

Chelan County Commissioner race

Bob Bugert
versus
Shon Smith




Too close to call More election results
See Page 2



Photo courtesy of Chris Cloakey

The herd of community members begin to hit their stride at the 5k.

Crowded Peshastin resident turn out at Community Council election

BY KALIE DRAGO
Echo Reporter

The last few months have been chock full of sincere pleas from fellow citizens to vote along with email inboxes being plagued with politicians last ditch effort to have voters plug them in for their pick.

Election Day was on Tuesday, Nov. 6, if somehow one missed the commercials, signs and reminders to vote. However, another vote occurred two days later on Thursday, Nov. 8 at 7 p.m. for a smaller scale, albeit important, election. The Peshastin Community Council held an election for two open positions on its council at Peshastin Memorial Hall at the regularly scheduled monthly meeting.

“We’re the primary communication link for the community and any organization or agency who have a say over what happens in Peshastin,” said Peshastin Community Council chairman Steve Keene.

This particular entity consists of seven individuals whose main purpose is to be a source of communication between the Peshastin community and outside agencies from Wenatchee, Chelan County and even the State of Washington. In short, they serve as representation for solely the Peshastin area and the residents that inhabit it.

The group put together the Urban Growth Area plan in 2008 and have intentions to update that within the year. Assorted events in the Peshastin area such as the Ice Cream Social in July, the Peshastin Pancake Breakfast with Santa and the Earth Day clean up project are sponsored by the community council.

“We have monthly meetings and help plan events, discuss ideas and how to improve, then present those to related agencies,” said Keene. “(We) get people involved in the community and help grow and develop the area,” said Keene.

There were four candidates that volleyed for a chance to be a voice that echoed the needs of those within the Peshastin limits.

Doug Clarke and Tricia Ortiz are the two members up for re-election and both have deep roots within the Peshastin community. Clarke’s family were early settlers here and Ortiz grew up in Peshastin.

SEE PESHASTIN ON PAGE 4

DECA promotes activity without technology

BY KALIE DRAGO
Echo Reporter

The 21st century is an era that has society often times staring at a screen. It’s an era that is plagued with an unquenchable desire to use social media as an instrument to simultaneously dramatize and romanticize aspects of our generally mediocre life. Technology is our society’s favorite guilty pleasure. Cashmere High School’s DECA program worked to combat this new societal norm of being addicted to our screens.

Most people sign up and make profiles as these one dimensional caricatures of ourselves. We edit, filter and skew the entirety so that our profiles show only the highlights via Instagram or the funny blooper reel via Snapchat. Apps like Tin-



Photo by Kalie Drago

Pictured are the three girls who put together the “Unplug-Recharge” 5k and Nature Hunt, Aimie Martin, Lauren Asmussen, and Katie Martin.

der took the phrase ‘plenty of fish in the sea’ and essentially made a digital aquarium for us to survey all

options at once. Even texting has become a cop out to avoid eye contact and small talk with that acquaint-

tance passing you in the grocery store aisle.

Saturday, Nov. 10 at 11 a.m., the Cashmere High School DECA, part of Public Relations called Replug-Recharge invited the surrounding communities to come out to Walla Walla Park for a free 3k and Nature Hunt — a chance to neglect their phones in exchange for being active. The first 80 people to arrive not only got a chance to look up from their screens, but a free shirt as well.

The event was formed by a trio of girls, Aimie Martin, Lauren Mussen and Katie Martin who were students in a Project Management class. The 3k and Nature Hunt was a kickoff campaign for the entire Replug-Recharge project and attracted local awareness to the project.

“The students felt strongly about

SEE UNPLUG ON PAGE 3

Front Street Gazebo hosts Veterans Day assembly

BY KALIE DRAGO
Echo Reporter

Two days prior to the actual Veterans Day, students of Cascade School District had an allotted time on Friday, Nov. 9 at 1 p.m. to honor and pay gratitude to the local heroes — the veterans within their community.

All of the schools from the giggling Peshastin-Dryden Elementary six year olds to the towering Cascade High School seniors, gathered around the gazebo on Front Street to participate in the Veterans Day assembly. The City of Leavenworth shut down Front Street solely so the students could partake in the ceremony and engage with their local veterans.

“The main importance of students acknowledging Veterans Day is that, aside from being a legal requirement for schools to provide additional educational opportunities around Veterans Day, I believe that observing celebrations and holidays is an important part of learning about our country’s history and culture,” said Mike Camp, who has organized the assembly for Osborn for 16 years. “Veterans Day is a day to not only honor those who served, but to mourn for those who lost their lives service to our country.”

Not only were students in attendance, but veterans and Leavenworth residents were invited to the gazebo. Several members of the community and veterans joined the students and was an opportunity for the younger residents of Leavenworth to interact with those who have served our country.



Photo by Kalie Drago

The Cascade School District celebrated Veterans Day with the Cascade High School choir singing patriotic songs.

“My hope for a takeaway for students is that they get to meet local veterans and hear a little bit about their service. I hope that students will walk away with a greater understanding of service to community and nation and an appreciation for those who have given of themselves in service to a greater good,” said Camp.

This was not only a learning opportunity, but a

chance for students to engage, brush shoulders with and pay respect to those within their own city limits that served their country.

“I also hope that students will see that there are ‘heroes’ in our midst and that heroes can be more than those elite athletes musicians and public figures they watch and listen to in the media, but also their neighbors, friends and relatives,” said Camp.



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AA Meeting Schedule

Information numbers for AA:
509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-219-3379
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.)
Icicle Valley Chapter of Trout Unlimited, 6:00 p.m., Kristall's Restaurant. Call Dave Moazed, 548-0903. (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 Hessel, president. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st & 3rd Thurs.)
Peshastin Water District, 4 p.m., Peshastin Memorial Hall. Call Abby Bergren 548-5266. (2nd Thurs.)
Autumn Leaf Festival Installation Dinner. 6 p.m., Alley Cafe. Bill Forhan, president. 670-1837, or ALFA secretary, Carol 670-1723. Nov. 15
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.)
Leavenworth Mosquito District board meeting, Chelan Co. PUD building, Jenny Mullins, 548-5904. (1st and 3rd Mon.)

Tuesday
I.P.I.D. Meeting, 8 a.m., Anthony "Toni" Jantzer, 782-2561, meeting at Wescott 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, 548-4807. (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.

Leavenworth

Christmas Crafts
Tables rentable for \$35 at the Leavenworth Senior Center on Dec. 1 and 8, 9-3 p.m. To reserve a table or ask questions call 548-6666 or 548-0985. (e 45,46)

Leavenworth Soccer Club General Meeting
Monday, November 19 at 6 p.m. at Kristall's Restaurant, 280 US Hwy. 2. (e45,46)

Walk-in Community Legal Clinics
For those with legal questions the Chelan Douglas Volunteer Attorney Services will provide legal help and next steps. Held on the 4th Wednesday of the month, Nov. 28 at the Leavenworth Senior Center. It's first come, first served for low income and those who live in or have a case within Chelan or Douglas county. Sign in at 3 p.m. and bring any related documents. 663-2778 for

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.
November 15, Thursday: Swedish meatballs, pasta, glazed carrots, Caesar salad, cherries & pineapple, WW bread or roll, and dessert.
November 16, Friday: Baked potato, buttered corn, broccoli salad, chilled pears, garlic bread and dessert.
November 19, Monday: Salisbury steak with mushroom gravy, mashed potatoes, mixed vegetables, carrot raisin salad, WW bread or roll, and dessert.
November 20, Tuesday, Sloppy Joe sandwich, coleslaw, fruit salad and dessert.
November 21, Wednesday: Roast turkey, sweet potatoes, stuffing & gravy, green beans, cranberry salad, WW roll and pumpkin pie.

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

ICICLE CREEK THIS WEEK

Quincy Jones protégé to jazz it up at Snowy Owl

JAMIE HOWELL
Jazz pianist Justin Kauflin brings his dog, Candy, onstage for most concerts. That's because she's his eyes. Kauflin hasn't been able to see the piano keys beneath his nimble fingers since losing his sight at the age of 11. But that hasn't stopped him from becoming a world-renowned recording artist under the label of the legendary Quincy Jones.

Kauflin and Candy are in Leavenworth this week, working with music students in local schools, presenting a **free workshop** for area musicians and jazz aficionados on Thursday evening, followed by a **live performance with his trio Saturday night.**

Kauflin says that, since losing his sight, his visual life is full of vibrant, psychedelic colors that shift and change as he moves through the world. He describes the music on his latest album as a "sonic painting" of what he's "seen" on his travels around the globe.

I recommend a viewing of the award-winning doc **"Keep On Keepin' On"** which chronicles Kauflin's mentorship by the late, great trumpet player Clark Terry. And then I recommend you don't miss this show.

You can **register for the free workshop** or **purchase tickets to the live performance at icicle.org** or call the Icicle Creek box office at (509) 548-6347, x1.



NOV. 17, 7PM
JUSTIN KAUFLIN
sponsored by
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more info. (er 45, 46).

Night at the Leavenworth Nutcracker Museum
The Board of Directors of the Leavenworth Nutcracker Museum cordially invites all residents of the Cascade School District to "A Night at the Museum" on Tuesday, December 4, from 5 p.m. to 7 p.m. This is a free event for our local community. Bring children, grandchildren and neighbors. Enjoy the colorful and fascinating nutcrackers in the museum. Take your holiday photos with the giant Mouse King or Karl, the museum mascot. Enjoy refreshments and go on a nutcracker hunt! Certainly this will get you into the holiday spirit! (e, 46,47,48)

Book signing at the UV Museum
Join us for a book signing for Susan Butruille's new Book, "Voices from the Oregon Trail" Saturday November 24 at 4 p.m. at the Upper Valley Museum, 347 Division St., in Leavenworth for wine and chocolate and narration by this award winning author. (e46,47).

Regional

Cascadia Conservation District Board
The Cascadia Conservation District Board meeting will be on Tuesday, November 20th, 3:30 p.m., in the Upstairs Conference Room at the Wenatchee World Building, 14 N Mission St., Wenatchee. For more information, call the District at 436-1601.



Photo by Kalie Drago
Aimie and Katie Martin pass out T-shirts to the first people to arrive to the event.

Unplugged: Techless fun

CONTINUED FROM PAGE 1

the fact that people spent too much time on devices and not enough time outside," said their advisor, Chris Cloakey.
Martin, Mussen and Martin helped their community members register and passed out light blue shirts to the first 80 participants.
The 5k and Nature Hunt both started at Shelter #1 in Walla Walla Park where they were greeted by the enthusiastic students, balloons and free t-shirts. Both Cashmere families and Cashmere High School students and staff gathered at the starting line, with phones tucked away.
The 3k and Nature Hunt was an opportunity to get face time (instead of FaceTime) with other locals and get a breath of fresh air before the temperatures really drop.

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The “Most Wonderful Time of the Year!”

SUBMITTED BY ALLISON M. BERGSTROM
Leavenworth Village Voices

“Come on, it’s Christmas!” From the first number in this year’s lineup from the Leavenworth Village Voices, the excitement and anticipation of the Christmas season is contagious.

With a record number of some 40 singers, Leavenworth’s hometown community choir is bursting with energy and excited to share the joy of Christmas with locals and visitors alike.

Music selected for this year’s Christmas concert series includes traditional and sacred holiday favorites that will delight concert-goers of all ages. New medleys weave together Christmas classics such as “Jingle Bells” and “Deck the Halls” with unexpected twists, including a jazzy “Jolly Old St. Nicholas” and a catchy “O Christmas Tree” rumba.

Variations on familiar carols from England, Ireland, France, Germany, Ukraine, and the U.S. will evoke warm memories of Christmases past. Some new audience favorites are sure to be “The Coming of the Lord,” “All on a Silent Night,” and “All My Heart This Night Rejoices” in the second half of the program. They are guaranteed to inspire and send the audience out the doors spreading the peace,



File photo
Larry Henderson will again direct The Leavenworth Village Voices in holiday performances. The first performance is Friday, Nov. 30 at 7:30 p.m.

hope, and love of the season.

The Leavenworth Village Voices will feature local talented musicians as part of the program. Featured artists include the Leavenworth Christmas Brass, Amy Albright on hammered dulcimer, Dan Spencer of Lacey, WA on folksy guitar, and Leavenworth pianist Steve Morton. The Leavenworth

Village Voices Ladies Ensemble, a subset of the choir founded in 2015, also will perform.

Larry Henderson is directing the choir for his eighteenth season. Jennifer Sidebottom will accompany the choir on piano and direct the Ladies Ensemble, for which she also arranges music. Actor and audio book narrator David Heath

returns this year to emcee the performance.

A Leavenworth Village Voices concert would not be complete without its tradition of a “Hallelujah Chorus” sing-along with the audience to close the show (and Christmas cookies served during intermission!).

Leavenworth’s community choir strives to improve the quality of its concerts each and every year. High quality performances and recruitment efforts helped to draw a record number of new members this year. This talented group is excited to share its rich sound and enthusiasm to sing the music of Christmas into your hearts.

The Leavenworth Village Voices was founded in 1982 as a nonprofit organization dedicated to enriching the community and visitor experience by promoting choral music and traditional Bavarian songs. The choir contributes to Leavenworth’s Bavarian theme and festive atmosphere and provides an opportunity for locals to sing in a professionally-directed choir.

Don’t miss your opportunity to attend a Leavenworth Village Voices concert this year. If you haven’t attended a “Christmas in the Mountains” concert in recent years, it’s time to come back and be filled with the Christmas spirit!

Performances are Friday, Nov. 30, at 7:30 p.m., Friday, Dec. 7, at 7:30 p.m., and Sunday, Dec. 9, at 1 p.m. at the Leavenworth Church of the Nazarene, located at 111 Ski Hill Drive.

Tickets may be purchased in advance by credit card at the Leavenworth Chamber of Commerce (509-548-5807) or via cash or check at the door. Prices are \$20 for an individual ticket and \$50 for a family of four (two adults and two children). Children five years and older are welcome to attend.

You may also hear the Leavenworth Village Voices perform at Calvary Crossroads Church in Wenatchee on Saturday, Dec. 15, and at the gazebo during the Christmas Lighting Festival in Leavenworth on Sunday, December 16. Small groups of choir members will lead caroling in the streets in downtown Leavenworth during each of the Christmas Lighting Festival weekends.

For more information about the Leavenworth Village Voices or how to contact them to sing at your special event, find them on Facebook or at www.leavenworthvillagevoices.org. Don’t miss out on the “most wonderful time of the year!”

Allison Bergstrom is a member of the Leavenworth Village Voices.

Cashmere Community Concerts Presents Whiskey Deaf

SUBMITTED BY CINDY JACKSON

Cashmere Community Concerts invites you to come in out of the cold to the warmth and excitement of the on-fire sounds of Whiskey Deaf, Saturday, Nov. 17, at 7p.m. Whiskey Deaf plays a lively mix of lesser known traditional bluegrass, old-time and early country tunes, and brings together a unique blend of styles and talents.

They are all seasoned professionals, but most importantly they share a genuine joy playing this music with one another and it comes through in every performance — we guarantee you’ll leave the show with a smile on your face!

Annie Staninec, fiddle/vocals. Annie is a uniquely gifted fiddle player, bringing driving rhythm, musicality and joyful exuberance to every performance. A huge part of Whiskey Deaf, she is center stage and captures the hearts of audiences across the globe. Annie is the recipient of numerous awards and has toured the world with artists spanning from David Grisman to Rod Stewart and is on countless recordings in a variety of musical styles.

Ethan Lawton, mandolin/vocals. Ethan covers the bulk of lead vocals and is a gifted singer, songwriter and multi-instrumentalist. He has performed on countless stages throughout the US and inter-



Provided photo

Whiskey Deaf will be performing Saturday, Nov. 17. Call (509) 548-1230 for information.

nationally. Ethan is a founding member of the acclaimed band Western Centuries, for whom he contributes many original songs and arrangements. He is deeply rooted in traditional bluegrass, but draws from other influences and repertoires as well and has crafted his own style on the mandolin and vocals that strongly define the Whiskey Deaf sound.

John Kael, guitar/vocals. John has been teaching and performing bluegrass guitar, mandolin, banjo and bass for over 20 years and is also an established songwriter — his award-winning song Handmade Cross can be heard on the Grammy-nominated album “Hard Game of Love” by Doyle Lawson. John is also the owner of the oft-used bluegrasslyrics.com.

Jamie Blair, banjo/vocals. Jamie is a lightning-fingered

and innovative banjo player, who has been wowing audiences with his pyrotechnic banjo abilities since childhood. Jamie has performed in countless bands across the country, plays multiple instruments, and can cover any singing part from bass to tenor. Jamie is also a current member of the hot new northwest band String Theory.

Dee Johnson, bass/vocals. Dee is the anchor in Whiskey Deaf, who never misses a beat, keeps it steady and appears tireless. She covers vocal parts on several tunes and keeps the band on track. Dee also currently plays with several bands including Mountain Honey, based in Portland and has performed with numerous other groups.

This music event is brought to you by the good folks of the Cashmere Com-

munity Concerts, a non-profit organization whose mission is to provide live, affordable, high quality entertainment to the Wenatchee Valley. A cover charge of \$3.00 per person at the door will help to cover expenses. Refreshments are provided.

The musicians will be paid by a onetime Hat Pass; a suggested donation of \$8 to \$11 per person will be greatly appreciated. Enjoy great bluegrass music in an alcohol free environment with concert seating.

Located at the Riverside Center; 201 Riverside Drive Cashmere, WA. Doors open at 6:30 pm. For more information call Marie (509) 548-1230 or Chuck (509) 548-8663. The Cashmere Community Concerts series can also be found on the web at www.cashmereconcerts.com.

CEF hosts “Big Event”

BY KALIE DRAGO
Echo Reporter

Dinner and new funds were served on Thursday, Nov. 8 at the Festhalle. The premature Thanksgiving feast was an event put on by the Cascade Education Foundation that would result in a direct turnaround to benefit the Cascade School District. The “One Big Event” is an annual fundraiser that gives community members a chance to be wine and dined along with participating in an auction — with the whole sum goal being to give something back to the local children.

With the promise of a dinner, a Dessert Dash, possibly leaving with a bottle of wine and an opportunity to participate in both a lively live auction and a silent one — the community piled into the Festhalle at 5:30 p.m.

“The sole purpose is to support students and staff,” said Alpine Lakes Elementary principal, Kenny Renner-Singer. “Every January, the schools and staff will turn in grant application which then the

board decides on.”

The Cascade Education Foundation is a non-profit organization and a circle of do-gooders who work to raise funds for the Cascade schools.

The program was founded after a failed double levy tracing back to 1997. The fund for the sports program was going to fall through and the Cascade Education Foundation was formed in order to keep this afloat for the school district, according to Renner-Singer.

All of the money raised trickles back into the Cascade students’ metaphorical pocket in the form of things like 3D printers, furniture that helps students move such as stand up desks and teacher training.

This organization is a reflection of sincere citizens and their commitment to the education within the Leavenworth community.

“It’s pretty rare for a school district this size to have a foundation this large supporting us,” said Renner-Singer. “All of that wouldn’t be possible without Cascade Education Foundation.”

SEE CEF ON PAGE B2

Cascade Scoreboard

Boys Basketball

Nov. 27	Cascade at Quincy 7:15 p.m.
Nov. 30	Cascade at Naches Valley 7:15 p.m.

Girls Basketball

Nov. 27	Cascade at Quincy 5:45 p.m.
Nov. 30	Cascade at Naches Valley 5:45

Wrestling

Nov. 29	Cascade at Cle Elum 6:00 p.m.
Dec. 1	Cascade at Omak 10 a.m.

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Osprey Ski Shop's Last Season

SKI SHOP will open November 15th from 10 am to 4 pm.

Saturdays only until further notice. The last season the ski shop will open. Come in and get some real deals on all ski equipment and snowboards. Rental gear is available to purchase or rent.

Located at the corner of Hwy. 2 and Icicle Rd.
509-548-6800

Community

My favorite recipe: Autumn casserole

With the holidays almost here, I want to share one of my favorite recipes. I created it over 20 years ago, and have never seen it any cookbook.

It's super easy to make, using only 4 ingredients, not counting the mashed potatoes on the side, and makes your house smell wonderful while it cooks. Since it makes our house smell like "Autumn" to us, I've always just called it Autumn Casserole.

This is a sauerkraut/onion/apple/sausage combo that is simmered in a slow cooker and served with mashed potatoes. My husband likes to eat his with mashed potatoes on the side of his plate, separated, while I prefer mixing them up by making a "well" in my mound of mashed potatoes and then pouring the casserole into the well like it was gravy. Mmmmm...

We like to change it up by varying the type of onions, apples and sausage we use. The only disappointment I've ever had was the time I tried out a heavily smoked sausage, which turned out only "okay" to us, instead of "Yum!" However, you might find that you prefer using a smoked sausage. Be creative!

Prep time: 15 minutes
Cooking time: 6-8 hours in slow cooker
Serves: 6-8 depending on size of cooker
Serve with: Mashed potatoes

The key to this recipe is the endless possible variations of the ingredients, particularly of the sausage and apples. We enjoy trying out new combinations!

The amount of each ingredient depends on how big your slow cooker is. Mine is tall and round, holding 3 layers of sauerkraut/onion/apple/sausage. You can vary the proportions of sauerkraut to the rest of the ingredients by how thick you make your layer. This is my favorite combination, but I encourage you to use your own taste to guide you.

- Ingredients:**
- * 64 ounces Sauerkraut, drained
 - * 2 medium Onions, sliced into 1/3-1/2 inch slices (like onion rings)
 - * 2 medium Apples, unpeeled, cored and sliced into eighths
 - * 4 individual Bratwurst/knockwurst/kielbasa, cut into 1/2 inch thick medallion
 - * Serve with mashed potatoes.

Ask...

Dr. Louise



Directions:

Layer 1/2 inch of drained sauerkraut on the bottom of a slow cooker, enough so that you can't see the bottom of it. Follow that with a layer of sliced onion, a layer of apples, and finally a layer of sausage. Repeat this 1-2 more times depending on the depth of your slow cooker, finishing with a thin layer of sauerkraut on top.

Cook for 6-8 hours on low or 3-4 hours on high. If it cooks for longer, it's not a big deal.

This works great as a potluck dish, and makes great leftovers, too!

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

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Cooking With Teri

Holiday cooking is one of my favorite things to do. The recipe I am sharing I served last Thanksgiving and it was a hit. It's super easy and tasty.

Triple Cranberry Sauce

1-(12 ounce) package fresh or frozen cranberries
 1 cup thawed cranberry juice concentrate
 1/2 cup dried cranberries
 1/3 cup sugar
 3 tablespoons orange juice
 3 tablespoons orange marmalade
 2 teaspoons grated orange zest
 1/4 teaspoon ground allspice

Directions

- In a small saucepan, combine the cranberries, cranberry juice concentrate, dried cranberries and sugar. Cook over medium heat until the berries pop, about 15 minutes.
- Remove from the heat add in the orange juice, marmalade, orange zest and allspice. Transfer to a bowl, refrigerate until chilled.

Teri Miller, Broker

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Lions Support World Diabetes Day, Nov. 14

SUBMITTED BY DOROTHY NILLES AND JENNETTE BRITTON
The Leavenworth Lions

Lions Clubs International started out, in 1925, to help conquer blindness and vision problems, when Helen Keller challenged them to become Knights of the Blind. Today Lions are battling many maladies, chief among them diabetes, where Lions work to educate about as well as defeat this disease.

Apart from the fact that diabetes can cause vision loss in those who have either Type 1 or 2, other physical ailments can be directly related to the disease. These include high blood pressure, heart disease, nerve and blood vessel damage, and circulation problems.

It's not a disease to be taken lightly but, alarmingly, almost 1 of 2 people with

diabetes are undiagnosed. The World Health Organization estimates that over 422 million people have diabetes and predict that by 2040 over 642 million will be diagnosed.

The website lionsclubs.org provides much needed information about diabetes. It encompasses education about diabetes screenings, diabetic camperships, and the Lions Stride program, which encourages supporting physical activities to combat Type 2 diabetes.

Whereas, people with Type 1 diabetes cannot produce insulin, Type 2 produce, but can't effectively use insulin.

The causes of diabetes are unknown; however, it is believed that Type 1 may be caused by genetics or environmental conditions where the immune system attacks insulin producing cells in the pancreas.

On the other hand, Type 2 diabetes may also be influenced by genetics and environment, as well as life style. Sedentary, overweight people tend to become diabetic whereas active people tend to be less prone to diabetes.

As a club, the Leavenworth Lions supports youngsters with diabetes by contributing over \$1000 to Camp Stix annually. This camp, for young diabetics, is designed for kids to attend camp safely.

They are in an environment with other campers who, like them, have diabetes and issues that go along with that. These kids learn they are not alone.

We budget and raise money for this effort and also the Diabetes Association. We get donations from the public during our breakfasts in the park, and our annual Roasted Chestnut Sales in December.

We also bring the Northwest Lions Sight and Hearing Van to Leavenworth annually which includes diabetes screening.

Lions Clubs International Foundation, which supports

and develops international humanitarian programs, has recently announced two goals in their fight against diabetes:

1. Reduce the prevalence of the disease
2. Improve the quality of life for those diagnosed

To do this, they are asking each Lion member to donate \$100 annually, which will provide, among other things, diabetes screenings for 18 at-risk individuals.

World Diabetes Day is Nov. 14.

Lions are not alone in educating and treating for diabetes. Others who have partnered with Lions Clubs International are Diabetes Education & Camping Association, International Diabetes Federation, Medic Alert Foundation, National Diabetes Education Program, National Eye Institute, and the World Health Organization.

The Leavenworth Lions would like to take this opportunity to thank the community for supporting us in our fight to combat diabetes.

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CASCADE MEDICAL
PARTNERS IN YOUR HEALTH

CEF: "Big event"

CONTINUED FROM PAGE 1

Representing the freshly constructed Alpine Lakes Elementary and a branch of the Cascade School District, was Renner-Singer serving as the emcee. His students and the others that wander the halls of Cascade schools would be benefitting from the dinner, auction and raffle.

"Cascade School District is the heart of the community and Cascade Education Foundation is a huge part of the success of the district," said Renner-Singer.

Getting in the spirit of Thanksgiving with eating and "giving," the fall harvest dinner was well attended and synonymous with the season. Many local businesses and individual community members contributed donations and support for the cause.



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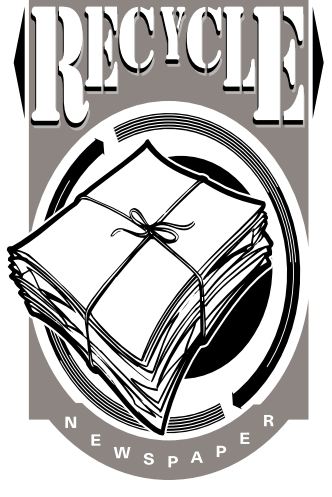
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 16. And elsewhere
 17. Opposite of bonjour
 18. **Have ___ a Merry Little Christmas
 20. MTV's "___d"
 21. Incessantly
 22. A cool ___, as in money
 23. **Should auld acquaintance be ___
 26. **Run ___ Run" sung by Chuck Berry
 30. *Co-writer of #15 Across
 31. Used tabulator key
 34. Your majesty
 35. 1965 Watts events
 37. **Rockin' Around the Christmas Tree," sung by Brenda ___
 38. Mozart and Einstein, e.g.
 39. Golly!
 40. Dry ravine, in Asia
 42. Not don't
 43. Diplomatic alliance
 45. Like empty hotel room
 47. "Fat chance!"
 48. Shenzhi of "The Lion King"
 50. Eastern European
 52. *Vince ___ Trio of "Linus and Lucy" fame
 55. Between violin and cello
 56. Rainbows and such
 57. Rumpelstiltskin's weaver
 59. Coral reef island
 60. Facebook's "psst"
 61. ___ Mann of "The Simpsons"
 62. Decades
 63. Lt.'s inferior, in the Navy
 64. **Last Christmas" duo
 DOWN
 1. * ___ Turtle Doves
 2. Not straight
 3. Post-meal sandwich
 4. Spring action, past tense
 5. Like yesterday's meal
 6. Coffee burn, e.g.
 7. Bread or cabbage
 8. Having small nodules
 9. Scandinavian war god
 10. Radio button
 11. **All I want for Christmas is ___"
 13. Bygone Spanish money
 14. R in R.E.M.
 19. Alex Haley saga
 22. ___ pie in a sand box
 23. Blacksmith's hearth
 24. Gibson garnish
 25. Fowl perch
 26. Film roll
 27. Ronstadt, e.g.
 28. Infectious particle
 29. Bank job
 32. *Like Elvis' Christmas?
 33. 10 decibels
 36. *Deck'em
 38. Ivory Coast neighbor
 40. Utmost degree
 41. Not sympathetic
 44. Maryland Academy
 46. Young and inexperienced
 48. Second-largest Great Lake
 49. Talks and talks and talks
 50. It houses web content
 51. "On Golden Pond" bird
 52. Open-mouthed astonishment
 53. Shakespearean "does"
 54. Tiny bit
 55. Port vessel
 58. Mrs. Goldberg, e.g.

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