



Village Pharmacy

shuts its doors

A familiar stop on Front Street for picking up

prescriptions, snagging a birthday card and some

balloons or odd and ends such as baby wipes - the

Village Pharmacy has been a staple in the Leavenworth

community for quite some time. With an abundance

of breweries, restaurants, German souvenir knick

knacks; the Village Pharmacy stood out amongst

its neighbors as the only place downtown to find

Former owner, Kathy Wolf, decided to take the

next chapter and announced retirement, and as a

result decided to sell the pharmacy. The pharmacy

transferred records and prescriptions to Safeway effective December 19 and the MedSafe drop box was

"I'm looking back on that time (owning Village Pharmacy) with a lot of good feelings," said Wolf. Wolf has been conducting business and making visitors feel welcome since 1975. The exact origins and dates of the conception of Village Pharmacy are unknown. But the location itself has been a revolving door for entities such as City Hall, a ballet studio and

"Thank you to all of our customers over the years and all the friends and business associates it

It is currently unknown who will be filling the spot,

but a place on Front Street is a coveted one.

practical items such as medication and cards.

placed at Cascade Medical.

even a saloon at one time.

BY KALIE DRAGO

Echo Reporter

JANUARY 2, 2019 • VOLUME 120, NO. 1

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Structure fire results in one fatality

BY KALIE DRAGO Echo Reporter

The morning of December 24, while many of us were finishing last minute gift wrapping, on the 22000 Block of Alpine Drive in the Lake Wenatchee area there was a structure fire.

According to a press release from Chelan County Sheriff's Office, Chelan County deputies along with

Chelan County Fire Districts 3, 6 and 9 responded to a call regarding the fire at around 9:20 a.m.

Two males made it out of the fire safely, however it was indicated that there is still a third person unaccounted for - a female.

During the process of fighting the fire, fire crews did locate an unidentified remains of a person.

The victim has been according to Reinfeld.

identified as Christine Humphreys, according to Jason Reinfeld, chief of special operations at the Chelan County Sheriff's Office.

Reinfeld says that the cause of the fire is still under investigation and detectives have conducted interviews with the two residents that made it out of the fire.

The initial call was at 9:21 and lasted until 1:06 p.m.,

"Putting out the fire took most of the day because our primary focus was recovering the victim and with weather conditions we just had to stay on top of it most of the day," said Lake Wenatchee Fire and Rescue Chief, Mick Lamar.

The fire caused a total loss and completely destroyed the home. Reinfeld said that there was some concrete and rock walls, but otherwise the structure is destroyed.



JULY

Impacts of tourism drive growing frustration

Parking concerns are a major source of frustration in Leavenworth. Lack of intertwined in the financial affordable housing makes health of Leavenworth and the

and traffic accommodated. The reality is the economic impacts of tourism are now inexorably it difficult for employees surrounding communities.

with festival heads.The ordinance as it was written would appear to affect every festival including Art in the Park, the Farmers Market, Autumn Leaf. Maifest. Oktoberfest, and Christmas Lighting. There are many beautiful places in the Pacific Northwest where people can recreate. How long it will take Leavenworth to lose the magic if the community doesn't address the current problems in a carefully considered way is now the challenge of the new generation of residents who call this place home.

 \rightarrow into the program where they receive special services through their EL teachers and through some of the specific services provided for them.

Parents can opt their students out, Ross said, but few have done this. The majority stay in the program to work on their reading, writing, listening and

brought," said Wolf.

speaking to an extra extent more than other students.

The school board unanimously approved the Migrant and Bilingual programs.



to find a local place to live. Short-term rentals of private residences anger neighbors who feel they can no longer enjoy the quiet use of their own property. In an attempt to address the frustration, the city council is currently debating the implementation of an ordinance to control and limit festivals.

The city has since notified Alkai Tours that the Snow Train will no longer be

Parking fees and Lodging tax, which account for nearly 20 percent of city revenue, are almost entirely dependent on visitors. The ordinance was scheduled for a second reading at the following city council meeting and would have gone into effect had the council approved it. However, public input at that meeting has resulted in a postponement of the second reading pending a meeting

Pictured is the Chelan County Fire District #3.

Cascade School District's migrant and bilingual programs make great progress

Cascade School District Superintendent Bill Motsenbocker said Emily Ross has done more for the migrant and bilingual programs than anyone in the history of the school district. Ross, the principal Peshastin-Dryden at Elementary, is also the director for the migrant and bilingual programs for the school district. "We have two different programs, migrant and bilingual. In bilingual, the students speak a language other than English at home. They are identified through a series of practices that we have in place here. It's usually initiated with a home language survey," Ross

said. "After that, they take an assessment, supervised by one of our EL (English Language) teachers and based on the results of that assessment, they are granted access into the program by a letter sent home saying you qualify for the program." Students are automatically entered >>

Chelan County Fire District #3 held its inaugural Appointment Ceremony on Tuesday evening, June 19

District administration appointed the following seasonal firefighters: Christopher Lubenow, Juan Mora and Alexander Roberts. Career firefighter Michael Smith was appointed as Coordinator

for approximately 40 volunteers.

Career firefighter Marcus Wells was appointed as Primary Mechanic for the fleet of 14 apparatus. In addition, Deputy Chief and Fire Marshal David Nalle were sworn in, assuming the position of retired William Horner.

Firefighters had their badges pinned on by friends and family and the event was well attended by local dignitaries.





Opinion

Losing America to false gods

Politicians and activists need a crisis or a cause to rally support. When they don't have one they create one.

The problem begins when they refuse to allow any critical review of the efficacy of their solutions or permit any questioning of the facts that drive support for their cause.

As we begin this new year I offer you a few sacred cows that need critical examination by the adults who have the wisdom and experience to challenge the false gods driving political debate and restrictions on our freedoms.

First. Climate change or when the facts don't support your theory change the subject.

You will remember how we were told global warming was about to end life on this planet. Glaciers are melting, oceans are rising, polar bears are drowning and storms are getting more deadly. Well, planetary temperatures are no longer rising and many scientists are saying we are



entering a cooling period.

But the zealots don't reexamine their theories they change the subject.

Now 97 percent of scientists agree Global Climate Change is going to end life on this planet if we don't do something to change our climate destroying behavior.

Don't try to examine the voting too closely though unless you're prepared to be excommunicated by the high priests at the climate change temple.

Second, Carbon Dioxide is a pollutant that must be reduced

The real problem here is carbon dioxide is essential for plant life. It is a basic scientific fact. It is not arguable. It

doesn't require a vote -100 percent of scientists would agree with this one. Plants take in carbon dioxide and give off oxygen. Reducing the amount of carbon dioxide in the atmosphere is guaranteed to reduce plant health.

Trees and other oxygen producing plants will become stressed and eventually die. And ultimately when there is no longer any plant life, vegetarians will have to resort to eating meat until the oxygen breathing animals die too from a lack of oxygen.

Did you know that many greenhouses use carbon dioxide generators to increase the carbon dioxide in the greenhouse to promote plant growth? So, while you're waiting to charge your electric car farmers are working to increase CO2.

A growing number of scientists are pointing out that the amount of carbon dioxide in our atmosphere is already dangerously low but their voices are being drowned out by politicians, climate zealots and scientists who refuse to consider any facts that challenge their agenda.

Third, gun free zones will make our schools safer

Well, we already know how well that worked out. Gun violence in schools has grown for far too long and banning guns won't stop the violence. When your "mad as h***" and want to take it out on your fellow homo-sapiens where is the safest place to do it?

The problem with violence and intolerance in schools is more likely to be traced to the removal of religion from the public schools.

Without some religious training it seems we humans will seek spiritual guidance in all kinds of false teaching.

Things like diversity training, institutional racism, socialism or climate science.

The Constitution does not guarantee freedom from religion it guarantees freedom of religion. Driving religious studies out of the classroom leaves a void in the study of moral values.

By removing prayer and religious study out of our schools all we have done is create a "safe space" for the incubation of self-justification for all kinds of questionable personal behavior.

America was founded on the principles of freedom of speech and freedom of religion.

We have not always been perfect, but we have been able to face our mistakes and work together to correct them.

It is becoming increasingly difficult to reconcile our differences in a country where those principles are being tossed aside.

When we are unwilling to contest the "facts" or begin to make our decisions out of fear instead of logic we are doomed to make more bad decisions.

It is far past time that we looked hard at the false gods that are driving our political debates and called on them to stop demonizing those who have legitimate complaints about their false teachings.

This is why good news didn't help the stock market cant way.

A little more than a month ago, the two biggest worries for the stock market were the trade war with China, and rapidly rising interest rates.

Both of those fears have faded significantly, and yet stocks continue to struggle. What's it going to take to please the stock market, and why hasn't it reacted better to those two pieces of good news?

On the trade war front, tempers have cooled. We are officially negotiating again with China, and our threatened 25% tariffs on nearly every Chinese import have been postponed for at least 90 days.

It was telling that our miniagreement with China came nearly a month before the new tariffs were set to begin. In a



typical negotiation, a deadline is valuable leverage.

But, in this case, we didn't get anywhere near the deadline. That is solid evidence that neither side has much fight left in them.

We've already seen recent negotiations bear fruit. China recently lowered their tariffs on American made cars and committed to buying our soybeans again.

Although we're only back to where we were earlier this year, both sides are posturing down, and progress is being made.

This looks like the beginning of the end of the trade war. However, that doesn't mean we'll have a final resolution anytime soon – so the uncertainty for the global economy will continue. Perhaps that's why the stock market hasn't celebrated yet.

There was also good news from the Fed. Although the Fed raised interest rates in December, Chairman Powell said that rates were "just below neutral." That is code for "if we raise rates much more, it might tank the economy."

The Fed also lowered its forecasted number of rate increases in 2019 from three down to two.

Those developments may not sound like much, but they show that the Fed is slowing down on raising rates and is open to slowing further. That takes a big worry away for the stock market.

So why isn't the stock market celebrating? The answer is that the Fed is in a no-win situation. If they continue to raise rates, it will hurt the economy. If they don't, it's a vote of "no confidence" to an already slowing economy

After all, interest rates are still very low historically. If we can't handle these low rates, perhaps the economy isn't so strong after all.

At this point, it's hard to see what could move the stock market upward in any signifi-

However, it's also hard to imagine stocks falling much more than they already have - especially given our still solid economy.

The coming months will bring us some important answers: Will the trade war be put to bed? Will the Fed continue to back down? Will the economy stay strong enough to support stock prices? I can't wait to find out.

Brad Blackburn, CFP®, is the owner of Blackburn Financial, Registered Investment Advisor. Blackburn Financial is located at 121 Cottage Ave, Cashmere. He can be reached at 509-782-2600 or email him at brad@blackburnfinancial.net

Thanks for your leadership President Trump

Not too many readers are left that can remember WWII or Korea, but I still want to spread the breaking news to those that have been sleeping, guess what - we are still in Japan, Korea, Italy, Germany, Spain, England, etc.



and balance. Radio relies on sounds. Felevision on sights News-

right went nuts.

I'd like the American people to see how easy military

end up with a permanent detachment in Syria, perhaps a division of 20,000 troops without too much complaint from Congress because one should never argue with the generals.

Got Mobile?

Mobile search directory

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Letters policy

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

Corrections

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

So why are so many antimilitary liberals and hawkish conservatives complaining about President Donald Trump pulling out of Syria?

We should not still be in Iraq, Saudi Arabia, Afghanistan, etc., but we are.

If Trump doesn't get us out now, the generals would keep us in Syria for the next 50 or more years. That's correct.

World War II ended over 70 years ago, but we are still protecting and using these countries as "allies" whether they like it or not (read "forward American bases)."

Call me an isolationist, but too much of our tax money and human treasure is being wasted while these countries prosper. The modern world is as much about cyberspace as the old world was about geographic hegemony perpetrated by the old guard's inherent racism by the European powers.

I suppose it is certainly a way to enamor the world to the U.S., unfortunately it also causes resentment among them, as we will always be bigger, richer, stronger and more strong-willed than they.

Both fear and worship rule our days, so strike for a nerve and don't be wimpish in your pleadings: Read me! Read me!

Appeal to ancient instincts of mankind, as represented in the reptilian brain, controlling the body's heart rate, breathing, body temperature

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papers make people think and read and participate, so we are forced to also make the reptilian brain play along for a whole personhood experience. The reader should be fully engaged.

We are aiming for a quick body blow to the frontal cortex.

In mammalian brain anatomy, the prefrontal cortex (PFC) is the cerebral cortex which covers the front part of the frontal lobe.

The cerebral cortex is usually considered in the performance of high-level cognitive function, including attention, working memory and socialemotional evaluation of various stimuli.

It is 100% natural for military folks to want to keep their star in the ascendency at all times. Thus when Trump announced a sudden withdrawal from Syria, it's only 2,000 men, the extreme

intervention escalates, almost organically. Look at Vietnam, it started with a small group of advisors and a ridiculous foreign policy. It is unrealistic to think we could be the world's policemen.

Yet, many Americans think it is just fine to be in Afghanistan for the last 17 years. Only the extreme outsider, Donald Trump, has had the guts to buck the system and, I paraphrase "get us the hell outta there" (Saving Private Ryan).

He hid in plain sight and didn't get put in Vietnam, but yet he is taking our folks "outta there" and that is the most blessed way to celebrate the holy season. We need less troops around the world and not more.

He is even contemplating getting out of Afghanistan, cutting the number of troops in half.

If he didn't do this, future leaders would eventually

Afghanistan will eventually morph into another Korea, where we never leave.

The generals will invariably invoke the spectres of all wars past. It is a time proven strategy, meant to scare the beejeebers outta the public and foster a feeling of patriotism in many others.

Make love not war.

We need these kids at home going to college, working farms, fixing cars, engineering bridges, manning the factories (they're getting scarcer), becoming teachers, garbagemen and bakers.

Yes, a few of them will commit crimes, go on welfare or fail in their chosen careers, but we owe it to them and future generations to give them better choices than "a call to arms."



Community

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Local, Regional COMMUNITY Community BULLETIN News and BOARD **Events**

AA Meeting Schedule

Information numbers for AA:

509-548-1627, 548-4522, 664-6469, 425-773-7527, 1-206-719-3379

Who: Any non

What: Items

For two week

Where: Email

Or fill out the

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.)
- Icicle Valley Chapter of Trout Unlimited, 6:00 p.m., Kristall's Restaurant. Call Dave Moazed, 548-0903. (2nd Wed.)
- Peshastin Water District, 5:30 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

- Leavenworth Chamber of Commerce, 8 a.m., Kristall's Restaurant, Paula Helsel, 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

pertaining to local events that are free or minimum charge. <s (space="" limited).<br="" only="">I to: editor@leavenworthecho.com or editor@cashmerevalleyrecord.com</s>	Other ways to advertis your News and Events

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 3, Thursday: Stuffed peppers, roasted red potatoes, glazed carrots, apricots, dessert.
- January 4, Friday: Chicken Fettuccine, carrot coins, crunchy pea salad, garlic bread berry cobbler.
- January 5,6: Saturday and Sunday: Closed
- January 7, Monday: Chicken strips, sweet potato fries, peas and carrots, green salad, orange quarters, WW bread, dessert.
- January 8, Tuesday: Pot roast, roasted potatoes, green beans, tossed veggie salad, sliced apples, WW bread or roll, dessert.
- January 9, Wednesday: Italian meatballs in Marinara sauce, pasta, Italian vegetables, Caesar salad, fruit cocktail, garlic bread, dessert.

Sheriff/Fire/EMS

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

Gazebo Park. 21:58 Domestic disturbance, 8734

School St., Dryden.

December 24

- 06:02 911, 960 US Hwy 2, US Postal 06:15 911, 960 US Hwy 2., US Postal Service.
- 08:07 Noise, 9826 School St. 08:56 Assist agency, 3981 Old Blewett 08:08 Suspicious, 215 9th St., J-5 09:47 Property, 700 Us Hwy 2, City of
 - Coffee. 09:10 Property, 935 Front St., Icicle Brewing.
 - 09:21 Assist agency, 22672 Alpine Dr., Lake Wenatchee.
- 12:43 Accident, no injury, 11756 US 13:34 Property, 703 US Hwy 2., Book for All Seasons. 13:22 Welfare check, 8th & Commercial
 - 13:51 Property, 940 US Hwy 2 #B. 18:04 Public assist, 128 Mountain
 - Creek Ln. 18:05 Parking/abandon, 12684
 - Chumstick Hwy. 19:12 Fireworks, 103 Prospect St.

Garage and yard sale ads are paid events, please email these to classifieds@leavenworthecho.com Mention that you are a non-profit event for a discount. If your group is not a non-profit group you can now be listed for a small fee. Call for information on any of these items. 509-548-5286

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).

Adult Walking Program

Last winter's popular walking program is returning. Beginning Thursday, January 3, 2019, the Festhalle will be open Monday through Thursday from 7 to 9:00 a.m. There is no charge - all you need to bring is a pair of dry walking shoes. Please enter through the Front Street side door just down from the front entrance. Unfortunately, we cannot accommodate children at this time. For further information please call Sharon Waters 548-7939 (e 51,52,1).

Bookmark Craft Hour For Adults

Join us for an hour of crafting bookmarks and keeping cozy! We'll have 3 different bookmarks to craft; a beaded ribbon bookmark, a braided paper chevron bookmark and a pompom bookmark. A creative afternoon at the library especially for adults. Leavenworth Public Library, Thursday, January 3, 2019, 4-5 p.m.(e 52, 1).

Hope for Lucas

Lucas Walters, 5 month old son of Tia (Waters) and Doug Walters was born with a major heart defect, he now has had 4 open heart surgeries, 5 heart catheterizations and one other surgery. An account has been set up at Cashmere Valley Bank by Friends of Lucas, the Lion Hearted, if you so desire to help with a donation. Thank you. (e 52, 1).

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).

The Leavenworth Women's Exchange

The monthly luncheon meeting is on Wednesday January 9, 2019 at noon at Visconti's of Leavenworth, 636 Front Street, Leavenworth. The cost is \$16 per person for members and \$18.00 for non-members. Beverage, tax and gratuity are included. Liz Ryen will present a program titled "Traveling Solo - The Adventures of a Female Cyclist Around the World". To make your reservation, please contact Claire Burlingame at 548-7142 by Saturday January 5.

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 Shepheard. For more information, call 782-4046. Free and open to the public. (RE 1, 2).



What to expect from Icicle Creek in the New Year JAMIE HOWELL



December 21

Service.

Drvden.

Hwy 2.

Streets.

Streets.

Streets.

Bavarian Lodge

Rd., Peshastin.

Leavenworth.

Leavenworth

03:55 Traffic offense, 810 US Hwy 2.,

12:28 Vehicle prowl, 8906 Motel Rd.,

15:09 Welfare check. 8th & Commercial

16:15 Public assist, 9th and Front

15:50 Property, 301 Ward Strasse.

records as provided by the Chelan County

Dr. in Cashmere. (2nd Tues.)

Cascade Medical Board Meeting, 9 a.m., at Cascade Medical, 548-5815. (4th Tues.

Leavenworth People with Parkinson's Disease Support Group, 11 a.m. Church of Jesus Christ of Latter Day Saints, 10170 Titus Road. Call Katherine Degel, (206) 356-4288 or Judi Little (425) 870-2089. (2nd Tues.)

Upper Valley Women's Bible Study, Noon, at King Ludwig's. Call Delores Hall, 548-7803

Buns, Book and Tea, Peshastin Book Club, 1 p.m., Peshastin Library. Call Kathy Springer, 509-433-1345. (3rd Tues.)

Cascade Education Foundation, 1 p.m., Boardroom at Cascade District office. Call Ken West, 670-1729.

LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 548-5477. (1st. Tues.)

Leavenworth Masons, 7:30 p.m. Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leaveworthmasons.org. (1st Tues.)

Ongoing events

Leavenworth Public Library: 548-7923.

Monday, Tuesday, Wednesday, open 9 a.m.- 6 p.m.

Thursday, 9 a.m.- 8 p.m.

Friday, 9 a.m.- 6 p.m.

Closed on weekends and Holidays.

Special events:

Tuesday, 11:30 a.m., Baby story time

Wednesday, 1:30 p.m., Preschool story time

Peshastin Public Library: 548-7821.

Monday, 2-6 p.m.

Tuesday, 1-6 p.m.

Wednesday, 9 a.m.-2 p.m. Thursday and Friday, 1- 6 p.m.

Special events:

Tuesday, 2:30 - 3:15 p.m. Stories and crafts in Spanish and English. Wednesday: 10:30 -11 a.m., Preschool and toddlers, Story time. Closed weekends.

Upper Valley Museum:

347 Division St., 548-0728. Thursday, Friday, Saturday 10 a.m.- 4 p.m., Sunday. 11 a.m.- 3 p.m.

Leavenworth Fish Hatchery, 548-7641. Open daily, 8 a.m.- 3:30 p.m.

Regional events

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

leavenworthecho.com

16:16 Public assist, 17051 Chumstick Hwy

16:32 911, 309 8th St., Post Hotel. 18:03 Welfare check, 3432 Hansel Ln.,

Peshastin. 19:19 Theft, 837 Front St., Der Sportsman.

20:30 Weapons violation, 3448 Hansel L n. Peshastin.

December 22

00:35 Suspicious, 10462 Fox Rd. 01:01 Suspicious, 190 US Hwy 2. 05:20 911, 590 US Hwy 2., Enzian Inn. 11:47 Traffic offense, US Hwy 2 MP 70., Lake Wenatchee. 12:16 Disturbance, 429 Evans St., First Baptist Church. 13:39 Welfare check, 4637 US Hwy 97, Pehastin. 14:04 Trespass, 590 US Hwy 2, Enzian Motor. 15:04 Property, 690 US Hwy 2. 17:14 Suspicious, Benton & Evans Streets. 17:22 Prowler, 805 Stargazer Ln. 19:14 911, 4637 US Hwy 97. 19:54 Accident, no injury, 416 Evans St. 19:55 Civil, 3910 Old Blewett Rd. 20:02 Accident, no injury, River Bend Dr. 20:55 Assist agency, US Hwy 2 & Stage Rd. 21:17 Noise, 7986 Icicle Rd.

21:22 Accident, no injury, 190 US Hwy 2. 21:22 Hazard, 916 Main St. 21:58 Hazard, 8711 North Rd., Peshastin. 22:06 Civil, 34491 US Hwy 2, Stevens Pass. 22:24 Accident, unknown, 8817 North Rd., Peshastin.

December 23

00:19 Hazard, 0Blk North Rd. 00:29 Weapons violation, 820 Front St., Gazebo Park. 01:31 Suspicious, 301 Ward Strasse. 02:03 911, 960 US Hwy 2, US Post Office. 02:52 Assist agency, US Hwy 2 & Saunders Rd., Peshastin. 05:47 Public assist, US Hwy 2 MP 94. 08:36 Welfare check, 11347 US Hwy 2. 09:53 Parking/abandon, 900Blk Main St 10:25 Hazard, Beaver Valley Rd. & SR 207. 12:27 Trespass, 190 US Hwy 2. 13:06 Accident, no injury, Lake Wenatchee Park South.

- 14:25 Civil, 3910 Old Blewett Rd., Peshastin
- 18:53 Property, Commercial & 10th Streets
- 21:32 Welfare check, 820 Front St.,

21:22 Juvenile problem, 15353 US Hwy 2, Lake Wenatchee.

21:50 Domestic disturbance, 505 US Hwy 2, Icicle Village.

22:27 Noise, 190 US Hwy 2.

22:58 Suspicious, 22709 Saddle St., Plain.

23:32 Domestic disturbance, 190 US Hwy 2.

December 25

00:36 Traffic offense, US Hwy 2 & Front St. 12:45 Suspicious, 221 8th St. #B. 15:01 911, 960 US Hwy 2. 15:55 Disturbance, 810 US Hwy 2., Bavarian Lodge. 16:06 Property, 900 Front St. 17:27 Welfare check, 12849 Wilson St. 19:15 Assist agency, 11645 North Rd., Amtrak Station. 19:24 911, 190 US Hwy 2.

December 26

00:36 Traffic offense, US Hwy 2 & Front St. 12:45 Suspicious, 221 8th St. #B. 15:01 911, 960 US Hwy 2. 15:55 Disturbance, 810 US Hwy 2., Bavarian Lodge. 16:06 Property, 900 Front St. 17:27 Welfare check, 12849 Wilson St. 19:15 Assist agency, 11645 North Rd., Amtrak Station. 19:24 911, 190 US Hwy 2.

December 27

- 01:17 Juvenile problem, US Hwy 2 & Alpensee Strasse.
- 02:40 Sex offense, 213 9th St., Post Office.
- 11:14 911, 590 US Hwy 2, Enzian Inn. 11:29 Accident, no injury, Blue Sky Meadows Rd.
- 12:46 Parking/abandon, 23340 Lake Wenatchee Hwy.
- 13:34 Accident, injury, Fish Lake Sno Park, Lake Wenatchee.
- 15:07 Welfare check, Font & 9th Streets. 15:23 Parking/abandon, 1329 US Hwy
- 2, Dans Food Market. 17:02 Property, 8th & Front Streets.
- 17:49 Property, 935 Front St., Icicle
- Brewing. 19:03 Domestic disturbance, 12235 W. Shugart Flats Rd.
- 22:25 Assist agency, 505 US Hwy 2. 22:29 Welfare check, 9840 School St.,
- Peshastin. 23:00 Suspicious, 161 Birch St.

To see Sheriff's Report, leavenworthecho.com

The New Year brings with it a new batch of resolutions and good intentions, and at Icicle Creek Center for the Arts, we've got just as many as the next non-profit.

In 2019, Icicle Creek hereby resolves to:

- ٠ Invite hundreds of young people to make memories that will last a lifetime at music, theater and filmmaking camps this summer.
- . Remake the Leavenworth Ale Fest this April.
- Bring in a whole new batch of palate-wowing chefs for Chef Fest this June.
- Place national touring artists like Mandy Harvey ٠ and Billy McLaughlin into local schools.
- Conduct a year-round Youth Symphony program.
- Be supportive of other area non-profits every chance we get.
- Continue bringing the Arts to as many children, families and communities across NCW as possible.
- ٠ Be ever grateful for this beautiful place we call home.

There's a lot to do this year, and it all happens thanks to your help. Volunteer or donate today at icicle.org.



Your gift supports the Arts in NCW

ICICLE CREEK



DONATE AT ICICLE.ORG OR (509) 548-6347 X1



AUGUST

59er Diner makes its grand entrance

After the June 2016 fire destroyed the Lake Wenatchee 59er Diner location – the anticipation for its return and transition back into restaurant instead

of temporary food truck was Leavenworth on Wednesday, high. The

new 59er Diner constructed was in Atlanta, Georgia and then transported through

August 15. Locals gathered throughout Leavenworth on the sidewalks to watch the five semis with the future 59er Diner pieces.

Adventure Park Concerns Peak

The progression leading to the development of the both dreaded and eagerly awaited Adventure Park has put residents, the city and businesses interlocked in controversy.

As another step in the process is completed, residents piled into the City Council meeting, August 14, to vocalize their worries and fears about the project.

"I would like us to help maintain our image as a vibrant and enjoyable Bavarian Village, not a noisy, crass Bavarian theme park," Wayne Pravitz, Leavenworth resident, said.

The comments gravitated back to the same areas of concern: traffic, noise and parking problems that are expected to stem from the amusement park.

City Council members seem to be working to balance the needs of a city where the economy is stilted on income from tourism while simultaneously maintaining the desires of the core of the city - the residents.

Adventure Park The process has been a transparent one for the public to follow.



Photo by Kalie Drago Fire truck parked outside Berg Rose Apartments as fire fighters enter the apartments.

Berg Rose Apartment fire

Thursday, September 6, were some of the outcomes the Berg Rose Apartments that funneled from the fire. had fire within an apartment.

The Berg Rose apartments

"We really appreciate the community effort during this time. The residents really are still waiting to hear back appreciate it," said Jennifer Smoke damage, a resident from the insurance company Sidebottom, manager of

Adventure Park application withdrawn

After residents see-sawed back and forth over the possibility of a new tourist attracting addition to the quaint village, the city of Leavenworth was notified on Sept. 19 that the both dreaded and celebrated proposed Adventure Park had withdrawn their Conditional Use Permit application.

According to a public notice from the city of Leavenworth, the withdrawal was a gesture of putting the controversial

park on temporary hold until resubmitting their application at a later date.

However, that didn't mean that the Adventure Park became a forgotten shell of a proposal, but has the possibility to revive the proposal in the future.

"From the City's perspective, this is how the process should work. If there are identifiable gaps in the information or if the information is not clearly

presented, the application should be either amended or withdrawn and resubmitted if the applicants want to move forward with a project," said Walinski.

"Ultimately, the Hearing Examiner is going to make the decision on the application of the Conditional Use Permit for the project, having a robust and complete application to make that decision on is in the best interest of the applicants and community."



The Native American exhibit at the Salmon Festival.

Salmon Fest school days were a success

Packs of elementary students streamed in for the Salmon Festival's School Days on September 20 and September 21 in Leavenworth.

Salmon Festival hosts the children in an attempt to harness in their attention to the wildlife that surrounds them while simultaneously making the event fun oriented.

The two School Days is a unique, hands on opportunity not a mainstream educational experience that the kids were observably hooked on.

The field trip for the surrounding school districts, including Cascade, took place at the Leavenworth Fish Hatchery and was the perfect setting to illuminate the wildlife education and host the large number of children. "The whole mission is to

all ages, all ethnic groups and Broadus.

connect people with nature - just get them outdoors," said



taken to the hospital and and the cause of the fire is Berg Rose apartments. several displaced occupants

still under investigation.

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

SPIRIT LIFE CENTER

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

MONITOR

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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH

8455 Main Street • 548-7517 Sunday Worship 10 a.m. Pastor, John Romine www.lightinthevalley.org

PESHASTIN ASSEMBLY OF GOD

School and Lake 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 FP Page: newlifeleavenworth

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

Rev. Rob Gohl



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

DRYDEN

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 Pastor, Mike Moore www.midvalley baptist.org

'Where God's Word Remains The Pillar Of Truth' AWANA (Youth Program) Weekly Bible Studies www.cmbiblechurch.org

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.



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 **CHRIST**CENTER

> Lead Pastor, Steve Haney Pastor, Andy Robinson Pastor, Joyce Williams Ian Ross, Director of Operations Steffanie Haney, High School Director 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 **St. James Episcopal Church** Holv Eucharist 9 a.m.

OUR LADY OF THE ASSUMPTION

Fr. Miguel Gonzales

DRYDEN COMMUNITY CHURCH

Worship Service, 10 a.m., Sunday School, 9 a.m.

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH 11025 Chumstick Hwy. • 548-4331 Sunday School 9 a.m. Sunday Worship 10:30 a.m. Wednesday 6:30 p.m. (school year) Pastor, Todd James **CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**

FAITH LUTHERAN CHURCH - ELCA "Reconciling Works Congregation" 224 Benton Street • 548-7010

COMMUNITY UNITED METHODIST

418 Evans St. • Leavenworth

www.leavenworthumc.org

leavenworthumc@outlook.com

CORNERSTONE BIBLE CHURCH

Leavenworth Grange Hall

• 621 Front St. 548-0748

• Sunday Worship 10 a.m.

509-548-5619

Rev. Matt Gorman

www.faithleavenworth.org

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

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

LEAVENWORTH CHURCH OF THE NAZARENE

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

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

10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10:00 a.m.

Worship 9:30 a.m. with coffee following

School Sports

CASCADE SCOREBOARD

	Girls Basketball
Dec. 27	Cascade 41, Forks 44
	Boys Basketball
Dec. 27	Cascade 46, Forks 67

CASCADE SCHEDULE

Girls Basketball							
Jan. 4	Jan. 4 Cascade at Highland 6 p.m.						
Jan. 8	Jan. 8 Chelan at Cascade 5:45 p.m.						
Boys Basketball							
Jan. 4	Cascade at Highland 7 p.m.						
Jan. 8 Chelan at Cascade 7:30 p.m.							
Wrestling							
Jan. 3	Chelan 6 p.m.						
	Cashmere 6 p.m.						
Jan. 5	SKy Valley Invitational 9:45 a.m.						

For the Best Performance choose







Cole Warnaca, No. 5, goes to grab the pass from Fraker (No. 23).



Autumn West, No. 13, looks for someone to pass to while Kaija Lovelady waits behind her.

Cascade hosts Holiday Tournament day one

BY KALIE DRAGO Echo Reporter

Cascade students are getting a few weeks away from stuffy classrooms and stacks of homework, allowing the students to have a window of freedom to celebrate the holidays.

Despite the break, the Cascade High School girls and boys basketball teams reconvened at the school to host the annual Cascade Holiday Tournament. On the heels of Christmas and on the last final days of break, it was time for the first home game of the season.

The line up against the Kodiaks were the teams, Forks, Manson and Vashon. Thursday's games kicked off with the Kodiaks girls taking on Forks. For the Kodiaks, home advantage seemed to put an extra push for the girls performance.

The girls went into the second half with a score of 14-6, with players No. 23, Alondra Acevedo and No. 5, Nicole Dunn putting the first few numbers on the scoreboard in the first quarter.

In the second quarter, Forks appeared to find their footing but the Kodiaks continued the tireless effort. Kaija Lovelady,

had closed the gap and pushed ahead with a score of 18-20. Returning from the locker room, the girls seemed to determine to take their lead back.

In the third quarter, Acevedo passed to Dorothy Espinosa, No. 3 who made the shot and put the scoreboard close once again, 23-24. Lovelady also contributed another three pointer which placed the Kodiaks ahead just barely, 26-25.

At the beginning of the final quarter, the two teams remained volleying the lead back and forth with only a one to two point difference.

44. Following the girls, the boys basketball team took the court.

The game started off quickly and impressively, for the Kodiaks side, with a 10-3 lead. However with just a little over 2 minutes left in the first quarter, Forks got the jump on Cascade and the first quarter ended 10-17. By halftime the score was 18-38 and by the final quarter the score was 46-67. Individually, several shots were made by both Isaac Cortes, No. 10 and Cole Waranaca, No. 5. Also No. 23, Bret Fraker had the final foul shot that pushed the number to 18 before breaking

But regardless of the final



Kodiaks first win of the season

By KALIE DRAGO Echo Reporter

Day two of the Cascade Holiday Tournament ended up unfolding to produce the girls first win of the season. It

was their second time playing with home court advantage and they didn't waste anytime putting points on the board. The Kodiaks took on the Manson Trojans at 11 a.m., Friday, December 28.

In the first quarter, Kaija Lovelady, No. 4, made a three pointer after a pass from No. 23, Alondra Acevedo. This pushed the 4-2 score up 7-2 which Lovelady followed up with another three pointer.

BY KALIE DRAGO

Echo Reporter

Later after a struggle for the ball and making the basket, Jocellyn Rodriguez, No. 11, made the rebound shot and the score was 12-2. After Dorothy Espinosa, No. 3., and Acevedo got their hands on the ball the first quarter ended 17-2.

The first point to go up on the board for the second quarter was Lovelady's foul shot which was followed up by Manson's No. 21 finally getting a shot in for their side. After a few baskets are sunk post foul shot, the score was 20-5. However Manson slowly began building up their performance and begin coming back just in time

for half. The game went into half at 36-20 after Manson's No. 21 made a three pointer.

After halftime, Kodiaks hustled to hold on tight to their lead. At the end of the fourth quarter in a last ditch effort for some final points, Acevedo passes to Lovelady who then makes the final shot for the Kodiaks. The game ended with a victory for Cascade, 47-27.

Christina Gay

Employee of the Quarter, 3rd quarter 2018



Radiology Tech, Physical

Therapy Aide, Cook

Christina Gay is the kind of person who will drop everything to comfort someone in need. When she asks how you're doing, she really wants to know. She works in multiple departments, wherever she is needed. We are so grateful for her kindness and compassion.



MILITARY N

James is the son of Leavenworth residents, Kellie and Todd James. He was a 2018 Cascade High School graduate. He completed an eight week program that included training in military discipline, physical fitness,

basic warfare principles and Air Force core values. Completing basic training also helped James earn four credits toward an associate in applied science degree through the Community College of the Air Force, according to the press



United States Air Force Airman Brian

C. James graduated from basic military

training. He was located at Joint Base

San Antonio-Lackland in San Antonio,

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OCTOBER



Pictured is the Leavenworth Community pool

Public hearing set on the future of the pool

In August 2018, The Upper remaining at \$0.11. Valley Parks and Recreation Service Area (PRSA) Board of Directors requested voters within the area to approve a six-year Operation and Maintenance property tax levy of 14 cents per thousand, which is a 3-penny increase --- up from 11 cents.

However, at the Sept. 11 City Council meeting, Councilmember Mia Bretz reported that the Operations and Maintenance Levy had failed due receiving only 59.1 percent of the vote instead of the necessary 60 percent to pass the levy.

So, the levy will be on the November ballot for voters, but no longer asking for the increase and instead

The public hearing, scheduled for Oct. 9 at 6:45 p.m., will give City Council the chance to weigh the public comments when deciding on the resolution of the PRSA proposition for the ballot.

"Primarily, the number one reason for approval of the PRSA ballot is to keep the pool for the 2019 season," said Joel Walinski, City Administrator.

"Quite simply, if it doesn't pass, I'm not sure what the options are but 60 percent of the operating budget does come from the levy and from the community, this area to support the operation of the pool."

Man arrested after shots were fired

According to a media fear of more shots fired nor release from the Chelan County Sheriff's Office, allegedly a man named James Brown fired a gun at several Burlington Northern Sante Fe employees on Tuesday. Oct. 23.

Coincidentally,

backward because of the railroad crossing being torn up due to construction.

Brown was booked into the Chelan County Regional Justice Center for four counts of 1st degree assault the (assaults another with a employees due to not being firearm) and four counts of

NOVEMBER



Photo contributed by US Army Special Operations Command Sgt. Leandro A.S. Jasso

Leavenworth native killed in Afghanistan

The death of a 25 year old Army Ranger who was a Leavenworth native was announced by the Department of Defense. Sgt. Leandro A.S. Jasso died November 24 while deployed in Afghanistan, according to a press release by the Department of Defense.

His death was a result of wounds that were inflicted engaging with while enemy forces in Khash Rod District, Nimruz Provine,

Afghanistan. Jasso was immediately treated and then evacuated to closest medical treatment facility where he would succumb to his wounds The incident is still under investigation.

This was Jasso's third deployment where he was serving as team leader. Jasso was assigned to 2nd Battalion, 75th Ranger Regiment at Joint Base Lewis-McChord. He had enlisted in the U.S. Army in August 2012.





Photo contributed by Whitney Acheson Riley Acheson smiling in front of her hard work and photo of her and Emma Davenport.

With the help of the Light In The Valley Church members, Acheson and

community members filled 145 boxes to be later shipped out by Operation Christmas Child.

Haueter family found guilty

A Leavenworth based family, four members of the Haueter clan, had been accused of using a scheme to pocket over \$1 million for themselves under the guise of several different charities. On Friday, November 30, a King County Superior judge ruled that the family used their four charities as an deceptive scheme to solicit donations Washingtonians, from according to a press release from the Washington State Office of the Attorney General.

At a later date, the court will decide on any penalties, costs or fees. The Attorney General's Office will seek the maximum penalties of \$2,000 per violation and costs, fees, restitution and other relief. With the notion that donations would be transferred to where the charities claimed it would end up, between 2011-2017 the Haueters managed to collect \$3.6 million from donors and retained \$1.4 million for themselves, according to the press release.



able to drive forward for unlawful imprisonment.



Photo by Kalie Drago Okanogan player strides to the ball, but wouldn't make it up the field due to Cascade Kodiaks defense.

Kodiaks girls soccer next goal is state

On Tuesday, Oct. 30 the girls played no. 3 Okanogan to determine who would take the final second place within the conference.

The Kodiaks' had previously taken on Okanogan in the season both times winning with the Bulldogs leaving the field with 0 on their side of the scoreboard.

The Sept. 25 game against Okanogan ended 8-0 and the Oct. 16 game against Okanogan ended with 6-0.

The familiarity with the Bulldogs gave the Kodiaks an advantage on knowing



Once again the Kodiaks kept the Bulldogs at bay with another win, 3-0. The girls will move on to Lakeside along with the girls volleyball team to determine whether the Kodiaks will move on to state. "Our ladies have worked hard for the opportunity at post season so we are heading to lakeside to fit for a state seed on Saturday. We have an amazing amount of potential on this squad and have only shown it a couple times this season," said Stefanko.

how to decipher and assess

Okanogan's playing style.

Check out our online classifieds at cashmerevalleyrecord.com

Photo courtesy of State Trooper John Bryant The green 1999 Subaru collided with the pole outside of the Smallwoods Farm.

Subaru collides with fruit stand telephone pole

A green Subaru going eastbound veered off of Highway 2, missed the slight curve to the left and eventually struck a telephone pole in front of Smallwoods Harvest fruit stand on Monday, November 19. The driver was Ashley Harvey, a 27 year old Tualatin, Oregon based female and the passenger was 31 year old male, Joshua Jacobs, from Vancouver, Washington.

According to State Trooper, Negligent Driving.

DECEMBER

Giving back to remember a friend, Christmas Spirit

wheel.

Ten year old Riley Acheson put on her apron and began baking to sell cookies and cakes, not for any personal gain, but in honor of her friend Emma Davenport and simultaneously as a means to provide to the Operation Christmas Child.

"Emma and Riley were friends and this was part of her way to give back and honor Emma and Emma's birthday," said Whitney Acheson, Riley's mom. "She wanted to do a

bake sale, bake cookies and cakes and a lot of other things, in an effort to raise money to fill shoeboxes for Operation Christmas Child."

The pair, Acheson and Davenport, had planned to join forces for this particular project but after Davenport passed away in July 2018, Acheson didn't falter from the two's original plan to give back - instead expanded the idea to make it bigger in her friend Emma's honor.



From Stevens Pass to the Lake Chelan, Methow and Okanogan Valleys.

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North Central Washington Style

North Central Washington is the perfect destination for that special event.

Three hundred days of sunshine nearly guarantees you will have perfect weather for your event and the natural beauty of the region provides the perfect backdrop.

Hospitality is the byword for the region's tourism industry. It's the reason North Central Washington is a top vacation spot and why so many of its residents call the area home. The small town atmosphere means all the wedding details – from flowers, cakes and catering to dresses and photography – get that one-of-a-kind, hands-on touch.

The many unique options of the Okanogan Valley, Lake Chelan Valley, Upper Wenatchee Valley, Cashmere and Leavenworth areas, offer something for everyone on the guest list. The unique rural environment sets the area up as a perfect destination, it's a short drive from anywhere in the Pacific Northwest – just a few short hours from Spokane, the Puget Sound and Lower Columbia.

The forests, mountains and lakes provide the perfect setting for an elegant or a simple country ceremony. Both the newlywed couple and their guests will enjoy the surroundings. Award-winning vineyards and orchards set the agricultural backdrop that has been enhanced by a wealth of recreational opportunities.

After the vows, stick around for a honeymoon to remember. Tee off at one of the excellent golf courses, stop by one of the award-winning wineries, tasting rooms or enjoy the clean lakes and rivers nestled among the majestic Cascades.

Hiring a Photographer

For as much planning as goes into them, your actual wedding day will probably pass in a blur. So it's important to choose the right photographer to preserve memories for you to look back on. Keep reading for tips on choosing just the right photographer to preserve your special day.

Do

Ask for a portfolio. A photographer's portfolio showcases their best work. Ask to see a complete wedding set to get a better idea of how the photographer operates. Look for uniform quality in the shots and see that the photographer's style matches your own.

Come armed with questions. Typical questions should include if the photographer shoots digitally or with film, if they charge extra for travel or parking, and if there will be a written agreement for your events. Hint: There should be.

Scour that quote. Be on the lookout for extras that you don't need, like extra prints or a CD copy of your album. Don't be afraid to ask to sub those items out for things you would like, such as a parents album or personalized thankyou cards.

Don't

Take the cheap route. A professional wedding photographer costs money. Don't ever rely on Cousin Ed to take professional-grade shots (unless, of course, he is a professional wedding photographer. Then, if he offers, go ahead.). That said, go over your contract carefully to make sure your expectations and your photographer's talents align.

Overlook venue rules. It may sound silly to you, but venues usually have those rules for a very good reason. Sure, just one little wedding full of flashes won't hurt the priceless artifacts behind your church's altar, but think of a whole season's worth of flashes, several times every Saturday.

Prioritize product. Pay for the photographer, not the goods, says the International Society of Professional Wedding Photographers. Who cares if you have giant canvas prints of your big day if you can't stand to look at them?





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Beecher Hill House

Going Big

 ${f S}$ pring's biggest wedding trend is just that — big. Gone are the dainty, delicate touches of seasons past and in are big blooms, big bows and bold colors, says Harper's Bazaar.

Here are a few ways to take your spring ceremony to the next level.

Blooming Dresses

Designers are opting for big flowers, but not in the bouquet. Instead, look for posies as part of the gown itself. Rich embroideries, plush appliques and as breathtaking accents were all spotted on designer runways. Remember, though, if you've got a giant geranium on your hemline to keep the flora toned down elsewhere.

Tone Up

Also spied on the catwalk: More bridal options than ivory or white. Perennial favorite designer Vera Wang showcased gowns in nude, violet and even bright red. Brides magazine says other designers turned their palettes purple and sent out a variety of pale lavender pieces.

Glitz and Glam

New gowns also offered up lots of dazzle in edgy metallic silhouettes. Also on trend: cascades of feathers, roaring ruffles and oversized bows. Again, with bold styling, remember to keep the rest of your ensemble simple to avoid looking too over the top.

A Variety of Shapes

Wedding dresses aren't just waist-cinchers anymore. Try on a new shape like a swingy, flowy trapeze or a gown with

sparkler.

at InStyle.



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an empire waist. These dresses are often easier

to wear and require fewer your bridal shop to point

layers than your more traditional gown. Ask

you to a unique waist and length to flatter your shape.

B2

Trends in Wedding Rings

Here are a few of the top engagement ring trends from the folks

his year's engagement rings go way beyond the classic

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Twice as Nice, Bands and Stones

If one giant diamond is good, two must be better. For the chicest of rocks, put two stones on one single band. Or, keep the single stone and choose a ring with a double band, lined in diamonds or not, your choice.

Gem Dandy More couples are ditching the traditional diamond for colored gemstones like sapphires, rubies and emeralds. Making the switch may get you a bigger stone for your money and speak to a bride that makes her own lane.

Put A Halo On It

Halo effect rings have smaller diamonds ringing the center stone, often making it look larger than it is. Work with your jeweler to find the perfect diamond to accent this unique setting.

Pure Pear

This year's hottest diamond shape is the pear.

A pear diamond, the Gemological Institute of America says, consists of the head (the bottom), the shoulder (where it starts to move toward the point), the belly (the middle), the wing (as the diamond tapers) and the point.

GIA says the perfect pear has gently rounded shoulders and wings. Wings should form attractive arches so that the stone doesn't look too narrow or too short.



Maximize your Flower Budget

Next to your dress, flowers are perhaps the most visible part of your wedding. According to Brides magazine, you should be budgeting around \$3,000 for your big day's blossoms. For that kind of money, you need to be careful who (and what) you pick. Here are some tips saving some green on your wedding flowers.

Think Seasonal

Ask your florist to work with seasonal foliage to not only give your wedding a sense of time and place but also to save on your budget. If you just have to have that special, costly flower, go for it, but ask the florist to keep it minimal and mix in other, less expensive blossoms.

Pump Up the Volume

Go for flowers with large, showy blooms instead of lots of smaller stems. Florists may also opt to mix in structural pieces like branches to make arrangements look fuller. Give the florist their head, but also reiterate that you're on a budget.

Go Big, But Just Once

If your heart says flowers everywhere on every surface but your wallet says bud vase, see if your florist can make one big show-stopping arrangement and deploy it effectively. Place this bad boy in one key area and opt for smaller, lessexpensive arrangements elsewhere.

Reuse

Have the florist recycle ceremony flowers at the reception. And, when possible, use the venue's own natural beauty to accentuate the blooms. Use lighting or other decor to add some umph to what you can afford, and guests won't notice what's not there.

Get Creative

Instead of giant floral centerpieces on tables, mix in smaller arrangements with things like personal keepsakes, pictures, candles or other items for a cozy, intimate feel. Consider using plants, too, instead of cut flowers for a savings.









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Catering on a Budget

he source of many a bridal headache, catering and menus may make up a huge chunk of your wedding budget. Ask these questions to pull off a stunning smorgasboard while staying within your budget.

Are you licensed?

This means your caterer hasn't run afoul of your state's department of health (not today, ptomaine) and also carries insurance. If the caterer is also providing bar service, make sure they've provided for your state and venue's rules about alcohol.

Do you have references?

Talk to at least two references, preferably those that have had a similar style wedding or a similar number of guests. Ask particularly what it's like to work with the caterer and what their personality is like.

What kinds of cuisine do you specialize in?

It should go without saying, but don't hire someone who is known for their traditional American fare to lay out a sushi spread. If you've always dreamed of having a certain

cuisine at your wedding, go for a caterer that specializes in that,

Is the meal full service?

This means the caterer will attend to table settings, drinks and cleanup. If it's not, be prepared to hire more staff and arrange for these things on your own.

Is there an additional fee for special requests? Someone there is going to be gluten-free or vegan or require other special meals. Ask the caterer if they can do that and, if so, if there's an extra charge. Make sure to leave room in

Can I see serveware, table settings, linens, salt and pepper shakers, etc.?

your budget.

If your caterer offers these services, make sure to lay eyes on them before the big day. That way you can be sure the plates and tongs are up to your standards. If the caterer doesn't bring these things, you'll need to know so you can leave room in the budget for rental, either from your venue or a separate company.









2019 Wedding Directory Shopping Guide

Beecher Hill House

Central Washington's Premier Event Venue. Set amongst orchards, vineyards, and magical views of the valley, Beecher Hill House is a remarkable backdrop for your wedding. We believe a wedding should be without worry, that the focus should be on the bride and groom. Our all-inclusive experience offers a full complement of event services and our exceptional staff will help create a wedding of a lifetime. The Bridal Suite is set among large, bright windows, with ample light and amazing views, allowing the bridal party to get ready in ultimate luxury. The Private Groom's Club, complete with bathroom, bar, foosball, and TV, is where our grooms and their groomsmen can prep and relax before the festivities begin. Please call 509-548-0559 or info@beecherhill.com for availability.

Bumfields Party Rental & Supply

Delivering exceptional service to North Central Washington, saving you time for family, friends and guests. Quality tents, tables, linens, chairs, lighting, dance floor, wine barrels and bar tops. Offering a beautiful selection of dishes, flatware and glassware- stem and stemless wine- cocktail, pint and pilsner glasses, goblets and mugs. Please visit our website www.bumfieldspartyrental.com for our full inventory, rental and pricing information. Email bumfieldspartyrentals@ gmail.com or call today at 509-470-6200. Reserve your wedding items today!

Cake Chic Studio

We're a true boutique-style wedding cake company. Specializing in one-of-a-kind, award-winning wedding cakes and offering a full menu of mini desserts including French Macarons. Our wedding cakes have been featured in Seattle Brides Magazine, Best Cake Featured in The Haute List east of the Cascades, and Food Network Cake Wars Winner. Let Cake Chic Studio create your fabulous reception cake - we inspire to exceed your imagination and create a display your guests won't soon forget! Let Jodi create your dream dessert. Please visit our gallery at cakechicstudio.com.

Cashmere Pioneer Village & Museum

Celebrate this important day with your family and friends on the lovely grounds of the Cashmere Museum's charming Pioneer Village. Whether you are planning a wedding ceremony, or scheduling a photo shoot, this outdoor venue offers the perfect backdrop for an unforgettable experience. Weddings

may be formal or informal, large or small, and equine friends are even welcome! The space includes a park-like setting, certified kitchen, and a covered picnic pavilion. Near a number of popular reception spaces and just off Highway 2, our parking lot can accommodate shuttle buses. Please contact us at 509-782- 3230 or info@cashmeremuseum.org for more information.

Clarks Jewelry

Family owned and operated since 1977, Clarks Jewelry, at 123 Palouse Street, Wenatchee, offers a vast array of wedding and engagement rings as well as watches and clocks. Although diamonds are our specialty, a variety of colored gems, including rubies, emeralds, sapphires and opals are also available to make that custom setting sparkle. Let us help you choose the gift that lasts forever. Complete jewelry services, including appraisals, watch and jewelry repairs and watch battery replacement are also available. For all jewelry needs, just give Mike or Angela a call at 509-662-8521 or stop by our showroom.

Darnell's Lake Resort

At Darnell's Lake Resort, situated on the sandy shores of Lake Chelan, you can have your wedding ceremony at the Beach Court, on the sandy beaches, or on the expansive lawn spaces. Our Lakefront Cabana and Beach Court are perfect for your reception of up to 125 guests. Darnell's Resort is situated on over four acres, including over 300 feet of waterfront, offering plenty of green space and sandy beaches for your event. Darnell's is located within the Chelan city limits, and walking distance to downtown shops, restaurants, and other recreational opportunities. Make your special day like a dream!

DJ Shelda

Getting married? Having a party? If you want great music to energize your crowd and make your event memorable, then DJ Shelda is the perfect choice. With over 15 years under her belt, she brings knowledge, experience and professionalism to you. Playing music that you request, on professional sound equipment, will help make your upcoming event flawless. Visit DJ Shelda's portfolio for more information, including estimated prices, at djshelda.com, djshelda@ gmail.com, find me on facebook, or call 509-670-0242.

Glaze Bakery

Since opening in 2012, Glaze Bakery has grown a loyal following of customers in NCW looking for fresh scratch pastries, savory breads and mouth-watering lunch counter of ferings. Owners Jim and Jenifer Eakle like to try new and creative things. Julie Taylor the cake decorator for Glaze, has 19 years experience and it shows in the amazing cakes she decorates. Together we can help with any celebration being planned. The Glaze staff will work with you to provide specialty cakes, pies, cheesecakes, cookies, donuts, even breakfast or lunch catering for the bridal party, all at an affordable price. Call (509)888-4592 for a free consultation, taste our difference and share your dream. Full menu at Theglazebakery.com or visit our 2 locations, now in Wenatchee and East Wenatchee.

Icicle Village Resort

Welcome to the Icicle Village Resort in the majestic Cascade Mountains where you are close enough to touch the mountains. We have tried to think of everything for your special occasion: a variety of indoor & outdoor venues, full service catering as well as a professional pastry chef to craft your wedding cake. Our professional staff is here to help with all of your details. Visit Alpine Spa, our onsite full service spa for hair, makeup and nails, as well as a variety of massage and facial services. There is something for everyone here! Call 855-888-2272.

Kashmir Gardens

Kashmir Gardens is locally owned and operated and would love to help you create the perfect floral arrangements for your wedding. Our floral shop has more than 35 years of experience in designing and making floral arrangements that are true to your style and are as special as your big day. Call up today to have a consultation on how we can make your day magical with flowers. From your tables to your decor to your stroll down the aisle, we want to be there for you! Call Sherrie at 509-782-2071 or kashmirgardenswa.com.

Nancy's Party Rentals

Don't miss our JANUARY DISCOUNT! 20% off all table, chair, dishware, glassware, silverware and linen rentals for 2019 reservations placed with a deposit in January. Choose Wenatchee's most reliable rental company to take care of your special events this year. Whether planning a backyard picnic for ten or a sit down dinner for 500, we have the equipment, expertise and desire to help with all your rental needs. Visit our store in Wenatchee or find us online at www.nancyspatyrentals.com.

The Sunshine Ranch

Offering a one-of-a-kind country setting with an early 1900's barn for indoor and outdoor weddings and events in Wenatchee. The view is spectacular all around with the Enchantment mountain tops visible in the distance. Little features such as an old country fountain, an old tree house and rope swing, a stunning canopy of trees adding shade or open lawn, and blue morning glory vines set the mood for any event. The barn opens to each side for natural flow from the patio to a charming deck that faces the pasture and surrounding orchards. Visit TheSunshineRanch.wedding for more information and photos. Where love meets and magic lasts forever.

Two Chefs Catering

We are committed to helping you create the event of your dreams. Our clients know that we are food fanatics with a passion for perfection and a wide variety of delicious cuisine. Whether it is an hors d'œuvre party, a grand or intimate wedding, Two Chefs Catering provides superb food and exquisite, professional service allowing you to relax and enjoy your event. We are here to work with you on your budget and desired outcome to help make your event the best it can be. Please visit www.twochefs.biz for more information and sample menus.

On Trend: How Sweet it Is

On Trend: Jump In

he wedding jumpsuit is officially a thing for 2019. If you're a bride who bucks tradition and loves a good tailored trouser over puffy layers of tulle, you're in luck this season.

Nothing has more potential for complications on your wedding day than the towering cake at the end of the reception hall.

They make entire TV shows about building (and moving) what may be the largest cake you'll ever have to buy. Make your wedding shine and stay on the cutting edge with these cake trends.

Going Up

Towering cakes are hot right now, says American Cake Decorating, and brides are soaring past two- and three-tier cakes for eight- or nine-tiers of sugared bliss. These cakes come with serious logistics issues, though. Make sure your baker is comfortable making (and moving! Did we mention moving?!) such a tall cake, and that your venue will make this as easy as possible. Read: Please don't make anyone bring a nine-tier cake up five flights of stairs.

Color is White Hot

Gone are pale pastels and blinding white icings. In are deep, moody colors and shining metallics. Look for ways to add shine with edible pearls and dramatic, elegant frosting colors. If you're going bold, balance it out with a simple, elegant cake shape and style. There can be too much of a good thing.

Get Naked

Not like that. Naked cakes are the hottest of hot trends and feature cakes with little to no frosting and exposed



edges and sides Ask your baker to use buttercream for this application, which is a tad more heat friendly that heaps and swirls of frosting. Naked cakes also allow for the flavor of cakes and fillings to shine through. Make sure your baker makes an A+ cake and also take the opportunity to have fun with your filling. Designers at all budget levels are jumping on board with a jumpsuit for every taste and style.

Traditional

OK, so the jumpsuit may never be strictly traditional, but Brides magazine says the tradition-loving, jumpsuit-seeking bride should look for options in white or ivory with lace. Be sure to pick a suit that's lined for modesty's sake.

Minimalist

For the no-fussiest of no-fuss brides, it's all about the fabric. Look for a simple silhouette in satin, let's say. But with minimal details, what there is must be on point. Craftsmanship, especially in small details like pleating and straps, should be perfect. Ask your bridal shop for options and alterations for the best wedding-day fit.

Bohemian

Go boho with lots of texture and embroidery. A flowy, romantic jumpsuit also pairs perfectly with the outdoor ceremony, so feel free. Wide leg versions mimic a skirt, but you can also find plenty in cropped lengths to let you shake a leg on the dance floor.

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Small World

If big isn't your thing,

cut out the cake and go

for a small dessert table

filled with the couple's

favorite treats. Pies?

Yup. Cookies? There.

Fresh berries and cream?

By the spoonful. This

presentation offers up lots

of variety and also makes

for a heartwarmingly

personal reception.

Dress or Pants? Both!

If you can't make up your mind, look for a jumpsuit with a detachable skirt. On for the ceremony, off for partying it up at the reception. Make sure your maid of honor or bridesmaids

know how to work the detachable skirt and that you'll have a place to stash it while you party.



Classifieds





StatePoint Media

Trump signs 'Early Action' Stocking your Cabinet hydro provision into law

CHELAN PUD NEWS RELEASE

WENATCHEE

Hydropower projects just got a boost from Congress with the passage of S. 3021, the America's Water Infrastructure Act of 2018. The bill, signed into law by President Trump, includes an important provision that will spur investments in existing hydropower dams. Chelan County PUD has been seeking the legislative change for five years as it prepares to relicense the Rock Island Dam.

"Hydropower faces new opportunities and challenges as demands on the electric system change," Chelan PUD General Manager Steve Wright stated. "Congress has recognized that it is good public policy to encourage hydropower licensees to make new investments

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during the existing hydro license term, rather than waiting for relicensing. This provides value to Chelan PUD utility customers by protecting our long-term investment in Rock Island. It also allows us to discuss other actions we can take, in advance of relicensing, with stakeholders that are willing to make early commitments," he added.

The bill directs the Federal Energy Regulatory Commission (FERC) to weigh early investments at hydropower projects when deciding the length of the next federal operating license. Under the Federal Power Act, license terms are between 30 - 50 years. In 2017, FERC issued a policy stating that most new licenses will be for 40 years - with the potential to earn a 50-year license under certain conditions. However, there was still uncertainty around the types of investments that might count. The new law ensures that "... redevelopment, new construction, new capacity, efficiency, modernization, rehabilitation or

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replacement of major safety equipment, improvements, or environmental, recreation, or other protection, mitigation, or enhancement measures . . ." can help earn a longer license term.

The provision was part of a larger bill that passed the House by voice vote and the Senate by a recorded vote of 99-1. The hydropower section received active, bipartisan support under the guidance of Washington legislators Senator Maria Cantwell (D-WA) and Representative Cathy McMorris Rodgers (R-WA). These lawmakers, who serve on the energy committees in the Senate and House, have worked on the "early action" concept in various forms over the past several years in an increasingly pro-hydro Congress.

"Senator Cantwell and Representative McMorris Rodgers are leading the nation on hydropower issues that make a real difference here at home. We would like to sincerely thank them both for championing this issue," said Wright.

SOLD

ited description

for the Flu Season

Flu season is here, so this week I checked the inventory of my medicine cabinet to make sure we were ready for cold and influenza symptoms like fever, muscle aches, cough, stuffy nose, sinus pressure, and runny nose.

The medicines I always have on hand for flu season are: 1. Delsym[®] for relief of

cough. contains Delsym® а concentrated form of dextromethorphan (DM), the same active ingredient as in Robitussin DM®. Unlike Robitussin, each concentrated dose of Delsym® lasts for 12 hours, from morning to evening, and is nearly as effective as prescription cough medicines containing codeine. However, unlike codeine. DM doesn't cause drowsiness, so it is safer to use when driving a car or

working around machinery. 2. Tylenol[®] for fever.

I prefer the extra-strength 500mg acetaminophen tablets for headache and fever over ibuprofen or naproxen because acetaminophen is less irritating to your stomach, especially when you are sick and chicken soup is all vou're able to stomach.

We won't be running out of acetaminophen (Tylenol®) any time soon because we still have the extra-large bottle from Costco® my husband brought home earlier this year. The supersized bottle doesn't fit the shelves in our medicine cabinet, so I also keep a smaller bottle of 100 acetaminophen tablets instead, refilling it when needed from the large bottle I keep in a nearby closet.

To protect your liver, never take more than the maximum daily dose of acetaminophen, which is 8 extra-strength tablets (4 grams) daily. In the elderly, the recommended maximum dose is 3.1 grams, or 6 extrastrength 500mg tablets.

3. Aleve® for body aches. The influenza symptom that

puts people flat on their back in bed or on the sofa is severe



muscle aches. Sometimes I swear that a mysterious assailant has snuck in and beat me with a baseball bat while I was sleeping.

Naproxen (Aleve®) is my go-to for muscle aches because each dose lasts 8-12 hours, twice as long as the 4-6 hours of relief of ibuprofen, so I don't wake up in the middle of the night when my dose of ibuprofen wears off.

NSAIDs like naproxen and ibuprofen are usually more effective for body aches than acetaminophen, but can harm your kidneys if you take them while dehydrated and can cause stomach irritation and bleeding. People who take blood thinners like warfarin, Pradaxa[®], Xarelto[®], Eliquis[®] and Plavix[®] (clopidogrel) need to be especially cautious to avoid stomach bleeding. To reduce both stomach irritation and the risk of developing an ulcer, you should ALWAYS take anv NSAID with either a full glass of water or fluid or take them just after a meal.

4. Sudafed[®] for sinus and nasal congestion.

I only buy the formulation of Sudafed® that contains pseudoephedrine, preferring the red coated 30mg tablets over the white 60mg pressed tablets, both of which are only available "behind the counter". It's worth the hassle to have a decongestant that actually works.

5. Actifed[®] for runny nose and sneezing.

Most of us have occasionally had to put up with a runny nose or bouts of sneezing. But if you were a surgeon with a head cold, you really wouldn't want to drip or sneeze on your patients. As a hospital pharmacist, I would take urgent calls from the surgery department, requesting something to dry up the drippy nose of an afflicted surgeon or

scrub nurse. Before we had the prescription-only Atrovent® nasal spray which dries up a runny nose in a flash, we sent them a couple of tablets of Actifed®, a surprisingly effective combination of antihistamine and decongestant.

The behind-the-counter decongestant pseudoephedrine relieves stuffiness while the antihistamine triprolidine stops the drips and decreases sneezing. Triprolidine has another benefit: unlike its cousins diphenhydramine and doxylamine it rarely causes drowsiness, so our afflicted surgeons didn't have to worry about nodding off in the middle of performing a hip replacement. Today I buy my Actifed® behind the counter.

6. NvQuil® for multisymptom relief at night.

While I prefer single ingredient products to treat specific symptoms, when my husband gets sick he wants "something to knock me out so I can get some rest."

The green original flavored and red cherry flavored original Nyquil® contained acetaminophen for fever and aches, dextromethorphan for cough, pseudoephedrine for stuffy nose and sinus pressure, and the sedating antihistamine doxylamine, along with 10% alcohol to help you sleep.

After pseudoephedrine was banished behind the counter in 2006, Nyquil's formula was updated to include phenylephrine, with more than 4 variations available today. Nyquil[®] Severe Cold and Flu remains closest to its original formula.

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. ®2019 Louise Acheu



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