

## City set to embark on another parking study

By IAN DUNN  
EDITOR

The city of Leavenworth, Chelan County Port and the Leavenworth Chamber are partnering on a new parking study. At the Feb. 14 study session, City Administrator Joel Walinski talked about the scope of work for such a study.

As they talked with a lot of folks, the scope of work has gotten really big, he said. They've done some background, talking with some companies that do parking studies and also with Republic Parking, which manages parking.

Republic Parking made a presentation to the city

council four years ago, free of charge. Once the study is completed, Republic would review it, Walinski said. Republic does not have an interest in managing parking in Leavenworth, he said.

"They (Republic) like Leavenworth. They've offered to come in and do it. They've talked to us several times, and you can see, they're not managing parking here. The only reason I bring it up is because

it is kind of a resource," Walinski said. "A lot of decisions will be based on the council and chamber reviewing that study. What I'm trying to do is get down to the scope."

The study will be based on average peak use, day-in, day-out parking use in town. Oktoberfest and Christmas Lighting are outliers in terms of the parking study, he said.

"At Christmas Lighting, quite a bit of the parking we

have open is used for bus parking. That creates parking issues," Walinski said. "When you look at Oktoberfest, you actually have an event that takes up a third of the parking. That's why I call them outliers. During summertime, the fall, those days outside of Christmas rush season, where you don't have parking being used for other things, those would be your average, peak use."

Even though they are focus-

ing on average, peak use, Walinski said they still would like to address those festivals. The other piece he's heard a lot about, particularly from the chamber, is whether or not a parking garage is necessary.

If you are looking at a parking garage, Walinski said they would need to learn more about the revenue stream needed to support that.

"We're not going to pay for it in three Christmas Lighting weekends or three Oktoberfests," he said. "We need to get a cost model on how a parking garage would work and go over the practices to make it work. It's going to be based on average peak use. When they do come in and do the lower cost study, they just look at occupancy at 9 a.m. and 4 p.m. They count the spaces being used."

Walinski said they want to learn more about utilization, how those parking spaces are being used. The city has some information on that from their pay parking lots, but they don't know what happens on the street.

Utilization is important for Leavenworth, he believes, because it is not a normal downtown. This is where people are coming in town slower, do their thing in town during the day, then leave in the evening.

"It is an easier model to study. Important for us is the utilization. We need to get a handle on that. My suggestion would be we take a weekend, like Accordion Fest, so you get

a little taste of a festival weekend. It's a high peak weekend. Get those counts. I would look at that as an average peak use. That would give us a base," Walinski said.

One of things things he's heard a lot about is employee parking. Walinski said he's not certain that is a city issue. Councilwoman, Mia Bretz, said she has a different perspective because she's heard from a lot of people.

She said people have been talking about this for a long time and they have opinions on what they think are solutions. Bretz had some ideas on what the parking study should accomplish.

"It should be we have an understanding of the numbers and the utilization. I think that is huge. A second key is without any preconceptions or thoughts on what they think might be a solution. Have the study professionals, who are experienced at researching and finding solutions, to come with a menu of options for what they think would solve different flow issues and storage issues," Bretz said.

For Bretz, the big concern is traffic flow and congestion. She believes parking is pivotal to that.

"The business community has concerns about access to the downtown. They think more parking might solve that problem," Bretz said. "I think that might be resolved in creative ways that aren't nec-

SEE PARKING ON PAGE 2

## Voters approve levies

By IAN DUNN  
EDITOR

Cascade School District voters, on Feb. 14, approved two levies. A maintenance and operations levy passed with 57 percent of the vote. The technology/safety levy passed with 55 percent of the vote.

Superintendent Bill Motsenbocker said they are very excited because this is the first time they've run two levies together.

"We plan on running those together each four-year cycle, our maintenance and operations levy and our technology/safety levy. We were pleased they both passed," Motsenbocker said. "I was a little surprised we had the same number of 'no' voters from the last four-year M&O levy, but we had fewer 'yes' voters. We were curious if people just didn't send ballots this time. We just needed a 50 percent-plus-one vote, so we were very pleased that we'll be able to continue moving forward with both those programs."

The turnout was relatively low, only 2,200 voters on election day. The current M&O levy, which ends in 2017, was assessed at \$1.43 per \$1,000 of assessed valuation. The new levy, which is a replacement only, collects the same amount of money, just at a lower rate, \$1.38 per \$1,000.

Motsenbocker said the lower rate is because of the increased property values in the Cascade School District. The M&O dollars account for 24 percent of the entire school district budget. The district uses the funds to keep class sizes small by hiring additional teachers, counselors and para-educators, which are not funded

SEE LEVY ON PAGE 4

## Who is the next Mr. Kodiak?



Photos by Ian Dunn

The Mr. Kodiak program is Feb. 27 at Cascade High School. Doors open at 6:30 p.m. - Program starts at 7 p.m. Lots of raffles, silent and live auction items, even a dessert auction. These delicious items are made by our local bakeries. Clint Strand will be our announcer extraordinaire. All proceeds go to fund the Senior Sober Graduation party which provides a safe and fun way to celebrate our seniors graduating. Here are your Mr. Kodiak candidates: top row, from left, Tre Smith, Jonah Gunter, Colby Pedersen, Dane Williams, Nikoli Kostka. Front row, Josue Claros, Garrett Halseth, Wyatt Guthrie, Bryson Murdock, Carter Welch.

## City to step up on the overnight rental enforcement, but it remains a lengthy process

By IAN DUNN  
EDITOR

Enforcement for overnight rentals in Leavenworth will be more proactive in the near future. Even so, the process for shutting down overnight rentals in town could take some time. The Leavenworth City Council discussed overnight rental enforcement at the Feb. 14 study session.

"We heard a lot of feedback from the community on our process of updating our short term rental regulations. The council responded. Next, to make sure you have regulation, you do enforce," said Development Manager Nathan Pate. "This had to do with energy from the community. There needs to be a spearheaded effort to move enforcement forward. We want to focus our energies to make this a reality for the council."

The enforcement process takes time and money, Pate said.

"It's not punitive in nature, it is more corrective in nature. The community wants it to be a more active approach. There is lots of things we need to do to set the stage. Then, see how council would like this done, fulfilling a commitment to the community," Pate said.

The city did get a request to streamline the process, City Administrator Joel Walinski said. But he did not believe they could do that. Once the city gets the enforcement information, a letter is sent out. They have 10 days

to respond.

If they don't respond, the city sends out another letter. If they don't respond, the city will send out a third letter. By then, they are anywhere from 35-to-45 days into the process. At that point, they can file an appeal with the county hearings examiner.

"It takes up to 60 days to put together that information. The hearings examiner makes a judgement, then we can take it to court. It is very important, that on the front end, we do a very good job with the information we have on overnight enforcement," Walinski said. "We follow a very good procedure, because typically when somebody wants to challenge the enforcement effort, what they are going to challenge, number one, is the procedure the city uses to move enforcement forward. That is the number one thing people challenge."

The city needs to make sure it is very detailed. The city attorney will review that, because you don't want to lose and have case law that now puts you in a position where the city has lost power, Walinski said.

If it is not upheld in court, then the city does not have the right to enforce, he said.

"If we're not careful and meticulous, we could be the test case, and become that bad law. This is one of the unique things we're suggesting as we move forward on enforcement. Definitely, couple different pieces that goes out to folks on our radar right now that

are doing overnight rentals," Walinski said. "It is to advise them, this is illegal. It is to give them notice."

It is important, Walinski said, when you go to court and the judge asks what the city has done to make sure people know the rules...to have the public education piece is key.

"Because this is not a real visible thing, we are going to look at hiring a contractor, someone who has skills in the investigatory process. We're going to sit down with Pacific Patrol. They have some people on staff," Walinski said. "We might look to see if there are some retired officers with those types of skills. It is a short term contract. We have a list of 40-45 homes we think are doing this. Do the investigation so we have detailed information, so after the information pieces, our ducks are in a row, and we are in good standing."

Walinski said he's going to let city attorney, Thom Graafstra, be the judge on whether the city's information is good enough to go to court and win the case.

"Now that we've had the vote, and the ordinance has changed in the city of Leavenworth, I think maybe some of our residents think overnight rentals are going to stop immediately or our enforcement start and people will be shut down," Mayor Cheri Kelley Farivar said. "Yes, that will happen. But we need to be clear, any one enforcement process could take six, seven, eight months."

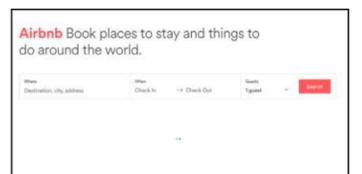
Pate said it could take as long as 18

months.

"Eighteen months for the really recalcitrant individual. Be clear, this process is lengthy, so that when you are talking to the community, you manage the expectations," Farivar said.

There are three steps that will be put in motion, Walinski said. Pate will produce the education letter. What the council has done really needs to be understood by the public, Pate said. Farivar said she plans to discuss it on the radio.

At the same time they are developing the education piece, Walinski said they need to be looking for the person



Screen shot

Many overnight rentals use websites like Airbnb to market their rentals. Certainly, any investigation into overnight rentals in Leavenworth would start with a web search.

with the skill set to do the investigations.

"We know there are lots of folks that live in the community that have backgrounds in law enforcement. Pacific Patrol can do this type of work," Walin-

SEE OVERNIGHT RENTALS 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?

### Inside The ECHO this week

Community News..... 2  
Comm. Calendar..... 3  
Arts & Entertainment... 4  
Life & Health / Op..... 5  
Neighbors..... 6

Section B..... B1-B6  
Sports..... B1  
Community..... B2-B3  
Classifieds..... B4-B5  
Sheriff Report..... B6

### Inserts

Dan's food Market  
Safeway



215 14th St. • P.O. Box 39,  
Leavenworth, WA 98826  
Phone: 509-548-5286  
www.leavenworthecho.com



# Community

## Got Mobile?



Mobile search directory

## THE LEAVENWORTH ECHO

© 2017 NCW Media, Inc.  
215 14th St., P.O. Box 39  
Leavenworth, WA 98826-0039  
Phone: 509-548-5286  
Fax 509-548-4789

**Leavenworth**  
Mon. - Fri., 9 a.m. to 5 p.m.  
**Cashmere**  
Mon. - Fri., 9 a.m. to 5 p.m.

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

**Managing Editor**  
Gary Bégin  
gary@ncwmedia.net

**Editor**  
Ian Dunn  
editor@leavenworthecho.com

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

**Creative Services**  
Lindsey Douglas  
echoads@leavenworthecho.com

**Front Office Classified / Legal Notices**  
Susan Dodrill  
classifieds@leavenworthecho.com

**Circulation**  
Erin D. Rossell  
509-293-6780  
circulation@lakechelanmirror.com  
**website:**  
www.leavenworthecho.com  
**e-mail:**  
echo@leavenworthecho.com  
**advertising e-mail:**  
echoads@leavenworthecho.com

**DEADLINES:**  
Calendar Listings: Noon, Thursday  
News Submissions: Noon, Thursday  
Letters to the Editor: Noon, Friday  
Display Advertising: Noon, Thursday  
Legal Notices: 5 p.m., Friday  
Classified Ads: Noon, Monday

**SUBSCRIPTIONS:**  
In Chelan County (yearly) \$33.00  
In State (yearly) \$34.00  
Out of State (yearly) \$36.50  
Senior (65+ yearly in county) \$31.00  
The Leavenworth Echo does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization. 1-509-293-6780

**SERVICES:**  
**Back Issues** are available up to one year after publication for a fee.  
**Photo Reprints** are available for most photos taken by staff.

The Leavenworth Echo (USPS 308160) is published every Wednesday by NCW Media, Inc. 215 14th St., Leavenworth, WA Telephone: 509-548-5286. Fax: 509-548-4789. Periodical postage paid at Leavenworth, Wash. (and additional mailing offices) Postmaster: Send address corrections to: The Leavenworth Echo, P.O. Box 39, Leavenworth, WA 98826-0039



NCW Media, Inc. prints on recycled newsprint with soy ink. Please recycle.

### Letters policy

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

### Corrections

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

## Parking: Study will focus on average use, not just peak times

CONTINUED FROM PAGE 1

essarily expensive as a whole, big concrete structure. Maybe that is where we end up. I would like to give a professional group the opportunity to do that exploration for us. Have them say these are the different choices to solve our parking situation."

Longtime councilman Elmer Larsen said there have been several parking studies in the past, presenting several options. He likes the character of town without parking meters. He urged taking that off the table. For Larsen, finding out more about the parking structure is most important.

"Knowing all the games we can do with different lots, we come up with the cute little ideas, but they all take money," Larsen said. "When it is all said and done, nothing gets accomplished. I would really focus on a parking structure, the cost for the whole. I want to drill down. What are our options? How many spaces would it give us? Would it pay for itself?"

Larsen felt the parking lot 2, the old warehouse lot, would be the perfect place to locate the parking garage. Walinski said they definitely need to start with a good count on how parking is used, because they're going to need that information.

Even if they know going into the study, a parking garage is needed, without the data, they would have no way to justify that. Walinski said there is a gain to letting the parking professionals look it first. They might reconfirm the idea a parking structure is needed.

To go into the study, think-

ing parking structure is needed is limiting, Walinski said. Talking with the folks who do the parking studies, managing your on-street parking, managing your other lots, is going to play into if you can successfully have a parking garage.

"Spending a lot of time getting into specifics on a parking garage is too early. I think our traffic flow is terrible. It is totally congested. It is gridlocked all the time. To have professionals come in and give us solutions for a different flow, for a better flow, for a different way of looking at our downtown core with flow in mind, maybe we still end up with a garage in the middle of town and that's fine," Bretz said.

Councilwoman Margaret Neighbors they should not move away from the metered parking downtown. She said, if there is free parking downtown, people are going to circle looking for a spot before going to a parking garage.

Farivar agreed. "They circle the block slowly, stop and wait. I think our flow is severely impact by that. I not only am in favor of downtown meters, but I think it is time we did it. One of the reasons we've had the free downtown parking is the merchants," Farivar said.

There was always an idea,

Farivar said, if they needed to buy property for parking, there would be an LID placed on the downtown, because they are beneficiaries of that parking purchase.

"We found a way not to access any kind of fee to the business owners downtown for the parking we've created. Now, we need more parking. If we are not going to do a

because it is a unique, rural community. You start putting parking meters downtown, you are changing the very nature of what we're trying to do. I think it is detrimental," Larsen said.

The fact that is some of the only free parking in town drives a lot of employees and business owners into those spots, Farivar said.

"Just the other day, I drove around looking for a spot and ended up parking in the city hall parking lot. I walked back into town. A business owner was parked there, I'm guessing several hours. Inappropriate. He would not have parked there if it was metered," Farivar said.

Farivar said the city needs to keep their options open. There may be ideas they've never thought of, she said. "We also have to stay at the 1,000 foot level. If the parking garage is part of the study, they'll give us some ballpark numbers. They're not going into engineering or anything like that," Farivar said. "We have some partners in this. We have the chamber and we have the port. There will be limitations on what they pay."

Some suggested the study needs to take into consideration all four seasons. Farivar said a year long study would cost a lot of money and it is not necessary to get the city



File photo  
The upcoming parking study is expected to delve into the feasibility of parking garage in Leavenworth. The ideal site seems to be the P2 parking lot near the Festhalle.

parking LID for the downtown, then they don't get to have free parking in front of their stores also," Farivar said. "I feel we've come full circle. I am so in favor of metered parking downtown. I think it would create a lot of more parking because people will not park there and stay all day. They'll park in the parking lot. It will drive the tourists to the parking lots."

Downtown metered parking should be part of the study, Farivar said. Larsen said the idea of parking meters has come up before and been rejected.

"We spend \$1 million a year to get people to come here

garet Neighbors said she was sad it took so long and the fine was only \$250. Pate said the first assessment is \$250, which can be reissued each day the violation continues.

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

## Overnight rentals: City seeks person to investigate overnight rentals

CONTINUED FROM PAGE 1

ski said. "It is contract work. If move this ahead, it will be five to seven months, with a pretty solid investigation."

When the city works with the contractor, Walinski said they'll decide what kind of information is needed to actually make a case. Right now, he's not sure what that is. That is why it is important for the city attorney to review it and that they get somebody that has done investigations in the past.

The city attorney has also recommended a change to the wording in the code, Walinski said. There needs to be very

clear language, "It is a violation of this chapter for any person to rent a single family dwelling in this zone for less than 31 days, unless the rental is a bed and breakfast."

"We've had reports there are as many as 40 overnight rentals in town. If there are 40, we think we'll get voluntary compliance out of a percentage of them. Once we get this knocked down, we won't need that contract employee. We feel like we'll gain full compliance," Farivar said. "I can tell you, other communities in the state are looking at and watching this. They are letting us blaze that trail."

City Council member, Mar-

**Announce your event!**  
• Weddings • Engagements • Births • Anniversaries  
• Any major milestone

Contact:

**THE LEAVENWORTH ECHO**  
548-5286 • Fax: 548-4789  
215 14th Street  
Leavenworth, WA 98826-0039  
echo@leavenworthecho.com

**CASHMERE VALLEY RECORD**  
782-3781 • Fax: 782-9074  
201 Cottage Avenue, Suite 4  
Cashmere, WA 98815  
record@cashmerevalleyrecord.com

**CASHMERE™ MAILING HOUSE, LLC**  
and Bonded Warehouse Storage & Shipping for Wineries

**Cool - Dark - Subsurface - Secure**  
**Let us be your off-site storage!**

509-782-1581

Jayne@cashmeremailing.com

203 Mission Ave, Room 110 Cashmere, WA 98815

**Community Cupboard**  
A Program Of Upper Valley MEND  
Thrift/Food Bank/Emergency Services  
A program of Upper Valley MEND

Please help us meet our needs by donating the following items:

- Cereal • Juice • Canned Fruit • Cooking Oil • Eggs
- Meats • Chili • Soups

**THRIFT STORE**  
Check out our weekly sales and specials! Every week, items in one or more departments are **50% off!**

Thank you for your support and Meeting Each Need with Dignity - M.E.N.D.  
Open: 11 a.m. Mon. through Sat.  
219 14th St. Leavenworth • 509-548-6727  
This announcement sponsored by The Leavenworth Echo

**54<sup>TH</sup> ANNUAL**

Final Deadline February 28, 2017

**Sonnenschein auf Leavenworth**

Your guide to Washington's Bavarian Village FREE!

**LEAVENWORTH'S PREMIER VISITORS GUIDE**

Sonnenschein is the first publication that visitors around the state pick up for information about Leavenworth!

To see Sonnenschein ads online, visit [www.leavenworthecho.com](http://www.leavenworthecho.com)

**CALL TODAY TO PLACE YOUR AD IN WASHINGTON STATE'S BEST VISITOR GUIDE**

**CALL YOUR AD EXECUTIVE TODAY FOR DETAILS**

**CAROL** (Leavenworth area) 509-548-5286 • carol@leavenworthecho.com  
**LINDSAY** (Cashmere Area) 509-860-7301 • adexec1@ncwmedia.net

**COMMUNITY BULLETIN BOARD**

**Local, Regional Community News and Events**

**Who:** Any non-profit 501(c)(3) group, person(s) must submit full name and phone number.  
**What:** Items pertaining to local events that are free or minimum charge.  
 For two weeks only (space limited).  
**Where:** Email to: editor@leavenworthecho.com or editor@cashmerevalleyrecord.com  
 Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com

**Other ways to advertise your News and Events:**

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

**Leavenworth P.E.O. Spring Fashion Fling & Tea**

P.E.O. Chapter JF will hold their Spring Fling Fashion Show & Tea on April 20 at 1 p.m. at the Icicle Village Resort in Leavenworth. Cost is \$25 and will feature clothing from Upper Valley shops, tea, finger sandwiches, cookies and a raffle. Proceeds go toward scholarships for students and women continuing or returning to obtain higher education. Reservations must be made in advance as seating is limited. Contact Jimi Wilson at 763-3445 or jbwilson@nwi.net to make reservations. (e06,07,08)

**Leavenworth Women's Exchange**

The Leavenworth Women's Exchange monthly luncheon is on Wednesday, March 8 at noon at Visconti's Italian Restaurant, 636 Front St. The cost is \$14 per person for members and \$16 for non-members. Beverage, dessert, tax and gratuity are included. Devon Williams will present the program titled "Natural Health Solutions with Essential Oils". For information and reservations, contact Ann Thrasher at 548-5363 by Saturday, March 4. (e08,09)

**Cascade Select Choir Fundraiser Concert**

The Cascade Select Choir is announcing a concert on Tuesday, March 7 at 7 p.m. at the United Methodist Church, 418 Evans St, Leavenworth. The concert will feature all the music performed at the Regional Music Championships. This event will also help raise funds for the choir's upcoming Spring Tour. Tickets are \$10 and available at the door. (e08,09)

**Fly Fishing Film Tour**

The original and preeminent exhibition of fly fishing cinema, The F3T is a one of a kind experience. Each year fishy folk of all ages gather at premieres to soak up films from around the world, spin a few yarns amongst friends and dream about casts still unmade. See the film, Thursday, Feb. 23 at 7 p.m.

**Author Ana Maria Spagna Visits**

Ana Maria Spagna returns with a fun, fast-paced, and inspiring young adult novel, "The Luckiest Scar on Earth," about Charlotte, a young snowboarder who learns that even our deepest scars can be lucky ones. Saturated with wilderness beauty and brimming with adventure, turmoil, hope, and wisdom. Spagna, a creative writing teacher and award-winning author of six books, shares advice and inspiration for budding authors. Wednesday, Feb. 22, 7 p.m. at Leavenworth Library. Free. Call 548-7923. (e08)

**Royal Lady Gala**

The Washington State Autumn Leaf Association invites you to the annual Royal Lady of the Autumn Leaves Gala, Tuesday, March 7 at Icicle Village Resort. Social and Auction, 6-to-7 p.m. Dinner at 7 p.m. \$35 per person or table of eight, \$250. Please RSVP soon. Dress is semi-formal. Contact Carol, 670-1723. (e08,09)

**Cashmere Chamber to honor Business and Citizens of the Year**

Each spring, Cashmere Chamber of Commerce presents a Business and Citizen of the year whose demonstrated dedication and excellence for their outstanding contributions to the community. Sure to Rise Bakery, Tom Green and Jack Pusel will be honored at the Cashmere Chamber of Commerce Annual Auction and Recognition Dinner to be held on March 24 at 5:30 p.m. at the Cashmere Riverside Center. Tickets for the event are \$30 a person. Tickets are on sale now at the Chamber office, or are available through a board member. (e08,09)

**Regional Write on the River HS competition**

Write on the River announces the 6th Annual High School Writers Competition. This short story competition is open to students grades 9-12 in North Central Washington.

The winning entry earns a prize of \$100, with two Honorable Mentions. Students who submit entries will be able to attend our May conference free of charge. No entry fee to enter the competition. For contest guidelines and entry form, go writeontheriver.org. All entries must be submitted by March 31, 2017. (07,08)

**Lithic Skis to present at Innovator Awards Luncheon**

GWATA will host the Annual Innovator Awards Luncheon on Thursday, March 30 at the Wenatchee Convention Center. Doors will open at 11:30 a.m. with the program from noon to 1:30 p.m. Lithic Skis consists of their personal brand, Lithic Skis, along with an OEM manufacturing brand, PaultyMFG, which is responsible for building skis and ski parts for other ski companies in the industry. Lithic Skis started in 2015 and is based in Peshastin, Washington. (e07,08)

**WV Humane Society celebrates Help A Horse Day**

Wenatchee Valley Humane Society will be celebrating the ASPCA (The American Society for the Prevention of Cruelty to Animals) National Help A Horse Day on April 22-26 and competing for a chance to win up to \$25,000 in grant prizes to assist with their efforts to protect horses. To celebrate the day, WVHS will be hosting a family friendly event on April 26 from 12-4 p.m. in honor of the ASPCA's 150th Anniversary celebration this year, the contest has been expanded to include a total of \$100,000 in grant prizes, including a grand prize of \$25,000. For more information about WVHS, please visit wenatcheehumane.org. (07,08)

**Camp Fire WoHeLo Benefit Luncheon**

Camp Fire North Central Washington will be holding their Annual Benefit Luncheon on Wednesday, March 1 at the Wenatchee Convention Center. The luncheon is free with the opportunity given to support Camp Fire mission and programs. Camp Fire has Afterschool programs at Columbia, Lewis & Clark, Lincoln, and Mission View schools, Boys and Girls youth

clubs, and Co-ed summer camp at Camp Zanika. Please RSVP by calling (509) 663-1609. The Keynote speaker is Michelle McCormick, Owner of Stage Kids. All proceeds will benefit Camp Fire youth programs in Chelan, Douglas, Okanogan, Grant, and Adams counties. (e08,09)

You're Invited to the Second Annual Wenatchee Valley Firewise Day

**Help keep your property safe from wild fires this summer**

AAA Washington and Firewise are joining forces for the second annual Firewise Day, a free, family-focused event, open to the public. The event will be held at the Pybus Public Market from 9 a.m. to 2 p.m., Feb. 25 and highlights fire prevention tactics and education in an interactive format. The Cascadia Conservation District will be providing free signups for individuals to receive grant funded home assessments. Visit http://firewise.org. (e08)

**Bringing the community to your door...**

**THE LEAVENWORTH ECHO**  
 215 14th Street • Leavenworth (509) 548-5286  
 www.leavenworthecho.com

**THE HERALD**  
 315 E. Woodin St. • Chelan (509) 682-2213  
 www.gcherald.com

**CASHMERE VALLEY RECORD**  
 201 Cottage Ave. • Cashmere (509) 782-3781  
 www.cashmerevalleyrecord.com

**LAKE CHELAN MIRROR**  
 315 E. Woodin St. • Chelan (509) 682-2213  
 www.lakechelanmirror.com

**NEW MEDIA**  
 Bringing the community to your door

**WENATCHEE VALLEY SPORTSMEN SHOW**  
**FEB. 24, 25 & 26**  
 TOWN TOYOTA CENTER

**FRI: NOON - 7PM • SAT: 10AM - 6PM**  
**SUN: 10AM - 5PM**

**FEATURING**

- WALK ON THE WILD SIDE**  
 Come walk through this awesome collection of wildlife that includes a tiger, cougar, bobcat, along with several other animals and reptiles.
- N.W. Big Game Display**  
 (Bring your trophy to be scored)
- Free Kids Fishing at Lunger Lake
- Fishing Boats & Tackle
- Lodges & Resorts
- Fly Tying Theater
- Guides
- Daily Door Prizes
- Hunting & Fishing Seminars

**JUST FOR THE KIDS**  
 Special Kids Day Sunday  
 \$1 off Kids Sunday admission  
 FREE fishing • Many more activities and prizes just for kids

**ADMISSION**

Adults .....	\$8
Kids 6-12 years.....	\$4
Kids under 6 .....	FREE
Friday "Seniors Day" 60 & Older ...	\$4

Military discount with ID, \$1 off any admission

**PAY ONCE!**  
**Come back all 3 days!**

**Special Daily Giveaways**  
**FRIDAY** - 1st 150 people CASH giveaway  
**SAT.** - 1st 150 people Goody Bag / Hooked on Toys  
**SUN.** - 1st 100 Kids Something Fun / Hooked on Toys

presented by Shuyler Productions • 509-952-1014  
**ShuylerProductions.com**

**Gustav's**  
 Onion Dome Restaurant & Beer Garden

NEW Happy Hour Menu • Sunday-Friday • 3 p.m. to 6 p.m.  
 548-4509 • 617 US Hwy 2

**HOWELL at the MOVIES**

**WITH JAMIE HOWELL**

The Icicle Creek Film Series takes to the rivers this week with the arrival of the **2017 FLY FISHING FILM TOUR (F3T)**, benefitting the Wenatchee Valley Fly Fishers club.

Fly fishing cinema has become a genre unto itself and **F3T** bills itself as the "original and preeminent exhibition" of this species of fishy flicks.

Like most traveling film tours, **F3T** presents a mix of short films that seek to capture the spirit and beauty of the sport. Journey to Russia to see the mouse-eating trout on the Kamchatka peninsula in "At the End of a Rainbow" and then head down to Mexico to meet the legendary angler they call Sandflea in "Corazón." Tarpon fanatic David Magnum of Florida scouts new locations by paraglider in "120 Days," and a crew of fishing fanatics test just how remote they can go in "Geofish: Fanning Island Expedition."

In all there are eight films, and while they are often both beautifully shot and entertaining, they also foster an appreciation and respect for the precious resources that ultimately allow fly fishing to exist.

**F3T** will leave you ready to hitch up your gaiters and find yourself a fruitful eddy in the waning light while the sounds of the river remind you what a beautiful planet we live upon.

**THURS, FEB 23**  
**FLY FISHING FILM TOUR**  
 Sponsored by Fresh Burger Cafe

Presented by Advance Student Adv. At

**ICICLE CREEK CENTER FOR THE ARTS** \$15 \$17 DOOR  
**SNOWY OWL THEATER** \$7 \$9 DOOR

Tickets: **ICICLE.ORG** or (509) 548-6347 x1

**Senior Center Events & 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.

- February 22, Wednesday:** Swiss steak w/ gravy, mashed potatoes, California veggies, garden salad, bananas & blueberries, ww bread or roll, and Jell-O.
- February 23, Thursday:** Lasagna, Caesar salad, Oregon berries, Garlic bread, pudding.
- February 24, Friday:** Roast beef sandwich, tomato soup, carrot raisin salad, ww roll, and dessert.
- February 27, Monday:** Ham steak, sweet potato, trio vegetables, green salad, ww bread or roll, Pineapple, and dessert.
- February 28, Tuesday:** Beef enchiladas, refried beans, corn, coleslaw, chilled pears, and ice cream.

**Event Calendar**  
 Monday, Wednesday, and Friday 10:30 a.m., **Gentle Exercise**  
 2nd 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**  
 Friday, 6:00 p.m., **Bingo**  
 Saturday 6:30-9:00 p.m., **Music, Public Welcome, No cover charge**

**CHS & IRMS Breakfast Menu**

- February 22, Wednesday:** SCHOOL CLOSED.
- February 23, Thursday:** SCHOOL CLOSED.
- February 24, Friday:** SCHOOL CLOSED.
- February 27, Monday:** French toast sticks, bagel / cream cheese, assorted cereals WG, fruit smoothie, yogurt parfait BB & granola.
- February 28, Tuesday:** Greek omelet pita pocket, bagel / cream cheese, assorted cereals WG, fruit smoothie, yogurt parfait BB & granola.

**CSD Elementary Lunch Menu**

- February 15, Wednesday:** SCHOOL CLOSED.
- February 16, Thursday:** SCHOOL CLOSED.
- February 17, Friday:** SCHOOL CLOSED.
- February 20, Monday:** Chicken nuggets, tater tots. Fresh fruit & vegetables, milk.
- February 21, Tuesday:** Beef teriyaki dippers, brown rice. Fresh fruit & vegetables, milk.

**AA Meeting Schedule**

- Wednesday, 7 p.m.,** Alcoholics Anonymous, Leavenworth Senior Center, 548-4522, 664-6469 or 425-773-7527.
- Thursday, 7 p.m.,** Alcoholics Anonymous, United Church of Christ, 8455 Main St. in Peshastin, 548-4522, 664-6469 or 425-773-7527.
- Friday, 7 p.m.,** Women's Alcoholics Anonymous, Leavenworth United Methodist Church, 418 Evans St., 548-6851.
- Monday, 6:30 p.m.** Narcotics Anonymous group meets every Monday at the Leavenworth Senior Center.
- 7 p.m.,** Al-Anon meeting, Leavenworth United Methodist Church, 548-7939.

**The Leavenworth Echo**  
 echo@leavenworthecho.com • www.leavenworthecho.com

**Cashmere Valley RECORD**  
 record@cashmerevalleyrecord.com • www.cashmerevalleyrecord.com

**Community Calendar**

**Wednesday, February 22**

- 8:30 a.m.,** Aerobics, Plain Community Church, \$1 fee Mon./Wed./Fri. 763-3621.
- 8:30 to 10 a.m.,** Play and Learn Group, Peshastin Head Start. Cheby Ledesma. 548-7614.
- 6:30 p.m. to 8 p.m.,** Children and Youth program, age 4-12th grade, Leavenworth Church of the Nazarene, 548-5292 No classes January, starting February 1st.

**Thursday, February 23**

No events listed

**Friday, February 24**

**11:45 a.m.,** Leavenworth Rotary Club, Kristall's, Mary Schiebler, 548-7115

**Monday, February 27**

- 8:30 a.m.,** Aerobics, Plain Community Church, \$1 fee Mon./Wed./Fri. 763-3621
- 2 p.m.,** Chumstick Grange Hall, Helen Kensrud, 782-4086
- 6:30 p.m.** The Upper Valley Free Clinic evaluates urgent health needs; Dental consultation is available the 1st Mon. of the month. Contact Upper Valley MEND for inquiries: 548-0408.
- 6:30 p.m.** Young Life Club Monday Nights. All high school age students welcome. TJ Kaapuni 509-679-3247.
- 7 p.m.,** Cascade School board, school district office. 548-5885.

**Tuesday, February 28**

- 9 a.m.** Peshastin Water District, Peshastin Memorial Hall, Abby Bergren, 548-5266.
- 9 a.m.,** Cascade Medical Board Meeting, Cascade Medical, 548-5815.
- Noon,** Upper Valley Women's Bible Study at King Ludwig's, Delores Hall, 548-7803.
- 1 p.m.,** Cascade Education Foundation, Board Room at Cascade District office, Ken West 670-1729.

**Ongoing events**

- Leavenworth Public Library, Mon. - Wed., 9 to 6; Thursday 9 to 8, Fri. 9 to 6.** Closed on weekends and Holidays. **Baby Story Time, Tuesdays 11:30 a.m.** Preschool story time, Tuesday's 1:30 p.m. Call 548-7923.
- Peshastin Public Library, Tues./Thurs./Fri. 1 p.m. - 6 p.m.; Wed. 9 a.m.-2 p.m.** with Story Time 10:30 a.m. Closed Monday and weekends. 548-7821.
- Upper Valley Museum, Thurs. - Sat. 10 a.m. - 4 p.m. and Sun. 11 a.m. - 3 p.m.** 347 Division St., 548-0728.
- Leavenworth Fish Hatchery, 8 a.m. to 3:30 p.m.,** daily 548-7641.

**Regional events**

- Tue. & Thur. 1 to 4 p.m.,** SCORE (small business counseling), Wenatchee Valley Chamber of Commerce, 2 S. Chelan St., Wenatchee call for appointment, 888-2900.
  - 3:30 p.m.,** Cascadia Conservation District Board Meeting in the Upstairs Conference Room at the Wenatchee World Building, 14 N Mission St., Wenatchee. For more information, call the District at 436-1601. (3rd Thurs.)
- Some meetings or events may be rescheduled. Please check with the organization about the time.

**City Council Meetings**

- 7 p.m.,** Leavenworth Planning Commission, City Hall Conference Room, Nathan Pate 548-5275 (1st Wed.)
- 9 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.)

# Community

## Levy: Voters approve

CONTINUED FROM PAGE 1

by the state.

Music, art and drama programs rely on M&O dollars. Keeping schools well maintained is a state mandate, so the money is also used for that purpose, when materials, tools and equipment need to be purchased or replaced.

Travel for extra-curricular programs is funding through ASB fees and levy money. Staff development and training programs also rely on levy funds.

The tech levy is assessed at 15 cents per \$1,000 of assessed valuation. That last tech levy in 2012 was for 42 cents per \$1,000. An owner of a \$350,000 home would pay about \$50 per year.

"The technology/safety levy is to upgrade our software and hardware over time. Those are things the state does not provide money for. We also plan to use the money to upgrade all the schools which are not going to modernized or built new, with new hardware and safety equipment all the new schools will have," Motsenbocker said. "Our buildings like Beaver Valley, Discovery School and Middle School will have the same lockdown features and surveillance cameras and those types of things."

The previous capital projects levy, which improved the athletic fields and provided HVAC to the middle school, is ending. Motsenbocker said more taxation was added to the last bond sale to keep things even. Taxpayers won't notice much of a gain with those projects falling off, he said.

The tech levy money will start coming in 2018. Depending on what might be the most advantageous as far as costs, Motsenbocker said they can always borrow money from reserves and replace it with the first allotment from the levy.

There will probably be some discussion about doing the safety portion next fall, he said, but they wouldn't likely begin technology expenditures until 2018. Previously, the school district took out loans ahead of receiving the allotment.

"The two year capital proj-

ects technology levy from a few years ago, there was a loan taken out in lieu of the collection that would happen the following year. We did the same thing when we did the athletic field upgrades, IRMS HVAC. That was paid back the same way," he said. "At this point, we're not going out for a loan. We're planning on doing some small expenditures and taking that out of reserves.

We'll just pay ourselves."

A lot of technology purchased with the last tech levy is in place. Some of that equipment will be transferred into the new buildings. About every three years, he said the CPU on computers need to be replaced.

"We have a replacement cycle in place to do that, but we couldn't fund it with the technology levy. In 2018 will be when we use that money for a first group of replacements. Plus, we pay our software licenses we use and for the technology crew with the technology levy money," Motsenbocker said. "The two people that work in our district, one full time, one half time...they actually come from the ESD (Educational Service District). We contract with the ESD for their services."

The safety money will also pay for a portion of the school resource officer.

"Just recently, we partnered with the city so we have a sheriff deputy in the district full time instead of half time," he said. "He's always available to the city when they need him. His name is Michael Morrison. He is fabulous. We're really happy with him. He is assigned to us most of the time, but if there is something he needs to deal with, he leaves, then comes back to us."

The voters in this school district have shown, time and again, they support education. Motsenbocker said it is very much appreciated.

"We ran two capital projects levies, a major bond and an M&O and Tech Levy in the past five years. All of that in a short time is a lot for the community to take on, but they've stepped up and said, that is what we want for our kids. It's very nice to see," he said.

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



File photo  
Bill Motsenbocker

## LEAVENWORTH ROTARY NEWS

### 2017 EXCHANGE STUDENT

Leavenworth Rotary had many young students apply for our foreign exchange program and we are happy to announce our newest exchange student, Kieran Ringel.



Kieran is currently a senior at Cascade High School and is a very active young lady. She is Vice President of the Class of 2017 and participates on numerous academic teams including Knowledge Bowl, Environthon and Science Bowl. If that were not enough she has been on the XC running team for 7 years.

Kieran is also a competitive Nordic skier and has been racing for the past 6 years. She has won races throughout the Pacific Northwest and has gone to Nationals twice.

Her interest in being a foreign exchange student goes back to age ten when she met a girl from France. In her application Kieran said she was very interested in the South American cultures. Well, she will have that change to experience it first hand as she will be going to Brazil. When asked what she felt the purpose of Rotary Youth Exchange she said "I think the opportunity will allow me to reshape how I view the world".

Leavenworth Rotary wishes her well and we know she will represent our country and Leavenworth quite well.



**Al Adan, AAMS®, CRPC®**  
Financial Advisor

1566 N Wenatchee Ave Suite C  
Wenatchee, WA 98801  
509-663-9503

**Edward Jones**  
MAKING SENSE OF INVESTING

### First Quarter, 2017

#### CASCADE MEDICAL EMPLOYEE OF THE QUARTER



**Louise Bolser**

For nearly 30 years, LPN Louise Bolser has built a reputation for compassion and commitment. She works tirelessly to ensure our Family Practice Clinic runs smoothly for patients and staff. She often travels to administer flu shots to those who are unable to visit the clinic. Dedicated to her patients, Louise sometimes visits them in their homes and in nursing facilities. For this and more, she was nominated for this award by several coworkers.

Thank you, Louise.



**CASCADE MEDICAL**  
PARTNERS IN YOUR HEALTH



**Get the word out**

THE LEAVENWORTH ECHO  
215 14th Street • PO Box 39 • Leavenworth  
(509) 548-5286 • echo@leavenworthecho.com



## Cooking With Teri

One of my favorite foods is potatoes, I do not recall ever having a dish that was prepared with potatoes that was bad. When I think of potatoes and all the ways they can be prepared it reminds me of the movie Forrest Gump and the monologue about all the ways shrimp can be prepared. Such as fried potatoes, baked potatoes, potato soup, and potato salad just to name a few. I recently had mashed potatoes in a restaurant that were fantastic, which is very unusual for a restaurant plus it was a side dish to the main entree which was shrimp. These potatoes were so delicious that I ordered seconds. They were so smooth and creamy with great flavor, and the seasoning was perfect. My grandmother made the best mashed potatoes ever, her method was to boil them, press them through a ricer and then use a wooden potato masher, never a mixer to blend them. She also heated the evaporated milk before adding and used plenty of butter, salt and pepper. They were incredibly light and fluffy and rarely a lump. I am sure her secret ingredient was love. I recently cooked a roast in my crockpot and made these yummy potatoes to serve with it, which is not the way I usually prepare them. So the next time you want some great comfort food whip up a batch of these yummy potatoes. Enjoy!

### COMPANY MASHED POTATOES

3 pounds russet potatoes, peeled and cut into (1-1/2 inch) chunks  
1/2 cup heavy cream  
1/4 cup milk  
4- tablespoons butter, cubed  
1/2 cup sour cream  
1/2 cup finely grated Parmesan cheese  
3/4 teaspoon salt  
1/4 teaspoon garlic powder  
1/8 pepper

1. Add potatoes to a large pot, cover with water and add 1/2 teaspoon of salt. Cover and bring to a boil, then reduce heat to low. Simmer for 10-15 minutes or until very tender when pierced with a fork. Drain and add potatoes to a bowl of an electric or hand mixer.

2. Heat butter, heavy cream and milk for about 1-1/2 minutes. Slowly stream heated butter/milk mixture into potatoes while beating on LOW until combined. Beat in Parmesan, sour cream, chives, salt, pepper, garlic powder on MEDIUM just until combined. Stop beating at this point for fluffy potatoes. For creamier potatoes beat a little longer, but do not over beat. You may add additional salt and pepper to taste.

**QUOTE: Food is essential to life, therefore make it great" Author Unknown**

### Teri Miller, Broker

940-A-Hwy 2  
Leavenworth, WA 98826  
509-669-1585  
terismiller@hotmail.com  
www.leavenworthrealty.com



[leavenworthecho.com](http://leavenworthecho.com)

[cashmerevalleyrecord.com](http://cashmerevalleyrecord.com)

[qgerald.com](http://qgerald.com)

[NCWBusiness.com](http://NCWBusiness.com)

[lakechelanmirror.com](http://lakechelanmirror.com)

For the latest local news and advertising see our NCW Media Web sites...

## Cascade wrestlers run up against tough competition at State

### Cascade Scoreboard

CASCADE WRESTLING	
Feb. 17, 18	Matt Classic Cascade 39th
UPCOMING GAMES	
Season concluded.	

### Choose Your Partners Well



509-548-3133



509-548-4378

10171 Chumstick Hwy, Suites 1 and 2, Leavenworth

By IAN DUNN  
EDITOR

The three Cascade wrestlers who made the state tournament did not come away with any hardware, but still it is a positive mark for the program. At 126 pounds, sophomore Daniel Sandoval faced the eventual state champion in the first round, Chuco Cisneros of Granger.

Sandoval was trailing 4-0 in the third period, but then was pinned. In the consolation match, he faced Dallin Stafford of Klahowya. He lost 12-4 and was knocked out of the tournament.

At 195 pounds, senior Tre Smith also faced the eventual state champion in the first round, Juan Zamora of Granger. Smith was pinned in the second round. In the consolation, he faced Jose Jimenez of Royal. He won 12-5. The second round of consolation, Smith faced Zach Hyta of Freeman. Smith was pinned in the second round, ending his tournament.

Freshman Hunter Reinhart, at 285 pounds, was winning 13-6 in the second round over Anthony Llernas of Kiona-Benton in first round action. But Reinhart made a mistake,



Photo by Zach Johnson

Cascade sophomore, Daniel Sandoval, in action at the Matt Classic at the Tacoma Dome last weekend. Sandoval, wrestling at 126 pounds, was the Caribou Trail League champion, but lost both matches at state, one to the eventual state champion.

and was pinned in the second round. Llernas ended up finishing third in the tournament.

Reinhart faced Tucker Booth of Port Townsend in the first round of consolation. He won via first round pin. In the second round of consolation, he faced Nathan Flores of Forks. Flores won 14-5,

knocking Reinhart out of the tournament.

Granger won the tournament with 190 points. Chelan finished 17th out of 47 teams. Omak was 24th. Cashmere was 31st. Cascade finished 39th. Okanogan was 46th.

"I am looking forward to next year since we have a good group of kids that will be

returning next year. It's nice to see our Cascade wrestlers committing to the program. They have goals that can change the future of our program," said Cascade Head Coach, Jesus Sandoval.

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



# SENIOR FOCUS

Not For Seniors Only

A Guide to Healthy Living

## Q: Sulfa allergies

Ask...

**Dr. Louise**



She stalked up to the counter with a pill bottle in her hand. "I can't take this medicine, it has SULFA in it, it says so right here on the label! I KNOW I told the doctor that I'm allergic to sulfa. What were you thinking?"

"Ma'am, see the label there? It says SULFATE, not SULFA. They sound similar but they're NOT the same thing at all. This particular medicine is a sulfate, which means that one part of the medicine is a salt with some sulfur in it. That salt part isn't an active part of the medicine; it's just the way it's made. People allergic to sulfa, like you, take medicines like this with sulfate in them all the time, and they don't have any problems."

"People who've had a bad reaction to a sulfa drug are allergic to a type of antibiotic called a sulfonamide. I can't guarantee that you won't react to this medicine, but if you do, it will be the OTHER part of the medicine that'll be the problem, not the salt part."

When someone reports to their doctor or pharmacist that they are allergic to sulfa, it usually means that they've had an allergic reaction to an antibiotic containing sulfa. Sulfa-containing antibiotics are called sulfonamides because they contain a particular grouping of sulfur, oxygen, nitrogen and hydrogen molecules called a sulfonamide moiety. It's the shape of how those molecules fit together that triggers the reaction, not the fact that it contains sulfur.

There are three general types of sulfonamide compounds, each with a different chemical structure: the sulfonfylarylamines which include the sulfa antibiotics, the nonsulfonfylarylamines, and a third category called sulfonamide moiety-containing drugs.

People who have a true allergy to sulfonamide antibiotics don't have to avoid the other 2 groups of sulfonamide medicines because the evidence available shows that cross-sensitivity or cross-reactivity between the groups is not very common. However, people who have experienced an allergic reaction to a sulfonfylarylamine antibiotic are more likely to experience allergic reactions to the other types of sulfonamide medicines, but this is because they tend to have more allergies, not because of any direct cross-sensitivity or cross reaction with the others.

Only about 3% of the general population has a true allergy to sulfa antibiotics. If you are one of them, you should definitely avoid the sulfa antibiotic sulfamethoxazole and anything that contains it, like the very common antibiotic combination trimethoprim-sulfamethoxazole. With 11 syllables to pronounce and spell, trimethoprim-sulfamethoxazole is often referred to by its older brand name Bactrim® or Septra® or even abbreviated

altogether as TMP-SMX or SMX-TMP.

People who experience an allergic reaction to a sulfonamide antibiotic usually notice a red, raised itchy rash, but sometimes it can progress into a serious, even life-threatening reaction affecting deeper layers of the skin and even other organs. Anyone who has had a severe or life-threatening reaction to any medication, not just sulfamethoxazole, should always let their doctor and pharmacist know, because people who get a serious allergic reaction to one medicine are more likely to react to other medicines.

Another type of reaction that is often confused with allergy to sulfa is sensitivity to sulfites, which can cause trouble breathing in sensitive people. Sulfites are preservatives used in foods, wines and some medicines like eye drops. Once used widely on fruits and vegetables to combat bacteria, they are now restricted and the Food and Drug Administration (FDA) requires any foods, wines or medicines using sulfites say so on the label.

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](http://www.AskDrLouise.com) ©2017 Louise Achey

### 4 Tips to Help You Take Sulfa Drugs Safely:

1. Sulfates sulfur, and sulfites are chemically unrelated to sulfonamides and sensitivity to one doesn't mean that you will automatically react to the others.
2. People with asthma are more likely to have sensitivity to sulfites, which are preservatives found in foods, wines and in some medicines like eye drops. You can check the label to see if sulfites are present, as the FDA requires that any food or medicine preserved with sulfites to be labeled to reflect that.
3. The most commonly prescribed sulfa antibiotic is trimethoprim-sulfamethoxazole, which is often too long to say or fit on a prescription label. Watch for it as Bactrim®, Septra®, or abbreviated as either TMP-SMX or SMX-TMP.
4. If you have a serious or severe reaction to ANY medicine you are more likely to have a reaction to another medicine, regardless of whether it is related to the first one. Make sure all of your medical providers and pharmacies know ALL of your allergies and the type of reaction you had with them.

**Marson's has it!**

### Time to Renovate?

Visit our Design Center Showroom

- Large selection of cabinetry
- Carpet, tile, and vinyl flooring
- Expert installation • M-F 8 - 5

**marson and marson** lumber  
11685 US Hwy. 2 in Leavenworth 548-5829  
design@marsonandmarson.com

**SPEIDEL BENTSEN** LLP  
ATTORNEYS AT LAW | EST. 1986

**Power of Attorney**

(509) 662-1211

7 North Wenatchee Avenue, Wenatchee  
[www.SpeidelBentsen.com](http://www.SpeidelBentsen.com)

Russell J. Speidel David J. Bentsen

We provide excellent legal services in the preparation of Powers of Attorney for our clients.

**Telford's**  
now has an in-house  
**Purple Cross Funeral Insurance Agent**

The Purple Cross Plan:  
**Purple Cross**  
Secure, Trustworthy, Guaranteed for Life.

Call **Brady Phillips** for Details **884-3561**

**884-3561**  
[www.telfordschapel.com](http://www.telfordschapel.com)  
711 Grant Rd., East Wenatchee

Your locally owned and operated independent funeral home & crematory.

**ADVERTISE**  
**548.5286**  
or  
**782.3781**

### Four simple steps toward better heart health

(BPT) - A single choice doesn't matter most of the time. Having dessert one night, taking a walk on another night and deciding to skip an outing with friends aren't life changing choices. A daily choice is small, like a pebble. But like pebbles, when you keep reaching for the same choices, they can amass into something significant.

If you want to improve your heart health, science tells us that making simple lifestyle changes can make a huge difference. And better heart health is undoubtedly on the minds of many Americans. One in three adults live with one or more types of cardiovascular disease, according to a review published in the journal *Circulation*. Over time, changes in the heart and blood vessels can lead to a host of devastating problems, including heart attack, heart failure and stroke.

But the good news is you can make some lifestyle changes to reduce your risk and make yourself healthier. The effort doesn't have to be perfect and you don't need to sign up for an expensive complicated plan. If you make a commitment to reach for healthy choices more often than the alternatives, you and your doctor will start to see a difference. Here are four tips to get there.

Don't chase diet fads: Stick with a Mediterranean-based diet, which is based on simple, whole, healthy foods, like fruits, vegetables, beans, nuts, olive oil and fish. The upside is the Mediterranean diet checks off many boxes in terms of achieving better health. It promotes heart and brain health, weight loss, cancer prevention, and diabetes prevention and control. Recent research also shows it can reduce the risk of stroke. In 2013, a study in the *New England Journal of Medicine* said switching



(BPT)

to a Mediterranean diet can prevent 30 percent of heart attacks, strokes and heart disease deaths in high risk people.

Get more exercise: The recommendations are very simple here. The Surgeon General recommends 2.5 hours of moderate intensity each week for good heart health. That's just over 20 minutes a day. While some people love the idea of getting super fit with an intense program, the truth is that all it takes is simple changes. Visit your doctor to find out what is safe for you, and make a list of activities you enjoy doing, whether it's walking in the woods or taking a leisurely bike ride. Then make a plan to make these outings a part of your routine.

Find a friend: This surprising but true tip has some truth. Seeking companionship, whether it's through an outing with a friend, joining a club or attending a family member's school function can add up to good heart health. Without community and companionship, depression is more likely to set in, which is linked to higher rates of heart disease. Though it may be easier and tempting to stay in, especially during cold weather, choosing companionship can be positive for heart health.

Be informed: When it comes

to your body, knowledge empowers you to make decisions to improve your health. Consult with your doctor, so you can make that targeted plan to improve your health. In addition to knowing your blood sugar, blood pressure, weight and cholesterol, consider adding vascular screening to the list. This screening looks for fatty buildup in the arteries, which can lead to serious conditions such as stroke, peripheral vascular disease and carotid artery stenosis.

Yet, many people are missing out on an important opportunity to be informed about their artery health, because vascular screenings are not typically covered by insurance. Luckily, there's an affordable way for you to know your risk. Life Line Screening performs affordable testing in community settings throughout the country. The process is simple, safe and convenient, you will get your own results pack that you can review and bring to your doctor. In addition, you can sign up for a newsletter delivered to your inbox containing up-to-date, research-backed tips to help you maintain your health.

To find out when a Life Line screening clinic may be scheduled in your area, visit [www.lifelinescreening.com](http://www.lifelinescreening.com) or call (877) 754-9631.

**Dan's food market**  
Your Hometown Friends!

**5% Senior Discount Each Thursday**

### Caring for our Community and our Seniors

We offer **FREE** delivery to our seniors!  
Visit our in-house Homefires Bakery and our full service deli!  
**Open daily 5 a.m. - 10 p.m.**

We also sell money orders, stamps and have Western Union.  
Locally owned and friendly service with a smile! Thank you for your continued support!

1329 Highway 2 in Leavenworth • (509) 548-5611 • [www.dansfoodmarket.com](http://www.dansfoodmarket.com)

## Help when you need it

Call the Nurse Advice Line, a free new service at Cascade Medical:

**(509) 548-3420**

Connect with clinic nurses who can:

- Give you medical advice
- Help you avoid unnecessary visits
- Answer urgent care questions
- Book same-day appointments

**8 a.m.-5 p.m. weekdays**

**CASCADE MEDICAL**  
PARTNERS IN YOUR HEALTH

## The key to good care giving: A healthy caregiver

(BPT) - It is estimated that more than 15 million Americans provide unpaid care for people with Alzheimer's and other dementias. For the vast majority, the deeply personal responsibility of caring for a loved one with a devastating disease constitutes a "labor of love," but caregiving can take a severe emotional and physical toll on those providing it.

In fact, 59 percent of family caregivers of people with Alzheimer's and other dementias rate their emotional stress as high or very high, according to the Alzheimer's Association.

A leading contributor is the fact that caring for a person living with Alzheimer's or another dementia poses special challenges. People in the middle to later stages of Alzheimer's disease experience losses in judgment, orientation and the ability to understand and communicate effectively, leaving family caregivers to help manage these issues.

An even greater stressor for many, however, are the personality and behavioral changes that accompany the disease.

"With Alzheimer's disease, family and friends experience a series of losses," says Ruth Drew, director of Family and Information Services at the Alzheimer's Association. "Watching a family member gradually lose their abilities day by day is extremely painful and stressful."

### Caregiver stress warning signs

Given that people with Alzheimer's typically live four to eight years after diagnosis, it's important for caregivers to take steps to protect their own health. Managing caregiver stress is essential and benefits both the caregiver and the person under their care. An important first step is recognizing common warning signs, including:

- \* Denial about the disease and its effect on the person who has been diagnosed.
- \* Anger at the person with Alzheimer's or frustration that he or she can't do the things they used to be able to do.
- \* Social withdrawal from friends and activities that used to make you feel good.
- \* Anxiety about the future and facing another day.
- \* Depression that breaks your spirit and affects your ability to cope.
- \* Exhaustion that makes it nearly



(BPT)

impossible to complete necessary daily tasks.

"It's normal to feel guilty, angry or even abandoned when someone you care about has Alzheimer's disease," Drew says. "It's so important to recognize these feelings and get the support you need, so you don't put your own health at risk."

### Stay healthy by managing stress

To help manage caregiver stress, the Alzheimer's Association offers these suggestions:

- \* Find time for yourself. It's normal to need a break from caregiving duties. No one can do it all by themselves. Consider taking advantage of respite care or help from family and friends to spend time doing something you enjoy.
- \* Become an educated caregiver. Understand the disease, its progression and accompanying behavioral and physical changes. Know resources in your community that can help.
- \* Build a support network. Organize friends and family who want to help provide care and support. Access local support groups or online communities to connect with other caregivers. If stress becomes overwhelming, seek professional help.
- \* Take care of yourself. Try to eat well,

exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.

\* Accept changes. Eventually your loved one will need more intensive kinds of care. Research care options now so you are ready for the changes as they occur.

\* Know you're doing your best. It's normal to lose patience or feel like your care may fall short sometimes. You're doing the best you can. For support and encouragement, consider joining an on-line or in-person support group.

It's important that caregivers not isolate themselves, Drew said. Help is available.

"No one should go through caring for someone with Alzheimer's alone and no one has to," Drew says. "Connecting with other caregivers and support organizations can help you find the information, resources and emotional support needed to help stay physically and emotionally strong so you can take care of yourself while you provide care to others."

For 10 tips on managing caregiver stress view this infographic. To learn more about Alzheimer's disease and to find resources for caregivers, families and people living with the disease, visit [www.alz.org](http://www.alz.org), the website of the Alzheimer's Association.



## Why eating breakfast boosts your health

(BPT) - Want to make 2017 the year you focus on your health? Wellness goals are admirable throughout the year, but too often well-meaning people make a common mistake that sabotages their efforts: they skip breakfast.

It's a daily choice that millions of people shrug off as no big deal, but research proves breakfast is an important component in how you feel throughout the day. Fueling up solely on java may perk you up momentarily, but it doesn't do the trick long-term.

Consider these five reasons why breakfast boosts your health and should not be ignored.

### Encourages healthy choices

People who eat breakfast tend to make healthier choices throughout the day. According to MayoClinic.org, "People who eat breakfast tend to eat a healthier overall diet, one that is more nutritious and lower in fat. In contrast, people who skip breakfast are more likely to skip fruits and vegetables the rest of the day, too." Try starting the day with 100-calorie Thomas' Light Multi-grain English Muffins.

### Sets a good example

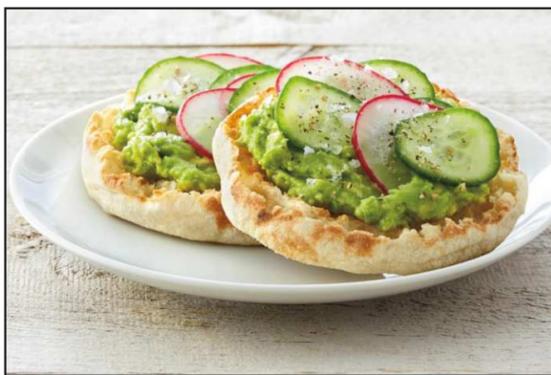
When you eat breakfast, it sets a good example for your family. Plus, sitting down to a nutritious meal is a positive way to start the day together. You're helping your kids form healthy habits that will benefit them with increased focus and energy at school, ensuring they can do their best academically.

Try this easy 5-minute recipe to start your morning. For more nutritious breakfast recipes, visit [thomasbreads.com/recipes](http://thomasbreads.com/recipes).

### Greek Yogurt English Muffin

**Ingredients:**  
1 Thomas' Light Multi-Grain English Muffin  
Plain Greek yogurt  
Sprinkle of granola  
Handful of blueberries  
Honey for drizzling

**Directions:**  
Split and toast English muffin. Let cool slightly, then top with yogurt, granola and berries. Drizzle with honey for an added touch of sweetness. Serve with more blueberries and strawberries, if desired.



(BPT)

### Awakens your metabolism

When you eat breakfast, you "break the fast" from your sleep periods and give your metabolism a wake-up call. When you sleep, your metabolism slows and you burn fewer calories while you rest. By eating a nutritious breakfast, you are sparking your internal engine so it burns calories and gives you more energy throughout the day.

### Helps you focus

Hunger can make people irritable and it's hard to focus on work when your stomach is grumbling. By eating a balanced breakfast of fat, protein and fiber, the food is processed into energy, allowing you to feel fuller longer.

### Steadies the burn

When you skip breakfast, the body panics for nutrition, so come lunch you tend to overeat. This in turn overwhelms the metabolism and you end up with peaks and pits of energy throughout the day. For steady energy and efficient calorie-burning, eat a nutritious breakfast and other meals on schedule.



(BPT)

## ValuPlus Home Health Care Center

*Sales and Rentals*

*We are here for you.*

- Home Medical Equipment
- Wound Care Supplies
- Braces and Supports

- Post Mastectomy Prosthesis & Garments

We have it!

**BIOFREEZE**  
GOLD THERAPY PAIN RELIEF

Great Selection

This will amaze you!

**TheraCane**  
Deep Pressure Massager

Locally owned and operated since 2000  
1737-D N. Wenatchee Ave., Wenatchee • 509-663-8772  
Mon.-Fri. 9:30-5:30 • Sat. 10-2:00

## "GET BACK INTO LIFE"



**Black Diamond Sports Therapy**

147 Easy Way, Ste. 106 • Wenatchee, WA 98801

663-7733

### Announce your event!

- Weddings • Engagements • Births • Anniversaries
- Any major milestone

Contact:

**THE LEAVENWORTH ECHO**

548-5286 • Fax: 548-4789  
215 14th Street  
Leavenworth, WA 98826-0039  
[echo@leavenworthecho.com](mailto:echo@leavenworthecho.com)

**CASHMERE VALLEY RECORD**

782-3781 • Fax: 782-9074  
201 Cottage Avenue, Suite 4  
Cashmere, WA 98815  
[record@cashmerevalleyrecord.com](mailto:record@cashmerevalleyrecord.com)



## Warm Up with Mountain Meadows

Avoid the cold and worries of snow removal and enjoy the beauty of Winter from your warm, cozy new home at Mountain Meadows Senior Living Campus.

Stop by today, enjoy a hot cup of coffee or tea, take a tour and experience for yourself why our Residents love our wonderful Community.

Call us today! (509) 293-6796

**MOUNTAIN Meadows**  
Senior Living Campus

Independent Living Cottages • Assisted Living • Memory Care

320 Park Avenue | Leavenworth, WA 98826

[www.mountainmeadowsliving.org](http://www.mountainmeadowsliving.org)



## A workout to improve movement and prevent injury

(BPT) - Exercise is good for everyone, but seniors with mobility or balance issues may wonder what kind of exercise they can do that will be safe, easy and effective. Jogging outdoors, running on a treadmill or lifting weights at the gym aren't always practical - or enjoyable - activities for everyone. However, one type of exercise works for everyone, no matter your age or ability, because it relies on improving practical movements often involved in everyday activities.

"Natural movement is universal, and it's about bringing movement back to the basics," says Bradly Prigge, wellness exercise specialist with the Mayo Clinic's Healthy Living Program. "It's not about following the latest fitness craze or learning the newest secret to weight loss. Natural movement is about connecting with your body and cultivating an awareness of your full abilities."

Rather than engaging in strenuous activity for its own sake alone, natural movement training emphasizes improv-

ing the efficiency of practical movements which can include rising from a seated to a standing position, getting up off the floor, crawling, stepping under or over objects, and more. The objective, Prigge explains, is not just to improve health but also enhance how well you can perform each movement.

Efficient movement can help with balance, inspire more healthful activity, and provide practical benefits in everyday life - all of which are especially valuable to seniors facing mobility or health challenges.

"The practice and training of movement shouldn't feel like a chore or something you have to do," Prigge says. "Rather, it should empower and liberate you, and, as a result, enhance your life. Natural movement training can help improve your strength, mobility and conditioning, but they're not the direct goal. Those improvements are the result of practicing and developing movement skills that are directly transferable to real world situations, like rising from a seated to

a standing position, walking with balance and confidence, and lifting a bag of groceries without injury."

Natural movement is for everyone because at its most basic level it incorporates movements that are instinctual to all humans. For example, a natural movement workout might include crawling on your hands and knees for 30 seconds to a few minutes, sitting on the floor and swiveling hips and knees to facilitate standing up, or balancing while walking across a beam.

"I realized just how organic this type of exercise is after attending a natural movement training class," Prigge says. "I came home and saw my 2-year-old daughter doing the same kind of moves I'd just learned in training, without anyone teaching her to do them."

### Prigge offers some advice for making the most of your natural movement workout:

\* Pay attention to your movement and strive to devel-

op awareness of your body's sensations, and how different movements feel. For example, where do you feel pressure and/or tension in your body when making a particular move? How does shifting your body weight or changing position alter those sensations?

\* Only perform movements and positions that your body allows without producing pain. Just as walking, sitting, standing and other everyday movements shouldn't cause pain, your natural movement workout should also be pain-free.

\* It's alright - and even advisable - to use your hands for support or raise your hips with bolsters or pillows until you develop greater mobility and strength.

\* Be kind to yourself and realize it is important to meet yourself where you currently are, rather than where you used to be or feel you should be.

To learn more about natural living and the Mayo Clinic Healthy Living Program, visit [healthyliving.mayoclinic.org](http://healthyliving.mayoclinic.org).

## What to do when a senior loved one wanders

(BPT) - Virtually all parents have experienced the terror of looking up from what they were doing only to realize their child has wandered off. Your pulse races, your heart pounds and you can't relax until your child is back in sight. As children grow up, they learn to stay put - or at least let you know where they're going - and your fears fade.

If you become a caregiver for a parent, grandparent or other loved one with dementia, you may find yourself having the same fear if your loved one begins to exhibit a concerning symptom - getting lost or wandering.

The Alzheimer's Association says six out of 10 people with Alzheimer's experience episodes of wandering. The behavior can take many forms, from leaving the house without telling anyone to leaving and then becoming too disoriented to find their way home. Wandering can also occur at night, when a person with Alzheimer's gets out of bed and wanders inside the house - or more concerning,

or thirsty, or feeling lonely?

Is an undiagnosed medical problem, such as a urinary tract infection, prompting the person to get out of bed at night?

Sleep patterns change as we age, and those changes can be

pronounced and concerning for people with dementia.

Wandering safety tips

Common coping strategies for night-time wandering include:

\* Help people living with Alzheimer's differentiate between day and night by making sure they're exposed to plenty of natural light during the day.

\* Encourage at least 30 minutes of exercise every day, but not within four hours of bedtime.

\* Discourage daytime sleeping by keeping people with Alzheimer's engaged in meaningful activity.

\* Avoid serving alcohol, caffeine or large meals as bedtime approaches.

\* Encourage a bathroom visit right before bedtime.

\* Avoid screen time (white light) directly prior to bedtime and use amber-colored night lights which do not disrupt REM sleep patterns.

\* Practice relaxation meth-

ods like a short, light massage, warm bath, hot milk or herb tea, or reading aloud.

\* For extreme wandering concerns, consider investing in a monitoring system that will alert you when a loved one gets out of bed at night.

### For daytime episodes of wandering, try:

\* Hiding car keys. This can prevent loved ones from leaving the house, getting in the car and losing their way.

\* Keeping doors locked.

\* Equipping doors with an alarm to signal when it is opened. This can be as simple as putting a bell on the door.

\* Staving off wandering impulses by taking your loved one for frequent walks outdoors.

\* Occupying your loved one with a relatable, doable task that provides a sense of purpose.

"Sometimes, despite your best efforts and precautions, wandering can remain a concern," Holt Klinger says. "If that happens, it may be time to consider a move to a senior living community that specializes in caring for people with Alzheimer's and other dementias. Brookdale's Clare Bridge communities are secured and designed to promote a sense of independence, safety and purpose."



(BPT)

that up to half of those who wander will suffer serious injury, or even die, if not found within 24 hours. It's important for caregivers to understand why and how wandering happens, when it occurs and what they can do to prevent or minimize occurrences."

### Why wandering occurs

To understand why your loved one may be wandering, look for a pattern, Holt Klinger advises. Does he wander at a particular time of day or night? Is she trying to communicate with you? Do they have an unmet physical or psychological need, like being hungry

**JOE BROWN**  
**J.C. BROWN LAW OFFICE**  
 200 APLETS WAY, CASHMERE  
 782-1111  
 BUSINESS, REAL ESTATE,  
 ESTATE PLANNING, AND PROBATE

Serving Our Local Seniors for 35 Years!

**SMITHSON INSURANCE SERVICES**  
**Kathy Z. Smithson**  
 ksmithson@frontier.com  
 720 Valley Mall Pkwy.  
 East Wenatchee

◆ Insurance You Can Trust! ◆  
 Kathy will assist you with answers to your questions about:  
 Medicare • Medicare Part D Rx  
 Medicare Advantage  
 Health • Life  
 Long-term Care  
 Disability And Annuities  
 Call Kathy Today!  
 Our Home Town Favorite!  
 www.SmithsonInsuranceServices.com  
 509-884-5195

NO ONE LIKES TO THINK ABOUT IT BUT IF YOU DON'T PLAN YOURS, SOMEONE ELSE WILL...

**PLAN AHEAD  
 LEAVE WELL**

**HERITAGE**  
 MEMORIAL CHAPEL  
 FUNERAL HOME

Agents Jeffrey Wilson & Tammy Miller  
 470-6702  
 East Wenatchee & Cashmere

**It's Your Retirement.  
 Take Charge of It.**

Let me help with Retirement Tools and Support for All of Life's Stages

**Bruce Cheadle, Agent**  
 301 Aplets Way,  
 Cashmere, WA  
 (509) 782-1659

**State Farm**  
 State Farm Insurance Companies  
 Home Office Bloomington, Illinois

The **Leavenworth Echo**  
 echo@leavenworthecho.com • www.leavenworthecho.com

Cashmere Valley  
**RECORD**  
 record@cashmerevalleyrecord.com • www.cashmerevalleyrecord.com

**Enjoy 50% off a spa service!**  
 Mention this ad when booking a treatment of one hour or longer and save 50% off a second service!\*

Open every day, including holidays! 509.548.8081  
 565 Highway Two • Leavenworth • AlpineSpaIVR.com

\*Savings apply to same-day service of equal or lesser value. Reservations required; based on availability. Inquire for last-minute openings! Offer valid Sun-Thurs through 4/30/17. Not combinable with other discounts.

**Alpine Spa**  
 at  
 ICICLE VILLAGE RESORT

**Make your 2016 IRA  
 deposit today!**

**Cashmere Valley Bank**  
 Member FDIC

**Individual Retirement Accounts**  
 No Annual Fees!

**Traditional IRA**  
 • Designed for any person under the age of 70 that has earned income

**Roth IRA**  
 • No age restrictions

\*Other limitations may apply and you may want to seek competent tax advice when determining deductibility, or before contributing. Deposits for 2016 must be received by April 18, 2017.

**Got Mobile?**

**L**

Mobile search directory

**Mitchell, Reed & Schmitt**  
 INSURANCE, INC. Trusted Choice

**Sheri Norris**  
 Licensed Agent  
 117 Aplets Way  
 Cashmere  
 (509) 782-2751

**Marggie Simmons**  
 Licensed Agent  
 980 Highway 2  
 Leavenworth  
 (509) 548-6050

A Subsidiary of  
 Cashmere Valley Bank

Insurance products are: Not a deposit, Not FDIC insured, Not insured by any federal government agency, Not guaranteed by the bank, subject to risk and may lose value.

# Five things you need to know about vaccines

(BPT) - No one wakes up in the morning hoping to be sick. Yet despite the angst people have about becoming ill, many forgo one of the easiest, most effective ways to protect themselves and their loved ones from common and even severe illnesses - they choose not to get vaccinated.

There are many reasons people choose not to get vaccinated. Often, the decision is caused by incorrect information one may read or hear about vaccinations. Mayo Clinic seeks to eliminate these mistruths and offer correct information about vaccinations so people can make safe, healthy choices for themselves and their families.

### 1. Are vaccines safe?

Safety concerns are the most common question people have regarding vaccines, and it's also the question where there is the most misinformation. The truth is vaccines are safe and people who receive them enjoy numerous health benefits, including illness prevention.

Each vaccine undergoes rigorous testing before being released to the general public to ensure it not only protects against the disease it's designed to combat, but that it offers no other ill health benefits. Risks associated with vaccines are minor and may include a fever, soreness or skin irritation.

### 2. Which vaccinations are recommended?

Mayo Clinic, the Centers for Disease Control and Prevention and many other health care providers recommend people receive the following vaccinations:

- \* Diphtheria/Tetanus/Per-tussis
- \* Haemophilus Influenza B
- \* Hepatitis A & B
- \* Human Papilloma Virus
- \* Influenza
- \* Meningococcal
- \* MMR
- \* Pneumococcal
- \* Polio
- \* Rotavirus
- \* Varicella, otherwise known as Chickenpox

### 3. Should vaccinations be spaced out?

The vaccinations above may seem like a large list and it's natural to wonder if all of these vaccinations should be done at once or spaced out. Sources of misinformation may lead people to believe that tackling several vaccinations at once somehow dilutes them, but there is no evidence of this. In fact, research shows people, even children, are able to take several vaccines at once without any negative effects. Spacing out the vaccines creates unnecessary delays and additional scheduling, while opening a longer window of exposure to illnesses.

### 4. Understand the difference between vaccination and immunization.

A vaccination is a treatment that introduces weakened or dead bacteria and/or viruses into a person's body to build up their immunity against the disease. Immunization is the process of developing that immunity. Immunization may

happen through vaccination, but it could also come from contracting the bacteria or virus and recovering from the disease.

### 5. Vaccinations are important for everyone.

People wondering who should get vaccinated, the short answer is nearly everyone. In particular, vaccinations are especially important for younger people. This is because children, especially young babies, are not inherently equipped to fight many diseases and without vaccinations, otherwise small problems could become serious complications and even be fatal.

Vaccinations remain an often discussed topic and it can be difficult to determine what is fact and what is misinformation. For those with questions, the first step should be to discuss vaccinations with your doctor, who will be able to provide you with the information you need. For more information about vaccinations, visit [mayoclinic.org](http://mayoclinic.org).

# Tips to keep your eyes healthy

(StatePoint) Want to improve your wellness? Start with your eyes. Here are five ways to help keep your eyes, vision and body healthy.

of health conditions often don't appear until damage has occurred, eye exams are a powerful, preventative health tool to keep tabs on what's

as spinach, kale and collard greens. Eat a diet rich in fruits and vegetables for a hefty punch of key vitamins, and a vision protecting-substance called lutein.

3. Quit smoking (or never start). Smoking cigarettes has many well-known associated health risks, such as cardiovascular problems and cancer. Did you also know that smoking can contribute to the cause of many vision problems? Research links smoking to an increased risk of developing age-related macular degeneration, cataracts and optic nerve damage, all of which can lead to blindness.

4. Maintain a healthy weight. Weight is a contributing factor for your overall health as well as your eyes. Conditions such as obesity and diabetes can lead to vision problems, like cataracts. By eating healthy portions and exercising regularly, you can reduce your risk.

5. Protect eyes from blue light. Much of our days are spent with our faces glued to devices like smartphones,

computers and televisions. Those digital screens emit high-energy blue light, which causes digital eye strain that leads to headaches, blurred vision, dry eyes, and even neck pain.

Ask your eye doctor about the best options to help you reduce eye strain, including using lenses with coatings that reflect and absorb blue light. You can also follow the 20-20-20 rule: every 20 minutes, spend 20 seconds looking at something at least 20 feet away.

With a balanced approach to preventative care, you can help keep your eyes and body healthy.



UBER IMAGES - Fotolia.com

1. Get an eye exam. An annual trip to the eye doctor is critical for the entire family to ensure healthy and sharp vision. But did you know your visit to the optometrist is important to your overall health too? A routine eye exam can potentially detect signs of chronic diseases like diabetes, high cholesterol, and more. Because many symptoms

happening in your body.

An eye exam is a small investment for your eyes and body that's well worth it, and a vision plan can help you keep the cost down. To search for a vision plan, visit [vspdirect.com](http://vspdirect.com).

2. Eat an eye-healthy diet. You probably know carrots are good for your eyes, but so are dark leafy greens such

## PERSONAL FINANCE

### Three things you may not know about life insurance today

(StatePoint) If you're like many Americans, you may spend substantial time and energy on general financial planning while overlooking the various ways life insurance may fit into that plan. Life insurance has wide-ranging benefits for people of all ages that you should consider, say experts.

"There is a significant opportunity for life insurance to help you achieve financial security during any age of saving, and for the many concerns you face throughout your lifetime," says Andrew Bucklee, senior vice president and head of Insurance Solutions Distribution for Lincoln Financial Distributors. "It should be part of most consumers' long-term financial plan."

Learn more about how life insurance can help you protect your financial security. Here are a few things to consider.

• If you only associate life insurance with helping address funeral expenses or estate planning, take note, depending on the type of policy, life insurance can potentially be used to protect against concerns like retirement savings, loss of household income due to illness, children's college tuition expenses and long-term care in retirement. What's more, life insurance can be used as an overarching vehicle for wealth protection.

• Some carriers are stepping up their technology to make life insurance easy to research, purchase and manage in the same way you may have come to expect from other businesses in today's digital world. Lab free underwriting, electronic policy delivery op-



(BPT)

tions and telephone application processes are all a reality in today's marketplace, and are eliminating much of the time consuming paperwork and correspondence typically associated with obtaining a life insurance policy.

• Each generation has a different set of financial priorities. Younger generations are focused on paying off student loan debt or credit card debt. For Baby Boomers, one of the greatest worries is the cost of healthcare in retirement, with 66 percent citing that as a pressing concern in a recent study by Lincoln. Because life insurance can potentially help address all these concerns, people of all ages should evaluate their life insurance options.

"Studies show that people are beginning their financial planning sooner, which is great to see," says Bucklee. "No matter what your age, it's important to fully understand your life insurance options available through both financial advisors and workplace benefit packages. Advisors and employers are great resources that can help individu-

als unleash the full potential of life insurance."

Serving NCW since 1991

Doane's Medical Equipment

Two Locations to Serve You!

119 Cottage Ave. in Cashmere 134 N. Mission St. in Wenatchee  
(509) 782-2717 (509) 888-0444

Our showrooms display hundreds of items and our warehouse & repair facility in Wenatchee is also onsite for efficient and timely service.

Wheelchairs & Walkers • Orthotics & Prosthetics Supplies • Hospital Bed Accessories Bathroom Safety Equipment & More

View our online product catalogue at [www.DoanesMedicalEquipment.com](http://www.DoanesMedicalEquipment.com)

We accept most insurances & Medicaid.

Thinking about downsizing your Home?

Buying or Selling, We're the Team in Cashmere that Works for YOU.

Tracy Franklin  
Real Estate Specialist  
509-670-1165

John L. Scott  
REAL ESTATE  
Wenatchee, WA - Independently Owned & Operated

Adam Franklin  
Real Estate Specialist  
509-679-5056

www.johnlscott.com

Need an Eye Exam?  
New Eyeglasses?  
Want Multifocal Contacts?

(509) 888-5877

Apointments Available **NOW**

We accept most vision insurance plans

Cashmere Vision Center

Dr. Karen Wasylshyn, OD at Cashmere Vision Center  
131 A Cottage Ave, Cashmere WA

## Inner Peace

AT BLOSSOM CREEK AND BLOSSOM VALLEY

CELEBRATE EVERYTHING THAT CENTERS YOU.

There are countless ways to celebrate one's spirit: music, reading, even a morning walk to take in the world's wonders. We're proud to offer a number of resident programs specifically designed to strengthen your belief and speak to your soul. Visit us and discover the difference firsthand.

CALL 509-293-9198 TODAY TO SET UP YOUR PERSONAL TOUR!

BLOSSOM CREEK

a Senior Lifestyle community

MEMORY CARE | 1740 MADISON STREET | WENATCHEE, WA 98801

BLOSSOM VALLEY

a Senior Lifestyle community

ASSISTED LIVING | 1701 ORCHARD AVENUE | WENATCHEE, WA 98801

SENIOR LIFESTYLE
Handicap Accessible
Pet Friendly

Stay & Play

We're sure you'll stay.

COLONIAL VISTA COMMUNITIES

601 Okanogan Avenue Wenatchee  
509.663.3337  
[www.colonialcaregroup.com](http://www.colonialcaregroup.com)

Enjoy a FREE full day and overnight stay at Colonial Vista, Seeing is believing...find out for yourself what it's like to retire in style. Meet the folks who live here and you will know why, after almost 50 years, it is the premier retirement choice in Wenatchee.

- FREE one night stay and play at Colonial Vista
- Includes delicious meals in our restaurant style dining room
- Join the events and activities all day
- Meet old friends & new neighbors as you enjoy the time away
- Spend the night in our fully furnished apartment
- Enjoy the warmth of our friendly staff as they serve you
- Experience for yourself the Colonial Vista lifestyle

"Colonial Vista offers the full spectrum of retirement choices: Independent, Assisted Living, Skilled Nursing, Memory Care and Rehabilitation. The best way to plan for your future."



# Neighbors

*"The Caring People"*  
**Ward's**  
**Funeral Chapel**  
*Full Service Funeral & Cremation Provider*  
*Pre-Arrangement Plans*

Serving  
 Leavenworth and  
 the Wenatchee  
 Valley since 1970  
*Family owned  
 and operated*

509-543-7011 • 303 Pine St., Leavenworth  
 Email: wardsfuneralchapel@nwi.net

**OBITUARY & MEMORIAL POLICIES**  
**NCW MEDIA, INC.**

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.

*Obituaries are priced per word while Memorial ads are per column-inch.*

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

*Honoring Life*

**Brian Ross**  
*Prearrangement Specialist*

LOCALLY OWNED  
**JONES & JONES ~ BETTS**  
 Funeral Home

302 9th St., Wenatchee • 662-2119 or 662-1561  
 jonesjonesbetts.com

*Honoring the lives of residents in the Valley for over 100 years. You can always rely on our dedicated staff.*

**The Classifieds...**  
 measuring up to your expectations one ad at a time.

Are you searching for a better job or a more reliable car? Have you outgrown your apartment? Are you looking to get rid of that old couch and chair sitting in the garage? Whether you're buying or selling, the Classifieds has it all. From automobiles and employment to real estate and household goods, you'll find everything you need in the classifieds. Put the Classifieds to work for you, and inch even closer to your goals. Your ad is always online for FREE.

**CASHMERE VALLEY RECORD** **THE LEAVENWORTH ECHO**

classifieds@leavenworthecho.com  
 (509) 548-5286 • fax (509) 548-4789 • (509) 782-9074

**BUSINESS & SERVICE DIRECTORY**

Add your business or service to this directory:  
**548-5286**

**DRILLING**  
**Tumwater Drilling and Pump Inc.**

*"Water Treatment Systems Built to Your Individual Problem"*

**Free Water Analysis/Estimates**

Conveniently located on Hwy 2 across from the Big Y Cafe in Dryden @ 9290 Hwy 2

**Tumwater Drilling & Pump, Inc.**  
 Cr.Reg.#TUMWADP943RR

548-5361  
 www.tumwaterdrilling.com • email info@tumwaterdrilling.com

WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE, SALT SALES

**EXCAVATION**  
**Complete Excavating Service**

Power & Water Systems  
 Dump Truck & Dozer  
 Drainfield Repair  
 Free Estimates  
 Septic Systems  
 Road Grading

(509) 548-3489  
 Leavenworth, WA

**Upper Valley EXCAVATING**  
 Licensed - Bonded - Insured  
 License# UPPERVE02ZPR

**STORAGE**  
**DOWNTOWN CASHMERE MINI STORAGE**

5x10-\$55 Per Month  
 10x10-\$75 Per Month  
 8x14-\$85 Per Month

•Secure Timed Keylock System•  
 •Mobile Platform Available•  
 •Burglar Alarm•  
 •Camera Surveillance•

**782-8113**  
 201 Cottage Ave., Cashmere

**Remodeling**  
**REMODELING**

Residential Remodeling & Structural Repairs

Foundation to Roof  
 Bath Remodels, Windows, Doors, & Siding  
 Interior Painting (Drywall & Repairs)  
 Home Repairs

36 years in trades, over 20 years in business.

**DAVE SWIFT**  
**782-5061**  
 Contractors Lic. - REMODHMO44NW

**The Leavenworth Echo**  
 echo@leavenworthecho.com • www.leavenworthecho.com

**Cashmere Valley RECORD**  
 record@cashmerevalleyrecord.com • www.cashmerevalleyrecord.com

**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	LEAVENWORTH	LEAVENWORTH
<b>CASHMERE BAPTIST CHURCH</b> 509-782-2869 • 103 Aplets Way Sunday School 10:00 a.m. - Worship 11 a.m. Bible Study, Wed., 7 p.m. Bob Bauer, Pastor www.cashmerebaptistchurch.com	<b>ST. JAMES EPISCOPAL CHURCH</b>  222 Cottage Ave. • 782-1590 Holy Eucharist 9 a.m. Rev. Carol Forhan, Deacon Rev. Rob Gohl, Vicar - Cell 860-0736	<b>CORNERSTONE BIBLE CHURCH</b> Leavenworth Grange Hall • 621 Front St. 548-0748 • Sunday Worship 10 a.m. Weekly Bible Study/Fellowship Groups Monday & Wednesday 6:30 p.m.	<b>SEVENTH DAY ADVENTIST CHURCH</b> 10600 Ski Hill Drive • 548-4345 Saturday Services Bible Study 9:30 a.m. • Worship 11 a.m. Wednesday Prayer Meeting 6 p.m. Pastor Jim Anderson • 509-470-6652 Fred Smith • 509-782-1435
<b>CASHMERE PRESBYTERIAN CHURCH</b>  303 Maple Street • 782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Charles Clarke, Pastor Website: www.CashmerePres.org	<b>ST. FRANCIS XAVIER</b> 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 Convalescent Center Fr. Miguel Gonzales	<b>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS</b> 10170 Titus Rd. (across from middle school) Meetings: Sunday - 10:00 am Church: 509 548-7667 For any other information: 509 868-2620	<b>SPIRIT LIFE CENTER</b>  210 Benton Street • 548-7138 Sunday Worship 10 a.m., Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. Russell Esparza, Pastor
<b>CASHMERE UNITED METHODIST CHURCH</b>  213 S. Division • 782-3811 Worship and Sunday school at 10 a.m. Office Hours: Monday-Thursday from 10:00 am - 1:00 p.m. Rev. Lilia Felicitas-Malana, Pastor	<b>DRYDEN</b> <b>DRYDEN COMMUNITY CHURCH</b> Hwy 2 at Dryden Ave. • 782-2935 Sunday School 9:30 a.m. • Worship 10:45 a.m. Matthew Payne, Pastor • 782-2935	<b>FAITH LUTHERAN CHURCH</b> 224 Benton Street Worship 9:30 a.m. w/coffee following Web: www.faithleavenworth.org Reconciling Works Congregation	<b>MONITOR</b> <b>Monitor United Methodist Church</b> 3799 Fairview Canyon, (509) 782-2610 Church Service & Sunday School 9:30am Pastor David Raines
<b>CHRIST CENTER</b> Worship Celebration & Sunday School 10 A.M. Meeting at The Conservatory behind Apple Annie's Underground Youth Group, Sundays, 6 P.M. - 206 Vine Junior High, Wednesdays, 7 P.M. - 206 Vine Paul Williams, Pastor Steve Haney, Pastor Andy Robinson, Pastor christcentercashmere.org (509)782-2825	<b>MID-VALLEY BAPTIST CHURCH</b> 1 Frontage Road. 782.2616 Worship Service, 11am Travis Connick www.midvalleybaptist.org	<b>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC</b> 429 Evans Street • (509) 290-0686 Sunday School 9:45 a.m. • Worship 11 a.m. Michael Brownell, Pastor email:mkb3123@gmail.com	<b>PESHASTIN</b> <b>LIGHT IN THE VALLEY COMMUNITY CHURCH</b> 8455 Main Street • 548-7517 Sunday Worship 10 a.m. John Romine, Pastor • www.lightinthevalley.org
<b>EVERGREEN BAPTIST CHURCH</b> 5837 Evergreen Drive, 782-1662 Sunday School - 9:45 a.m. Morning Worship - 11 a.m. Evening Service - 6:00 p.m. christforcashmere.org • John Smith, Pastor	<b>LEAVENWORTH</b> <b>CASCADE MOUNTAIN BIBLE CHURCH</b> 'Where God's Word Remains The Pillar Of Truth' 11025 Chumstick Hwy. • 548-4331 Sunday School 9:00 a.m. Sunday Worship 10:30 a.m. Weekly Bible Studies AWANA (Youth Program) Wed. 6:30 p.m. (school year) Todd James, Pastor • www.cmbiblechurch.org	<b>LEAVENWORTH CHURCH OF THE NAZARENE</b> 111 Ski Hill Drive • 548-5292 Sunday Worship 8:45 a.m. & 10:30 a.m. Lead Pastor: Andy Dayton, Pastor Pastor of worship & Youth: Associate: Brian Shubert Pastor to Children & Families - Becky Goodman www.lcn.org	<b>PESHASTIN ASSEMBLY OF GOD</b> School and Lake St. Peshastin, WA. - 509.860.1088 Sunday Worship Service 10:30 am Bible Adventures for Kids at 10am sharp Pastor Vern & Linda Watterud
<b>GRACE LUTHERAN CHURCH</b> Vine & Elberta Streets • (509) 680-0736 Worship 10:30 a.m. Rev. Robert Gohl, Pastor	<b>COMMUNITY UNITED METHODIST</b>  418 Evans Street - 548-5619 Worship and Sunday school for children at 10 am. Nursery provided. Rev. Denise Roberts, Pastor www.leavenworthumc.org	<b>OUR LADY OF THE SNOWS CATHOLIC CHURCH</b> 145 Wheeler Street 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. Parish Office - 548-5119 • Fr. Miguel Gonzales	<b>PLAIN</b> <b>PLAIN COMMUNITY CHURCH</b> "Helping people connect with God and one another in caring community." Worship 10 a.m. • 12565 Chapel Dr. • 763-3621 plaincommunitychurch.org Nursery (ages 1-3) Children's Church (ages 4-8)



**PUBLIC NOTICES**

File No.: Trustee: 8349.21875 Northwest Trustee Services, Inc. Grantors: Bruce Olson and Sylvia Garrett, husband and wife Grantee: U.S. Bank Trust, N.A., as Trustee for LSF9 Master Participation Trust Ref to DOT Auditor File No.: 2252438 Original NTS Auditor File No.: 2431792 Tax Parcel ID No.: 282127609100 Abbreviated Legal: Lot 3, Huggins SP No. 2605, Book SP-11, P. 21-22, Chelan County, Washington Amended Notice of Trustee's Sale Pursuant to the Revised Code of Washington 61.24, et seq. 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 Telephone: 1-877-894-HOME Toll-free: 1-877-894-4663. Web site: [http://www.dfi.wa.gov/consumers/homeownership/post\\_purchase\\_counselors\\_foreclosure.htm](http://www.dfi.wa.gov/consumers/homeownership/post_purchase_counselors_foreclosure.htm) The United States Department of Housing and Urban Development Telephone: Toll-free: 1-800-569-4287. Web site: <http://www.hud.gov/offices/hsg/sfh/hcc/fc/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: Toll-free: 1-800-606-4819. Web site: <http://nwjustice.org/what-clear>. I. On March 3, 2017, at 10:00 AM, inside the main lobby of the Chelan County Courthouse, 350 Orondo Avenue, in the City of Wenatchee, State of Washington, the Trustee (subject to any conditions imposed by the Trustee) will sell at public auction to the highest and best bidder, payable at time of sale, the following described real property "Property", situated in the County(ies) of CHELAN, State of Washington: Lot 3, as delineated on Huggins Short Plat No. 2605, Chelan County, Washington, recorded February 9, 1994, in Book SP-11 of Short Plats, Pages 21 and 22. Commonly known as: 3079 Lakeshore Drive Manson, WA 98831 which is subject to that certain Deed of Trust dated 03/28/07 and recorded on 04/04/07, under Auditor's File No. 2252438, records of CHELAN County, Washington, from Bruce Olson and Sylvia Garrett, husband and wife, as Grantor, to First American Title Insurance Company, as Trustee, to secure an obligation "Obligation" in favor of Wells Fargo Financial Washington 1, Inc., as Beneficiary, the beneficial interest in which was assigned by Wells Fargo Financial Washington 1, Inc. to U.S. Bank Trust, N.A., as Trustee for LSF9 Master Participation Trust, under an Assignment/ Successive Assignments recorded under Auditor's File No. 2438514. \*The Tax Parcel ID number and Abbreviated Legal Description are provided solely to comply with the recording statutes and are not intended to supplement, amend or supersede the Property's full legal description provided herein. II. No action commenced by the Beneficiary of the Deed of Trust is now pending to seek satisfaction of the Obligation in any Court by reason of the Grantor's or Borrower's default on the Obligation. III. The Beneficiary alleges default of the Deed of Trust for failure to pay the following amounts now in arrears and/ or

**PUBLIC NOTICES**

other defaults: Amount due to reinstate as of 1/6/2017. If reinstating after this date, please contact NWTS for the exact reinstatement amount Monthly Payments \$104,293.86 Lender's Fees & Costs \$20,992.09 Total Arrearage \$125,285.95 Trustee's Expenses (Itemization) Trustee's Fee \$950.00 Recording Costs \$15.00 Postings \$445.52 Sale Costs \$65.04 Total Costs \$1,475.56 Total Amount Due: \$126,761.51 Other known defaults are as follows: IV. The sum owing on the Obligation is: Principal Balance of \$551,801.79, together with interest as provided in the note or other instrument evidencing the Obligation on 05/03/13, and such other costs and fees as are due under the Obligation, and as are provided by statute. V. The Property will be sold to satisfy the expense of sale and the Obligation as provided by statute. The sale will be made without representation or warranty, express or implied regarding title, possession, encumbrances or condition of the Property on March 3, 2017. The default(s) referred to in paragraph III, together with any subsequent payments, late charges, advances costs and fees thereafter due, must be cured by 02/20/17 (11 days before the sale date), to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 02/20/17 (11 days before the sale date), the default(s) as set forth in paragraph III, together with any subsequent payments, late charges, advances, costs and fees thereafter due, is/are cured and the Trustee's fees and costs are paid. The sale may be terminated any time after 02/20/17 (11 days before the sale date), and before the sale by the Borrower, Grantor, any Guarantor or the holder of any recorded junior lien or encumbrance paying the entire balance of principal and interest secured by the Deed of Trust, plus costs, fees, and advances, if any made pursuant to the terms of the obligation and/ or Deed of Trust. VI. A written notice of default was transmitted by the Beneficiary or Trustee to the Borrower and Grantor at the following address(es): NAME AND ADDRESS Bruce Olson 3079 Lakeshore Drive Manson, WA 98831 Sylvia Garrett 3079 Lakeshore Drive Manson, WA 98831 Bruce Olson 19616 223rd Avenue Northeast Woodinville, WA 98077 Sylvia Garrett 3097 Lakeshore Drive Manson, WA 98831 Bruce Olson 19616 223rd Avenue Northeast Woodinville, WA 98072 by both first class and certified mail, return receipt requested on 03/30/15, proof of which is in the possession of the Trustee; and on 03/27/15 Grantor and Borrower were personally served with said written notice of default or the written notice of default was posted on a conspicuous place on the real property described in paragraph I above, and the Trustee has possession of proof of such service or posting. 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 trustee's 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 Property. IX. Anyone having any objection to the 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

**PUBLIC NOTICES**

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. The trustee's rules of auction may be accessed at [www.northwesttrustee.com](http://www.northwesttrustee.com) and are incorporated by this reference. You may also access sale status at [www.northwesttrustee.com](http://www.northwesttrustee.com) and [www.USA-Foreclosure.com](http://www.USA-Foreclosure.com) Date Executed: Northwest Trustee Services, Inc., Trustee Authorized Signature 13555 SE 36th St. Suite 100 Bellevue, WA 98006 Contact: Vonnie McEligott (425) 586-1900. OLSON, BRUCE and GARRETT, SYLVIA (TS# 8349.21875) 1002.287507-File No.

Published in the Leavenworth Echo/ Cashmere Valley Record on February 1 and 22, 2017. #777300.

**IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN**

In the Matter of the Estate of: **Artemio Vasquez-Perez, Deceased.**  
**NO. 16-4-00097-7**  
**Notice To Creditors**

The Co-Administrators of the above-estate, DAVID VASQUEZ RODRIGUEZ and INEZ MARGARITA VASQUEZ, have been appointed and has qualified as Co-Administrators of this estate. Persons having claims against the decedent must, prior to the time such claims would be barred by any otherwise applicable statute of limitations, serve their claims on the Co-Administrators or the attorneys of record at the address stated below and file an executed copy of the claim with the Clerk of this Court within four (4) months after the date of the first publication of this notice or within four (4) months after the date of the filing of the copy of this Notice with the Clerk of the Court, whichever is later or, except under those provisions included in RCW 11.40.011 or 11.40.013, the claim will be forever barred. This bar is effective as to claims against both the probate assets and non-probate assets of the decedent.

**Date Of Filing Copy Of Notice To Creditors** with Clerk of the Court: February 9, 2017.

**Date Of First Publication:** February 15, 2017.

**Dated This** 9th day of February, 2017.

Presented by: Carlsson McMahon & Sealby PLLC /s/ ROBERT W. SEALBY, WSBA #21330 Attorney for Co-Administrators 37 S. Wenatchee Avenue, Suite F P.O. Box 2965 Wenatchee, WA 98807-2965

Published in the Leavenworth Echo/ Cashmere Valley Record on February 15, 22, and March 1, 2017. #77777.

**PUBLIC NOTICES**

**In The Superior Court of The State of Washington In and For The County of Chelan**

In the Matter of the Estate of: **Celia Guadalupe Vasquez-Rodriguez, Deceased.**  
**NO. 16-4-00096-9**  
**Notice To Creditors**

The Co-Administrators of the above-estate, DAVID VASQUEZ RODRIGUEZ and INEZ MARGARITA VASQUEZ, have been appointed and has qualified as Co-Administrators of this estate. Persons having claims against the decedent must, prior to the time such claims would be barred by any otherwise applicable statute of limitations, serve their claims on the Co-Administrators or the attorneys of record at the address stated below and file an executed copy of the claim with the Clerk of this Court within four (4) months after the date of the first publication of this notice or within four (4) months after the date of the filing of the copy of this Notice with the Clerk of the Court, whichever is later or, except under those provisions included in RCW 11.40.011 or 11.40.013, the claim will be forever barred. This bar is effective as to claims against both the probate assets and non-probate assets of the decedent.

**Date of Filing Copy of Notice To Creditors** with Clerk of the Court: February 9, 2017.

**Date Of First Publication:** February 15, 2017.

**Dated This** 9th day of February, 2017.

Presented by: Carlsson McMahon & Sealby PLLC /s/ Robert W. Sealby, WSBA #21330 Attorney for Co-Administrators 37 S. Wenatchee Avenue, Suite F P.O. Box 2965 Wenatchee, WA 98807-2965

Published in the Leavenworth Echo/ Cashmere Valley Record on February 15, 22, and March 1, 2017. #77783.

**PUBLIC NOTICES**

**Notice Of States Intent To Negotiate Leases**

Department of Natural Resources will begin negotiation of expiring lease with existing lessee on the following parcel. All leases are subject to third party bids by interested parties. Lease terms and bidding information is available by calling the Southeast Region at 1-800-527-3305 or by visiting the Region Office at 713 Bowers Road, Ellensburg, Washington 98926. This lease expires July 31, 2017.

Grazing	All/ Part	Sec	Twp	Rge
10-B59350	Part	16	24	18.0E

Written request to lease must be received by March 27, 2017, at the Department of Natural Resources, 713 Bowers Road, Ellensburg, Washington 98926.

Each request to lease must contain a certified check or money order payable to the Department of Natural Resources for the amount of any bonus bid, plus a \$100 deposit. The envelope must be marked "Sealed Bid" and give the lease number, expiration date of lease applied for, and give the applicant's name. The applicant must be prepared to purchase any improvements that belong to the current lessee. For details and qualifications to submit a request, contact the Ellensburg office or call (509) 925-8510.

HILARY S. FRANZ, Commissioner of Public Lands

Published in the Leavenworth Echo/ Cashmere Valley Record on February 22, 2017. #77775.

**WAC 197-11-970 - Determination of Non-significance (DNS)**

**Date of Notice:** February 22, 2017

**Lead Agency/ Proponent:** Chelan County Flood Control Zone District

**Project:** Chelan County Comprehensive Flood Hazard Management Plan

**Supporting Information:** Information used to reach this determination is available for public review at Chelan County Public Works office located at 316 Washington Street, Suite, 402, Wenatchee, WA; on the Chelan County Public Works homepage, under Flood Control Zone District; or by following: <http://www.co.chelan.wa.us/flood-control-zone-district>

**Decision:** The lead agency for this proposal has determined that it does not have probable significant adverse impact on the environment. An environmental impact statement (EIS) is not required under RCW 43.21C.030(2)(c). This decision was made after review of a completed environmental checklist and other information on file with the lead agency. This information is available to the public on request.

There is no comment period for this DNS.

This DNS is issued using the optional DNS process in WAC 197-11-355.

This DNS is issued under WAC 197-11-340(2), the lead agency will not act on this proposal for a minimum of 14 days from the signature date below.

Comments must be submitted by March 3, 2017 by 5:00 P.M.

An appeal of the SEPA determination must be filed by 5:00 P.M. on the last day of the comment period. The contents of the appeal must meet the requirements outlined in the Chelan County Code.

Please refer questions/ comments relating to this determination or the proposal to:

Chelan County Flood Control Zone District  
Attn: Jason Detamore, Environmental Manager  
316 Washington Street, Suite 402,  
Wenatchee, WA 98801  
(509) 667-6415  
[Jason.Detamore@co.chelan.wa.us](mailto:Jason.Detamore@co.chelan.wa.us)

**Responsible Official:** Eric Pierson, P.E.

**Position/ Title:** Chelan County Flood Control Zone District, District Administrator

**Address:** 316 Washington Street, Suite 402, Wenatchee, Washington 98801

**Phone:** (509)667-6415

**Date:** February 17, 2017

Signature: /s/ Eric Pierson, P.E.

Published in the Leavenworth Echo/ Cashmere Valley Record/ Lake Chelan Mirror on February 22, 2017. #77860.

**Another week, another \$1.00?**  
(It costs less if you subscribe.)

Have one year of the Record or the Echo delivered to your home for just \$33.00  
That's only 63¢ each week.

Call 509-293-6780

**Cashmere Valley RECORD**  
The Leavenworth Echo

Offer valid for subscribers in Chelan County only. Other money-saving offers are available.

**Rummage Sale** Get the word out!  
548-5286

See the NCW Media websites for the latest local news

[leavenworthecho.com](http://leavenworthecho.com)

[cashmerevalleyrecord.com](http://cashmerevalleyrecord.com)

[qcherald.com](http://qcherald.com)

[NCWBusiness.com](http://NCWBusiness.com)

[lakechelanmirror.com](http://lakechelanmirror.com)

**For the latest local news and advertising see the NCW Media websites...**

[leavenworthecho.com](http://leavenworthecho.com)

[cashmerevalleyrecord.com](http://cashmerevalleyrecord.com)

[qcherald.com](http://qcherald.com)

[NCWBusiness.com](http://NCWBusiness.com)

[lakechelanmirror.com](http://lakechelanmirror.com)

**SUDOKU PUZZLE**

**SUDOKU**

**GOT KNEE PAIN?**

Get a Pain-Relieving Knee Brace At Little or No Cost to You You May Qualify for Free Shipping We Do All The Paperwork Shoulder Braces, Ankle Braces, Back Braces Also Available

Medicare Patients Call Us Right Now **1-800-984-0360**

		2		7	4	1			
4		1				2			6
7			2	5	3				
		7			2				8
1			3			5			
	3	5	4					6	
4	6			7				5	
	5	9	3		7				

© StatePoint Media  
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.

**CROSSWORD PUZZLE**

**CROSSWORD**

1	2	3	4	5	6	7	8	9	10	11	12			
13					14				15					
16					17				18					
19				20			21	22						
23					24									
25	26	27			28			30		31	32	33	34	
35			36			37			38		39			
40					41				42		43			
44					45				46			47		
48					49				50			51		52
53					54				55			56		
57	58	59	60					61				62	63	64
65						66	67				68			
69						70					71			
72						73					74			

**dish** Our Best Deal Ever!

**DISH TV \$39.99 MO** 3 Year Price Guarantee

**INTERNET \$14.95 MO** Where Available

Free Installation!  
Call Today, Save 30%! **1-800-318-5121**  
for more information

© StatePoint Media

THEME: AMERICAN WILDLIFE

ACROSS

- Upright monument
- Likewise
- \*Eagle's talon
- \*Entrances to groundhogs' burrows
- Objective male pronoun
- CuraAao neighbor
- Islam's Supreme Being
- A in IPA
- More silent
- \*Beaver-like rodent
- \*a.k.a Brown bear
- Popular Thanksgiving tuber
- SWAT attack
- Between game and match
- O. Henry's "The Gift of the \_\_\_\_"
- Make numb
- \_\_\_\_ sack
- Drinks through a straw
- Red Sea peninsula
- Beyond natural
- Single-mast boat
- Soda pop recyclables
- Little Boy and Fat Man
- Way, way off
- "Cogito \_\_\_\_ sum"
- It's meant to be
- \*Great leaper
- Who's from Mars?
- Not that
- Bobby sox dance
- \*Nocturnal mask wearer?
- "Red sky at night, sailor's \_\_\_\_"
- Cool & distant
- Public health approver
- One who dares
- Reg. alternative
- Singer-songwriter Stewart
- Accustom
- One of many in an arena
- "Four score and seven years \_\_\_\_"
- Norbert, to his momma?

DOWN

- Pillow that's not for sleeping
- Cough syrup balsam
- Corner pieces
- Prone to communicate secret info
- Hindu retreat
- Not this
- Tin Man's necessity
- Last letter of Greek alphabet
- Actress Penelope
- Figure skating jump
- Cain's unfortunate brother
- Extra cautious
- NaNH2 and H3CONH2, e.g.
- What hoarders do
- Human cage part
- Heists
- \*Striped stinker
- Boredom
- Flyer holders
- "Desert monster"
- Likable
- Take a piece from
- Canine affliction
- "a.k.a. buffalo
- Poe's "Annabel Lee", e.g.
- "Fly like an eagle
- Nasa mission, e.g.
- Depart
- Short for although
- \*Not Bald one but \_\_\_\_
- Prefix with red
- Baby grand
- X-ray units
- Away from wind
- Kind of cola
- \*Snowshoe's seasonal change
- Carpenter's groove
- "Earthworms to a badger, e.g.
- Lemongrass, e.g.
- 3-point shot
- \*Prairie \_\_\_\_

# PUD agrees to fund \$150,000 utility regionalization study

By IAN DUNN  
EDITOR

The idea is to have the cities of Leavenworth and Cashmere get together with the communities of Peshastin and Lake Wenatchee, sit down with the Chelan County PUD to look at the various efficiencies to be gained by utility regionalization.

"You could have a sewer treatment plant and have one agency run it. In terms of staffing, billing, there is a high level of efficiency that could be gained. There is also the economic portion of this," said Leavenworth City Administrator Joel Walinski, at the Feb. 14 study session. "When you look at growth in the upper valley, access to water and sewer are primary needs. That is not just for residential growth but also for business growth. Does regionalization help with that or not? That will be the study."

On the flip side, Walinski said there are some issues with regionalization. The city has the ability to manage its own water and sewer, which is pretty powerful, he said. The city would be giving away that power.

Walinski said he anticipates those working in wastewater be concerned about losing their jobs. Typically, that is not the case, he said, because there is restructuring on how personnel is used.

The city of Leavenworth, the

city of Cashmere and Chelan County went to the PUD Board and asked for funding for a utility regionalization study. The PUD set aside \$150,000.

"It is a big study. They are funding it. We will not be a funding partner," said Mayor Cheri Kelley Farivar.

Walinski said a community group will be formed, made up of people from Leavenworth, Cashmere and Chelan County. There must be two or three people to represent Leavenworth. The city must also do a rate study.

"They can use that information from both the city of Leavenworth and the city of Cashmere. It is not so much on the rates, but more so the value of the assets you have on hand," Walinski said. "That is a piece of the financial study. The PUD has a sewer plant and they'll do a rate study. It's not the rate, but the capital improvements that are needed or have been made. What does the system look like?"

The study also assesses the cost of water and sewer, which has nothing to do with rates, Farivar said. The city may be charging a \$50 sewer rate, but in truth, the cost of it is significantly higher, she said.

"The new Hirst decision is going to severely limit the drilling of exempt wells. There are lot of pieces of property out there that will not be able to get water to build. That's going to drive more of a regional system. Timing wise, we are in

the right place," Farivar said. Councilman Elmer Larsen is credited with coming up with the idea for regionalization.

"If nothing else, it may it is not viable today, but you're going to be in position in 15 years," Larsen said.

Farivar asked Larsen if he would like to serve on the committee. Larsen said he would, but he's not planning to run for reelection.

"What we need to two other people from the city that would have an interest and would be critical thinkers. Scott Bradshaw would be perfect. He's an engineer," Farivar said.

Councilwoman Gretchen Wearne suggested putting something in the city newsletter.

"I would say no, because we don't want a flood of volunteers that we have to vet. We're really looking for right person, because they've been active in the community, have shown their abilities and education in other ways," Farivar said.

Farivar said it was a very exciting meeting with the PUD.

"I really feel like this is a wonderful step the PUD is taking for the upper valley, in a way they have not previously," Farivar said.

The PUD sat down with the city of Wenatchee to look at efficiencies, Walinski said. Farivar noted the phosphorus issue is really driving this.

"Wenatchee doesn't have that problem. They are on

the Columbia. The city of Cashmere and Leavenworth are the most impacted by the phosphorus," Farivar said.

This also includes the PUD wastewater system in Peshastin. By 2021, there will be three new systems, Walinski said.

"It's all driven by regulations. We are a point source (for phosphorus.) Then, we'll be looking at non-point sources. To me, there's opportunities," Larsen said.

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



File photo

The Chelan County PUD has pledged \$150,000 toward a utility regionalization study for the upper valley, including the cities of Leavenworth and Cashmere, along with unincorporated areas like Peshastin and Lake Wenatchee.

## 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 Monday, Feb. 13

- 10:37 CPS/APS issue reported at 3432 Hansel Ln. Peshastin.
- 10:36 CPS/APS issue reported at 3504 Hansel Ln. Peshastin.
- 11:12 CPS/APS issue reported at 9099 Anderson Canyon Rd. Peshastin.
- 11:37 Burglary reported at 18401 Camp 12 Rd. Plain.
- 12:29 Traffic offense reported at Chumstick Hwy. MP3.
- 13:03 Hazmat issue reported at 21312 Stetson Rd. Plain.
- 15:22 Traffic offense reported at Price Ave. & Birch.
- 16:00 Public assist requested at 10189 Merry Canyon Rd.
- 16:18 Hazard reported at 10688 Titus Rd.
- 19:17 Weapons violation reported at 920 US2, 76 station.
- 20:11 911 call reported from 10454 Fox Rd.

### Tuesday, Feb. 14

- 08:52 Parking/abandoned vehicle reported at 16400 Cedar Brae Rd.
- 11:23 Non injury accident reported at Safeway.
- 12:22 Harass/threats reported at CHS.
- 12:23 Harass/threats reported at CHS.
- 12:33 Non injury accident reported at North Rd.
- 15:00 Civil issue reported at 152 Prospect St.
- 15:43 Hazard reported at US2 & Main St.
- 15:46 Domestic disturbance reported at 8381 Main St. Peshastin.
- 16:02 Parking/abandoned vehicle reported at 133 Commercial St.
- 16:39 Suspicious activity reported at Jerry's Auto Supply.
- 18:54 Trespass reported at 13647 Chumstick Hwy.

### Wednesday, Feb. 15

- 06:00 Non injury accident reported at Chumstick Hwy. & Fir St.
- 08:00 Trespass reported at Jerry's Auto Supply.
- 09:32 Non injury accident reported at Safeway.
- 09:51 Parking/abandoned vehicle reported at 9030 Icicle Rd.

- 13:37 Non injury accident reported at 12000 Sunitsch Canyon Rd.
- 13:38 Welfare check requested at Big Y Cafe.
- 14:08 Public assist requested at KOA.
- 14:30 Public assist requested at 23113 Saddle St. Plain.
- 14:49 Hazard reported at US2, MP103.
- 15:13 Agency assist requested at US2 & Alice Ave. Dryden.
- 16:44 Parking/abandoned vehicle reported at 3432 Hansel Ln. Peshastin.
- 18:19 Theft reported at 126 Amas Pl. Dryden.
- 20:16 Welfare check requested at KOA.

### Thursday, Feb. 16

- 02:45 Extra patrol requested at 8734 School St.
- 07:33 Trespass reported at Safeway.
- 07:58 Hazard reported at 4815 Mountain Home Ranch Rd.
- 09:33 Unknown accident reported at Chumstick Hwy. MP6.
- 09:42 Fraud/forgery reported at 5792 Mountain Lane Rd.
- 11:38 Hazard reported at US2, MP98.
- 12:40 Hazard reported at US2, MP93.
- 15:23 Civil issue reported at Nutcracker Museum.
- 15:39 Vehicle prowl reported at Steven Pass Resort.
- 16:10 Court order violation reported at 3165 Hansel Ln.
- 17:33 Burglary reported at 12325 W Emig Dr.
- 19:34 Public assist requested at 260 Benton St.
- 19:54 Agency assist requested at US2, MP101.
- 20:00 Domestic disturbance reported at 17810 Nason Ridge Rd.
- 22:45 Disturbance reported at The Loft.

### Friday, Feb. 17

- 07:39 Suspicious issue reported at 12607 Icicle Ln.
- 09:24 Fraud/forgery reported at Safeway.
- 12:24 Suspicious activity reported at 12375 Village View Dr.

- 15:41 Animal problem reported at Rivers Edge Lodge.
- 18:31 Non injury accident reported at Benton St.
- 19:26 Traffic offense reported at Safeway.
- 19:44 Juvenile problem reported at Best Western Icicle Inn.
- 22:00 Animal problem reported at 291 Ski Hill Dr.
- 22:55 Traffic offense reported at Prospect and Cherry streets.

### Saturday, Feb. 18

- 08:40 Hazard reported at 9030 Icicle Rd.
- 11:13 Litter reported at Edelweiss Weg & 8th St.
- 11:51 Burglary reported at 12300 Chumstick Hwy.
- 16:10 Non injury accident reported at Stevens Pass Resort.
- 16:14 Parking/abandoned vehicle reported at 18151 Chumstick Hwy.
- 17:10 Hazard reported at River Rd, MP2. Plain.
- 17:55 Traffic offense reported at US2 & Front St.
- 18:05 Parking/abandoned vehicle reported at 9th & Commercial streets.
- 19:35 Unknown accident reported at 20752 Chiwawa Loop Rd.
- 22:07 Traffic offense reported at US2, MP98.

### Sunday, Feb. 19

- 00:45 Welfare check requested at Leavenworth.
- 11:45 Injury accident reported at Fish Lake Trailhead.
- 14:26 Non injury accident reported at 1330 US2.
- 14:32 Missing person reported at Front & 8th streets.
- 15:39 Suspicious activity reported at 9700 Derby Canyon Rd.
- 20:32 Burglary reported at 18636 Beaver Valley Rd. Plain.
- 21:14 Welfare check requested at 16020 Telemark Ln. Lake Wenatchee.
- 22:06 Suspicious activity reported at 1133 Front St.

### Fire/EMS Responses

### Monday, Feb. 13

- 12:35 CM,CC9 responded

- to an unconscious person at 19115 Chiwawa Loop Rd.
- 17:37 CM,CC3 responded to a fall at 114 Park Ave.
- 21:47 CC3 responded to a commercial alarm at Mountain Meadows.

### Tuesday, Feb. 14

No report.

### Wednesday, Feb. 15

- 16:33 CM,CC3 responded to someone with back pain at 9703 E Leavenworth Rd.
- 16:47 CM,CC9 responded to a motor vehicle accident at US2,MP70.

### Thursday, Feb. 16

- 09:33 CM,CC3 responded to an unknown accident at Chumstick Hwy. MP6.

### Friday, Feb. 17

- 04:04 CM,CC3 responded to a breathing problem at Mountain Meadows.
- 08:09 CC3 responded to a commercial alarm at Osborn Elementary.
- 11:14 CM responded to a sick person at 7066 Icicle Rd.
- 11:44 CM,CC3 responded to a medial alarm at Bench Mark Jewelers.
- 15:32 CM responded to someone with chest pain at Mountain Meadows.
- 17:37 CM,CC9 responded to an injury accident at US2, MP68.
- 18:00 CM,CC9 responded to an injury accident at US2, MP69.

### Saturday, Feb. 18

- 13:48 CM,CC3 responded to a breathing problem at 302 Ski Hill Dr.
- 14:26 CM,CC6 responded to a heart problem at 9290 Saunders Rd.
- 17:28 CM,CC3 responded to an unconscious person at 815 Pine St.
- 19:35 CM,CC9 responded to an unknown accident at Thousand Trails.

### Sunday, Feb. 19

- 11:45 CM,CC9 responded to an injury accident at Fish Lake Trailhead.
- 15:14 CM responded to a sick person at 100 Enchantment Park Wy.

# Gabe Newton creates bowls for Empty Bowls Artists Auction

Submitted by JANE ZANOL

Gabe Newton moved to Leavenworth two and a half years ago to be in the mountains and live among the trees and rivers. He's a kayaker used to big water paddling and first descents and waterfalls. He has competed all over the world in downwind surf ski races, and he still paddles the Tumwater Canyon and the Icicle River. Even though he doesn't go to the ocean much anymore, ocean birds, fish and animals still inhabit his work as an artist.

Five years ago Newton started making acrylic paintings on found wood as wedding gifts for friends. Living by the sea, he was drawn to sea creatures and ocean birds. Later he decided that more people might enjoy his artwork, so he started making them for the general public. Although he had no formal training in art, he and his five brothers were encouraged by their parents to create their own Christmas gifts each year. His show at the Lighthouse Coffee Shop last month still featured the sea creatures theme. He currently has six pieces hanging in the Watershed Café.

Newton participated in Empty Bowls last year, painting a small bowl with the general public. He volunteered to create an artists

bowl for the online auction this year because he values living in a community where people help each other. This project was a fun way for him to contribute to a heartwarming cause. He likes the added facet of the online auction to the overall fundraising and community building effort of the Empty Bowls project.

Newton estimates he painted for six to eight hours on his owl bowl, which he painted at Sleeping Lady because he wanted to meet other artists and be part of the lively environment there. He says that the design of his bowl "came to me in a clear picture, and I sketched it when they invited me to do an artists bowl." He says he found it "a challenging project, but it was good to stretch myself in another medium." The curved surface of the bowl provided the challenge, since he is accustomed to painting on a rough but flat surface.

If you would like to participate in the Empty Bowls online auction that benefits the Community Cupboard and local arts education, your opportunity is coming up soon. You can take a look at Newton's owl bowl, along with the bowls of many other talented artists, when the bowls are posted via a link on the Upper Valley Mend site [uvmend.org](http://uvmend.org). The online auction begins at 8 a.m. March 8 and ends March 22 at 10 p.m. Buyers can bid in the auction online or



Photo submitted by Michaels Photography View the 2017 bowls created by local artists and potters at the first annual Leavenworth Empty Bowls Artists' Showcase and Gala Reception, Sunday, March 5 from 5-7 p.m. at the Icicle Ridge Winery in Peshastin. An evening of art, wine, appetizers and music. Tickets are \$10, online at [uvmend.org](http://uvmend.org) or at the door. View, bid-on or purchase the artists' bowls, which will later be auctioned to the public through the Empty Bowls Artist Bowl online auction, beginning March 8. Questions, 548-7336 or 509-630-4681. Photo is a glass artist bowl by Teri Zimmerman



Snuggle up  
inviting landscapes built for life



509.665.4916  
[LandscapeByAnderson.com](http://LandscapeByAnderson.com)  
WA# ANDERL935N4. LICENSED, BONDED, INSURED



### 2017 Annual Dining Guide Rates

**Package #1**  
Feature your Dining Business Story 300 words and full color picture  
  
Your personalized ad 2 columns x 3 inches each week with your special offerings/menu.  
  
Small rotating tile on the website Linked to the Shop Local Directory

**Package #2**  
Feature your Dining Business Story 300 words and full color picture  
  
Your personalized ad 3 columns by 4 inches each week with your special offerings/menu  
  
Small rotating tile on the website Linked to the Shop Local Directory

**HURRY FOR SPECIAL BONUS: 5% discount on your Visitors' Guide ad.**  
Call your ad executive for your low price quote!



**Carol Forhan**  
(509) 548-5286  
[carol@leavenworthecho.com](mailto:carol@leavenworthecho.com)