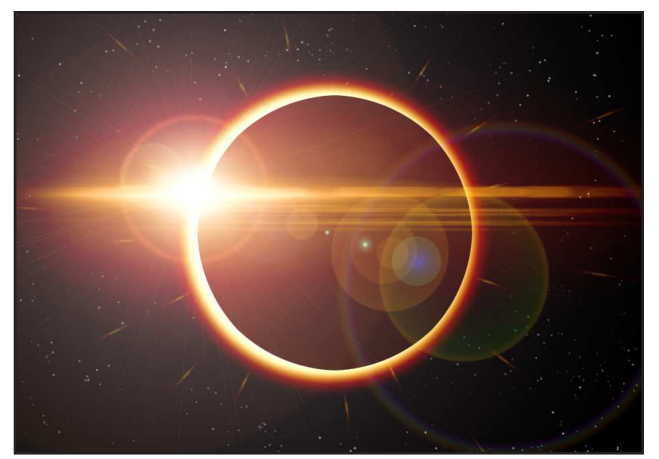


Catch the solar eclipse on Monday the 21st between 9:10 am & 11:41 am



Council considers Housing Affordability Task Force recommendations



File photo Mayor Farivar speaks before a tri-commission meeting last year on the topic of affordable housing.

By IAN DUNN
EDITOR

PART ONE OF TWO

The Leavenworth City Council is considering the recommendations of the Housing Affordability Task Force. Mayor Cheri Kelley Farivar formed the ad hoc Housing Affordability Committee in April of 2016. The committee was tasked with evaluating programs and initiatives to produce affordable units and preserve existing ones.

Then, make recommendations to the city council and planning commission to create incentives and codes to

promote affordability within neighborhoods. There are 17 people on the task force including, Council members Elmer Larsen, Rich Brinkman and Mia Bretz, Port Commissioner J.C. Baldwin, Upper Valley MEND Board member Steve McKenna, Real Estate broker Dan Acton, Architect Peter DeVries, rental property owner Margaret Marson, attorney Ken Grosse, Marson and Marson, Tom Boyd, Sharon Waters (now a councilwoman), local home builder Matt Steinauer, UV MEND Executive Director Kaylin Bettinger, City Administrator

SEE HOUSING SHOW ON PAGE 2

New Tennis Courts



Photo submitted by Bill Motsenbocker

The tennis courts were officially dedicated last week by a few of the tennis players from the high school. The Osborn site was the third location selection. Originally, they were to be located on the high school site but the space needed was too large and infringed on the parking and building requirements. It was then moved to the Pine Street site but the storm water system required by the Army Corps pushed into the tennis area. This created the need to place the courts on the south half Osborn site which the District plans on keeping after the construction projects are all completed. Pictured, below Sam Keziah, Finn Johnson, on the rock are Stella Johnson and Kolby Hunt.

Climbers rescued from Mount Stuart

By IAN DUNN
EDITOR

Two climbers were rescued from Mount Stuart after a fall last week. The two men were climbing the mountain on Sunday, Aug. 6, when one man fell as the boulder he was leaning against broke free. He was ascending the West Ridge route of the mountain, which is approximately 8,500 feet.

Tim Pate, 64, of Camas, Washington fell nearly 50-feet, as he careened over a ledge when the large rock dislodged, according to the Chelan County Sheriff's Office. Pate's climbing partner, Jim Schiller, 59, of Happy Valley, Oregon traversed down to Pate's location and found him unresponsive.

Schiller was able to call 911 at 6:48 p.m. to report the incident and request a rescue. Because of Pate's condition, Chelan County Sheriff's Office search and rescue coordinators requested a hoist capable helicopter from the Naval Air Station Whidbey Island.

The search and rescue coordinator was able to com-

municate via text directly with Schiller. The climbers were located on the southwest aspect of the mountain. Pate remained unconscious throughout the rescue response.

The Navy Blackhawk helicopter arrived on the scene by 8:45 p.m. and hoisted Pate onto the chopper, where a Navy medic was standing by. It was determined Pate was in critical condition, so he was flown directly to Harborview Medical Center in Seattle.

Schiller was left on the mountain, hoping to descend the next day. The morning of Monday, Aug. 7, the Sheriff's Office received a request for assistance from Schiller descending the slope. He said he was exhausted and felt unable to safely make the trek back himself.

At first, the search and rescue coordinators planned to insert the Chelan County Mountain Rescue crew via Sheriff's Office helicopter just below Schiller's location. The team would have to climb 1,000 feet to meet Schiller, then decide whether to ascend or

descend the mountain.

By 1 p.m. it was discovered a flight crew from Naval Air Base Whidbey Island would be available to respond back to Mount Stuart and pick up Schiller. A CCSO deputy on the scene would also be hoisted into the chopper. Both Schiller and the deputy were picked up on the mountain at 3 p.m. and flown to Pangborn Memorial Airport. Schiller was in good condition. He said Pate was the more experienced climber during their attempt to summit Mount Stuart.

Schiller said he was not comfortable descending the mountain after Pate's accident. The two climbers began their ascent of the mountain on Aug. 6 after camping near Ingall's Lake the night before.

Pate remains in critical condition at Harborview Medical Center. He suffered head, neck, back, and abdominal injuries from the fall.

Ian Dunn can be reached at 548-5286 or editor@leavenworthecho.com.



Photo submitted by Jeff Paton

Two climbers were rescued from Mount Stuart last week. One was critically injured and was flown directly to Harborview in Seattle. The other hiker was also flown out, mainly because he was an inexperienced climber.

Council considering options on Sheriff's Contract

By IAN DUNN
EDITOR

The pressure is on the Leavenworth City Council to do something with the Chelan County Sheriff's Contract. As usual, city officials are struggling with the cost of the contract. The contract put forth by the Sheriff's Office is four years, with an average increase of 3.47 percent annually over the term of the contract.

The Sheriff's Office has offered a 2.8 percent increase in 2018, with 3.7 percent increases in 2019, 2020 and 2021. The cost break down, 2018 (\$531,552) 2019 (\$551,220) 2020 (\$571,614) and 2021 (\$592,764).

At the Aug. 8 study session, City Administrator Joel Walinski said Cashmere has approved the new contract, while Chelan and Entiat are on the verge of approving it.

The Sheriff's Office also offered a 2-year contract and a 1-year contract.

"The Sheriff did come back and provide three options. The calculation of how they get to the number, in terms of the services provided, in terms of the FTE, as you heard from the Sheriff...that is not up for discussion," Walinski said. "However, what is up for discussion...you can have a four year, two year or one year contract. Do you want to include the \$20,000 for a school resource officer? Do you want to buy additional overtime hours for special events?"

Mayor Cheri Kelley Farivar said she had a meeting with Sheriff Brian Burnett and Chelan County Commissioner Keith Goehner about the negotiations at city hall in Cashmere.

"I have just been putting

forward your thoughts, Joel's thoughts and my thoughts about the unsustainable nature of the contract. How we have to find a way to cut costs. And there is no give.



File photo

Chelan County Sheriff Brian Burnett said he cannot make an exception for Leavenworth on the cost of service.

His reason for that is fairly simple, this is what we did in Cashmere, this is what did in Entiat and this is what we did in Chelan. We can't make an exception for you," Farivar said. "We will continue to support your liaison officer, spending 80 percent of his time in the city limits, but that is all we can do."

Councilman Elmer Larsen said he is frustrated because there is no equity.

"You live on the other side of the street from the city limits and you are paying half. There should be some formula on the cost, county wide where they provide service," Larsen said. "It should be consistent, but its not. I would turn down the

resource officer. I don't care if we are getting a liaison. We're not getting anything for our money."

Larsen suggested pulling the deputies off the festivals and hire Pacific Security.

"You're right. Instead of traffic being moved by sheriff deputies after Christmas Lighting, we hire One Way or some other group that is a certified traffic handling agency. That's not that something that a law enforcement officer has to handle. Maybe we look at that," Farivar said.

Walinski said he understands the benefit of having a school resource officer for the Cascade School District, but if the council was looking for more presence on the street, then that \$20,000 should go toward Pacific Patrol.

Last year, the city took \$20,000 of banked property tax capacity to contribute to the school resource officer. Councilwoman Carolyn Wilson said she can't understand why the Sheriff's Department does not have to break down the FTE.

"They've given the reason why each officer is \$177,000. They said we'll charge a percentage of the admin time, detective time, marine. That is where that \$177,000 for FTE comes from," Walinski said. "In the conversation with them, I don't think marine or search and rescue should be included. That's the part they don't want to break it out."

Farivar said she had a two hour meeting with Burnett and Goehner.

"At the end of the meeting, Brian Burnett said to me, you're starting to sound like Elmer. I do feel like Elmer.

SEE SHERIFF CONTRACT ON PAGE 2

THE LEAVENWORTH ECHO

Local Directory

Did you Know?

Money spent with a locally owned business generates 3.2 times more local economic benefit than when it is spent with a chain store?

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Inserts

Dan's food Market
Safeway



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Sheriff: Policing options considered

CONTINUED FROM PAGE 1

It is not fair. There is not a person on our city council that thinks this is a fair representation of law enforcement," Farivar said. "But they are the



File photo

The Leavenworth City Council is considering other policing options as they debate the current Sheriff's contract offer.

only game in town. I brought up we don't use marine or search and rescue. Brian told me we had two search and rescues here in town on the Wenatchee River."

Larsen said Cashmere is paying all their property tax toward law enforcement, just like Leavenworth. He favors combining with Cashmere and Chelan for law enforcement, but they have not been receptive.

"What was it that Chelan, Cashmere and Entiat did not want to entertain, specifically? If we are all entering into a four year contract, I would suggest continuing the dialog, creating our own. In three years time, having a unified force opposing these rather draconian negotiating practices. There you could have some real clout," said Councilman Rich Brinkman.

The only true negotiating option for the city is to say no, do not protect us, Farivar said. At that point, the city would have to come up with an alternative.

"True, but if Leavenworth, Cashmere, Entiat and Chelan stand in unity in saying, our contract is up in two years, since you haven't negotiated in good faith with us, we're not going to negotiate in good faith with you. There has to be some kind of change to the process," Brinkman said. "I'm wondering if the four communities are united

strongly, if we did start pursuing something else, now you have four communities opting out potentially. I think that's when they're going to start panicking a little bit."

we've started Pacific Patrol downtown, the hooliganism, the vandalism has decreased over time, because we have those officers walking around until 2 a.m."

There are times when an officer is needed, Walinski said.

"For those high level crimes, robbery, murder, domestic assault, they would have to respond. State Patrol responds to those also. The ongoing stuff, noise complaints, the petty behavioral stuff that occurs in the downtown and neighborhoods, that is the stuff they wouldn't respond to," Walinski said. "Can you have Pacific Patrol respond to 90 percent of those? Probably."

Larsen recommended the city start experimenting over the next four years to make sure, before a commitment is made, to know the city can handle it. He said the city needs to look at alternatives.

"I would welcome another delegation to go see the city of Cashmere," Farivar said.

Sergeant Bruce Long Farivar said she recently received a call from Burnett telling her they have lost someone out of their command structures due to an early retirement, so that means they have to shuffle everyone around.

"We thought we would have Sergeant Long as our liaison through at least next year at least. We will not. We're going to lose him. He's becoming a detective. He will still be living in Leavenworth, but he won't be our liaison officer," Farivar said. "We will get a new sergeant, somebody that has already been appointed. They live in East Wenatchee and will be driving here everyday. I'm so sorry to lose Bruce. He's been such a marvelous liaison for us."

"I'm sure this next guy will have that same kind of personality and attitude. He'll have the same availability to us, he just won't be living here. We have such a known quantity. He will be starting in September."

In terms of the 80 percent of the time spent in the city of Leavenworth, we lose an hour to the commute, Walinski said.

Jan Dunn can be reached at 548-5286 or editor@leavenworthecho.com.

Boat launch use restricted at hatchery

SUBMITTED BY JULIA PINNIX

The boat launch at Leavenworth National Fish Hatchery is closed for the season, as it is every year when water levels drop in Icicle Creek. Although private parties may still walk in to use the launch, hatchery staff are concerned about damage to fish habitat.

Steelhead, coho, and spring Chinook salmon spawn in Icicle Creek, as well as other native fish. It is vital habitat for spawning fish because temperatures are colder than in the Wenatchee River. The hotter the summer, the more fish depend on Icicle Creek for a safe place to rest. Tub-

ing and other recreational activities can cause significant damage and death to developing eggs when people walk and drag equipment through river gravel.

Any commercial activity that takes place on hatchery grounds must have a special use permit. Commercial operators include those who advertise their services (even if they don't accept money), take money for service, or drop off paying clients. If a person is paid to drop others off near or at the hatchery, that is a commercial activity and cannot happen without a permit. Applications for permits can be made through

Julia Pinnix, Information and Education Manager, 509-548-2915, Julia_pinnix@fws.gov.

The mission of the U.S. Fish and Wildlife Service is working with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. We are both a leader and trusted partner in fish and wildlife conservation, known for our scientific excellence, stewardship of lands and natural resources, dedicated professionals and commitment to public service. For more information on our work and the people who make it happen, visit www.fws.gov.

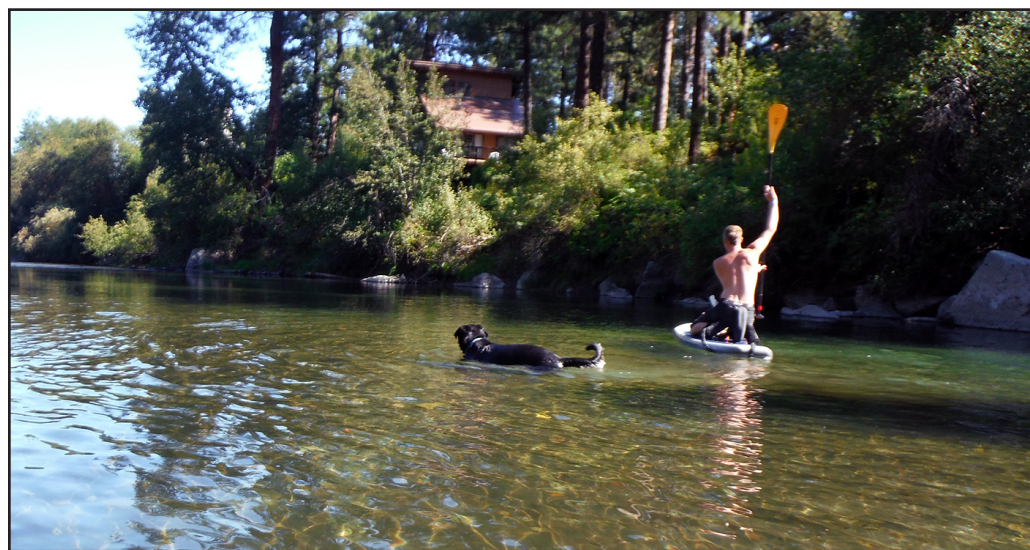


Photo submitted by Julia Pinnix

The boat launch at the Leavenworth National Fish Hatchery is closed. Local operators may not drop of paying clients to use the boat launch unless they have a permit to do so. While the boat launch is closed for good reasons, there are still people who abuse the privilege, according to hatchery officials.

Simple solutions: New laws require a new Congress

I don't have all the answers, but no one human does. So here's the plan: Allow unlimited immigration to the United States with the caveat that all males and females immediately enlist in the military, branch of their choice, as a price for admission. Once they serve a four year contract, which automatically includes overseas deployment, they get their citizenship.

This plan also ensures that they learn a skill and English in the military, if necessary, as well as learn to save and invest money so that when they leave the military they do not immediately go on welfare.

Of course they have the option of reenlisting.

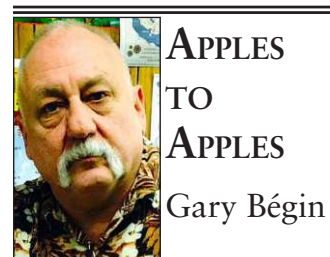
That's it. Simple, but there are these inherent problems: 1) The modern military does not want high school drop outs. 2) Today's military does not take drug addicts or alcoholics. 3) The military has height, weight and other physical requirements that many immigrants cannot meet. 4) No criminals allowed. So how many of these immigrants will have a clean background check? 5) Age limits. I think 29-years-old is the maximum and I believe 17-years-old with parental permission is the minimum. So even more immigrants will be eliminated.

Basically all the above issues make my simple answer untenable. Alas, simplicity is the boilerplate of most plans. They just don't see the forest for the trees. Simple answers just aren't answers at all, but a way to justify naive actions. At least that's how it may appear.

Political action by sound bites or bumper stickers, tweets, Facebook or other quick solutions are not solutions at all. So what do they represent? In my simple mind, simple answers represent more of a general philosophy than an actual game plan with step-by-step actions taken to achieve a specific goal.

Donald Trump won the presidency because he made many vague promises similar to my immigration/military plan above. The difference is he now has to make things happen and keep at least some of his promises.

I honestly believe more and more Democrats and Republicans ought to resign their party positions and run



APPLES
TO
APPLES

Gary Bégin

as independents for the U.S. Senate and for Congress.

The reason is simple, just like Trump's campaign promises. America needs dedicated independent thinkers and doers, not the same old, same old political hacks that have infested Washington, D.C., for the last 50 years.

We need new thinkers with new plans and bold ideas. If a man or woman tries to run as a Dem or GOP then they are dooming themselves to becoming slavishly fettered to whatever status quo platform the party apparatus has been adhering to for generations and that hasn't worked out too well.

Americans chose Trump as a means to an end - the changing of the status quo, not the continuation of it. Steve Bannon, Trumps "Rasputin," stated he wanted to destroy the government as we know it. We may not be ready for this extreme plan, but at least we should be ready to elect a few more brave souls with enough fight within them to effect real change.

Some argue, as I have done myself, that the only way to change a political party is to become a member of it and change it from within. This logic also assumes the element of change gets to vote for a fellow change agent during the primaries.

We, as an electorate, must therefore encourage persons with this "change element" mentality to run in primaries in order for the theory to hold water, but how many party bosses will even allow holders of "radical" ideas to be allowed on the ballot?

Another negative factor about simply quitting the party you now belong to is that candidates running as independents rarely get elected. Third party candidates get votes, but they are almost a waste of time except for the "protest" value inherent in the act of voting against the status quo.

Look at Ross Perot. Close,

but no cigar.

I am in favor of term limits and, barring that, I'm in favor of more and more so-called third party candidates at least giving the election process the "old college try."

Men, women - agents of change - your nation needs you. A change maker like Trump will never succeed unless Congress has a working majority of newly elected change agents to make sure his agenda realizes fruition.

Yes, it is that simple. Stop voting the party line and give some new blood a try.

If it doesn't work out, then it will be just like it is now, so what have we got to lose? Will it be the same old tired political hacks enslaved by the vested interests of K Street lobbyists, but are we as a nation going to experiment with destiny? The history books of 2075 will already be touting the Trump presidency as an extreme rebuff to the status quo, but what about the Congress that gets elected in 2018 and 2020?

Don't get me wrong though, voting for and then getting independents elected only signals the start of what could be, not the fulfillment of any agenda. As with any wish list, chances are a long hard period of negotiations and compromise still lie ahead in order to accomplish anything noteworthy.

The Supreme Court of the United States (SCOTUS) will be changed for the next 40 or more years if Trump, et al can select the next three justices because at least three will retire or die in office within the next three years.

That will be just the tip of the iceberg that the Titanic, aka "business as usual" will hit as our ship of state plows through uncharted waters into a freedom the American people have deserved for decades.

That freedom is the unfettered access to new ideas, new ways of implementing them and a new, third political party that is truly independent from the elitists on Wall Street or K Street.

Managing Editor Gary Bégin can be reached at gary@ncwmedia.net. His opinions are not necessarily those of NCW Media.

Opinions

Would somebody wake up Mitch?

Too many years in the Senate and Speaker Mitch McConnell doesn't seem to recognize the American public has grown impatient. Recently he told a local Rotary club that President Trump "had excessive expectations about how quickly things happen in the democratic process."

Seriously?

We just went through an historic election. None of the good old boys expected Trump to win.

News flash Senator McConnell. The American people are tired of your do nothing Congress. They elected a guy well known for his ability to fire people in an attempt to disrupt the morass in Washington.

Republicans have claimed for years that given the chance they would address the problems in DC. But in Trump's first six months they have demonstrated their love for the status quo.

It is clear that little is going to change until the biggest alligators in the swamp are removed. McConnell needs to go. His time has run out.

Obamacare has already failed. Our tax system is broken and needs to be scrapped. Our immigration policies are a disaster. Over regulation is stifling small business creativity and innovation.

Decades of feel good liberal entitlement programs are bankrupting our country and dividing our citizens.

The media has demonstrated their inability to offer serious analysis that can help us all understand the complex



IN MY
OPINION
Bill Forhan
Publisher

issues facing us. Instead they have turned their newscasts into emotional sound bytes intended to draw an audience to support their overpriced advertising.

The President can't actually fire McConnell. And it is pretty clear the entrenched bureaucracy is doing everything they can to disrupt and delay President Trump and his agenda.

If we really want to change the do nothing status quo that Washington has become, we must come together and demand the old guard be removed.

Unfortunately, here in Washington state we are burdened with a liberal political majority that want to expand their failed policies dividing us further between the rich and the poor. The producers and the takers.

If you want to examine the true intentions of the left then look no further than their oldest entitlement program - social security. No one can retire on the paltry sum they will receive from social security and that paltry sum is clearly not secure.

Several economists have examined the issue of taxes paid

during an average persons work life versus the benefit received from social security and concluded the benefit received is less than the contrivations. And if you don't live to the average life expectancy the government keeps your unclaimed benefits.

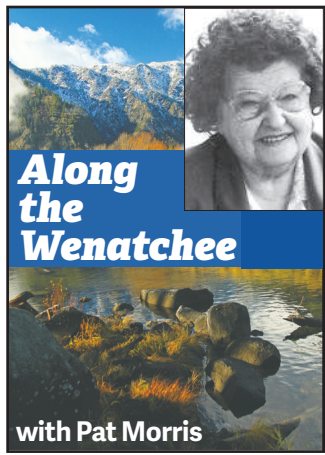
It may be difficult but we as citizens must demand that our elected representatives begin to address the problems we face. Democrats need to be held accountable for their stonewalling. They lost. It's over so they can do their job and work with the President. Send a letter to your Congressional representatives today and demand that McConnell step down and that they work in a positive and collaborative way to serve the American people.

Bill Forhan can be reached at 509-548-5286 or publisher@leavenworthecho.com.



Life & Health

Cars come to Leavenworth in 1910



with Pat Morris

Although Washington State issued its first car licenses in 1906, Leavenworth did not have a car owner until 1910, when pioneer saloonist J. B. Adams bought his first one.

His handsome new seven passenger Pullman auto caused considerable comment but not enough to rate a front page headline. Had anyone been able to foresee the changes this important event foreshadowed, it might have been met with a town band, an escort and speeches.

Mr. Adams' car appeared on the streets on a Wednesday in late April, which just happened to be the day another new car owner choose to take his machine out driving. Sam Beecher drove his three passenger Ford up from Peshastin, although he told friends he had just received it and was not yet really familiar with its workings.

The following summer, Ed Tholin received a new 1911 Cadillac auto, which was the envy of many and is still recalled by old timers. The latest model with four doors, it was declared to be "the neatest thing we have seen here in some time," according to The Leavenworth Echo.

This same summer, auto runs from Wenatchee to Lake Wenatchee became popular. This strip was actually one of the few long stretches where a driver could really put his car through its paces and the beauty of the evergreen country was an added attraction.

The pioneer driver was faced with narrow roads scarcely wide enough for his vehicle and completely lacking in guard rails, mud to the radiator or dust ankle deep, bridges that tilted or were absent altogether, sharp turns and steep grades but this was all part of the challenge when

one became a car owner.

Auto parties of several cars drove to Leavenworth, then took the route that led through the Chumstick Valley, crossing the creek seven or eight times and entering the Plain Valley by the steep Beaver Creek hill grade. Tourists opened camped and fished for several days at the lake, escaping the heat that made city life so difficult in summer.

As soon as autos became popular, the urge to set a speed record between Leavenworth and Wenatchee began to infect drivers. Groups of men gathered in excited conversation about how fast the trip could be made. In July of 1911, Martin Spencer set a new record by reaching Wenatchee in one hour and thirty-two minutes. Considering the roads of his day and his car, it probably was a real achievement.

That same summer of 1911, two families motored to Leavenworth via Snoqualmie Pass and Blewett. They left Portland Saturday morning early and arrived Monday evening, reporting they made good time but were delayed by a few mishaps along the way. Steep grades on the mountain stretches usually forced the unloading of all passengers but the driver, the passengers pushing the car backwards to the summit, as the vacuum feed would not work in hot weather.

The summer of 1912, Leavenworth had five autos in town. The vehicles gave their owners the great pleasure of taking their friends for rides. Many an oldster recalls his first ride when a relative or a friend acquired one of these popular vehicles.

Two years after bringing the first auto to town, J. B. Adams organized the Leavenworth Supply Company. The firm built an office and the first garage facilities. The sale of cars was becoming a popular sideline for an established business and there were few mechanics available when repairs were needed.

This garage handled practically all the repairs done in town at first. D.A. Burgett was the skillful mechanic whose knowledge was advertised as great enough to cope with any problems a car owner might have.

Although cars of all makes

and models were coming on the market, the Ford seems to have taken an early lead with local auto enthusiasts. Eight carloads of Fords arrived in Wenatchee by rail and all 64 vehicles were distributed in the Wenatchee Valley by mid-summer, 1913.



File photo

John B. Adams at age 50, an asset to fruit marketing and other local businesses.

As cars became popular, the Leavenworth City council began to take a close look at the conditions of the streets in the business section. Brick was being used in some places and in others, wooden blocks but the best substance in the eyes of many was crushed rock-asphalt mix which was newly being tried. Councilmen contacted several cities with experience in paving for advice.

In 1914, T.E. Paine of Cashmere moved to Leavenworth taking charge of the Cascade Garage and becoming agent for the Ford car. (There were 420,000 Fords in service world wide, the company boasted.)

Price was no doubt one reason for the popularity of the early Fords. When R.B. Field bought his first from Paine, he had a choice of a runabout for \$500 a touring car for \$550 and a town car for \$750 equipped F.O.B. Detroit.

By this time every live town had its Good Roads Association, composed of car owners chiefly, who were pushing for better roads. The Washington

legislature was being prodded to build a state system of roads, taking some of the burden of financing off the local counties.

Speeding was becoming a problem in town and women, especially, complained that drivers on Leavenworth streets regarded them as a racetrack, laughing when they sent pedestrians scattering out of the way. A 12-mile-per-hour speed limit had been set but was not enforced. It would be only a question of time until some unfortunate person would be a victim of such recklessness, The Leavenworth Echo commented.

At the same time, something unforeseen in the way of problems commenced to plague car owners. Motorists to Wenatchee often parked their cars along city streets. Sometimes they found them missing because joy riders found them tempting. Drivers were advised to leave their cars in such a condition that they could not be started. The switch from the horse to the steering wheel had its mad moments for a generation accustomed to stopping a wagon by hollering "whoa!" Vehicle malfunctions, poor roads and speed soon took their toll in accidents.

John Kuelbs took a party of ladies sight-seeing to the William Burgess place at Plain. On the return trip down Beaver Creek Hill, the brakes refused to function and the ladies became frightened. One climbed out onto the running board, preparing to jump. Kuelbs chose the best expedient and turned his speeding car into the dirt bank at roadside. Another motorist picked up the badly shaken party, bringing two of the ladies to Leavenworth Hospital.

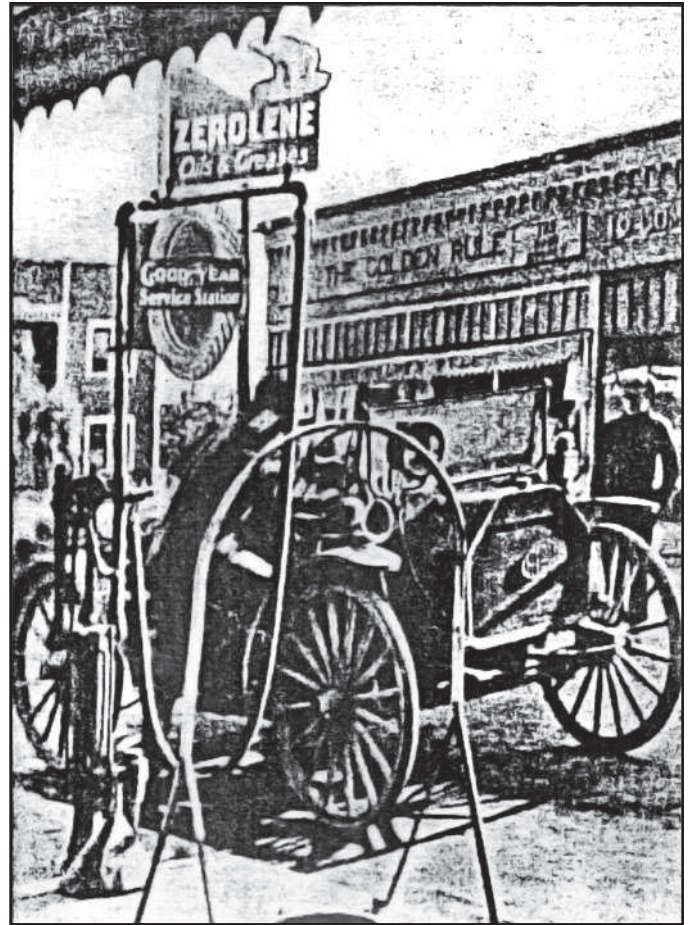
The previous week a Ford belonging to Lou Brender turned over at a high rate of speed on a sharp curve near Peshastin about midnight, as the car returned from a dance at Blewett. The unconscious driver was found beneath the car and six of its occupants had been thrown out.

Near the Peshastin Creek Bridge the same summer, a Wenatchee man got out to crank his auto, which was on a hill. When the car started, its brakes failed to hold and it backed 75 feet down an

embankment, its three passengers narrowly escaping serious injury. The toll taken by accidents surely engendered the following editorial comment from the desk of Deed Mayer: "There would not be near as many accidents and those out driving would

whatsoever and the driver was so surprised at meeting someone he nearly crashed into a tree.

"Our informant says that had he been in the road at the time there would certainly have been a collision as the other fellow was traveling



File photo

A motorist pays a visit to the Adams garage.

feel much safer, if every automobilist would blow his horn when approaching a curve. "One of our local citizens told an Echo reporter this week that on a recent trip to Lake Wenatchee he passed no less than 20 cars coming in the direction of this city and not in a single instance did the driver blow his horn. At one turn, he says he narrowly escaped being run into and only saved his life by running out to the side of the road.

"Before reaching the curve he was able to see the road several hundred yards ahead and noticed a big cloud of dust. Having already had some close calls he decided to wait and see what was making the dust before proceeding further. He had no more than stopped his machine when another car shot around the corner without any warning

at a rate of speed that would make him liable to arrest on a straight road.

"During the summer months the road to Lake Wenatchee sees as much or more travel than any other road in the county and every automobile driver should use every possible means to avoid accidents. "Horns are placed on cars to be used, they are not an ornament, and on the road to the lake, is a good place to use them as curves are numerous and in some places there is hardly room to pass."

In addition, editor Mayer recommended a motorcycle policeman be put on the road to watch for speeders and stiff fines for the speeders, which would soon make the road safer, he said.

Q: How can I tell if a medicine or supplement is helping me?

My neighbor's grandmother was Native American and she always drank tea made with Tamarack needles. She'd gather only the young needles from the trees, and my neighbor SWEARS it really helps her arthritis. Is she crazy, or on to something?

Ibuprofen eases muscle aches in some people but when others try it, they don't get any relief. What's going on here?

If a medication is designed to treat or cure something and is approved by the Food and Drug Administration for it, you'd expect it to be able to do that for everyone, right? It certainly would be much easier if doctors could determine how a particular medicine would work on you BEFORE you buy it and take it. If only your doctor could be SURE that a particular medicine designed to treat the condition you are suffering from would "do the trick" and cure you.

If that were true it would make a doctor's job SO MUCH EASIER! They'd examine you, decide what's wrong, give you a particular medicine designed to treat it, and BAM! You're fixed. If only it was that simple.

Giving a medicine to treat a particular condition isn't predictable because we are all unique individuals when it comes to how we react to

medicines, supplements and herbal products.

Despite our doctor's best efforts to match the medicine to our condition, no medicine works in everyone, and no medicine works the same in everyone. Even with the best medical science available today, doctors still can't predict exactly HOW a medicine, food supplement or herbal product will act inside you when you take it.

Ibuprofen, which is found in Advil®, and naproxen, the active ingredient in Aleve®, are very closely related and act to relieve pain and swelling in the same way. Despite their similarity, many people find that one works better for them or causes fewer side effects than the other one. And some people find that NEITHER one works for them. Why?

Medicines work a lot like keys, each with its particular shape. Each of these shapes or "keys" is designed to fit into a certain place in your body, much like a key fits into a lock. That place is called a "receptor" because it "receives" the key. Some of us have receptors that fit a particular key perfectly while others have receptors whose shape only fits part of the key. Other folk's receptors don't fit the key at all, which explains why medicines will work just fine for some people but only partly

Ask... Dr. Louise

or not at all for others.

If your doctor gives you a medicine to lower your blood sugar, he or she will have a plan to check on how you are responding to it. That plan may include testing your blood sugar with a machine to show if and how well your new medicine is working for you. If your blood sugar levels don't change, then you're not responding to that medicine and another approach is needed.

Not everyone who takes a medicine, food supplement or herbal product responds to it. An herbal product may have dozens of glowing testimonials, but when we take it we each of us will respond to it in our own unique way.

The best way to determine if a supplement is helping you is to keep track of how it affects you.

In the words of a Chinese proverb, "The palest ink is better than the best memory."

Here are five steps to finding out if a supplement is helping you:

1. Decide what symptoms you want to relieve with the medicine or supplement you are planning to take. Ask yourself WHY you are taking it or what exactly it is that you want it to do. Do you want pain relief? Increased energy? Weight loss?

2. BEFORE you start taking it, document how you are doing on that symptom. If you want increased energy, score your energy level NOW on a scale of 1 to 5 or 1 to 10.

3. Start your new medicine or supplement.

4. Every few days or weeks, notice and score yourself on that symptom on the same

scale.

5. Give it a few days to a few weeks, then look at your scores to see if there are any changes to your symptoms after you started the product. This helps you answer the question, "Is this really helping me?", and if not, you can stop it and try something else.

Dr. Louise Achey, Doctor of Pharmacy is a 38-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely*. Your questions and comments are always welcome at www.AskDrLouise.com

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