



For details, see pages A4-5

OCTOBER 3, 2018 • VOLUME 118, No. 40

UPPER VALLEY NEWS SINCE 1904

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Sink or swim

Public hearing set on the future of the pool

By KALIE DRAGO
Echo Reporter

Locals flock to the watering hole, Leavenworth Community Pool, to learn how to perfect their backstroke, let the little ones splash near and slide down the familiar frog and dive into the deep end to escape the sometimes, unforgiving heat.

With lifeguards, classes, water aerobics open to the public and doubling as rentable facility for the next family barbecue, the Leavenworth Community Pool is designed to serve many members of its community, but needs funds to keep operating.

In August 2018, The Upper 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 remaining at \$0.11.

“So, we hope that our residents will learn about the PRSA and the levy and know more. And, I want to



The Leavenworth Community pool in the background up for maintenance levy.

Photo by Bill Forhan

make sure our council knows we’re doing it again,” said Bretz at the Sept. 11 meeting.

Also during the meeting, Councilmember Clint Strand stressed the need to inform residents the possible outcome if the levy is voted down. City Attorney Tom Graafstra

stated that in order for Council to take a position on the levy, there would need to be a public hearing in order to collectively decide on a resolution.

“I think it’s really important people recognize the stakes — what happens if this gets voted down,”

said Strand.

During the Sept. 25 City Council meeting, the City Council set a public hearing for those within the area to volley pros and cons over the continuation of the Operation

SEE POOL ON PAGE 3

Adventure Park Permit application withdrawn

By KALIE DRAGO
Echo reporter

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. The stalling is a reflection of the locals being divided on the park after developers of the alpine theme park reviewed public and agency comments.

“The developers of the park spent the last several weeks reviewing the public comments submitted regarding the project, pros and cons, some merely opinions and some more specific in the analysis of the information presented,” said Joel Walinski, City Administrator. “After analyzing and reviewing those responses, they identified some additional gaps in the information or project descriptions, and decided their path forward was to withdraw the permit and resubmit at a future time.”

Locals had filed into City Council meetings to voice their concern on how the park would produce an abundance of traffic and noise; whereas, others were eager for the added incentive to drive tourists in and catapult Leavenworth to a new degree of popularity. The home to the future Alpine Coaster and Eurobungy Trampoline would be on Icicle Road and Hwy 2.

However, this doesn’t mean that the Adventure Park will become 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

SEE PARK ON PAGE 2

Three’s a crowd: Musical trio Trillium-239 managed to draw in a crowd to celebrate community

By KALIE DRAGO
Echo Reporter

Harmonious with the Leavenworth Library’s September theme of celebrating the community, the acoustic trio Trillium-239 visited the library on September 27 at 6:30 to bring an hour of sharing folk songs and stories about the Northwest. With the help of a banjo, strong vocals and an attentive audience, Trillium-239 succeeded in both educating and entertaining the crowd with Washington history.

“The stories and songs Trillium sings are all about community. The early pioneers in Washington really had to rely on each other and their communities and even when Trillium sings about modern times, those communities are connected,” said librarian, Joanne Gembe. “The challenges might be vastly different, but it is still nice to have people with a shared experience in your community.”

Trillium-239 circled back to not only the importance of Leavenworth, but also Washington history as a whole. The tone of the performance incorporated emphasizing community importance and also used a musical backdrop to format the tales on an entertaining platform. A campfire esque feel that pulled the community in tighter while staying with the rhythm of the Northwest history.

“The group was well-received. People were singing along with songs they knew,” said



Photo by Lana Larson

Members of the community gathered to listen to the acoustic trio, Trillium-239

SEE TRI ON PAGE 2

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Inside The ECHO this week

Section A	Section B	Inserts
Community Calendar.. 2	Cascade Sports B1	Dan’s food Market
Healthy Living..... 3	Autumn Leaf Festival. B2	Safeway
Breast Cancer A4-5	Community News..... B3	
Neighbors..... 6	Opinion..... B4	
	Sheffiff’s Report..... B4	
	Classifieds B5-6	



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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.

Leavenworth

Historical Walking Tours of Leavenworth

The Upper Valley Museum will be sponsoring the Downtown Historical Walking Tour on Saturday, Oct 13. This tour will be the last one of the year. The Tour begins at the Upper Valley Museum, 347 Division Street at 10 a.m. The tour is 1-2 hours on flat ground and is about 2 miles long. There is a donation fee of \$5. Everyone is encouraged to wear good walking shoes and bring water. Call 548-0728 for more information. (e40,41)

Local Artist Reception

Thursday, October 4 from 6:30-7:30 p.m. at the Leavenworth Library will host a reception for local artist Duane Goehner whose art is currently on display in the library's Fireside Room through October 5. Come meet Duane and join us for refreshments. (e40)

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.

Oct. 4, Thursday: Pork chops, au gratin potatoes, Brussel sprouts, garden salad, applesauce, biscuit and dessert

Sept. 5, Friday: Hearty vegetable beef soup, cottage cheese, pea & cheese salad, fruit salad, WW roll, and dessert

Oct. 8, Monday: Tuna noodle casserole, peas & carrots, garden salad, Oregon berries, WW bread or roll, and dessert

Oct. 9, Tuesday: Yankee pot roast, roasted red potatoes, carrots, mixed greens salad, mixed berries, WW bread or roll, and dessert

Oct. 10, Wednesday: Cheese ravioli with meat sauce, Italian vegetables, spiced pears, bread sticks and dessert

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

Community Calendar

Wednesday

Plain Aerobics, 8:30 a.m., Plain Community Church, \$1 fee, Monday, Wednesday and Fridays. For information, 763-3621.

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., Age 4-12th 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.)

Peshastin Water District, 4 p.m., Peshastin Memorial Hall. Call Abby Bergren 548-5266. (2nd Thurs.)

Autumn Leaf Festival Membership meeting, 6:00 p.m., Kristall's Restaurant. Bill Forhan, president. 670-1837, or ALFA secretary, Carol 670-1723. (3rd Thurs., every odd month). Next meeting: TBD

Leavenworth Lions Club, 6:30 p.m., Kristall's Restaurant, Conrad Delury, president, (509) 387-5051. Schedule will change in Oct.

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 Kensburg, 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, 6:00 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, 1:00 p.m., Peshastin Library. Call Kathy Springer, 548-4807. (3rd Tues.)

Cascade Education Foundation, 1:00 p.m., Boardroom at Cascade District office. Call Ken West, 670-1729.

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

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

Ongoing events

Leavenworth Public Library: 548-7923.

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

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

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

Closed on weekends and Holidays.

Special events:

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

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

Peshastin Public Library: 548-7821.

Monday, 2- 6 p.m.

Tuesday, 1-6 p.m.

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

Special events:

Tuesday, 2:30 - 3:15 p.m. Stories and crafts in Spanish and English.

Wednesday: 10:30 -11:00 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. (Tue. & Thurs.)

Master Gardener Clinic, 1-4 p.m., WSU Chelan/Douglas County Master Gardener Plant Clinic, 1100 N. Western Ave., Wenatchee. Call 667-6540.

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.

The Leavenworth Women's Exchange

The monthly luncheon meeting is on Wednesday October 10, at noon at Visconti's of Leavenworth, 636 Front Street. Cost is \$16.00 per person for members and \$18.00 for non-members. Beverage, tax and gratuity are included. Lifestyle Coach Mary Nelson will present a program titled "Overview of the Diabetes Prevention Program". To make your reservation, please contact Ann Thrasher at 548-5363 by Saturday, October 6th. (e40)

Local Artist Reception

Will be held on Thursday, October 11 from 6:30-7:30 p.m., at the Leavenworth Library for local artist Dawn Kranz whose art is on display in the library's Fireside Room, October 8- November 16. (e40,41)

Try Lacrosse

Come try it for free, 1st - 6th grade boys and girls. Wenatchee Apple Bowl. September 30, 4:30-5:30 p.m., October 21, 2:00-3:00 p.m., and November 4, 2:00-3:00 p.m. For more information at NCWLAX.ORG (e39,40)

Trio: Music draws a crowd

CONTINUED FROM PAGE 1

librarian Lana Larson. "The audience enjoyed the stories of the Northwest. The songs followed the story line well."

The songs told the stories of all the elements and work that went into settling Washington. "Drill Ye Tarriers Drill" weaved the story of the railway workers where "One More Pull" was the tug boat workers' tale. The hardship of harvesting was attributed with a song that had notes of a Spanish feel in it that librarian Larson said was wonderful. The finale was the story of Microsoft which was a fitting, high-tech chanty song. The trio used the story of settling Washington, logging, clamming, mining among others to create a community rich concert.

"We identify really strongly with our environment here. Outdoor activities are consistently mentioned when people talk about why they moved to the Northwest. It is interesting to think that the natural resources that drew people here are still what attracts people," said Gembe. "We may not be logging timber or mining the way we once did, but we are still actively out in that environment."

The trio's performance was in unison with the library's 30 day prompt to acknowledge and celebrate the community that locals are immersed in - which was emphasized by the acoustic trio bringing Washington history to light in the form of music and story telling.

Park: Adventure waits

CONTINUED FROM PAGE 1

for the project, having a robust and complete application to make that decision on is in the best interest of the applicants and community."

ICICLE CREEK THIS WEEK

Dar Williams makes NCW community-building tour

 **JAMIE HOWELL**

DAR WILLIAMS has an incredible voice, both as a singer-songwriter and as an author, and that voice is making the rounds of North Central Washington this week to talk about how to build a great community.

Her new book, "What I Found in a Thousand Towns," provides the basis of a series of community discussions taking place from Chelan to Leavenworth where she'll be meeting with everyone from students to city officials and business leaders to discuss what makes some towns flourish and others fail.

You can catch **DAR WILLIAMS** a number of places: **Leavenworth Farmers Market, Thurs., Oct. 4** from 5 to 6 p.m.; **Pybus Public Market in Wenatchee, Oct. 5**, at 5 p.m.; and she caps it all off with a public concert on **Saturday, Oct. 6 at the Snowy Owl Theater.**

This tour is the product of broad community partnership between Icicle Creek Center for the Arts, North Central Regional Library, TOGETHER! for Youth, Downtown Historic Chelan, Our Valley Our Future and the Vogue along with grant support from The Sleeping Lady Foundation, The Woods Family Foundation, ArtsWA, WESTAF and the NEA. Special thanks go out to Rufus Woods for helping to bring these groups together. **Tickets** and more information are available online at **icicle.org** or by calling (509) 548-6347, x1.



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

Corrections

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

Q: Fight aging: Using Glucosamine to relieve arthritis

Last week, Keith, one of my 82-year-old patients muttered, "Getting older is not for sissies," as he limped along the clinic hallway. He'd had his left knee replaced 5 years ago and osteoarthritis was threatening his right knee.

As we sat down, he asked me, "Do you think glucosamine could help my arthritis in my knees? Can I take that along with my blood thinner warfarin?"

"Glucosamine is a pretty safe thing to try. There's good evidence that it can help slow down the progress of osteoarthritis of the knee, and can help you hold off on having to replace your knee. If I were in your shoes, Keith, I'd definitely give it a try, especially if it helps keep you more active, which is one of the best things to do to help decrease pain and stiffness."

Glucosamine is a compound produced by our own body that can help relieve the pain and stiffness of osteoarthritis.

There are three main forms of glucosamine: glucosamine sulfate, glucosamine hydrochloride, and N-acetyl glucosamine, all closely related to each other but having a different effect on the body.

Of these three, glucosamine sulfate is the only one which relieves osteoarthritis pain.

Glucosamine sulfate has been used effectively for osteoarthritis pain and joint pain related to aromatase inhibitors like Arimidex® (anastrozole) which are medicines used to treat breast cancer.

Available as an injection in other countries, in the United States glucosamine sulfate is only available as a

pill or powder.

Glucosamine sulfate has been shown to help the symptoms of stiffness and pain caused by osteoarthritis of the knee, with some studies showing that it can even slow down deterioration of the knee joint caused by osteoarthritis.

As osteoarthritis progresses, it causes the spaces between the bones of the joint to get closer together. Imaging studies can measure the spacing of bones in the knee joint and show the progression of arthritis in the knee.

Several studies have shown how some formulations of glucosamine sulfate can actually slow down narrowing of the joint spaces over time, reducing the progression of arthritis.

Glucosamine sulfate has been tested in clinical trials as short as four weeks and some up to three years.

One study that looked back on people taking glucosamine for 1 to 3 years compared to a similar group that didn't showed that taking glucosamine sulfate was associated with a nearly 60 percent decrease in risk of having to have a total knee replacement.

Most studies show that the optimum dose is around 1500 mg a day and that it is as effective as Tylenol 3000 mg (6 tablets of Extra-Strength) daily.

Glucosamine sulfate has been shown to be more successful at relieving knee pain than other joints like hips, wrists or the back.

Glucosamine also works better as a strategy for long term relief of discomfort than short-term relief of flare-ups.

Although it can slow down the progression of osteoarthritis, glucosamine sulfate can't prevent it. And it's less effective in relief of severe long-standing osteoarthritis and in people who are older and heavier.

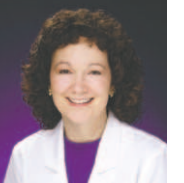
Unlike other types of pain medicine, glucosamine sulfate takes about 4 to 8 weeks for it to take full effect.

The only major side effect of glucosamine is that it may exacerbate asthma in some people.

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

Ask...

Dr. Louise



Five important facts about glucosamine

1. The best dose of glucosamine seems to be 500-1500 mg per day in 2 to 3 divided doses. Make sure you are taking glucosamine sulfate (SO4), the only form of glucosamine shown to decrease knee pain from osteoarthritis.
2. Be patient. You should allow 4 to 8 weeks for the full effect of glucosamine to take effect before giving up on it.
3. Glucosamine as the crystalline powder seems to be more consistently effective in relieving pain than the tablets. The most well-documented brand of crystalline powder is DONA. My patients have also gotten very good results with the reasonably priced glucosamine crystalline powder from Bio-Alternatives, available online at www.bio-alternatives.net or by calling 1-866-882-0213.
4. If you are allergic to shellfish, you can still take glucosamine safely because the allergy is to the meat, not the shell, which is a common source of glucosamine.
5. If you take the blood thinner warfarin, glucosamine sulfate can increase your level of blood thinner as measured by a blood test called the INR. I have used glucosamine sulfate with good results with my patients taking warfarin by starting the glucosamine two weeks before the next INR is due, and then adjusting the dose of warfarin if needed.

FLU SHOTS ARE HERE

No appointment necessary

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CASCADE MEDICAL
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Pool: Hearing for tax levy set

CONTINUED FROM PAGE 1

and Maintenance Levy. 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."

The push for an increase in tax is in correlation to the pool's age and the maintenance issues that formulate from the longevity of usage.

According to documents from the PRSA, a portion of the funds will trickle into the cost of resurfacing the pool. As of right now, the Operation and Maintenance covers around 60 percent of pool maintenance and entrance fees and class fees cover about 40 percent. The community will have a chance on October 9, to discuss how to address the ongoing maintenance issues that seem to surface at the pool.

"If the levy does not pass, the PRSA board of directors will have to consider if the pool will operate in 2019. The PRSA will still exist because we have a bond to pay off," said Bretz. "The bond will be paid of by 2020 though, and that is when the inter-local agreement (and our formation) would expire. It is possible we could run the vote a third time next year as well."

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- Dr. Gotthold, M.D., Emergency Medicine, North Central Washington



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10/10 at 10:00 am, 12:30 pm & 3:00 pm
10/11 at 10:00 am, 12:30 pm & 3:00 pm

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HealthAllianceMedicare.org

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Honoring Breast Cancer Survivors



Kathy Bangsund

Survivor: 23 years and 17 years.
Occupation: The Dwelling Place
Interests: Singing, music and reading.



Diane Bateman

Survivor: 16 years
Occupation: Leavenworth Post Office
Interests: Quilting, time with family.



Marjory Blake

Survivor: 8 years, 6 months
Occupation: H.I.M. Tech
Interests: Reading, crossword puzzles, genealogy, family and friends.



Pamela Brulotte

Survivor: 3 years
Occupation: Owner of Munchen Haus and Icicle Brewing Co.
Interests: Time with family and friends, especially outdoors.



Carol L. Forhan

Survivor: 28 years
Occupation: NCW Media, co-owner, ad manager, ordained Episcopal Deacon.
Interests: Working with Autumn Leaf. Being with my 5 grandschildren!



Lisa Halseth

Survivor: 3 years, 3 months
Occupation: Hi-tech insides sales-rodut line Manager.
Interests: spending time with family and friends and RV travel.



Deborah Hartl

Survivor: 11 years, 10 months
Occupation: HR Director, Sleeping Lady
Interests: Running, family, reading, Rotary, Icicle Creek Center for the Arts and Community Foundation North Central Washington.



Kris Taylor

Survivor: 10 year, 4 months.
Occupation: Financial Advisor
Interests: Family, travel and running

Dear Readers,

Over the years we have had a lot of women's faces and stories, including my own, on these special October BCA pages.

I started this "Tribute of Hope" many years ago and honor those who support the cause. These special pages have inspired other communities to show the "face of cancer". Our newspapers have also won top awards from newspaper groups in the U.S and Canada.

We hope you take the time to read the articles and information about breast cancer. One other fact, is that men can also get breast cancer, it is rare but yes it does happen. Please check out all statistics on the American Cancer Society's website.

We want to continue to show you faces and names of those who have been there, to give Hope to those who are newly diagnosed or who

are still struggling. Cancer of any kind is not a individual disease, it is a family disease, everyone is involved when a loved one, a friend, a neighbor has been diagnosed. No one wants cancer and IT is scary. October is also National Mammography Month, please get a mammogram- it can save your life. it did mine.

Whether you as a survivor have or had cancer(s), and do not want to talk about it, we still honor and want to support YOU!

We also want to remember those who fought the battle(s) and lost.

No woman is immune from this dreaded disease, one in eight will be diagnosed this year and every year until we find a CURE. Pray for a Cure!

My doctor's written reports said that I may survive maybe five years, I am now a 28-year survivor, I am Blessed.

Carol L. Forhan

Thank you and please support the business sponsors seen in these pages.



People will forget what you said, People will forget what you did, BUT people will NEVER Forget HOW you made them feel!

- Maya Angelou



Carolyn Wilson

Survivor: 12 years
Occupation: Leavenworth City Council and Mayor Pro-tem
Interests: involved in musical theater; and is a volleyball referee.

Breast Cancer Resource Guide

LOCAL SUPPORT

- * **Cascade Medical, Leavenworth,** 548-5815
- * **Columbia Valley Community Health,** Wenatchee, 664-4575
- * **Cancer Care of NCW. Our House, Wenatchee:** 663-6964 or email: cancare@nwi.net
- * **Wellness Place,** Wenatchee, 888-9933. Support groups, and other resources.
- * **Confluence Health/ Wenatchee Valley Medical,** 663-8711.
- * **Confluence Health, Breast, Cervical and Colon Cancer Health Program,** 509-664-3415
- * **EASE Cancer Foundation, Cashmere:** 860-1322 or www.easecancer.org
- * **Seattle Cancer Alliance,** 800-804-8824, www.seattlecca.org

NATIONAL SUPPORT:

- * **American Cancer Society,** (ACS) 800ACS-2345, www.cancer.org.
Programs include: I Can Cope, Look Good, Feel Better, LookGoodFeelBetter.org, 800-395-LOOK
Reach to Recovery, a one to one survivors' help program.
New Birthday Campaign: Less Cancer, More Birthdays. MoreBirthdays.com, Facebook and blog OfficialBirthdayBlog.com or Cancer.org/circleofsharing.
- * **American Society for Therapeutic Radiology and Oncology.** 1-800-962-7876, www.astro.org.
- * **American Society of Plastic Surgeons,** 888-475-2784, www.plasticsurgery.org.
- * **AVON Foundation** www.avonfoundation.org
- * **Blood & Marrow Transplant Information Network** 1-888-597-7674, www.bmtinfonet.org
- * **Y-ME National Breast Cancer Organization** 1-800-221-2141. Yourshoes 24/7 support center, y-me.org. (24 hour, translators available in 150 languages).
- * **Dr. Susan Love Research Foundation** 1-310-230-1712, www.SusanLoveMD.org. Become a member of Love/Avon www.armyofwomen.org or 866-569-0388
- * **Living Beyond Breast Cancer,** 888-753-5222 or www.lbbc.org.
- * **National Breast Cancer Coalition,** 1-800-622-2838, www.stopbreastcancer.org or www.canceradvocacy.org
- * **National Coalition for Cancer Survivorship**
- * **Online community Cancersavory.org** use

to create your own Web pages

- * **Susan G. Komen For the Cure,** 1-877-GO-KOMEN, www.komen.org
- * **The Breast Cancer Alliance,** 203-861-0014, www.breastcanceralliance.org
- * **National Lymphedema Network,** 1-800-541-3259, www.lymphet.org.
- * **SHARE (Breast Cancer Hotline)** 1-866-891-2392, www.sharecancersupport.org
- * **Vital Options International,** 1-800-477-7666 www.vitaloptions.org
- * **Zero Breast Cancer:** www.zerobreastcancer.org

These are only a few of many national organizations, please call your local hospital, clinic or call The American Cancer Society for more information in your area. 1-800-ACS 2345.

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Breast Cancer
AWARENESS MONTH

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Breast Cancer Awareness Month

Lifestyle-related Breast Cancer Risk Factors

Information courtesy of American Cancer Society

A risk factor is anything that affects your chance of getting a disease, such as breast cancer. But having a risk factor, or even many, does not mean that you are sure to get the disease.

Certain breast cancer risk factors are related to personal behaviors, such as diet and exercise. Other lifestyle-related risk factors include decisions about having children and taking medicines that contain hormones.

Drinking alcohol is clearly linked to an increased risk of breast cancer. The risk increases with the amount of alcohol consumed. Compared with non-drinkers, women who have 1 alcoholic drink a day have a very small increase in risk. Those who have 2 to 3 drinks a day have about a 20 percent higher risk compared to women who don't drink alcohol. Excessive alcohol consumption is known to increase the risk of other cancers, too.

The American Cancer Society recommends that women who drink have no more than 1 drink a day.

Being overweight or obese after menopause increases breast cancer risk. Before menopause your ovaries make most of your estrogen, and fat tissue makes only a small amount. After menopause (when the ovaries stop making estrogen), most of a woman's estrogen comes from fat tissue. Having more fat tissue after menopause can raise estrogen levels and increase your chance of getting breast cancer. Also, women who are overweight tend to have higher blood insulin levels. Higher insulin levels have been linked to some cancers, including breast cancer.

Still, the link between weight and breast cancer risk is complex. For instance, risk appears to be increased

for women who gained weight as an adult, but may not be increased among those who have been overweight since childhood. Also, excess fat in the waist area may affect risk more than the same amount of fat in the hips and thighs. Researchers believe that fat cells in various parts of the body have subtle differences that may explain this.

Weight might also have different effects on different types of breast cancer. For example, some research suggests that being overweight before menopause might increase your risk of triple-negative breast cancer.

Not being physically active. Evidence is growing that regular physical activity reduces breast cancer risk, especially in women past menopause. The main question is how much activity is needed. Some studies have found that even as little as a couple of hours a week might be helpful, although more seems to be better.

Exactly how physical activity might reduce breast cancer risk isn't clear, but it may be due to its effects on body weight, inflammation, hormones, and energy balance.

The American Cancer Society recommends that adults get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.

Women who have not had children or who had their first child after age 30 have a slightly higher breast cancer risk overall. Having many pregnancies and becoming pregnant at an early age reduces breast cancer risk. Still, the effect of pregnancy seems to be different for different types of breast cancer. For a certain type of breast cancer known as triple-negative, pregnancy seems to increase risk.

Some studies suggest that



breastfeeding may slightly lower breast cancer risk, especially if it's continued for 1½ to 2 years. But this has been hard to study, especially in countries like the United States, where breastfeeding for this long is uncommon.

The explanation for this possible effect may be that breastfeeding reduces a woman's total number of lifetime menstrual cycles (the same as starting menstrual periods at a later age or going through early menopause).

Some birth control methods use hormones, which might increase breast cancer risk.

Oral contraceptives: Most studies have found that women using oral contraceptives (birth control pills) have a slightly higher risk of breast cancer than women who have never used them. Once the pills are stopped, this risk seems to go back to normal over time. Women who stopped using oral contraceptives more than 10 years ago do not appear to have any increased breast cancer risk.

Birth control shot: Depo-Provera is an injectable form of progesterone that's given once every 3 months for birth control. Some studies have found that women currently

using birth-control shots seem to have an increase in breast cancer risk, but it appears that there is no increased risk in women 5 years after they stop getting the shots.

Birth control implants, intrauterine devices (IUDs), skin patches, vaginal rings: These forms of birth control also use hormones, which in theory could fuel breast cancer growth. Some studies have shown a link between use of hormone-releasing IUDs and breast cancer risk, but few studies have looked at the use of birth control implants, patches, and rings and breast cancer risk.

When thinking about using hormonal birth control, women should discuss their other risk factors for breast cancer with their health care provider.

Hormone therapy with estrogen (often combined with progesterone) has been used for many years to help relieve symptoms of menopause and help prevent osteoporosis (thinning of the bones). This treatment goes by many names, such as post-menopausal hormone therapy (PHT), hormone replacement therapy (HRT), and menopausal hormone therapy (MHT).

There are 2 main types of hormone therapy. For women who still have a uterus (womb), doctors generally prescribe estrogen and progesterone (known as combined hormone therapy or HT). Progesterone is needed because estrogen alone can increase the risk of cancer of the uterus. For women who've had a hysterectomy (who no longer have a uterus), estrogen alone can be used. This is known as estrogen replacement therapy (ERT) or just estrogen therapy (ET).

Combined hormone therapy (HT): Use of combined hormone therapy after menopause increases the risk of breast cancer. It may also increase the chances of dying from breast cancer. This increase in risk can be seen with as little as 2 years of use. Combined HT also increases the likelihood that the cancer may be found at a more ad-

vanced stage.

The increased risk from combined HT appears to apply only to current and recent users. A woman's breast cancer risk seems to return to that of the general population within 5 years of stopping treatment.

Bioidentical hormone therapy: The word bioidentical is sometimes used to describe versions of estrogen and progesterone with the same chemical structure as those found naturally in people. The use of these hormones has been marketed as a safe way to treat the symptoms of menopause. But because there aren't many studies comparing "bioidentical" or "natural" hormones to synthetic versions of hormones, there's no proof that they're safer or more effective. More studies are needed to know for sure. The use of these bioidentical hormones should be considered to have the same health risks as any other type of hormone therapy.

Estrogen therapy (ET): The use of estrogen alone after menopause does not seem to increase the risk of breast cancer much, if at all. But when used long term (for more than 15 years), ET has been found to increase the risk of ovarian and breast cancer in some studies.

At this time there aren't many strong reasons to use post-menopausal hormone therapy (either combined HT or ET), other than possibly for the short-term relief of menopausal symptoms. Along with the increased risk of breast cancer, combined HT also appears to increase the risk of heart disease, blood clots, and strokes. It does lower the risk of colorectal cancer and

osteoporosis, but this must be weighed against the possible harms, especially since there are other ways to prevent and treat osteoporosis, and screening can sometimes prevent colon cancer. ET does not seem to increase breast cancer risk, but it does increase the risk of stroke.

The decision to use HT should be made by a woman and her doctor after weighing the possible risks and benefits (including the severity of her menopausal symptoms), and considering her other risk factors for heart disease, breast cancer, and osteoporosis. If they decide she should try HT for symptoms of menopause, it's usually best to use it at the lowest dose that works for her and for as short a time as possible.

Breast implants

Silicone breast implants can cause scar tissue to form in the breast. Implants make breast tissue harder to see on standard mammograms, but additional x-ray pictures called implant displacement views can be used to examine the breast tissue more completely.

Certain types of breast implants can be linked to a rare type of cancer called anaplastic large cell lymphoma (ALCL). It's sometimes referred to as breast implant-associated anaplastic large cell lymphoma (BIA-ALCL). This lymphoma appears to happen more often in implants with textured (rough) surfaces rather than smooth surfaces. If ALCL does show up after an implant, it can show up as a lump, a collection of fluid near the implant, pain, swelling or asymmetry (uneven breasts). It usually responds well to treatment.

Male Breast Cancer

A sometimes overlooked aspect of breast cancer is the fact that men can also suffer from the disease. It is rare, making up less than one percent of all cases of breast cancer.

But it happens. Men at any age are susceptible to developing breast cancer, but it is usually detected in men between 60 and 70 years of age, according to the National Cancer Institute.



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Some basic breast cancer facts and figures

Among US women in 2017, there will be an estimated 252,710 new cases of invasive breast cancer, 63,410 new cases of breast carcinoma in situ, and 40,610 breast cancer deaths.

IN THE UNITED STATES

- After skin cancer, breast cancer is the most common cancer among women in the United States.
- More than 230,000 new cases of invasive breast cancer, and more than 60,000 new cases of breast carcinoma in situ (cancer that has not invaded nearby breast tissue) were diagnosed in 2015.
- More than 40,000 women in the United States will die each year from breast cancer.
- 440 men will die each year from breast cancer.
- There are more than 2.8 million breast cancer survivors in the United States. This includes people who are still being treated and those who have completed treatment.

We Support Breast Cancer Awareness Month.

And all the survivors!



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OBITUARY & MEMORIAL POLICIES

An **obituary** is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data. **Memorials** are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later. Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to. Cost of the obituary/memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.

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

Obituary

Carolyn M. Marty
(1936 - 2018)

Carolyn passed peacefully September 15, 2018. She joins her son Mark, parents Bill & Ruth Haugh, brother Bobby Haugh, and grandparents Roy and Addah Hoover at Mountain View Cemetery, Leavenworth, WA.

Carolyn married Jim Harrington after high school together they raised four children in Western WA.

Carolyn is preceded by sons Mark and Tracy and brothers Jack and Bobby Haugh. She is survived by her brother Richard Haugh,



daughter Janice Harrington, son Jeffrey Harrington, and

four Harrington grandchildren: James, Colton, Katelyn, & Daniel.

Carolyn married Donald Marty in 1978. They lived an adventurous life in Spokane until they both passed. Carolyn loved sewing, cooking, camping, fishing, travel and watching Mariners games.

Carolyn loved and cherished her family. She was a great mother and grandmother and left us with wonderful memories she is truly missed. RIP. We Love You.

Death Notice

Mildred Rae 'Mili' Bark

Mildred Rae "Mili" Bark, 80, of Leavenworth, died on Sunday, September 23, 2018. Arrangements are in the care of Heritage Memorial Chapel, East Wenatchee.

Kathleen (Kay) Wills

Kay Wills died on Saturday, Sept. 22, 2018, in Cashmere, WA. A Celebration of Life will be on Saturday, October 6 at St. James Episcopal Church in Cashmere. There will be dessert (her favorite food) served from 2:00-4:00 p.m.

Join the
Public Power Celebration!



Celebrate Public Power Week with your Chelan County PUD Oct. 1-6.

Games, gyotaku and the scoop on why hydropower is, well, dam cool.

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10 A.M.- 1 P.M. | SATURDAY, OCT. 6

Join us for cider & doughnuts at the Chelan & Wenatchee offices on Friday, Oct. 5

Leavenworth will have treats on Oct. 3.



CHELAN COUNTY
www.chelanpud.org

NCW Media welcomes new Leavenworth reporter Drago

NCW Media welcomes new Leavenworth reporter Kalie Drago direct from the University of Alabama journalism school. Drago said she was excited to launch her career in such a beautiful part of the state and country.

She has visited this area before and always enjoyed it, according to Drago. Her main beat will be Leavenworth, Peshastin, Dryden and Plain, but she will also be seen running around Cashmere



to help produce pertinent photos and news for the Cashmere Valley Record as well. Kalie loves sports like any Crimson Tide alum and is looking forward to covering every team she can. NCW Media Managing Editor Gary Bégin said of Drago, "She's has great photography skills and a keen nose for news as well as a true love of sports. Whats not to love?"

To reach Kalie Drago for story leads, call 509-548-5286.

Get the word out

THE LEAVENWORTH ECHO

215 14th Street • PO Box 39 • Leavenworth
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UPPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

CASHMERE BAPTIST CHURCH

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

Find us on Facebook at Cashmere Baptist Church



CASHMERE PRESBYTERIAN CHURCH

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



CASHMERE UNITED METHODIST CHURCH

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

CHRIST CENTER

Cashmere Assembly of God • 782-2825
Worship Celebration & Sunday School 10 a.m.
Meeting at The Conservatory
back entrance of Apple Annie's.

Underground

High School Group, Sundays, 6 p.m.
Junior High, Wednesdays, 6:30 p.m.
Meet at 206 Vine Street



Lead Pastor, Steve Haney
Pastor, Andy Robinson
Pastor, Joyce Williams
Ian Ross, Director of Operations
Steffanie Haney, High School Director
christcentercashmere.com

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

GRACE LUTHERAN CHURCH

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



ST. JAMES EPISCOPAL CHURCH

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

OUR LADY OF THE ASSUMPTION

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

DRYDEN

DRYDEN COMMUNITY CHURCH

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

MID-VALLEY BAPTIST CHURCH

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

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH

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11025 Chumstick Hwy. • 548-4331
Sunday School 9 a.m.
Sunday Worship 10:30 a.m.
AWANA (Youth Program) Weekly Bible Studies
Wednesday 6:30 p.m. (school year)
Pastor, Todd James
www.cmbiblechurch.org

COMMUNITY UNITED METHODIST

418 Evans St. • Leavenworth
509-548-5619
Rev. Matt Gorman
www.leavenworthumc.org
leavenworthumc@outlook.com



CORNERSTONE BIBLE CHURCH

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

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

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

FAITH LUTHERAN CHURCH - ELCA

"Reconciling Works Congregation"
224 Benton Street • 548-7010
Worship 9:30 a.m. with coffee following
www.faithleavenworth.org

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

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

Cascade girls soccer team win

By KALIE DRAGO
Echo Reporter

The Tuesday, Sept. 25 City The Cascade Kodiaks girls soccer teams ran with the home field advantage at the Thursday, September 27 game against the Okanogan Bulldogs. The girls left the field with a record of two wins, six losses and one tie, but regardless of the season's total record - the girls' left it all on the field performance wise.

After several difficult setbacks for the team in

the form of non-conference games, the girls' didn't let that stall them from putting their best foot forward in the game against the Bulldogs.

The first half was a clear indication that the Kodiaks were setting the pace and making the goals for this game.

"It was a solid performance led by our captains Josie Brennan, Tori Driscoll and Kascia Muscutt. We started a bit slow but within 10 min the ladies found their rhythm," said head coach Glenn Stefanko.

Goals were made at a steady

pace throughout the game by freshman Madi Gillespie, junior Kolby Hunt, junior Tori Driscoll and junior Kascia Muscutt. Muscutt racked in an impressive four goals by the final quarter.

With the combination of both more seasoned and younger players, everyone on the field played a part in the win.

"(The) highlight of the match was the solid performance that continued even as some of the younger players stepped onto the field.

The quick play and scor-

ing continued and they were impressively moving to the next level of play," said Stefanko. "That player depth and commitment to excellence will be necessary in the post season play."

With an end score of 8-0, the Kodiaks proved they had the stamina to power through another impressive season for the girls' soccer team.

"We are looking to keep the momentum rolling into next weeks matches against Chelan and Omak," said Stefanko

Kristin Ferrera wants to be retained as Chelan County Superior Court judge

By GARY BÉGIN
Manager editor

Chelan County Superior Court Judge Kristin Ferrera was appointed to that position by Governor Jay Inslee last January after the retirement of Judge Alicia Nakata. Now she wants to win the position and add more credibility as the people's mandated choice come November 6.

NCW Media's Managing Editor Gary Bégin asked Ferrera some questions recently as to why she wants keep her spot on the bench as well as her goals and thoughts on a variety of subjects. What follows are her answers:

NCW Media: Why do you want to remain a Superior Court judge?

Judge Kristin Ferrera: I was raised with and maintain the core values of honesty, fairness, integrity, and hard work that are key to being a fair and impartial judge. When either side of a case walks out of my courtroom, they should feel that I listened, understood the facts, and gave them a fair hearing, regardless of the outcome. I am well-prepared and truly care about making the right decision every time. I have the character, personality, and intelligence to be the kind of judge Chelan County wants and needs.

NCW Media: What do you feel you have accomplished so far as a judge since your appointment by the Governor?

Ferrera: I am the presiding judge and an integral part of the development team for Chelan County's drug court which began in June. I have also spent time meeting with various groups and organizations in the county, including law enforcement, healthcare providers, and social services

organizations to better understand the current processes and services of the various agencies and organizations and see ways the Court can in turn improve its own processes and services. I truly feel that there are ways our systems can become more connected and efficient, and I hope to continue to be a part of those accomplishments.

NCW Media: Are there specific issues the county needs to address regarding the bench or the court system?

Ferrera: There is always room for improvement within any system and I think that it is important to continually reassess what we are doing well and what we can improve. This is something that I strive to do on a continual basis. One of the issues is how we handle defendants with severe mental health issues within the justice system. There is general agreement that this is a growing problem. We need to reevaluate our procedures and resources, even at a State-wide level, to better serve this population and the community as a whole. The reality is that someone who is having continual mental health issues and does not sustain long term treatment can be a danger to themselves and others.

NCW Media: As a judge, what do you feel is the biggest law enforcement issue that you see everyday?

Ferrera: Crimes and family law issues related to substance use disorders are the law enforcement issues that we see most on a daily basis. The majority of these cases involve an addiction to methamphetamine, heroin, or both. It is a complex issue and there are many factors that go into this problem. We are trying new processes, such as the



Drug Court, to combat the cycle of addiction and crime. We are fortunate to have a very dedicated community that is working hard to find solutions to this epidemic.

NCW Media: Do you feel the Hispanic population is getting its fair share of legal representation?

Ferrera: We do have services available to litigants who are primarily Spanish speaking. For example, we have a court interpreter who is available for hearings in Spanish, we have court forms in Spanish, and we have a family court navigator that is fluent in Spanish who can help people fill out their family law forms (divorce, child custody, etc.). There is room for improvement in that our jury pools often have very few if any Hispanic jurors. I hope to do more outreach to the Spanish speaking community so that more people are aware of the services the court offers and feel more comfortable coming to court for assistance and to participate in the judicial process as witnesses and jurors.

NCW Media: Do you have any specific projects or programs you want to install if you get elected?

Ferrera: I would like to get a Mental Health Court started in Chelan County. Defendants

with mental health disorders and the community as a whole could be better served if we had an alternate process for these defendants that would address longer term treatment and care. Too often we see the same individuals come back to court over and over again with new charges, harming themselves and others in the process.

I would also like to better incorporate services into our court system for veterans. Other counties and states have treatment courts specifically designed for veterans. Whether we include veterans' services specifically into the existing treatment court or develop a special court to address veterans' issues, I would like to see us more specifically address the problems that these individuals face.

NCW Media: Feel free to add about your hobbies, education, church, family, etc.

Ferrera: I am married to an incredibly supportive husband who is a middle school math teacher and have two amazing daughters ages three and five. Most of my time is spent with my family, but I do get time away (when I am not campaigning) to run (I am running the Leavenworth half-marathon in October), bike, hike, and fish.

Cascade Sports Schedule

Cascade Football

Oct. 5	Omak at Cascade 7 p.m.
Cross Country	
Oct. 6	Leavenworth Invite at 12:45 p.m.
Girls' Soccer	
Oct. 4	Wenatchee at Cascade 4:30 p.m.
Oct. 6	Omak at Cascade 11 a.m.

Cascade Scoreboard

Cascade Football

Sept. 21	Cascade 0, Cheney 20
Cross Country	
No results	
Girls' Soccer	
Sept. 25	Cascade 3, Cashmere 1
Sept. 27	Cascade 8, Okanogan 0
Girls' Volleyball	
Sept. 25	Cascade 3, Cashmere 0
Sept. 26	Cascade 3, Okanogan 0

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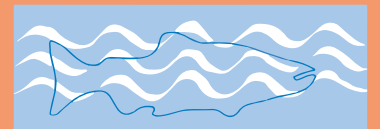
Mountain Meadows Senior Living Campus Employee, Carina Gomez-Castro, was chosen to be the 3rd quarter, 2018 Employee of the Quarter, from nominations by staff, residents and family members. Carina, a housekeeper, has worked at Mountain Meadows for 4 years. Not only a hard worker, but her cheery disposition, contagious smile, and strong work ethic are a few of the many accolades mentioned on her behalf. Congratulations and thank you Carina for a job well done!



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Photo by Edward Waterman
Young local boy participates in the Kids Parade.



Photo by Carol Forhan
Autumn Leaf Royal Lady Kiffen Fishburne, rides in the Mini-float in our 55th Autumn Festival and parade. Driver is Autumn Leaf President, Bill Forhan.



Photo by Carol Forhan
Wenatchee Youth Circus performs acrobatic flips for the crowd on Saturday.

Photos by Edward Waterman
RIGHT, CLOCKWISE: Colorful member of the Sauerkraut band performs. The Queen and princess from Spokane Lilac Festival wave from their float during the Grand Parade. The Royal Rosarians salute the cheering crowds.



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Community News

Possible intersection revision, public hearings and Pine Street construction

By KALIE DRAGO
Echo Reporter

The Tuesday, Sept. 25 City Council meeting brought many housekeeping relevant issues into circulation, including eyeing the future of the community pool in Leavenworth.

The meeting went through the usual motions with reports about future developments and current conditions for the city from several council members. Councilmember Sharon Waters immediately garnered attention when she reported that there has been a staggering degree of bat exposure with 75 bats within the year being tested and ten of them tested positive for rabies.

"They (the health department) would like people to know you don't have to be bitten to get rabies," said Councilmember Water. "Don't touch or handle bats dead or alive."

After the bat warning to steer clear of bats, Councilmember Mia Bretz reported from the Housing Committee that the group will begin looking into how to connect with state legislature to discuss affordable housing definition.

According to Bretz, at the state level affordable housing is primarily only available for very low income and the goal is to increase workforce housing, which may require some action from the state.

Councilmember Carolyn Wilson stated that she looked at the draft of the downtown master plan that she thought looked really good at the brainstorming level.

Councilmember Clint Strand reminded the Council that not only is the first weekend of Oktoberfest looming, but the Leavenworth Marathon falls on the same weekend which could cause some congestion.

"That has the potential to throw a wrench into any traffic accommodations that might occur," said Mayor Cheryl Farivar. "And we have seen that happen in the best so do be conscious of that."

Other assorted odd and end reports were contributed by councilmembers before two Leavenworth residents, Zeke Reister and Tim Seaman made their individual three minute spiel during the meeting — both in branching off into discussion surrounding traffic within city limits.

However, outside of the meeting, the Adventure Park, which Reister referred to in his three minutes, has recently revoked their permit until a further date. Meanwhile, Seaman primarily addressed the uncontrollable growth's impact on the



File Photo by Kalie Drago

Members of the Leavenworth City Council, and Mayor Kelley-Farivar prepare for a meeting.

town and its residents.

"Most of us have returned to Leavenworth or been here all along to enjoy the community as a community and not as animals in cages for the tourists to poke and look at," said Seaman. "I'd like the City Council to reconsider the idea that not having the developers go through the mitigation, go through the environmental impact statements and their true value, true impact on what it is to the city of Leavenworth."

After both men made their pitches, the meeting rolled on to setting the Parks and Recreation Service Area's Operation and Maintenance levy public hearing.

This will be an item on the ballot in November, but before the City Council can take a collective position on the property tax that helps fund the community pool, they have to set a public hearing. This will occur on October 9 at 6:45 p.m.

Discussion was revived surrounding converting a two way stop into a four way stop on Cedar Street and Burke Avenue, after resident, Tawnee Melton had requested change.

After only filling two of the six warrant requirements after a traffic study was conducted by Public Safety Committee, the idea was resurfaced at the meeting by Public Works Director, Herb Amick.

"The Public Safety Committee is recommending that we deny the request," said Amick. "During the Public Safety Committee's conversation it was suggested to change the curb markings to allow 30 foot No Parking Zones at each of the intersections to help with visibility, she seemed satisfied and that'd be a good first step."

The Council agreed with the Public Safety Committee to reject the conversion to a four way stop intersection and that working primarily on the visibility issue with the parked vehicles would

be the best option.

However, the issue with the intersection isn't discarded completely, but instead shelved for a later discussion.

"There is certainly a lot of traffic, there's no question about that. But it feels to me that it would be appropriate to do the parking revision and watch this closely," said Farivar.

"It's not going off the radar, it's not like it's a permanent no and I think after we get Pine Street completed, which will just be next year — it'll be a really good time to look at all of those traffic stop signs in that area."

The City Council reviewed and approved a contract with Nelson Geotechnical Associates for the work done on Pine Street, between Ski Hill Drive and Titus Road.

The company will provide geotechnical and pavement investigation, evaluation both in the design and construction portion on the work. The amount should not exceed \$39,500 and fees charged will be based on time and material basis.

"They've been out in the area for three or four projects now and so they knowing the soils that make up that area and knowing at the forefront how the asphalt is where we're going I think we can eliminate a lot of the guess work in the design," said Joel Walinski since the same firm that was contracted out by the Cascade School District and Pinegrass Subdivision so there is an element of familiarity that plays into the chosen

contractor.

However, Walinski did remove general conditions under the contract before the City Council moved forward to approve the Professional Services Agreement.

The next order of business was to consider setting a public hearing for discussion surrounding the surplus of the portion of the 1.31 acres parcel abutting Hwy 2, east of the access US Forest Service.

The idea of a public hearing, the first step in declaring a City owned property surplus property, surfaced after abutting property owner, Thomas Lin's request for the city to consider the land a surplus property.

The primary question that would arise is if the property has any current or future use to the city.

Prior to the public hearing, Walinski suggested getting some information from the Forest Service and Link to bring back as a weighing factor.

The public hearing is now set for October 23 at 6:45, with only one opposing vote from Sharon Waters.

The council also circled back for the second reading to approve the new state mandated threshold for the threshold limitations on business license regulation changes that will be implemented by mid-October. And before wrapping up the meeting, a representative from Waste Management came to discuss the first reading of the contractual agreement with the city of Leavenworth.

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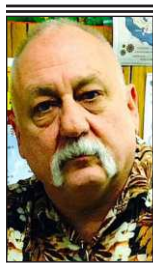
Iranian chickens are home to roost

The Iranian Ayatollahs are spinning on their prayer mats with fear and confusion because they never figured the millions of terrorists they have funded all over the world would ever come home to roost.

Well, they have. A military parade in late September was the target and more than two dozen were killed. I remember when another military parade took the life of Anwar Sadat in Egypt. It was 1983.

I remember it vividly because I was attending the Defense Information School (DINFOS) when it was in Indianapolis. I was a Marine sergeant and my specialty was photojournalism.

An officer in the Egyptian armed forces was also attending class at DINFOS. I know that because I saw one running full speed down the hallway when he heard about the incident. He was headed to the airport to get back to



APPLES TO APPLES
Gary Bégin

Cairo. His world was suddenly upside down.

Here we are, 35 years later, and another Middle Eastern country may be close to collapse. If only a little American know-how nudge could be employed to make that happen?

I laugh at those who think Trump is an idiot or doesn't understand world affairs.

Here's what's going to happen within the next two years. America will actually support anti-Mullah forces in several countries (including its own ally and NATO member Turkey).

This is what former President Barack Obama could've done years ago, but he didn't.

I believe Trump will. What I really mean is that I believe Mike Pompeo will do it regardless of whether Trump or Pence is president.

Pompeo will surreptitiously aid the forces of democracy against the tyrannical Mullahs.

These so-called "men of God" have been funneling millions if not billions of dollars and personnel into places like Yemen, Syria, Lebanon, Palestine, Iraq, Egypt, Turkey, Afghanistan and even more.

The Mullahs agitate their base with hate speeches. America is the "Great Satan" and Israel must be wiped off the map. These are not people-friendly concepts.

Here's what my crystal ball sees: Another Iranian Revolution to shift the balance of power back to the civilian middle and upper classes. These are non-clergy, Westernized people sick and tired of carrying water for the elitist religious factions.

There was an old rock song by the British band The Clash back in the '80s. It had lyrics like these: "The Shereef don't like it! Rockin' the Casbah, Rock the Casbah!" It involved jet fighters and religion - so what's not to love?

Iran's wish to portray us as Satan will materialize when its leaders end up in the fire of the masses wanting true freedom. Our intel, weapons, tacit approval and covert ops will help Turkey as well to depose its Tyrant. Another one of these gangsters that hide behind "men of the cloth."

The reason it will happen within the next two years is because 2020 is the next presidential election and America will take its gloves off when dealing with these international religious fascists.

That means the American people will vote to keep the GOP in power as is customary for the electorate to do during times of war. Yes, we will indeed be at war again

before the next presidential election.

Part of the reason for that is simple. The Middle Eastern religious zealots will take revenge on us by utilizing a rash of terrorist attacks, which will only harden our souls and confirm our reason for regime change in the first place.

Israel, the only democracy in the region, will continue its overt and covert efforts at maintaining a firewall against radicals Islamic terrorists. When 9-1-1 first happened 17 years ago I wrote a column advocating for all American muslims to consider joining the CIA or FBI to help stop terrorism both foreign and domestic from the inside as undercover operatives.

I am sure a few of them have joined these vital agencies and I am sure they have helped thwart both foreign and domestic incidents that we will never know about.

The Iranians ought to understand that when Ameri-

cans are threatened we come together to stop evil in its tracks. We did this against Hitler and we will do it again against religious zealots whose philosophies belong in the Dark Ages.

America itself was started by those fleeing religious persecution and there are enough Westernized Iranians already in country and waiting for real help to overthrow the tyrants that head their country.

What goes around, comes around. would prefer a strong American economy that keeps buying a bunch of stuff from them. In this intertwined global economy, everyone benefits when the US economy is strong.

That's the problem with trade wars. There are few good strategies for fighting them. The tariffs we are putting on China hurt us just as much as them. Their strategies for fighting back hurt them as much as it hurts us. It's a strange situation.

Paid political letters

Support Ann Diamond

Ann Diamond is the kind of person we would all be proud to call our representative in Olympia.

She embodies the independent, gritty, selfless determination that represents the best of small town America. An entrepreneur with a calling to serve, Ann built the first medical clinic in Winthrop. She also sponsored a local scholarship program, started a Community Market, volunteers in her local schools and serves on a local planning commission.

I know Ann from her work with the Washington Academy of Family Physicians, where she serves as a delegate representing the eastern part of our state.

I have found Ann to be engaged, thoughtful, articulate and passionate.

As a small town family doc who has been integrally involved in her community, Ann has a well grounded understanding of the challenges faced by her patients and her community.

At a time when our state is wrestling with how best to restructure health care delivery to make it more affordable, accessible and effective, it would be invaluable to have Ann in the state legislature leading the way.

I fully support and unreservedly recommend Ann Diamond to be the next state representative for the 12th district.

Sincerely,

Tony Butruille, MD
Leavenworth
Past-president, WAFP

Political endorsement letters require a pre-payment of \$25 to the Leavenworth Echo.

Our gain is the world's pain

The America economy is growing strongly. How could that possibly be bad news? It's definitely better than "we're in a recession." However, the strength of our economy is causing major problems for the rest of the world (it's Trump's fault).

At this point, a wise person might ask: "Why should I care if the strong US economy is causing problems for the rest of the world?" The answer is that in our globalized economy, investors simply can't ignore what's happening abroad. According to Standard & Poor's (S&P), the stocks that make up the S&P 500 (which are all American companies) receive nearly half of their revenue from outside of the United States.

However, it goes even deeper than that. In 2011 and 2012, problems in Europe caused major headaches for the stock market. More recently, over the first six weeks of 2016, the S&P 500 dropped 17%. That drop was caused in large part by problems in China. So, the global economy absolutely impacts the US economy and stock market.

Why is it a problem that our economy is so much stronger

than the rest of the world? The problem lies in the enormous flow of money from all over the world toward America. That flow is a result of our relatively high interest rates, but also because people want to invest where the economy is strong.

However, for the countries all that money is flowing out of, it's a real problem. The result is that some parts of the global economy have been thrown off balance. Turkey, Argentina, and South Africa are all struggling through serious crises, in part because of the rise of the dollar (which is a result of the flow of money towards America). This has prompted many discussions in the financial world as to whether we could see an economic "contagion" that could spill into the rest of the world - including America.

This brings up an interesting question for the Fed. A major reason so much money is flowing to America is that interest rates are far higher here than in other major economies across the world. For example, a 10-year government bond from Germany pays only 0.5%, while a 10-year US govern-



BRAD BLACKBURN
Financial
Opinion

ment bond pays almost 3%. That discrepancy attracts a lot of money to America.

So, if the Fed keeps raising rates, which they plan to do, it could cause even more problems abroad. There's already talk in the financial world about how much attention the Fed should pay to the pain they might be causing to the global economy.

It's a tough question for the Fed because their "dual mandate" is to focus only on employment and inflation here in America. However, you could make a case that in this globalized world, we have an interest in not wrecking the global economy. In other words, a weak global economy could hurt employment and inflation

in America. The Fed might be compelled by that line of thinking.

However, if the Fed doesn't raise rates, they risk a spike in inflation (the whole point of raising rates is to limit inflation). So, the Fed is in a tough spot. If they continue to raise rates, it could destabilize the global economy - which could destabilize the American economy. The Fed could also keep rates low, which would increase inflation - which could destabilize the American economy. It's a tough decision.

In a perfect world, the global economy will pick up again, and we'll all live happier ever after. In an imperfect world, the weak global economy will bring the US economy down. Let's hope we get something closer to perfect.

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

Sheriff/Fire/EMS

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

Leavenworth

September 24

- 4:46 Runaway, 19651 Chiwawa Loop Rd., Plain.
- 9:26 Vehicle prow, 1117 Front St., Evergreen.
- 10:59 Parking/abandon, 19001 US Hwy 2, Lake Wenatchee.
- 13:25 Trespass, 190 US Hwy 2.
- 14:12 Assist public, 305 8th St., Blackbird Lodge.
- 14:38 Assist agency, Xanadu Trail.
- 18:16 Accident, no injury, 3689 Iccle FS 7600 Rd.
- 19:58 Theft, 7306 US Hwy 97, Peshastin.

September 25

- 12:56 Parking/abandon, 19001 US Hwy 2, Lake Wenatchee.
- 14:45 Theft, 23106 Saddle St., Plain.
- 14:56 Property, 10801 US Hwy 2.
- 16:51 Harass/threat, 18690 Rieche Rd., Lake Wenatchee.
- 16:58 Theft, 18240 Roaring Creek Rd.
- 16:59 Animal problem, E Leavenworth Rd MP 3.
- 18:45 Welfare check, 8348 Main St. #9, Peshastin.

September 26

- 7:39 Theft, 3633 Cottonwood Ln., Peshastin.
- 9:20 Parking/abandon, 90 Mill St.,

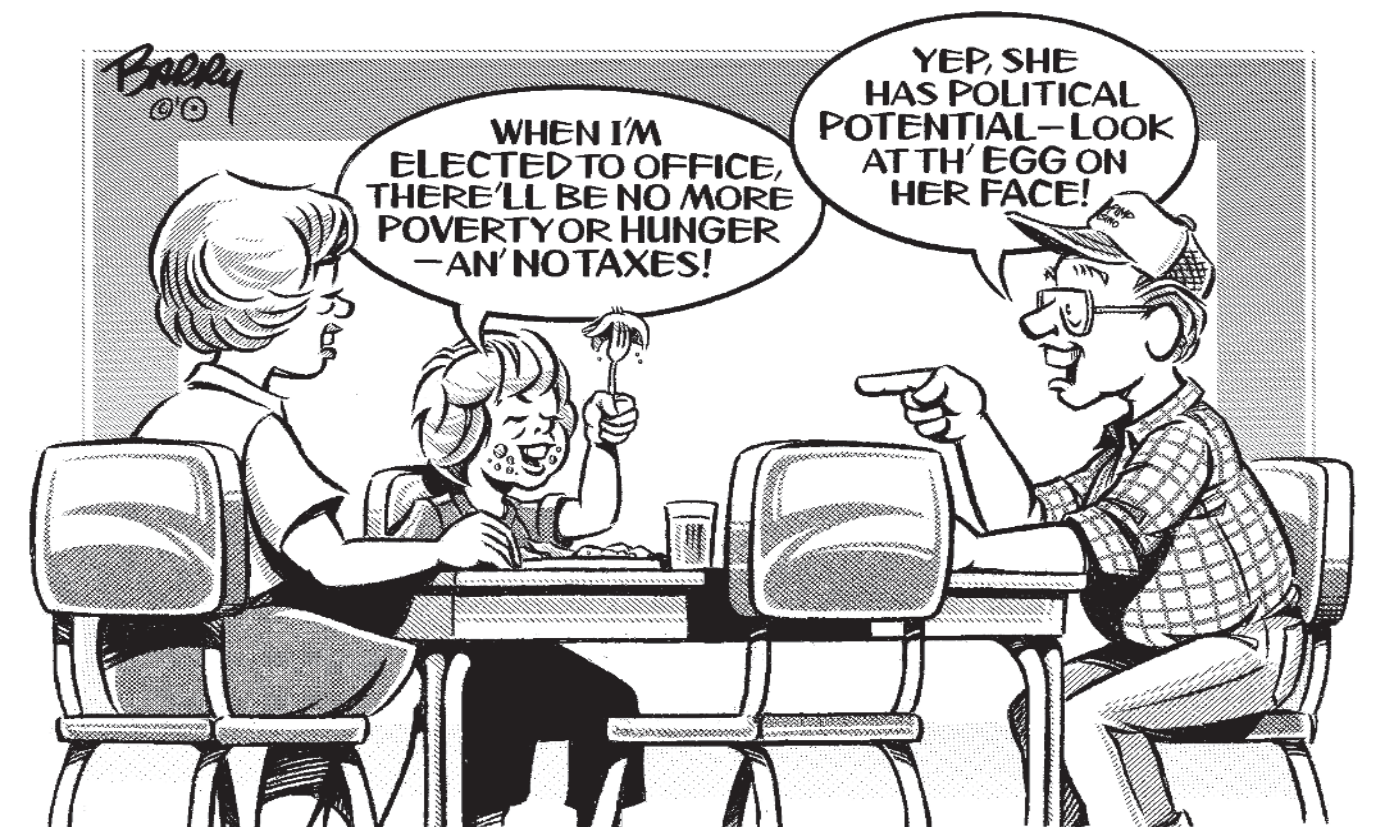
- Dot Lot.
- 10:39 Traffic offense, SR 207 MP 1, Lake Wenatchee.
- 11:58 Suspicious, 709 Front St., Muenchen Haus.
- 12:24 Parking/abandon, 8401 US Hwy 2., River's Edge.
- 14:33 Property, 900 Blk Front St.
- 14:45 Assist agency, 900 Blk Front St.
- 17:11 911, 9791 Mountain Home Rd.
- 18:21 Alarm, 2117 Chiwawa Ct., Lake Wenatchee.
- 20:56 Suspicious, Blackbird Island.

September 27

- 9:22 Trespass, 1117 Front St.
- 13:00 Atl/atc, 2648 Sumac Ln., Lake Wenatchee.
- 14:20 Assist public, Leavenworth.
- 18:35 Theft, 585 US Hwy 2.
- 19:29 Accident, no injury, 9255 Foster Rd., B.J's.
- 22:03 Suspicious, 1524 Alpensee Strasse,

September 28

- 8:50 Extra patrol, 500 Pine St., Alpine Lakes
- 9:11 Welfare check, 21807 Welch Ln., Plain.
- 13:29 Hazard, Chumstick Hwy MP 1.
- 15:24 Welfare check, 340 Prospect St. #C3.
- 17:42 Parking/abandon, 8th & Front Streets.



- 17:46 Vehicle theft, 20530 S Lakeshore Rd. 25 M.
- 19:48 Suspicious, 939 Font St.
- 20:12 Disturbance, 820 Front St., Gazebo Park.
- 20:17 Alarm, 12661 Shore St.
- 22:04 Noise, 10460 Fox Rd.

September 29

- 8:50 Extra patrol, 500 Pine St., Alpine Lakes.
- 9:11 Welfare check, 21807 Welch Ln., Plain.
- 13:29 Hazard, Chumstick Hwy MP 1.
- 15:24 Welfare check, 340 Prospect St #C3.
- 17:42 Parking/abandon, 8th & Front

- Streets.
- 17:46 Vehicle theft, 20530 S. Lakeshore Rd.
- 19:48 Suspicious, 939 Front St.
- 20:12 Disturbance, 820 Front St., Gazebo Park.
- 20:17 Alarm, 12661 Shore St.
- 22:04 Noise, 10460 Fox Rd.

September 30

- 00:16 Atl/atc, Aasgard Pass.
- 4:37 Suspicious, 161 Birch St.
- 9:14 Disturbance, 1329 US Hwy 2, Dan's Food Market.
- 10:15 Theft, 11280 Freund Canyon Rd.
- 10:17 Disturbance, 820 Front St., Gazebo Park.

- 17:46 Harass/threat, 900 Front St.
- 20:37 Domestic disturbance, 9650 Eagle Creek Rd.

- 21:29 Animal problem, 214 13th St #B.

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Located in beautiful Lake Chelan. Chelan is a destination resort with a thriving local and tourist economy. The Blue Moon is the place to go for fashion forward women, wanting unique clothing from such brands as Karen Kane, Tommy Bahama and Hobo to name a few. Contact Agent, Teri Miller, 509-548-5802.

RECYCLE

Remember to recycle your newspaper once you are finished with your local news.

FOR RENT

4 bedroom, 2 bath home on Lake Chelan. Available mid-September to mid-May. \$1,800/ month. First, last, damage deposit. No smoking. No pets. Call Curt, (509) 860-7429.

Chelan. Year around, One bedroom, near Safeway. No pets. \$800/ month. Includes all utilities. References. Deposit. 509-682-2460.

ANNOUNCEMENTS

Ever wanted to try Lacrosse? It's the fastest game on two feet! Come try it for free, 1st - 6th grade boys and girls.

Wenatchee Apple Bowl
September 30, 4:30-5:30
October 21, 2:00-3:00
November 4, 2:00-3:00
More information at NCWLAX.ORG

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Applications must be received by October 9, 2018 at 4:00 p.m. at: North Central Regional Library, 16 N. Columbia St., Wenatchee, WA 98801 or email to bmore@ncrl.org.

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509-548-5286
classifieds@leavenworthecho.com

Deadline Tuesday at noon
Quad City Herald
509-689-2507
heraldads@qcherald.com
All Classified Ads go in all of our newspapers

HELP WANTED

Full and Part-Time Breakfast/ Catering Staff

Enzian Inn in Leavenworth is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily-breakfast buffet and at catered functions. Full and Part-time positions - requiring - some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course. 590 Hwy. 2, Leavenworth.

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WORK WANTED

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HELP WANTED

Manson School District

is seeking applicants for the following position:

Elementary Seminar Coordinator

Detailed job posting and online application process are available at: www.manson.org. EOE.

CASCADE SCHOOL DISTRICT

The Cascade School District is seeking qualified applicants for the following positions:

Substitute:
Para Professionals
Food Service Cashiers
Custodians

Fast Track application process and information can be found on our website at: www.cascadesd.org EOE

Enzian Inn in Leavenworth is hiring for full and part-time employees to work in **Housekeeping/ Laundry** or as bed makers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 3:00 daily. Hotel guest amenities such as fitness room, indoor/ outdoor pool and spa and putting course are available to employees and their immediate family. Apply in person, Enzian Inn, Leavenworth, 590 US Highway 2.

HELP WANTED

Journalist Wanted

The Cashmere Valley Record Newspaper is looking for a writer/ photographer who loves sports and attending community events. NCW Media has an immediate full-time opening. Pay DOE.

Call Gary, 509-571-5302 or Bill, 509-670-1837 to arrange an interview. Must be a team player and willing to work flexible hours. EOE

Okanogan County Public Works is accepting applications for Temporary M2 Truck Driver's for the winter 2018/ 2019 season. Please go to www.okanogancounty.org/HR/employment.htm for more information and to apply. E.O.E.

Bugged about something?

Write a letter to the editor.


201 Cottage Ave., Suite 4
Cashmere 98815
editor@cashmerevalleyrecord.com

Do you have something to sell? Call or go online at 548-5286 ncwmarket.com to list in the classifieds!

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THEME: CIVICS LESSON

1. Leprosy colony inhabitant
6. Pendulum's path
9. Vegan's protein choice
13. Friend from Mexico
14. H in HMS
16. Pocket bread, pl.
17. "___ to Joy"
19. *___ election for choosing a party representative
21. *Alternative to electoral
23. Am is to I as ___ is to we
24. At the summit
25. ___-been
28. *One is a quarter of a Presidential term
30. Serfs of ancient Sparta
35. Lode deposits
37. Fireplace conduit
40. It's hard to resist
41. Relating to certain Hindu philosophy
43. #33 Down, alt. sp.
44. Somer___
46. EU money
47. "As ___ on TV"
48. Eye cover
50. What libraries do
52. Not decaf.
53. Kind of cola
55. Deborah, to friends
57. One who destroys
61. *Group of 538 electors
65. A variety show
66. ___ Baba
68. Dog-___ pages
69. Weather advisory, e.g.
70. Giant pot
71. "Give me your ___, your poor..."
72. Cremation pile
73. Lamb's momma
74. Glorify

15. Challenges
18. Subside
39. Stitch again
36. Call to matey
7. *As opposed to blue
8. Moved like ivy
9. Not to be mentioned
10. *Like the citizenship Oath of Allegiance
11. Cheese on Peloponnese
12. One on drugs
15. ___ Dan, olden-day hair pomade
20. Full of corals
22. Expression of amazement
24. Salad green
25. *Lower chamber of Congress
26. Orderly arrangement
27. Smooth transition
29. Soothing plant gel
31. Classic game show
32. Willow twig
33. Conical dwelling
34. * ___ state
38. Michael Collins' country
42. Owned apartment
45. *Party's list of candidates
49. Buck's mate
51. "Get rid of" button
54. Desire something
56. Inflammatory swelling
57. Sandwich alternative
58. Bank on
59. At any time
60. "Kiss Me, Kiss Me, Kiss Me" band, The
61. Give a traffic ticket
62. Makes mistakes
63. STEM enthusiast?
64. Whirlpool
67. *Rule of ___

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

PUZZLE SOLUTION

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PUBLIC NOTICES

CITY OF LEAVENWORTH PUBLIC HEARING NOTICE

Notice is hereby given that the Leavenworth City Council will conduct a public hearing on a Resolution of Support for the PRSA Operations & Maintenance Levy on **Tuesday, October 9, 2018** at 6:45 PM at the Leavenworth City Hall, 700 US Highway 2. The public is invited to attend said hearing and provide comment.
Chantell R. Steiner
Finance Director/ City Clerk
CITY OF LEAVENWORTH
Published in The Leavenworth Echo/ The Cashmere Valley Record on October 3, 2018. #83216

CITY OF LEAVENWORTH

On the 25th day of September, 2018, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents provides as follows:
Ordinance 1573: An ordinance of the City of Leavenworth, Washington adopting amendments to Chapter 5.04 Business License Tax - Generally of the Leavenworth Municipal Code to provide uniformity with respect to the Washington State mandated changes for model business license threshold and definitions for engaging in business. A copy of the full text of the ordinance is available at Leavenworth City Hall or will be mailed to you upon your request to
Chantell R. Steiner,
Finance Director/ City Clerk,
City of Leavenworth,
PO Box 287, Leavenworth, WA 98826.
Published in The Leavenworth Echo/ Cashmere Valley Record on October 3, 2018. #83215.

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of **STANLEY WADE EPPERLEY,**
Deceased.
No. 18-4-00286-04
PROBATE NOTICE TO CREDITORS
(RCW 11.40.030)

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

Date of first publication: September 26, 2018
Administrator:
Kathryn "Katie" Epperley
Attorney and Resident Agent for the Administrator:
Rani K. Sampson,
WSBA# 37486
Address for Mailing or Service
Overcast Law Offices,
PS Attn: Rani K. Sampson
23 South Wenatchee Avenue, Suite 320
Wenatchee, WA 98801
(509) 663-5588
Court of probate proceeding and cause number:
Chelan County Superior Court Cause Number: 18-4-00286-04.

Presented by: Overcast Law Offices
By: /s/Rani K. Sampson
Rani K. Sampson, WSBA No. 37486 Attorney for the Administrator.
Published in The Leavenworth Echo/ Cashmere Valley Record September 26, October 3 and 10, 2018 #83137

Advertise
548-5286
or
782-3781

PUBLIC NOTICES

Cascade School District #228 Facilities Department

Project Name:
2018-2019 Snow Removal

Deadline: 12:00 pm, October 8, 2018 Note that bids will not be accepted by verbal, fax, or email. Bids will be reviewed on October 8th. If the low bidder meets the set criteria, they will be awarded the bid for the 2018-2019 winter season, or as long as the scope of work is followed.

Bids: List bids by the total hourly rate for equipment that will be used for plowing and hauling. The rate needs to include both the driver and equipment together.

Send sealed bids to:
Cascade School District #228, Attn: Teresa Disher, 330 Evans St., Leavenworth, 98826

Project Start Date:
When called for assistance.

Scope of Work:
Work will be required on an hourly basis when called, or contacted by the District's coordinator/supervisor. Work can be requested at any time day, or night, depending on the snowstorm. The contractor must provide a person of contact including school district holidays. Snow must be removed by 7:00 am when school is in session, and by coordinator's deadlines when required for events, or activities. This bid can be submitted just for the Leavenworth site, or the Beaver Valley site, or it can be bid as a package of both sites specify which on your bid. Cascade School District #228 reserves the right to accept either one or both parts of the proposal. Specifications are outlined below:

- Leavenworth Sites**
Cascade High School, Icicle River Middle School, Transportation Department and Alpine Lakes Elementary School.
1. Push snow from the front, and back lots plus access drives, and pile as specified by the coordinator.
 2. Do not block sight view with snow for traffic entering, and exiting the lot.
 3. Access to fire hydrants must be available at all times.
 4. Provide snow pile removal or relocation at coordinator's request.

- Plain School Site**
Beaver Valley School
1. Snow blow parking lot and driveway.
 2. Snow blows all sidewalks.

Other Sites
Contractor may be requested from time to time to help out at other sites (usually due to District equipment breakdowns). This work will be done at the same rate as the above sites.
Published in The Leavenworth Echo/ Cashmere Valley Record, September 26, and October 3, 2018. #83130

CITY OF CASHMERE SUMMARY OF ORDINANCE NO. 1269

On the 24 day of September, 2018 the City Council of the City of Cashmere, Washington passed Ordinance No. 1269. A summary of the content provides as follows:

AN ORDINANCE OF THE CITY OF CASHMERE, WASHINGTON AMENDING CHAPTERS 12.24 AND 12.32 OF THE CASHMERE MUNICIPAL CODE, AMENDING AND ADDING PROVISIONS TO THE CITY PARK REGULATIONS AND SPECIAL EVENT PERMIT PROCESS PRIMARILY RELATING TO THE USE OF INFLATABLE PLAY EQUIPMENT ON CITY PROPERTY; CONTAINING A SEVERABILITY PROVISION; AND SETTING AN EFFECTIVE DATE.

Effective date of this ordinance is five days after publication. A copy of the full text of this ordinance is available at Cashmere City Hall or will be mailed to you upon your request to Kay Jones, City Clerk-Treasurer, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815.

City of Cashmere
101 Woodring Street
Cashmere, WA 98815
Ph (509)782-3513
Fax (509) 782-2840
Website
www.cityofcashmere.org
Published in The Cashmere Valley Record/ The Leavenworth Echo on October 3, 2018. #83212

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of **EDWARD ARDEN RACUS**
Deceased
No. 18-4-00291-04
PROBATE NOTICE TO CREDITORS
(RCW 11.40.030)

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

Date of First Publication
October 3, 2018

/s/ Verla June McCann,
Personal Representative
Attorney for the Personal Representative:
Thomas D. Overcast,
WSBA# 14486
Address for Mailing or Service:
Overcast Law Offices, PS
Attn: Thomas D. Overcast
23 South Wenatchee Avenue, Suite 320
Wenatchee, WA 98801
(509) 663-5588
Court of probate proceeding and cause number:
Chelan County Superior Court Cause
Number: 18-4-00291-04
Published in The Leavenworth Echo/ Cashmere Valley Record on October 3, 10, and 17, 2018. #83170

NOTICE OF TRUSTEE'S SALE

Pursuant to the Revised Code of Washington 61.24, et seq. Trustee Sale No.: WA-17-780530-SW Title Order No.: 67026 Reference Number of Deed of Trust: Instrument No. 2272753 Parcel Number(s): 231914488095, 23070 Grantor(s) for Recording Purposes under RCW 65.04.015: ANTONIO R. ELIAS AND WENDY D. ELIAS, HUSBAND AND WIFE Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): Ditech Financial LLC Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: Ditech Financial LLC fka Green Tree Servicing LLC I. NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 11/2/2018, at 9:00 AM At the Main Entrance to the Chelan County Courthouse, located at 350 Orondo Street, Wenatchee, WA 98801 sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: THAT PORTION OF LOT 11, BLOCK 2, BROWN'S PLAT OF MONITOR, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 1 OF PLATS, PAGE 83, DESCRIBED AS FOLLOWS: BEGINNING AT THE SOUTHWEST CORNER OF SAID LOT AND RUN THENCE EAST ALONG THE SOUTH LINE THEREOF, 617.2 FEET; THENCE TURN LEFT 88°33' AND RUN NORTH, PARALLEL WITH THE EAST LINE OF SAID LOT, 319.76 FEET; THENCE TURN LEFT 91°27' AND RUN WEST, PARALLEL WITH THE SOUTH LINE OF SAID LOT, 619.1 FEET TO THE WEST LINE OF SAID LOT; THENCE RUN SOUTH ALONG SAID WEST LINE, 319.77 FEET TO THE POINT OF BEGINNING, ALSO KNOWN AS TRACT C AS DESCRIBED IN AND DELINEATED ON BOUNDARY ADJUSTMENT NO. 205, RECORDED FEBRUARY 24, 1977, UNDER CHELAN COUNTY AUDITOR'S NO. 769696. More commonly known as: 3755 FAIRVIEW CANYON ROAD, MONITOR, WA 98836 which is subject to that certain Deed of Trust dated 12/26/2007, recorded 12/31/2007, under Instrument No. 2272753 records of CHELAN County, Washington, from ANTONIO R. ELIAS AND WENDY D. ELIAS, HUSBAND AND WIFE, as grantor(s), to

PUBLIC NOTICES

FIRST AMERICAN TITLE, as original trustee, to secure an obligation in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., AS NOMINEE FOR GMAC MORTGAGE, LLC F/K/A GMAC MORTGAGE CORPORATION, ITS SUCCESSORS AND ASSIGNS, as original beneficiary, the beneficial interest in which was subsequently assigned to Ditech Financial LLC, the Beneficiary, under an assignment recorded under Auditors File Number 2466466 II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/ Mortgage. III. The default(s) for which this foreclosure is made is/ are as follows: Failure to pay when due the following amounts which are now in arrears: \$17,164.37. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$69,980.38, together with interest as provided in the Note from 3/1/2017 on, and such other costs and fees as are provided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 11/2/2018. The defaults referred to in Paragraph III must be cured by 10/22/2018 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 10/22/2018 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 10/22/2018 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 5/18/2018. VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS - The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: http://www.dfi.wa.gov/consumers/homeownership/post_purchase_counselors_foreclosure.htm The United States Department of Housing and Urban De-

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velopment:
Toll-free: 1-800-569-4287 or National Web Site: http://portal.hud.gov/hudportal/HUD or for Local counseling agencies in Washington: http://www.hud.gov/offices/hsg/sfh/hcc/fo/index.cfm?webListAction=search&searchstate=WA&filterSvc=dcf The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site: http://nwjustice.org/what-clear
Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. The Trustee's Sale Number is WA-17-780530-SW. Dated: 6/25/2018 Quality Loan Service Corp. of Washington, as Trustee By: Chelsea Bonds, Assistant Secretary Trustee's Mailing Address: Quality Loan Service Corp. of Washington 411 Ivy Street, San Diego, CA 92101 Trustee's Physical Address: Quality Loan Service Corp. of Washington 108 1st Ave South, Suite 202, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-17-780530-SW Line: 800-280-2832 or Login to: http://wa.qualityloan.com IDSPub #0142205 10/3/2018 10/24/2018
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