tonasket on Jan. 12 to compete in the Apple Valley Invitational.

## Cascade HS basketball begins 2019 against Highland Scots

By AL STOVER

The Cascade High School boys and girls basketball teams started the new year on Jan. 4 in Cowiche, Washington, in nonleague games against the Highland Scots.

The boys picked up a 54-26 win against Highland while the Lady Kodiaks dropped a 47-29 loss to the Lady Scots.

In the boys' game, the Ko-

diaks jumped to a 12-9 lead in the first quarter and never looked back, maintaining the margin for the rest of the game.

Cascade scored double digits in both quarters of the second half with 20 points in the third frame, and 13 in the final eight minutes.

Cascade showed balanced scoring with Isaac Cortes leading the Kodiaks with 13 and Ethan Burpee adding 11.

The win not only improved Cascade's overall record to 4-8, but also snapped the team's six-game losing streak.

In the girls' game, Cascade gained an early lead after outscoring the Scots, 12-7, in the first quarter. The Lady Kodiaks added six points in the next eight minutes to maintain a close lead heading into the second half.

SEE HS BASKETBALL, PAGE B2

## LAKE CHELAN WINTER FEST 2019

PRESENTED BY LAKE CHELAN CHAMBER OF COMMERCE

### Wine Walk

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# Healthy Living

## B-Complex Vitamins

I see that some brands labeled B-Complex contain 4 different B vitamins, like B1, B2, B3 and B6, while others also include B-12.

It IS confusing, isn't it? There isn't any standard or official formula for what a B-complex vitamin should contain. That's because "B-complex" was a term that wasn't meant to describe any particular or specific grouping of B vitamins. A vitamin formulation labeled as B-complex may contain any number of the eleven miscellaneous B vitamins, and in various doses and combinations of each.

Although we are used to thinking about vitamins as having an alphabetical designation, like vitamins A, C, D, and E, not all B vitamins are referred to by a number. Although B-1 and B-6 are obviously B vitamins, they have other names too. For example, B-1 is also referred to as thiamine and the vitamin named B-6 is also called pyridoxine. There are other B vitamins, too, but you may not realize what they are because they were never named as a vitamin B followed by a number, and only have "plain" names, like folic acid, biotin and pantothenic acid.

Back when scientists were discovering the many critical nutrients needed by our bodies,

they called some of their newly discovered compounds "vitamins". The first vitamin identified was a fat-soluble compound named Vitamin A. Next to be discovered were 2 water-soluble compounds, christened vitamin B and vitamin C.

Then, in 1930, the scientists hit a snag. Although vitamin A and vitamin C were distinct, easily identifiable compounds, what they originally called vitamin B wasn't simple at all. Originally identified as one specific molecule, vitamin B turned out to be much, much more: a cluster of distinctly different compounds. Instead of one single B vitamin, scientists ended up isolating, identifying and naming one unique "vitamin B" component after another.

When the first individual B vitamin was identified, it was called vitamin B-1, or thiamine. As a second unique vitamin closely related to thiamine was discovered, it was named Vitamin B-2, or riboflavin. The next one, B-3, ended up with 4 different names: nicotinic acid, nicotinamide, niacin and niacinamide.

After it was discovered that vitamin B was not a single compound, scientists referred to it as "B-complex" to express the potential of more than one vitamin still to be isolated. Over

time, several more distinct vitamin B nutrients were isolated, but they weren't all given a B designation. Eventually, 11 separate vitamins originated from that the initial "vitamin B" compound. All eleven B vitamins are water soluble and eight of them are considered essential nutrients in humans.

Today, each B vitamin has its own name instead of just a numeric designation like B1, B2, or B3. If you are interested in taking a supplement containing B vitamins, you should choose ones that include the eight essential B vitamins, which include thiamine or B1, riboflavin or B2, and pyridoxine or B6. Vitamin B-3, another essential B vitamin, can be quite confusing because it has four different common names: niacin, nicotinic acid, niacinamide, and nicotinamide. The other essential B vitamins are folacin or folic acid, pantothenic acid, and biotin, which was once called vitamin H.

### Here Are 6 Key Facts About B-Complex Vitamins:

1. There isn't any standard B-Complex vitamin formulation. All B vitamins were isolated from the original B vitamin complex, so if a supplement contains more than one B vitamin, it can label itself as a B-complex. There's also no consistency in the selection of which individual B vitamins are included in products labelled B-Complex.

Ask...  
**Dr. Louise**



2. Although there are 11 different individual B vitamins identified, only 8 are considered essential nutrients of the human body.
3. Most B-Complex vitamins contain three to eight of the eight B vitamins considered essential in humans.
4. Although some B vitamins are identified by the name B followed by a number, each of the B vitamins has its own name as well.
5. All B vitamins are water-soluble, which means that any excess that isn't needed by your body will be eliminated into your urine by your kidneys.
6. Thiamine (vitamin B-1) is responsible for the characteristic bright yellow urine experienced by many people who take B vitamins.

*Dr. Louise Achey, Doctor of Pharmacy is a 39-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Your questions and comments are always welcome at [www.AskDrLouise.com](http://www.AskDrLouise.com)*

CONTINUED FROM PAGE 1

### Emergency medical service levy will be on February ballot

emergency department are essential services that every community should have access to," said Diane Blake, Chief Executive Officer. "The levy provides enough funding to sustain those services."

This isn't a new levy or even a tweak to the EMS levy, which has been around for roughly 30 years and renewing the levy will solely maintain the same services for the same rate.

This is only ensuring the levy will be instilled for another six years. It will remain, if passed, 50 cents per \$1,000 of accessed value, according to a Cascade Medical press release. This rate has remained static for over 15 years.

"About 61% (of EMS funding) what we bill for patients we care, the levy provides about 26%. So without the levy, we'd have to find about \$1.1 million just to keep those services going which is not feasible," said Blake.

Services that are funded by the levy range from a wide

scope of imperative elements such as staffing, which is the biggest cost, equipment, training and even fuel. Cascade Medical ambulances provide services from the summit of Blewett Pass to the summit of Steven's Pass, according to the press release. This envelops Leavenworth, Peshastin, Lake Wenatchee and Dryden.

"You can see some of the value of having a local emergency department and ambulance service with the conditions that we treat. The top three conditions we see in our emergency department are chest pain, upper respiratory infection and head injury. It really helps illustrate the seriousness that we see sometimes and the critical role that Cascade Medical plays in caring for our community," said Rachel Hansen, Cascade Medical Public Relations Coordinator.

People can sometimes pause, squint and hesitate when a buzzword like taxes are in the fine print, but Cascade Medical does its best



Cascade Medical paramedics practice hoisting patients with the aid of a helicopter at a training in 2015.

to keep taxpayers financial contribution at the minimum.

"The last levy in 2012 passed with 82% approval, that level of support is not something we can take for granted. We understand the concerns about the tax burden. And just last year,

2017, we refinanced the bonds to build the remodel to save taxpayers over a million dollars. So we're trying to reduce the burden where we can," said Hansen.

Ballots to vote on this levy will be mailed out January 24 for the February 12 election.

CONTINUED FROM PAGE 1

### Cascade HS basketball begins 2019 against Highland Scots

Highland continued to chip away at the Lady Kodiaks' lead throughout the second half with nine points in the third quarter, tying the game at 24-24.

The Scots added 23 points

in the fourth quarter to secure the victory.

Both Cascade teams began the first of a six-game conference series at home on Jan. 8 against fourth-place Chelan, followed by Omak on Jan. 11.

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Two Leavenworth women stroll around the Festhalle to simultaneously break a sweat and chat.

Photos by Kalie Drago

CONTINUED FROM PAGE 1

### Winter walking program gets Leavenworth adults moving

Josh Flickner, Festhalle Manager, to work out the details and made it happen. And Waters volunteered to open and close the Festhalle and supervise for the duration of the mornings.

"I bring my speaker and play my summer swimming pool water aerobic music and away we go," said Waters.

This is an adults only program – so keep the little ones at home and only bring

along energy and break in the new walking shoes that were a Christmas present.

Other than that rule, the guidelines are flexible for how individuals decide to take their morning stroll.

"You can walk fast or slow, walk forwards or backwards, do dance steps while you walk, walk and talk with each other, find an open space and stretch, walk with weights" said Waters.



A sign alerts walkers when they walk in how many trips they need to take to break the 1 mile mark.

"If you want to keep track of how many miles you walk, one mile is 15 trips around the inside of the Festhalle." This is an opportunity

to get those extra steps in and start off 2019 on the right foot. Walking days are also listed on the Festhalle website calendar.

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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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Or bring in a current resume to  
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215-14th St.  
(9 a.m. to 5 p.m.)

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1. Fraternity K
6. Jeeves.com
9. Civil rights icon
13. Think tank output
14. Like a dim star
15. What pigeon did
16. \*Up on compass
17. Shakespearean fuss
18. Did like goo
19. \*On a novelty button
21. Decline
23. Galley tool
24. "Workers of the world, \_\_\_!"
25. \_\_\_Air in L.A.
28. Way off freeway
30. \*Pain scale faces, e.g.
34. "zoic" periods
36. "\_\_\_ good example"
38. Xe
39. Hokkaido native
40. \*Face in a text
42. Crescent
43. \*Like Jason's or Freddy's face
45. October birthstone
46. Genealogical plant
47. Capital of Taiwan
49. "Tosca" tune
51. Blunder
52. Chopper blade
54. One of Indiana's quests
56. \*On a prankster's face?
58. \*Like one at a haunted house
61. Selected
62. Water snake
64. Prejudiced person
66. Macho men
67. Pastrami holder
68. South American camelid
69. \*Like one in front of Taj Mahal?
70. Create with cloth
71. George to George W.

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**CROSSWORD PUZZLE**

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1. Reunion bunch
2. #17 Across, pl.
3. Make waves
4. BBQ spot
5. Masonry unit
6. Not home
7. \*Like one at a funeral
8. Familiar
9. \*Face on Mount Rushmore
10. Do like goo
11. "As \_\_\_ on TV"
12. Put two and two together
15. Cerebral part
20. Clear the board
22. Doesn't mix with water
24. To the required standards, 3 words
25. \*In Beauty's magic mirror
26. "The Goldbergs" sibling
27. Hawaiian veranda
29. Memorandum, for short
31. Accustom
32. Not a gregarious one
33. \*On a snob's face
35. \*One receiving something unexpected
37. A bit cracked
41. Hipbone-related
44. Monarch bodyguard
48. I in T.G.I.F.
50. Fit for farming
53. Deed hearings
55. Whale's lunch
56. Sound of relief
57. Opening page
58. A whole bunch
59. "Goodness gracious!"
60. Top of the Capitol
61. Repeated Cuban dance step
63. Needle hole
65. Makes feathers stick

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**PUBLIC NOTICES**

**NOTICE OF AVAILABILITY FINAL PROGRAMMATIC ENVIRONMENTAL IMPACT STATEMENT FOR THE ICICLE CREEK WATER RESOURCE MANAGEMENT STRATEGY CHELAN COUNTY, WASHINGTON**

The Washington State Department of Ecology (Ecology) Office of Columbia River (OCR) and Chelan County Natural Resource Department (Chelan County) are releasing a Final Programmatic Environmental Impact Statement (Final PEIS) on January 3, 2019 for the Icicle Creek Water Resource Management Strategy (Icicle Strategy). Ecology and Chelan County are co-lead agencies for this Final PEIS, prepared in accordance with the State Environmental Policy Act (SEPA).

**Description of Proposal:** The Icicle Work Group (IWG) was convened by Ecology OCR and Chelan County to find collaborative solutions for water management within the Icicle Creek drainage. The IWG is made up of a diverse set of stakeholders representing local, state, and federal agencies, tribes, agricultural and municipal water users, and community organizations who are collectively developing the Icicle Strategy. The objectives of the Icicle Strategy are to improve in-stream flows, improve the sustainability of Leavenworth National Fish Hatchery, protect tribal and non-tribal fish harvest, improve domestic supply, improve agricultural reliability, enhance Icicle Creek habitat, and comply with state and federal law, including the Wilderness Acts within the Icicle Creek Sub-basin, Chelan County, Washington.

Chelan County and Washington State Department of Ecology issued a determination of significance on February 9, 2016 and formally initiated the SEPA EIS scoping process. This Final PEIS evaluates a No Action Alternative and five (5) action alternatives, each of which contemplate water management solutions that balance principles of the IWG members and stakeholders. Following the comprehensive scoping and public comment for the PEIS, Ecology and Chelan County have selected Alternative 1 as the Preferred Alternative, comprised of several combinations of projects, including:

- Leavenworth National Fish Hatchery (LNFH) conservation and water quality improvements
- Improved efficiencies for Icicle Peshastin Irrigation District (IPID) and Cascade Orchards Irrigation Company (COIC)
- Domestic conservation projects for the City of Leavenworth and rural Chelan County
- Optimization, modernization, and automation of Alpine Lakes reservoir
- Eightmile Lake restoration
- Pump exchanges at LNFH, COIC, and IPID
- Tribal and non-Tribal fisheries protection
- Habitat improvements throughout Icicle Creek and the surrounding watershed
- Modernized fish screens for LNFH, IPID, COIC and City of Leavenworth
- Water markets
- Instream flow rule amendments (WAC 173-545)

This Final PEIS was prepared in compliance with the State of Washington Environmental Policy Act (SEPA), Chapter 43.21C RCW, and the SEPA Rules (Chapter 197-11 WAC).

**Availability of the Final PEIS:** The Final PEIS and other information regarding the Icicle Strategy may be accessed online at the following links:

https://fortress.wa.gov/ecy/publications/SummaryPages/1812016.html And  
http://www.co.chelan.wa.us/natural-resources/pages/icicle-work-group?parent=Planning

To request an electronic copy on portable media or a hard copy of the Final PEIS, contact: Mary Jo Sanborn, Chelan County Natural Resource Department By e-mail to: maryjo.sanborn@co.chelan.wa.us, or By phone at: (509) 667-6532

**SEPA Responsible Officials:**  
Mike Kaputa  
Director, Natural Resource Department  
Chelan County

G. Thomas Tebb  
Director, Office of Columbia River  
Washington State Department of Ecology.

Published in The Leavenworth Echo/Cashmere Valley Record on January 9, 2019. #83938

**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 Devisees 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 JENAE PAPE

aka Jenae Pape-Miller, aka Jenae Marie Pape Deceased. No. 18-4-00297-04 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's Resident Agent who is also the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of:

- (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or
- (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: January 9, 2019  
Personal Representative:

Wade A. Miller  
Attorneys for the Personal Representative:  
John I. Weston, Jr.,  
WSBA # 2316  
Rani K. Sampson,  
WSBA# 37486  
Address for Mailing or Service – must serve both:  
Weston & Associates, PS  
Attn: John I. Weston, Jr.  
19502 48th Ave W # 1  
Lynnwood, WA 98036-5507  
(425)712-7111  
Overcast Law Offices, PS  
Attn: Rani K. Sampson  
23 S Wenatchee Ave, Suite 320  
Wenatchee, WA 98801  
(509) 663-5588

Court of probate proceeding and cause number:  
Chelan County Superior Court  
Cause Number: 18-4-00297-04

Presented by:  
OVERCAST LAW OFFICES, PS  
By: /s/ Rani K. Sampson  
Rani K. Sampson,  
WSBA No. 37486  
Attorney for the Personal Representative.  
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**PUBLIC NOTICES**

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of DIEGO RAMIREZ GONZALEZ aka DIEGO GONZALEZ-RAMIREZ, Deceased. No. 18-4-00386-04

PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of:

- (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or
- (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: January 2, 2019

/s/ Sandra Gonzalez,  
Personal Representative

Attorney for the Personal Representative:  
David A. Kazemba,  
WSBA# 48049

Address for Mailing or Service:  
Overcast Law Offices, PS  
Attn: David A. Kazemba  
23 South Wenatchee Avenue,  
Suite 320  
Wenatchee, WA 98801  
(509)663-5588

Court of probate proceeding and cause number:  
Chelan County Superior Court  
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Published in The Leavenworth Echo/Cashmere Valley Record on January 2, 9, and 16, 2019. #84007

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