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America has lost its soul

President Trump was impeached for the second time last week. Beyond the fact that the action was truly pointless, it is also un-American.



BILL FORHAN
PUBLISHER

Throughout our history we have stood for fairness. We have held that an individual is innocent until proven guilty. Trump was accused by the media and the House of Representatives of inciting an insurrection that led to an assault on the Capitol Building.

As a 40-year veteran of the news community, I am deeply disappointed in the depth to which our Media has fallen. Their job is to help keep government honest. They are not king makers although they seem to have collectively decided that is their role.

Problem number one with their story is Trump never called on the crowd, estimated to be 250,000, to be violent. In fact, his exact words were, "I know that everyone here will soon be marching over to the Capitol building to peacefully and patriotically make your voices heard."

The national press continues to run the story that Trump inspired the insurrection on the basis that he did call for his supporters to fight for the good of the country. And he outlined numerous election irregularities that Democrats and government insiders rejected as unfounded.

Problem number two is the timeline of the attack on the Capitol and the movement of Trump's supporters toward the Capitol. Depending on which media source you look at the timeline varies, but the group that was directly in front of the Capitol building was there before Trump made his speech and most likely never heard it.

Again the "main stream" media continues to claim the assault on the Capitol was by angry Trump supporters because they were carrying Trump flags or wearing MAGA hats. Those are pretty thin facts on which to build a case.

Finally, there is new evidence that the breach of the Capitol building was inspired by BLM and Antifa activists. One of the first arrests turned out to be of John Sullivan a BLM activist who was apparently

encouraging the crowd to become disruptive.

If you take the time to review the endless list of available videos you can hear individuals in the crowd saying, "we don't do this s***!" So, the problem with the media portrayal is they are painting all of the crowd as being "right wing radicals." It seems that what we have here is "systemic media bias against conservatives."

It is simply, a lie. While there were undoubtedly some radicals present that morning – both right wing and left wing. They were not all Trump supporters bent on insurrection.

The entire country has been under assault by left wing radicals all summer. Today the left want us all to believe the assault on the Capitol was by out of control Trump supporters without any real investigation of what occurred by whom and for what reason. That is clearly un-American.

Seventy plus million citizens do not believe the results of this election. That is a problem. Unless something is done to address their concerns besides simply claiming they are wrong without critically examining their complaints will only result in continuing unrest.

I have heard a number of conservatives calling for an armed revolution. I do not support that.

Before we jump on the latest video showing the growing frustrations of the American people, we must find a way to get back to our roots. Roots that call for us to evaluate these emotionally charged events with objectivity and fairness.

Our Federal government is failing us, the American citizens. Their partisanship has caused them to lose sight of their primary responsibility to serve the American people.

There is, however, a process written into our Constitution to deal with this exact problem. Article V allows the people to call for a Convention

of States for the sole purpose of amending the US Constitution. It takes 34 state legislatures to pass a bill calling for the Convention of States.

Once called the Convention of States gives each state one vote to approve the measures passed by the Convention. Once the Convention passes their amendments the amendments still require the approval of three fourths of the states, but the Federal Government does not get to debate the amendments. Some of the recommendations being suggested for the COS to consider are Term Limits and a balanced budget. They may also want to consider Constitutional rules governing elections.

Our system is badly broken. The result is a growing distrust among all Americans that will only continue to fester like a bad sore. We owe it to each other to make sure the World's only government of the people, by the people and for the people remains so.

If you want to know more about the Convention of States you can find it at <https://conventionofstates.com/>



Cashmere City Council Meeting

By Kirk Beckendorf
Cashmere Reporter

With no action items on the agenda Mayor Jim Fletcher told the Cashmere City Council that the Jan 11th meeting would be an open discussion and brainstorming session. Fletcher said it was an opportunity for the Council to provide city staff with additional guidance about long term plans and Cashmere's future.

The four primary discussion items were: 1) a \$300,000 upgrade of technology to monitor and control the water and wastewater treatment operations. 2) Future wastewater operations 3) Options for city owned property on Railroad Ave. 4) A facilities condition report from North Central Regional Library.

Director of Operations, Steve Croci, recommended that the council consider upgrading the technology that remotely monitors and controls operations at the water/wastewater facilities. Croci said that the recommended upgrade to the Supervisory Control and Data Acquisition (SCADA) system is needed to bring the facilities up to modern day industry standards. Although the systems could be upgraded a portion at a time, he recommended doing all of the upgrades at the same time. However, he did have a priority list if necessary. SCADA systems continuously monitor conditions at the facilities and pumping stations and send alerts when problems arise. A couple of the sewer lift stations have no remote monitoring and require routine checks by staff, or a call from the public, to observe if a problem is occurring.

According to Croci, the remote monitoring would also reduce the need to send staff out to observe and record conditions. Council member, Chris Carlson, said he would play devil's advocate and asked if there is a less expensive option for the upgrade. He also asked if a more sophisticated system would require the city to hire additional staff to manage the new technology. He added that he would like to see a list of "must haves and want to haves." Member Daniel Scott, also asked about the cost of the system and how this would impact other spending and programs. Scott said it would be really important for an online system to be very secure but it should save money in the long term by freeing up skilled labor from doing unskilled work. He added that labor costs also increase faster than technology costs. Fletcher said that the system would be partially paid for with reserve funds but that the long term costs and benefits of the system also needs to be considered. Croci offered to provide council members a tour of the facilities to provide a better explanation of the needs and benefits of the upgrade. Carlson and Council member Jayne Stephenson said they would take him up on the offer.

In order for the wastewater system to be financially sustainable in the long term, Fletcher advised the council that the city needs to connect more homes to the sewer system. Currently, about 80% of the customers are residential and commercial, while 20% are industrial in nature. Fletcher predicted that growth is more likely to come from adding residential customers than from adding additional industrial customers. When trying to add customers in the urban growth area the city is competing with septic systems, according to Fletcher, the monthly cost of hooking up to city sewer exceeds the cost of a septic tank. The city's existing policies are not bringing in new customers and so Fletcher said that the council needs to ask which policies can be controlled, to lower the costs so that developers and

CONTINUED TO PAGE A2

Cashmere Planning Commission

By Kirk Beckendorf
Cashmere Reporter

Potential changes to regulations of accessory dwelling units (ADU) and short term rentals (STR) dominated the Cashmere Planning Commission's (CPC) first meeting of 2021, held on Jan 4th. Since only one public comment has been received, Christina Wollman, a planning consultant with Perteet Inc., recommend that the Commission get additional public input about the potential new requirements for short term rentals, possibly using a community survey. With only 3 commission members present, a quorum was not met and so no decisions could be made or voted on. However the Commission did still discuss ADUs and STRs as well as updates to the Shoreline Master Plan.

The CPC has been discussing possible regulations for ADUs for about 2 years. Although no public comments were given at the Dec. public hearing, the Commission has received 2 letters of comments- from the building inspector and from the Dept. of Commerce. Building Inspector Frank Spaun, recommend that new ADUs in the single family zone not need a Full Administrative Review

(FAR). The Commission decided to keep the FRA requirement, since the process will give neighbors the opportunity to provide comments. Director of Operations, Steve Croci, said that this can potentially give the city additional information about the situation, that it might not otherwise have. Spaun also recommended that all new ADUs be required to pay the \$2257 System Development fee, even if they are not tapping into the city's sewer main. After lengthy discussion, the CPC decided to require that charge only if the new ADU requires a new connection to the sewer main. Member Charlie Cruickshank said that the CPC has been talking about ADUs being able to help with affordable housing but that if the city makes it too expensive, it will defeat the purpose.

Scott Kuhta, Senior Planner with WA Dept. of Commerce, wrote that "We encourage the City to consider removing the owner-occupied requirement and requiring an additional on-site parking space for ADUs. Both of these restrictions will limit incentive and additional flexibility, both of which are needed to incrementally increase housing supply." Although they agreed with

the Kuhta's reasoning they decided to maintain the parking requirement and said that they want to keep cars off the streets for both snow removal and the character of the town. The Commission also decided to maintain the requirement that the owner occupy the property for at least 6 months out of the year.

Regulation of short term rentals, often called Air B&B, and VRBOs, were the topic of a public hearing in Dec., but no comments were given. Since then only one letter has been received regarding the potential changes to the proposed city code that would limit STR to the business districts (downtown, warehouse, commercial and light industrial).. At the Jan. meeting CPC members discussed recommendations from Paul and Megan Kinser's letter, who suggested that STRs be allowed in residential zones as long as certain requirements were met. They said these should include: requiring the owner to live on the property, a maximum of two vehicles at any given time, required quiet hours and the potential for the permit to be revoked for excessive noise or disruption to the neighbors. Although no decision could be made,

the 3 commission members present at the meeting, considered that allowing STR in residential areas could be an option as long as restrictions similar to those proposed by the Kinser's were included.

Every 7 years the city must review and update its Shoreline Master Plan (SMP). Wollman briefed the members about needed updates to the plan, and the next steps in the process of the periodic review of SMP. She told them that without a quorum they could still move a draft forward. On Feb 1 the CPC will hold a public hearing to receive comments. At that meeting the Commission will be there just to listen to comments from the public, but that they will not respond to those comments. In March, after discussing public comments received, the CPC will vote on the Plan, so Wollman added that it is necessary for them to have a quorum.

Wollman describe the significant changes to the plan as related to the large wetland areas, particularly in the Brender Creek area, that are within 200' of the highwater mark. According to Wollman in 2014 the state updated the wetland ratings and so a lot of changes to the plan were necessary to bring it into compliance with the state requirements.

The CPC has one vacant position, and anyone interested should contact the Mayor to express their interest.

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LETTERS TO THE EDITOR

How would other presidents have acted?

With the events of January 6, I'm curious as to how other presidents would have acted in this position? Trump actually lead the mob of people to storm the Capitol. If it was in earlier times they would not let him get away with it and he would be sent to prison right away. I bet you 100/1 it was all an act to get more people on his side.

The second point. The rigged election. Inslee had his speech read just minutes after the votes were counted. Inslee had been on a power trip for a while and it's effected a lot of us. I've been disabled and living in supported living since 2012. Because of Inslee's cutbacks I've had to work even when I have a severe panic disorder. I also have a brain injury. How is that right for someone like me to have to hold down a job when I can't even take care of myself??

Also one of the men that died in the riot on January 6 was a military vet. He probably won't even get recognized as being a vet because of the circumstances of his death, which is a shame.

I've done many things myself for our country and not expected anything in return.

Amy Foster,
Wenatchee

Ultra-Patriot

I was born in northern Minnesota, raised on a forty-acre farm, just a poor, old, country boy. So what do I know? My parents were first-generation Americans, born and raised by Norwegian immigrants. We were not a poor family but lived a good life by working hard and scrimping. My parents were not politically savvy, although my Dad was a Democrat Farmer Labor man. We never talked politics until I grew up and became a conservative. Even then, we rarely discussed the subject, because we didn't

agree on much. My Dad would get angry if anything bad was said about Democrats. I lived at home until I graduated from college, when I got married, entered the Air Force and became a pilot.

Being a military man, I traveled-world wide, spending time in Germany, North Africa, Turkey, Thailand, Norway and all over the United States. Being exposed to so many different cultures, while defending our country over my 26-year Air Force career, made me realize what a great country we have. The freedoms we enjoy are not equal anywhere in the world. I guess you could call me an ultra-patriot and it disturbs me when people unduly criticize our country. I know we are not perfect, but our founding fathers had the vision to include, in our constitution, methods to correct problems as they occur. And we do. I would hope more people would recognize this fact, but for some reason, many of our citizens do not. There are many reasons, here are a few: first, many of our educators do not teach our kids of the greatness of our country. We often here young people talk of supposed problems when they have no experience upon which to base their views. Second, a press controlled by leftist journalists who have forgotten, or never knew, the good within our country. They have no desire to keep truth and honesty in their work but work at deceiving the American people. Third, a movement away from our Christian way of life. We have either forgotten or never cared that our form of government works only if we believe in honesty and truthfulness, factors which are so important to Christian living. Finally, we have a number of groups and individuals who just don't like our system of governing. They want change and don't care how these changes affect us. We have reasons to be

concerned about our future.

I have always believed that our freedoms were secure from attack because of the power given us by our Constitution. Our system of selecting political leaders has been instrumental in our ability to keep that power. Recent developments, however, have raised questions as to how safe from corruption our elective process really is. If we can't trust the means of selecting our leaders, we are in jeopardy of losing the rights and freedoms we have held for so many years. These concerns bring into question whether the lives of my friends lost in Viet Nam, and the lives of so many great Americans lost in wars over many years, were lost in vain.

How do we turn it around? Correcting the problems listed above will be difficult, but imperative. It will take years to accomplish: changing attitudes of our teachers, our journalists, ourselves. We need a good old fashioned Christian revival. We need another Billy Graham. I pray for our country. God help us and God bless the United States.

Wallace Aunan,
Leavenworth

Dear Mr. Kortman,

This is in response to your letter in the January 6th Leavenworth Echo. I am hopelessly baited.

You pointed out the non-regulation at our county clerk's office for vacation rentals during the first years of your property acquisition and business building. This is a sobering and important testimony. Thank you.

Vacation rentals here are finally facing a possible reckoning. You own 4 or 5 properties. You fear you shall be ruined. You have my sympathy. But what shall we do?

Leavenworth has a vacation rental density now of 15.6%. Public policy professionals

state that "When the percent of vacation rentals exceeds 5% of the housing inventory, there is likely a negative impact on housing available for purchase or long term rental by residents."

The teeter has tottered. How can we get it back into balance?

Your defense of your industry is persuasive, though some of your points gave me doubt. You say that vacation rentals by their very nature are highly unlikely to fall into the affordable housing or long term rental categories. Yet, in recent years I have witnessed at least 12 single family homes in the Leavenworth area get purchased by investors who converted them quickly into vacation rentals. We have friends who had worked hard to select a buyer who would simply live in their small house. They were lied to. It became a vacation rental within the year.

Much as we grieve the loss of affordable housing around here, I am writing on behalf of our community's housing supply, "affordable" or "not affordable", however one cares to define these. In 2001, as a single mom, I was able to rent a small cabin up Eagle Creek Rd. for \$375 a month, while operating my sole proprietorship as an artisan and working as a waitress. When a house on Benton Street came up for sale at \$72,000. I was able to consider purchasing it.

These numbers may seem ridiculous now, but are one example of the quality of life we had when our homes were considered shelters and not investor commodities. Affordable housing around here was a natural occurrence then, not a buzz-word or a contrived concept.

Doctors, nurses, teachers and other essential workers by the dozens would love to live in this town where they work. They are forced instead to commute from Wenatchee,

as available homes in the Leavenworth area offer them little choice for the above reasons. You infer that these workers can't afford a certain type of home, but that is not your call.

I fear that the era of real estate innocence is now passing. In this area which is now known to be sensitive and stampeded, it is not time for the practice of speculative and investment property pouncing to come into question? We hope to trust people of conscience to begin to recognize such exploitive dealings for what they are, and to consider alternative plans.

You spoke of our "neighborhood theory" like it was a failed experiment or another contrived concept. No. Neighborhoods with folks who know each other and who cooperate together are nobody's theory. They are natural occurrences that we humans have always been drawn to. Even part-time second homeowners who join in neighborhood life can enjoy the benefit of neighbors who will keep an eye on things while they're away.

You claim that Leavenworth needs more lodging than just its hotels to "support the amount of tourism it needs in order to be able to make it." We can add to this the hundreds of vacation rentals that also have a secure future here. We thrived before the mega trend of whole house rentals to vacation groups exploded. We will do well again when we manage to gradually ease this bloated, clawing brawl back into the bustling, thriving balance that we once had. Our county government and resident groups are working to restore this. The lodging rule adjustments are likely to result in far less cataclysm than what you fear. And is it not balance, Mr. Kortman, that you would also wish for our town?

You call on us to save our

county and to save tourism. Really? Then find me a parking spot! Tourism here is alive and well, pandemic and all. The county budget, I believe, will pull through.

When travelers from all around the world want to be here, and when Seattle considers our small towns to be its playgrounds, where does our obligation to meet infinite demand stop? The presumption of unlimited growth stands out as a most absurd impossibility. It has been said that growth for the sake of growth is the psychology/imperative of a cancer cell or a virus.

We are willing, of course, to share our hiking trails, ski areas, commute routes, river float routes and, on a good day, even sometimes parking spots anywhere near to our places of work. But now, and exponentially more often, we are closed out of these places due to over-full parking and the sheer compression of humanity. And when our guests encounter these same let-downs, will they not vote with their feet?

When can it be justified that the rights of a community's residents can be superseded by the rights of their visitors, or the investment goals of a few? We all know that even though something is legal, that doesn't necessarily make it ethical or moral. Movie plots, philosophers, faith traditions, and ethicists have a lot to say about the above debate, and about the human tendency to worship the calculus of the coffer.

Now that you live here, Kelly, we hope to get to know you as a familiar face around town. There's the farmer's market, church, school and theatre events, the ski trails, Empty Bowls Project painting days and lots of opportunities to volunteer for Upper Valley MEND.

Dawn Kranz
Leavenworth

City Council Meeting

CONTINUED FROM PAGE A1

homeowners will chose city sewer over a septic tank. He also asked the council to think about if the city should take a short term loss, by investing in infrastructure and reducing hookup rates, to try to create a long term increase in the number of customers. Croci added that if the city invests in infrastructure without immediate hookups then the city residents will have to be paying that bill. Council member Derrick Pratt asked where development is most likely to occur. Fletcher replied that he looks to see where there is available land and sees options west, south and east of town. Scott wondered if there might be state money to help

pay for extending sewer lines.

The city of Cashmere owns a small piece of property at the intersection of Railroad Ave. and Maple St. Fletcher asked the council to think about what should be done with the property and if it should be sold back into the private market. One potential buyer was interested, but quickly backed out when they learned the property does not have utilities. The property is valued at approximately \$150,000 with utilities however it would cost approximately \$80,000 to bring utilities to the property. Fletcher said one option could be to put out a "request for proposals" (RFP) to develop the property, within a set of guidelines developed by the city. Carlson and Scott said they like the idea of the

RFP, but Scott said he would also like to see what happens to the adjacent property that is for sale.

The city received a facilities report from the North Central Regional Library (NCRL) which indicated the need for capital improvements to the building that the library leases from Cashmere. Croci told the council that the list of improvements is a requests and are not requirements. Fletcher added that he views these items as tenant improvements that NCRL should address. He recommended addressing the maintenance list when the contract ends in 2023. Council member Dave Erickson said that when the contract is renewed that maybe the city should consider moving the library to the Riverside Center.

In progress reports Croci told the Council that he will soon have engineering packages for the repair to the pool. He also said that the Planning Commission is seeking community feedback about proposed code changes that would regulate short term rentals, such as Air B&Bs. Fletcher reported that things are moving forward with the refinancing of the wastewater bonds.

Hawkins calls for statewide "School Employee Vaccination Day"

OLYMPIA...Following his Jan. 11 letter with legislative education committee leaders to the governor and state Department of Health urging greater access to the COVID-19 vaccine for school employees, 12th District state Sen. Brad Hawkins is now calling for a statewide "School Employee Vaccination Day."

With the federal government's recent decision to release more vaccine supply and many of the doses already allocated by Washington not yet administered, Hawkins says it is time to get going statewide to protect those helping to fulfill the state's paramount duty

regarding education.

"I'm calling on Governor Inslee to designate February 1 as our state's 'School Employee Vaccination Day' and for the Department of Health to allow school districts and health care providers at the local level to coordinate access for any school employee who wishes to get vaccinated," said Hawkins, the ranking Republican member on the Senate Early Learning and K-12 Education Committee.

"Let's not overthink this," added Hawkins. "Start planning today to set aside two dates in February for both doses. Providers can get lists

from their school districts, ask staff to present identification cards, and start getting vaccines in people's arms. School employees are critical workers and deserve to be protected as soon as possible."

Hawkins acknowledges the challenge of coordinating vaccinations, but he believes it is often made worse by the state's "top-down" approach and limiting flexibility at the local level.

"I'm thankful the health care providers in my region have been successful at getting our allocation of vaccinations administered, but the state should simplify things and provide more local flexibility in decision-making. Get the vaccines to our locals and let them get it done."

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January 21, Thursday: No lunch.
January 22, Friday: Panko fish fillet, JoJo's, pea salad, apple slices, whole wheat roll, cereal bars.
 Saturday and Sunday: No lunch.
January 25, Monday: Ham and Au Gratin potato casserole, peas and carrots, cucumber salad, Mandarin oranges, whole wheat roll, dessert.
January 26, Tuesday: No lunch.
January 27, Wednesday: Chicken paprika, egg noodles, roasted squash, spring salad, pineapple and cherries, whole wheat roll, dessert.

CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS
 This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot certify the complete accuracy of the information provided.

January 8	January 12
08:12 Suspicious, Nahahum Canyon Rd., MP 1	05:31 Hazard, 329 Tigner Rd., Cashmere High School
08:32 Public assist, 243 Independence Way	05:39 Hazard, 5200 Blk. Mission Creek Rd.
12:08 Agency assist, 4947 Harnden Rd.	06:31 Hazard, 5200 Blk. Hughes Rd.
12:32 Public assist, 600 Cotlets Way	08:52 Hazard, 300 Blk. School Ln.
13:18 Agency assist, 4705 Kelly Rd., Monitor	09:06 Hazard, Mission Creek Rd. & Coates
14:12 Suicide threat, 5465 Binder Rd.	09:08 Parking/abandon, 100 Blk. Cottage Ave.
	14:11 Disturbance, 4680 Mission Creek Rd.
	15:58 Agency assist, Cashmere
	16:06 Parking/abandon, 8438 Dorn St., Dryden
	16:25 Hazard, 300 Kennedy Rd.
	16:38 Traffic offense, 6836 Dryden Ave., Dryden
January 9	January 13
09:49 Accident/no injuries, 301 Sunset Hwy., Crunch Pak	04:23 Hazard, Mission Creek Rd. & Binder
11:20 Accident/no injuries, Aplets Way & US Hwy. 2	05:40 Alarm, 8343 Pine Flats Loop Rd., Dryden
21:27 Agency assist, US Hwy. 2 & Cotlets Way	09:41 Trespass, 103 Aplets Way
	15:07 Accident/no injuries, 329 Tigner Rd., Cashmere High School
	15:17 Hazard, N. Cashmere Rd. & Nahahum
	18:08 Civil, 207 River St.
January 10	January 14
23:17 Traffic offense, Old Monitor Rd. & Bridge St.	13:11 Agency assist, 6980 Olalla Canyon Rd.
	14:14 Property, 214 Elberta Ave.
January 11	
10:50 Vehicle prowler, 404 Valley View Dr.	
16:02 Traffic offense, Sunset Hwy. & Mill Rd.	
20:11 911, 7550 Brender Canyon Rd.	
20:15 Domestic disturbance, 6824 Dryden Ave., #B, Dryden	

P.E.O. Scholarship Opportunity


Applications are now being accepted for the Upper Valley Scholarship supported by P.E.O. Chapter JF, Leavenworth WA. The purpose of the scholarship is to assist women in need of financial help return to higher education in an accredited university, college or technical school in the State of Washington. This needs-based scholarship must be used for school expenses and will be paid directly to the school. Applications must be received for consideration by April 30, 2021. Scholarship funds will be available by the Fall of 2021 and be sent directly to the school financial department upon confirmation of enrollment. Women applicants must be seeking further higher education at either the undergraduate or graduate level in one of the following ways:

- Applicant must be age 30 or above and reside in Chelan or Douglas County, WA
- Applicant must be currently enrolled in, or returning to, a higher education program after a two-year or more absence.

The colleges, universities, or technical schools where applicants have been accepted must be fully accredited and within the State of Washington. Out-of-state, on-line accredited schools are acceptable. Applicants may re-submit applications each year until they complete their programs of study. Women interested in applying for the scholarship may receive more detailed information concerning the application process, as well as request the application form by contacting:

Mimi Keller Chair, Scholarship Committee at mimikeller5@icloud.com

Grange Building 1912 Submitted photo



The building that houses the present-day Agave Azul Mexican Restaurant on the southeast corner of Cottage Avenue and Woodring Street, was built by contractor H. L. Morley for the Cashmere Grange in 1912 for \$44,182.51.

WANT TO KNOW MORE about this building and all the businesses who occupied it?
 Be a SPONSOR of the full page of this historical information.
 Email Lindsay at adexec1@ncwmedia.net or call 860-7301 to find out more details for your sponsorship ad.

COMMUNITY CALENDAR

Wednesday
Cashmere Rotary Club: Zoom meetings Noon, Call President Kris Taylor, 663-8604 for more information.
Cashmere Food Bank, 2:30-3:30, Cashmere Food Distribution Center, Riverside Park, for more information, call Pam, 509-669-3159.

Thursday
Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)
Cashmere Sportsman Assoc. (Cashmere Gun Club), open to the public for trapshooting 7-10 p.m.. Private rentals by appointment. Call Brian James, 782-3099.
Cashmere American Legion Post 64, 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 782-4973. (1st Thurs. of every month, August -June).
Cashmere American Legion Auxiliary #64, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 679-0243. (1st Thurs. of every month, August -June).
Underground Middle School youth meet 7-8:30 p.m., in person, in the Conservatory. Call Kelsie Folden for more info. 782-2825

Friday
NO MEETINGS

Saturday
Bingo, 6 p.m., American Legion Hall, 401 Sunset Highway. Call Wiley Collins, 888-1904. **No Bingo due to the COVID-19.**

Sunday
CHURCH: See the church page for local service times and events.
Underground High School meet at 6 p.m., in-person, at the Conservatory, call Kelsie Folden for more info. 782-2825

Monday
Cashmere Wacopa Kiwanis Club, 6:30 p.m., American Legion Hall, lower level. Call Mary, 782-2057. (No Meetings at this time due to COVID-19)
Tillicum Riders: 7 p.m. Chelan County Fairgrounds. Call Cindy, 662-5984. (1st Mon.)
Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.)).
Planning Committee Meeting, 5 p.m. at City Hall (1st Mon. of each month unless a holiday, then Tues.)).
Cashmere Fire Department, Business management, 7 p.m., above City Hall. Call Chief Cy, 782-3513. (3rd Mon.)
Cashmere Fire Department, meeting, 8 p.m., above City Hall. Call Chief Cy, 782-3513. (3rd Mon.)
Cashmere School Board Work Session, Zoom Meeting, 6:30 a.m. (1st Mon.)
Cashmere School Regular Board Meeting, Zoom, 7 p.m. (3rd Mon.) Schedule changes do occur. See: www.cashmere.wednet.edu. or Call 782-3355.
Chelan Douglas Republican Women, luncheon meeting, 11:30 a.m. Contact President Ellie, 425-319-9869 (1st Mon. each month).

Tuesday
Icicle & Peshastin Irrigation Districts: Call for day and time Anthony Jantzer, cell, 509-433-4064 or tony.iid.pid@nwi.net (2nd Tues.)
Cashmere Chamber of Commerce. Noon, everyone is invited to attend as a guest. Call Executive Director, Gina, for meeting location, 782-7404. (3rd Tues.)

NCW Libraries
Cashmere Public Library: 782-3314
 You can order your books online at ncwlibraries.org or call 1-800-426-READ (7323).
Open Hours (limited services available to the public)
 Mondays, Wednesdays, Fridays and Saturdays: 10:00 a.m.-1:00 p.m.
 Tuesdays/Thursdays: 3:00-6:30 p.m.
 Curbside Pick-Up -patrons can still pick up items during this hour from our outdoor curbside pick-up table. The library will still remain closed to the public during this time.
 Mondays, Wednesdays, Fridays and Saturdays: 3:00 - 4:00 p.m.
 Tuesdays/Thursdays: 12:00 - 1:00 p.m. 300 Woodring Street. Call 782-3314, or online at cashmere@ncwlibraries.org

Cashmere Museum and Pioneer Village
 Call for more information 782-3230
Chelan County Historical Society Board meets, 7 p.m., Cashmere Museum, 600 Cotlets Way. Call 782-3230. (3rd Thurs.)
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

AA MEETING SCHEDULE

Information numbers for AA:
 The phone number to call for the Zoom link to Leavenworth AA meetings is 541-480-8946
 The phone number to call for the Zoom link to Leavenworth AIAnon meetings is 509-548-7939
 509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379
Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St.
Sunday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, noon, First Baptist Church, 429 Evans St.
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Thursday, noon, First Baptist Church, 429 Evans
Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain
Information number for Alanon: 509-548-7939
Alanon Meeting Schedule
Monday, 7 p.m., United Methodist Church, 418 Evans St.
Celebrate Recovery meetings are on Zoom, Fridays at 6:30 p.m., email us at this email address for information and a link to the meeting
Celebraterecoverylc@gmail.com

Amen and A Woman

When I heard the closing prayer of the 117th Congress, I literally howled with laughter. In an attempt to follow the new policy introduced by House Speaker Pelosi, which calls for the abandonment of gender-specific titles such as "Father" "Mother" to becoming more gender-neutral, Rep. Cleaver III thought he was being clever and inclusive by ending a theologically disastrous prayer with the phrase "a woman."

For starters, the word "amen" has nothing to do with men

or gender. The English word "amen" is a derivative from the Hebrew word for "let it be" or "may it be so." This stunt did little for the cause of gender equality and frankly, made the already unpopular Congress look like a bunch of clowns.

The gender-inclusive language and the prayer at the end, this America, are the leaders we had elected for the U.S. House of Representatives and while we may at this moment laugh, that laughter should quickly turn into

mourning. Why? Because we are seeing Romans 1:18-32 played out right before our very eyes, especially verse 22, "Claiming to be wise, they became fools." Yes, ladies and gentlemen, the judgment of God was on full display in the 117th Congress because as Calvin said, "When God wants to judge a nation, He gives them wicked rulers."

Prayer is a sacred activity and the call to prayer in Congress has been a long-



A WALK WITH PASTOR JOHN SMITH

standing American tradition since Benjamin Franklin who stated, "I therefore beg to move—that henceforth prayers imploring the assistance of Heaven, and its blessings on our deliberations, be held in this Assembly every morning before we proceed to business..."

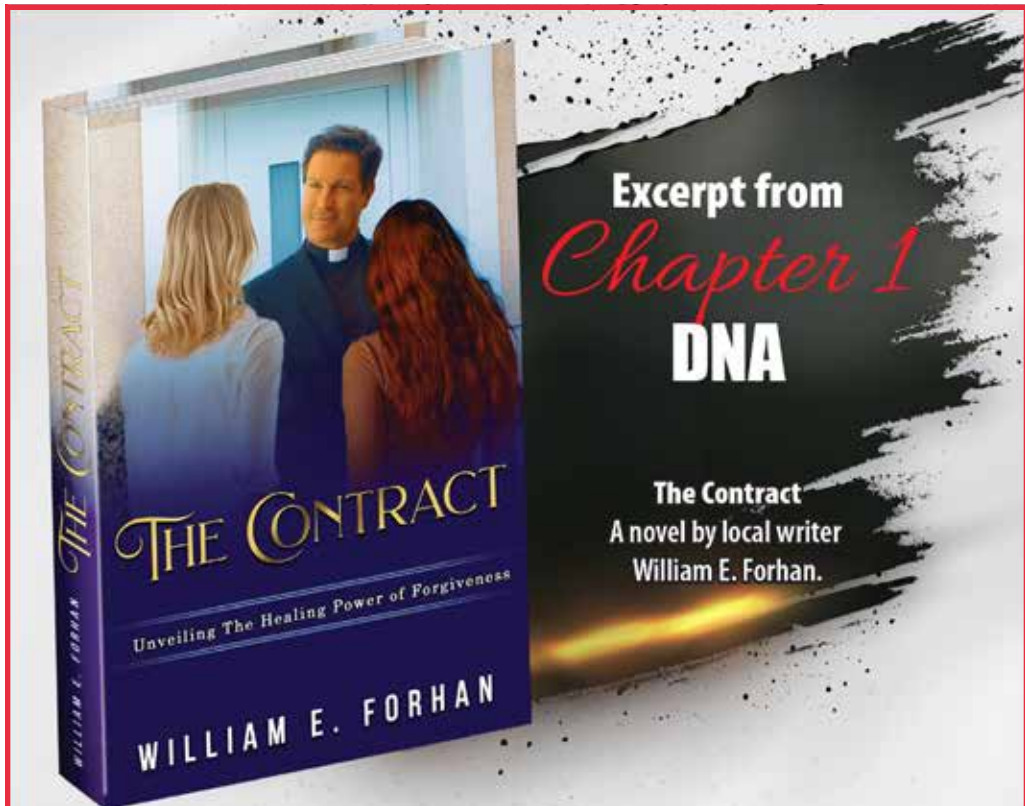
And before someone pipes up asserting that Benjamin Franklin wasn't a Christian, keep

indicative of our true condition as a country. Sure, we can laugh at the sheer foolishness and buffoonery of politicians and leaders, however, we need to be falling on our faces before the true and living God and offering true prayers of repentance. This is a time as James 4:9 says, to turn our joy into gloom and to mourn and weep at the situation we

find ourselves in. We must humble ourselves before God, draw near to Him, and believe that He will draw near to us (Jas.4:8).

We desperately need God near to us because Lord knows, how far America has strayed.

Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at pastorjohnsmith@bc@gmail.com.



Excerpt from
Chapter 1
DNA

The Contract
A novel by local writer
William E. Forhan.

Most mothers can tell you the moment their child was born. It's not the same for fathers. But I can tell you precisely the moment I met my daughters. It was 2:46 on a Sunday afternoon in October.

I had rushed back from church and just sat down to watch the game of the week. My Denver Broncos were playing their most despised of opponents – the Oakland Raiders. My game was interrupted by a knock on my front door.

My wife had taken our two sons to help her with grocery shopping. So I had to get up from my game to respond to that irritating knock.

I opened the door to two attractive young women. They seemed surprised.

"You're a priest?" one queried.

In my rush to watch the game I had not removed my clerical collar.

"Well, yes I am," I responded. Fully expecting they were a couple of young evangelists looking to tell me about the gospel.

There was a sudden and distinctly deafening pause.

"Can I help you?" I finally said.

They looked at each other. Then almost in unison burst out, "We think you're our father!"

In an instant twenty-three years of guilt and remorse overcame me. I could not help it. Tears poured out like a river. My heart began to pound and I could not hear a sound.

We looked at each other for what seemed like an eternity. None of us knowing what to say next, but I knew in my heart they were correct.

Bill's Book is now available online through Amazon.com, BarnesandNoble.com and Apple iBook The paperback is \$16.99 and the ebook is \$8.99. Or you can order the book directly from Bill at The Leavenworth Echo (509-548-5286), the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Bill.Forhan@gmail.com. Orders placed directly with the author have the added advantage of being signed including a short message if you like. Sales tax applies and if you request mail delivery add \$3.00 for postage. There is no charge if your order is picked up at the Echo or Mirror office.

in mind that the majority of the attendees were and there is no mistaking that Franklin was calling for Congress to appeal to the God of Christianity for help. The prayer that was offered last week by Rep. Cleaver was not only moronic but increasingly sacrilegious, making such a sacred and treasured activity into a political stunt.

Yet what is even more disturbing, besides the ridiculousness of ending a prayer with "Amen and a woman", is who actually was petitioned in the prayer. Rep. Cleaver didn't petition God, or Jesus, or made any reference to the Lord. Instead, he invoked Brahma which is what both Pantheists and Panentheists use to explain creation. It is a Hindu deity, not a Christian one and therefore that prayer was not only powerless to offer any sort of help but to mock God to his face.

And all this not only came from a representative of the American people but also from an ordained minister. Yes, Rep. Cleaver is also Rev. Cleaver, ordained in the Methodist church with degrees in Theology. So, one would think that he would know better, right? The fact is he did and the prayer was to make a point: That we don't want to acknowledge God because we hate His rule and standards.

Friends, when you have that attitude in the legislative body of our government you must know that it will not bode well for the future of this country. We have openly mocked God for a long time and the circus that is called the House of Representatives, in their endeavors to strip away God-ordained definitions and offering meaningless and blasphemous petitions only serve to add more to the judgment of God against our nation. America has fallen and the house that once held godly and wise leaders has turned into a sacrilegious stage show,

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald

An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data.

Memorials are another way to let the community know about the life and memories of the person who has passed. 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 as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.

Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited.

Deadline is 4 p.m. on Friday - some exceptions may apply.

Please call 509-548-5286 for more information
Or email classifieds@leavenworthecho.com

We are here to serve families in Leavenworth, Peshastin, Plain and the entire Upper Valley.



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jonesjonesbetts.com

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

Due to the COVID-19 virus, all churches in the Upper Valley have suspended Saturday and Sunday services, Sunday School and meetings.

Please call or email your church listed below if you need more information. May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.



UPPER VALLEY CHURCH GUIDE

New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

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



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



ST. JAMES EPISCOPAL CHURCH
Morning Prayer or Holy Eucharist. Times and place will vary due to COVID restrictions.
Service on YouTube or Email link: CashmereEpiscopalLutheranMinistries.com
Contact Pastor Rob Gohl, 509-860-0736 or Deacon Carol, 670-1723 for more information.



CASHMERE UNITED METHODIST CHURCH
213 S. Division • 782-3811
Virtual Zoom Service, Sunday, 11 a.m. until further notice.
Pastor Lilia Felicitas-Malana



CHRIST CENTER
Cashmere Assembly of God: 509-782-2825
Worship Service Sundays 10:00 a.m., in-person, Conservatory
Apple Annie's end on-line, christcentercashmere.com
Underground High School Sundays 8:00 p.m., in-person, Conservatory
Middle School Youth Thursdays 7-8:30 p.m., in-person, Conservatory
Lead Pastor, Steve Haney
Children's Pastor, Andy Robinson
Congregational Care Pastor, Joyce Williams
Director of Operations, Pastor Ian Ross
High School Director, Kelsie Folden
Community Outreach, Steffanie Haney

DRYDEN

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

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

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
11025 Chumstick Hwy.
Please join us Sunday mornings 9 a.m., Sunday School 10:30 a.m., Worship Service
Office: 509-548-4331

CORNERSTONE BIBLE CHURCH
Leavenworth Grange Hall
621 Front St. • 251-635-3435
Sunday Worship 10 a.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
10170 Titus Rd. (across from middle school)
Church: 548-7667
Meetings: Sunday - 10 a.m.

FAITH LUTHERAN CHURCH - ELCA
"Reconciling Works Congregation"
224 Benton Street • 548-7010
Worship 9:30 a.m. w/coffee following
www.faithleavenworth.org

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC
429 Evans Street, 509- 470-7745
Sunday Worship: 11 a.m.
Website: www.leavenworthbaptist.com
Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 548-5292
Sunday Worship 9 a.m.
Lead Pastor: Mark Miller
Youth Pastor, Kent Wright
www.LCN.org



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

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

MONITOR

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 782-2601
Virtual Zoom Service, Sunday, 11 a.m. until further notice.
Pastor Lilia Felicitas-Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street • 548-7517
Sunday Worship 10 a.m.
Pastor John Romine
www.lightinthevalley.org



NEW LIFE FOURSQUARE CHURCH
7591 Hwy. 97 • 548-4222
Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: newlifeleavenworth.com



The Washington Outdoors Report



A California Valley Quail feeding below a backyard feeder

Fishing Reports & Backyard Bird Feeding

By JOHN KRUSE

A WARNING ABOUT BACKYARD BIRD FEEDERS

The Washington Department of Fish and Wildlife issued a press release last week after receiving reports of sick and dead birds near backyard bird feeders in several Western Washington locations. According to WDFW veterinarian Kristin Mansfield, the die-off, affecting finches, pine siskins and other songbirds, is caused by salmonellosis, a common disease that is usually fatal. The disease is transmitted when birds flock together in large numbers (in places like bird feeders) where salmonella bacteria is transmitted through droppings and saliva.

One way to stop the spread of this disease is to stop feeding the birds in your backyard until at least February. If you choose to continue feeding birds, clean the feeders daily. You can do so by rinsing the feeder with warm soapy water and then dunking it in a solution of nine parts water and one part bleach. Rinse and dry the feeder before refilling

and keep the ground below the feeder clean of feces and seed casings.

According to WDFW, other things people can do to help reduce the spread of this disease is to, "Reduce the number of feeders they offer to a quantity they will be able to maintain with daily cleanings, use feeders that accommodate fewer birds (such as tubes rather than platforms), and spread-out feeder locations. Keeping bird baths and fountains clean is also important.

If you see sick or dead birds near your feeder please report this to your local WDFW office or online at <https://survey123.arcgis.com/share/a384e90f69744f2e846135a9ce80027f>

FISHING REPORTS

COLUMBIA RIVER GORGE – Wendy Boyer at Gorge Outfitters Supply in Rufus says with the mild weather there are actually anglers catching smallmouth bass out of the Columbia right now. Walleye anglers are out on the Columbia in The Dalles Pool and the John Day Pool looking for trophy-sized fish. Wendy was out herself last week and using jigs, anglers in her boat pulled up 30 eater-

sized fish in four hours. In Wendy's words, "The color didn't seem to matter, nor what kind of plastic, the fish were hitting everything." Overall, walleye success has been pretty good and they are being caught in depths of 27 to 47 feet. Gorge Outfitters Supply is now open again seven days a week if you want tackle or more information.

LAKE ROOSEVELT/RUFUS WOODS – Austin Moser of Austin's Northwest Adventures says fishing has been good at Rufus Woods Reservoir. Austin is catching both triploid trout and walleye there in good numbers. You can troll plugs or bottom walkers and worms for both species. A reminder; if you fish with bait, you cannot release the triploids, they must be kept. The biggest triploid for Moser so far? A seventeen-pounder caught this past week. Overall, the triploid trout are averaging 6 to 10 pounds while the walleye are running 16 to 22 inches long.

As for Lake Roosevelt, the reservoir is full. This makes fishing tough because the fish and the bait they are after spread out through this big lake. Once the water levels drop the fish and bait will congregate and Austin expects the fishing will pick up again.

If you want to go fishing with Austin contact him through his Facebook page or go to www.austinnorthwestadventures.com

COLUMBIA BASIN – Shannell Clark at MarDon Resort says fishing at Potholes



Barb Brady with a Potholes Reservoir walleye caught January 9.

Reservoir has been relatively slow. A few walleye have been caught around the humps south of the sand dunes and anglers are also picking up a few trout near Medicare Beach and around Goose Island. You can find out more information

by dropping by the store at MarDon Resort which is also open seven days a week.

John Kruse – www.northwesternoutdoors.com and www.americaoutdoorsradio.com

Sno-Park use soars – causing congestion, questions

OLYMPIA – Dec. 31, 2020 – The Washington State Parks Winter Recreation Program and regional park staff are reporting record visits at Sno-Parks across the state.

As COVID-19 restrictions continue to limit indoor entertainment and gatherings, people are flocking to the outdoors, despite dropping temperatures. This has caused parking lots in high snow areas to fill up early, and cars have become stuck. The uptick in new winter visitors has also caused confusion over right-of-way on mixed-use trails.

State Parks urges winter recreationists to plan trips with the following potential issues in mind:

Crowds and parking: Many Sno-Parks close parking lots when they hit capacity. Visitors should plan to arrive early and have a Plan B in case their top choice is full.

Closures and openings: Mountain passes and roads to Sno-Parks may shut down due to weather related issues. Conversely, if snow depths are low, the trails may not be groomed for winter activities. Sno-Park goes should consider visiting on a different day.

Permit refunds: Sno-Park permits are generally non-refundable. For this reason, Winter Recreation Program Manager Pamela McConkey encourages visitors to check roads and weather before purchasing a day-use permit for a specific date.

"The full season pass allows flexibility to chase good weather or cancel plans in bad weather," said McConkey. "If someone thinks they'll be visiting a Sno-Park more than once, they should consider the seasonal pass."

Wheeled vehicles: Cars and trucks are only allowed in Sno-Park parking lots. They are not permitted on trails, including forest roads within the Sno-Park. Anyone driving illegally within the Sno-Park will be cited.

Trail etiquette: The Winter Recreation Program contracts with groomers across the state who create special trails for skiers and snowmobilers. Sno-Park permits pay for this service, as well as for plowing and sanitation.

McConkey advises skiers and snowmobilers to stay on the trails that were groomed for them. She asks everyone to follow right-of-way etiquette:

- Snowshoers — walk on the

sides of the trail and stay off ski tracks.

- Skate-skiers — keep off groomed ski tracks.
- Dogsled and skijoring teams— stay off any groomed track.

- Skiers and snowshoers — yield to snowmobilers and dog teams.

- Snowmobilers — slow down when coming up on skiers, snowshoers and dog teams.

McConkey recommends visitors buy permits online or from a vendor after checking weather, avalanche forecasts and park alerts.

"Everyone using a Sno-Park should have cold weather gear, traction for their feet and cars and an emergency kit in the car," she said. "Basically, know before you go and make decisions accordingly."

She also presses winter park users to practice responsible recreation principles, including social distancing, small groups and use of gloves, hand sanitizer, personal toilet paper and face coverings, especially in high traffic areas and emergency shelters.

"COVID is still here," said McConkey. "We're not out of the woods with it yet."

School Sports could re-open

By BILL FORHAN

News came from the WIAA this week that a schedule had been developed to re-open School sports activities. Schedules are still tentative at this point and dependent on the which phase the district is in according to the Governor's reopening plan.

Scott Paine, District Athletic Director in Chelan, provided the following plan for our area. "With high school athletic programs being the main focal point for competitive scheduling and just simply having them happen as a priority, it poses some challenges with coordinating middle school athletic seasons. Covid-19 has already put some limitations on availability of district transportation due to hybrid learning models as well as an anticipated shortage of officials that don't feel comfortable officiating during the pandemic for this year.

Due to the size of our school district it is not feasible to put on intramural programs for our 7th and 8th grade athletic programs. Thus Chelan, Cashmere, and Cascade school districts have agreed to work together as a three team middle school league to provide middle school sport offerings as best as we

can for this school year. It has been decided to omit the sports of basketball and wrestling for this school year only as they currently do not have a phase provided to compete in and with high school seasons being rearranged would have other potential unknown issues in scheduling."

Jeff Carlson, Athletic Director for Cashmere School District, provided the following information on the current High School Sports plan.

The North Central Region, which includes 29 schools across 4 counties (Chelan, Douglas, Grant and Okanogan) has approved the sequencing of our high school athletic seasons, and the start/end dates for the 2020-21 school year. All fall sports, which will begin in February, will require that our region is in phase 2 of the Governor's "Roadmap to Recovery" plan in order to have contests. All of our fall sports programs will be able

FILE PHOTO.



to practice, with limitations, while in phase 1.

Fall Sports (6 weeks)

Football, Volleyball, Cross-Country, Girls Soccer, Girls Swim & Dive (co-op with Eastmont HS)

First Practice: Feb. 22 (Football: Feb. 16)

First Competition Week: Feb. 27 (Football: Mar. 4)

Season End: April 3

Spring Sports (6 weeks)

Track, Baseball, Softball, Boys Soccer, Tennis

First Practice: April 5

First Competition Week: April 10

Season End: May 15

Winter Sports (5 weeks)

Boys & Girls Basketball, Wrestling, Boys Swim & Dive (co-op with Eastmont HS)

First Practice: May 17

First Competition Week: May 22

Season End: June 19

If we do not meet the WA State COVID-19 metric requirements, and can only offer one season, we will cancel fall and winter sports and only offer spring sports. If we get to that situation, specific dates will be determined at a later time.

Schedules are being developed and it is hoped they will be finalized in the next couple weeks.

CHIEFTAINS OF THE MONTH Virtual Learning Edition



Itzel Carreno, 5th grade Alvaro Ferrer-Sierra, 5th grade Kennedy Waigren, 6th grade



Giancarlo Arroyo, 6th grade Macie Zimmerman, 7th grade Wyatt Nelson, 7th grade



Gabby Winchester, 8th grade Seth Martin, 8th grade



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Well done Chieftains!
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Terry, Patti & Jamie Davis
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509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

PUBLISHER'S NOTICE
All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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Administrative

Puzzle Solution

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

Lost & Found

LOST AND FOUND can be placed in our local newspaper and online for ONE week for FREE. Limit 30 words

Leavenworth/Cashmere 509-548-5286 or email classifieds@leavenworthecho.com or Lake Chelan Mirror 509-682-2213 or Quad City Herald 509-689-2507 or email mirrorads@lakechelanmirror.com

Deadline: by Noon on Friday

Happy Ads

Do you have a **SPECIAL EVENT COMING UP? HAPPY BIRTHDAY CONGRATULATIONS! WILL YOU MARRY ME? HAPPY ANNIVERSARY**

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

Employment

Help Wanted

Northeastern University

We are looking to hire a Personal Assistant to the Director of Procurement Services of NORTHEASTERN UNIVERSITY.

We are looking for a part time, work from home, PERSONAL ASSISTANT. It pays \$400 per week plus benefits and only takes a little of your time. To be considered for this position the candidate must be detailed-oriented, a problem solver, able to work independently, and have above-average organizational and troubleshooting skills. Basic computer skills are also essential to this role. This job requires 2-3 hours access to the internet weekly. The position requires excellent customer service skills orally. We will train the right person. Must be over 24 years of age, be efficient and dedicated. If you are interested and need more information contact: Mi.mcnamara87@gmail.com for more details. Text at 1-617-586-2587.

Help Wanted

CASCADE SCHOOL DISTRICT

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

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Emergency Teachers
Para Educators
Custodians
Bus Drivers

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

Caregiver needed for immediate hire! Amada Senior Care is looking for compassionate, experienced, and reliable caregivers. Our caregivers are the heart and soul of what makes Amada Senior Care great! We are looking for CNAs and HCAs that are up to the challenge of meeting our high standards of care and are committed to improving the lives of the clients we serve.

We are currently hiring a caregiver to staff a client in Chelan, WA

Schedule is as follows: Monday, Tuesday, Thursday, Friday 10:30am-6:30pm

RATE: \$22.50/hour

APPLY NOW: <https://careers.hireology.com/amadaseniorcare-oregonwashington/485403/description>

CHELAN COUNTY P.U.D.

SEASONAL PARKS MAINTENANCE POSITIONS (closes 11:59 p.m. on 12/31/21)

Openings in Chelan at Beebe Bridge Park. Full time hours, evening and weekends, April through Oct. or June to Sept. Visit our Website at chelanpud.org for complete details and to apply online. EOE, including disability/vets.

P.U.D.

SEASONAL PARKS MAINTENANCE POSITIONS (closes 11:59 p.m. on 12/31/21)

Openings in Chelan at Beebe Bridge Park. Full time hours, evening and weekends, April through Oct. or June to Sept. Visit our Website at chelanpud.org for complete details and to apply online. EOE, including disability/vets.

Place your Help Wanted and find the best qualified local employee

• Place your ad 24/7 at ncwmarket.com
• Email: classifieds@leavenworthecho.com
• Call 548-5286

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Leavenworth/Lake Wenatchee Specialists

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Momi Palmieri - 433-2211
Geordie Romer - 679-8958
Allyson Romer - 630-9898

Give us a call today!

See all available properties at windermereleavenworth.com

Help Wanted

Looking for a great, local employee? It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print only for The Lake Chelan Mirror Quad City Herald, Brewster
Call 509-682-2213 or email Meg at mirrorads@lakechelanmirror.com OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

Deadline: Friday by Noon for the following Wednesday issues of all newspapers.

OFFICE ASSISTANT/RECORDS CLERK CITY OF CHELAN, WASHINGTON

City of Chelan is accepting applications for the position of Office Assistant/ Records Clerk. Please submit a complete application package, including: cover letter, resume and employment application to the City Clerk by mail at PO Box 1669, Chelan, WA 98816 or electronically to pgallucci@cityofchelan.us. Application materials are located on the City's website: www.cityofchelan.us Applications will be accepted until 5:00 p.m. on January 29, 2021. Incomplete applications will not be accepted.

Work Wanted

House Cleaning and have references.
Call 509-557-2151



For Sale

Antiques & Collectibles

Get cold hard cash for your Antiques and Collectibles by placing them in our classifieds. Place your ad with pictures online 24/7 at NCWMarket.com Just register and pay online and you are done. Your ad will appear online and in the newspaper for one low price. Deadline: Friday by Noon for all papers.

Lake Chelan Mirror Quad City Herald 509-682-2213 or email mirrorads@lakechelanmirror.com or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@leavenworthecho.com

Furniture

Office Furniture Items available: 2 large wood desks with side desk attachment, One metal desk, one large all wood conference table, a large counter approx. 7' x 3 1/2' tall with removable shelves, wood credenza 2 fabric room dividers with metal legs. One large framed whiteboard All items only \$10 each. Cash and carry. Call to arrange a time to examine or pick up. All items located in Cashmere. For information call 548-5286 or Bill, at 509-670-1837. Also see photos on NCWMarket.com

General Merchandise

Cards for Sale To raise funds for the Royal Ladies of Autumn Leaves. Special Leavenworth card like: Wish you were here with me in Leavenworth. Happy Birthday from Leavenworth! and many more titles. No boxed cards. Thank you for your support. Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286.

Legals

Public Notices

Transportation Element Hearing February 3, 2021 at 7:00 P.M. Via ZOOM - Meeting ID: 861 8562 3369 Passcode: 224455 Or Call in: 1-253-215-8782 If you are not able to attend via ZOOM or call-in please contact City Hall

The Transportation Element seeks to improve transportation options to and through Leavenworth and evaluates transportation projects with a focus on bicycle and pedestrian mobility and safety, neighborhood connectivity and access to US 2. The Transportation Element is designed to be consistent with the City's overall vision and serve anticipated growth, both within the City and along the US 2 corridor. The Transportation Element provides an overview of Leavenworth today, the City's vision for the future transportation network, and outlines transportation goals as well as policies and projects to achieve the City's overall transportation vision moving forward. Published in The Leavenworth Echo/ Cashmere Valley Record on January 20, 2021. #1474

Public Notices

NOTICE IS HEREBY GIVEN that the City of Cashmere has issued a Determination of Non-significance for the following project.

PROJECT DESCRIPTION: City of Cashmere 2021 Shoreline Master Program Periodic Update

PROJECT PROPONENT: City of Cashmere

DATE DNS ISSUED: January 20, 2021

PROJECT LOCATION: Cashmere, WA

SEPA REVIEW: The City of Cashmere has determined that this proposal will not have a probable significant adverse impact on the environment. An environmental impact statement (EIS) is not required under RCW 43.21C.030(2)(c). The project file is available for review online at <https://www.cityofcashmere.org/services/planning-development/plans-programs-standards> or at Cashmere City Hall, 101 Woodring Ave., Cashmere, WA 98815.

This DNS is issued under WAC 197-11-340(2) and the comment period will end on February 4, 2021. CITY CONTACT: Steve Croci, Director of Operations steve@cityofcashmere.org 509-782-3513 Published in the Cashmere Valley Record/ The Leavenworth Echo on January 20, 2021. #1475

WHAT'S EVENTS HAPPENING

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STEVENS PASS U.S. Highway 2 click here to see webcam

BLEWETT PASS U.S. Highway 97 click here to see webcam

SNOQUALMIE PASS Interstate 90 click here to see webcam

Public Notices

City of Cashmere and Department of Ecology

Shoreline Master Program Periodic Review Public Comment Period and Public Hearing

The City of Cashmere and Washington Dept. of Ecology are accepting comments on a periodic review of the City's shoreline master program under RCW 90.58.080(4). The City has prepared draft SMP amendments to keep the SMP current with changes in state law, changes in other City plans and regulations, and other changed local circumstances.

Public comment will be accepted from January 20 to February 22, 2021 at 5 p.m. A joint local/state public hearing is set for February 1, 2021 at 5:00 p.m. and will be held via virtual meeting using Zoom. To join the meeting go to <https://zoom.us> and enter meeting ID: 882 719 9871 and Passcode: 788276. For audio only, call 253-215-8782.

Send comments to Steve Croci, Director of Operations at steve@cityofcashmere.org or call 509-782-3513. Comments sent to the City will be forwarded to the Department of Ecology.

Proposed amendments to the City's shoreline master program are available for review at <https://www.cityof-cashmere.org/services/planning-development/plans-programs-standards> and City Hall. Published in the Cashmere Valley Record/ The Leavenworth Echo on January 20, 2021. #1476

Public Notices

CITY OF LEAVENWORTH NOTICE OF DETERMINATION OF NON-SIGNIFICANCE (DNS) AND PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the Leavenworth City Planning Commission will hold a public hearing regarding the Comprehensive Plan Transportation Element, February 3, 2021 at 7:00 PM via ZOOM (Meeting ID 861 8562 3369 Passcode 224455) or connect by phone at (253)215-8782. There will be time for public testimony. As part of the review process, the City reviewed the potential environmental impacts, per the State Environmental Policy Act Rules (SEPA, WAC 197-11-340) and the Leavenworth Municipal Code. After review of the completed environmental checklist and other information on file, the City of Leavenworth (lead agency) has determined this proposal will not have a probable significant adverse impact on the environment. An environmental impact statement (EIS) is not required under RCW 43.21C.030(2)(C). The City issued a Determination of Non-significance on January 15, 2021 with comments accepted through January 29, 2021. Interested citizens are encouraged to comment and/or attend the public hearing. Questions or request for materials may be directed to Development Services within City Hall, 700 Highway 2, PO Box 287, Leavenworth, WA 98826 or by phone 509-548-5275 or email dsmmanager@cityofleavenworth.com

Published in The Leavenworth Echo/ Cashmere Valley Record on January 20, 2021.#1477

Advertise
548-5286
or
782-3781

How to choose a cough medicine

This past week, my husband has sick with a low-grade fever, barking cough, nausea, diarrhea, and a tightness in his chest. After 3 days of this misery, we had him tested for COVID. Thankfully, his result came back negative.

There are 2 types of cough: productive and non-productive. Coughing that produces mucus is called a productive cough while coughing without bringing up any fluid or phlegm is a non-productive cough.

Productive coughs bring up mucus. The mucus may be clear, blood-tinged, or even green-colored. Non-productive coughs range from an annoying tickle in the back of your throat to a cough with stubborn, sticky phlegm that makes you feel like your chest is on fire.

There are several types of cough medicine. Which one should you use?

Guaifenesin, pronounced gweye-FEN-ah-SIN, was discovered in 1949. It was introduced as a prescription cough syrup called Robitussin®, named after the A.H. Robbins company which produced it. By the time I graduated from pharmacy school 30 years later in 1979, Robitussin® was the most prescribed cough medicine in the country. Back then it was available in



several formulations, including Robitussin® PE, Robitussin® AC, and Robitussin® DM. Today, Robitussin® continues to be the most widely recognized brand of cough medicine.

Guaifenesin is an expectorant. It works by increasing the fluid in your sinuses, throat, and lungs. This helps liquefy sticky phlegm and mucus so that you can cough it up and out. Expectorants and cough suppressants are both called "cough medicine," but they work differently. Cough suppressants dampen down your cough, helping you get much-needed rest at night but don't help liquify and remove stubborn, gunky phlegm like an expectorant can.

Guaifenesin can relieve chest congestion and sinus pressure for up to 12 hours without causing drowsiness. Both the prescription medicine Entex® and its extended-release version, Entex LA®, contain guaifenesin. A similar drug called Entex PSE® contains both guaifenesin and pseudoephedrine, the decongestant found in the

original formulation of Sudafed®.

Entex® and Entex PSE® were quite successful in treating sinusitis and cold symptoms. When the patent protection on those branded medicines expired, the company applied to the Food and Drug Administration (FDA) to sell them without a prescription. Mucinex® and Mucinex-D® were born.

Adding a decongestant to guaifenesin can help relieve sinus pressure and calm a stubborn, non-productive cough. Mucinex-D® is the non-prescription equivalent of Entex® PSE.

Robitussin® and Robitussin® DM cough syrup both contain guaifenesin, but at lower doses than Mucinex® tablets. Most formulations of Robitussin® DM have 100mg guaifenesin per teaspoonful, compared to 600mg in each Mucinex® tablet and 1200mg in each tablet of Mucinex® Maximum Strength.

The most common side effect of guaifenesin is an upset stomach. I suggest you start with one or two tablets of the 600mg long-acting form of guaifenesin every 12 hours. Taking guaifenesin with a full glass of water also helps it work better. If it bothers your stomach, try taking it with food,

or decrease the dose.

The best non-prescription cough medicine contains d e x t r o m e t h o r p h a n . Robitussin® DM includes 10mg of dextromethorphan per teaspoonful. Delsym® and Robitussin 12-Hour Relief are more concentrated, containing three times the amount of active ingredient. Delsym® and Robitussin 12-Hour Relief® work to suppress cough for up to 12 hours, compared with only four to six hours of relief from cough for the standard dextromethorphan formulation.

Here Are 6 Tips For Selecting a Cough Medicine:

1. Keep yourself hydrated. Drink plenty of fluids. They will help keep your secretions more liquid and less sticky, making it easier to cough them up.

2. Loosen thick mucus. If you have thick "gunky" phlegm, don't suppress your cough. Instead, use an expectorant like Mucinex® to help liquefy the phlegm so you can cough it up and out.

3. Suppress your cough at night.

Coughs can disrupt your sleep. Dextromethorphan is an effective non-prescription cough suppressant, available as (Delsym®) or Robitussin®

12 Hour Cough Relief.

4. Use a cough suppressant and an expectorant together.

An expectorant helps liquefy thick sticky mucus so you can cough it up and out, but it doesn't suppress a cough. If coughing interferes with your sleep, add a cough suppressant. You can take BOTH at the same time if needed.

5. Add a decongestant.

Pseudoephedrine reduces post-nasal drip and helps relieve a tickly, non-productive cough. Mucinex-D® contains both pseudoephedrine and guaifenesin.

6. Avoid phenylephrine.

The decongestant phenylephrine is only 1/3 as effective as pseudoephedrine. I recommend you only purchase Sudafed® or Mucinex-D® formulas containing pseudoephedrine, which are available behind the counter at your local pharmacy.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely. ©2021 Louise Achey

Resolve to achieve healthy sleep in 2021

(BPT) - According to a recent survey from the American Academy of Sleep Medicine (AASM), 85% of U.S. adults do not get the recommended seven hours or more of sleep every night. After a challenging and stressful year, the New Year provides Americans with the opportunity to refocus on the importance of making healthy sleep a priority. "Our survey findings show a worrying trend of national sleep deprivation," said AASM president Dr. Kannan Ramar. "Insufficient sleep contributes to the risk for several of today's public health epidemics, including cardiovascular disease, diabetes and obesity. As such, it is critical that we incorporate healthy sleep habits and routines into our daily lives to be our best in 2021."

Why should we make healthy sleep a New Year's resolution? The AASM recommends that adults sleep at least seven hours each night to promote optimal health and well-being. In the same survey, slightly more than one-third (34%) of Americans said they sleep for seven or more hours only two nights - or fewer - each week, in line with findings from the Centers for Disease Control and Prevention (CDC). Regularly sleeping less than seven hours per day is associated with an increased risk of developing chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke and frequent mental distress.

Resolve to make 365 days of healthy sleep your goal for 2021 by keeping in mind its extensive benefits:

* Sleep makes you healthier - Without good sleep, both mental and physical health suffer

greatly, putting Americans at an increased risk of chronic disease.

* Sleep makes you happier - Sleep has a positive effect on mood and overall sense of well-being and can improve relationships with others.

* Sleep makes you smarter - Getting the right amount of sleep is conducive to learning, memory recall, creativity and cognitive function.

What is inhibiting us from achieving the recommended seven hours of sleep?

Despite evidence showing the importance of adequate sleep, it often can take a back seat to other behaviors we find important. According to the AASM's July 2020 survey, a vast majority (68%) of U.S. adults lose sleep due to drinking alcohol past bedtime. Americans also report staying up past their bedtime to binge-watch a TV show or stream a video series (88%), read a book (66%), watch a sporting event (58%) and play video games (50%).

How has the pandemic impacted sleep?

With a change in daily routines, the COVID-19 pandemic is also disrupting sleep for Americans. According to the AASM survey, one in five Americans (22%) are sleeping worse due to the pandemic, and 19% are getting less nightly sleep. "Despite the fact that many Americans are no longer commuting to and from work, it is paramount to establish and maintain morning and bedtime rituals, such as getting up and going to bed at regular times to achieve adequate sleep," added Ramar.

What are some tips to kick off the New Year with healthy sleep?

* Obtain adequate sleep - Set a bedtime that allows you to get enough sleep so you wake up feeling refreshed and alert. Identify an appropriate bedtime for your age and lifestyle using the AASM bedtime calculator.

* Establish a bedtime and waketime routine - Consider developing a nightly routine that evokes calm and relaxation, which may include reading, journaling or meditating. Even for those working remotely, allow ample time to wake, reflect and prepare for the day ahead.

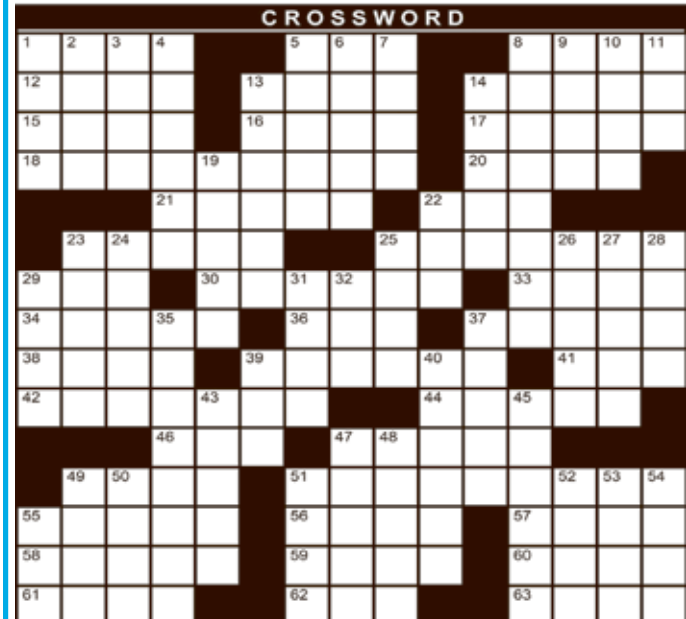
* Ensure the bedroom is a space for sleep - Limit noise and distractions by making your bedroom quiet, dark and a little bit cool - and only use the bed for sleeping, not watching TV or reading.

* Set boundaries for blue light exposure - Consider setting a technology curfew by turning off your TV and other electronic devices 30 minutes to an hour before bedtime. Silence your notifications and charge your devices away from your bed so you are not tempted to look at social media or news alerts.

* Limit alcohol, caffeine and large meals before bed - Avoid consuming caffeine after lunch and avoid alcohol near bedtime, as both can disrupt sleep. If hungry after dinner, keep snacks small, sugar-free and easily digestible so as to not disrupt sleep.

For PDFs of the AASM's 2019 and 2020 Sleep Prioritization Survey results, please visit <https://aasm.org/about/newsroom/>. For more information on the importance of healthy sleep, visit SleepEducation.org.

CROSSWORD PUZZLE



THEME: SUPER BOWL ACROSS

- *Starr of Super Bowl I and MVP
- Epsom or ...vian-les-Bains
- Mexican money
- Gulf V.I.P.
- Biblical pronoun
- Competitive musher, e.g.
- Saintly glow
- From the sky and often damaging
- Early anesthetic
- "Halftime show performer
- Photo editing option
- T. S., poet
- Chi forerunner
- *Team with most consecutive Super Bowl appearances
- Swindles
- Even, to a poet
- Stanting characters
- Cough syrup balsam
- Travels by air
- "What's up ___?", asked by Bugs Bunny
- Southeast Asia org.
- German currency
- Wb, pl.
- 9 to 5, e.g.
- Substitute, two words
- Express a thought
- Hitherto
- Winter "fever"?
- Brown on "Doctor Who"
- "He has most Super Bowl appearances as a coach
- Plural of #38 Across
- Norse deity
- Joie de vivre
- *3-time Super Bowl champ, Russ
- Pasturelands
- Ready for picking
- Black and white treat
- *Another form of Super Bowl entertainment
- Command, with "at"
- DOWN
- Thai currency
- Wet nurse
- Rub the wrong way
- Gardener's little helper
- British soldier's parade hat
- *P in PAT
- "Lang Syne"
- *Team with most Super Bowl appearances
- Reverberating sound
- Slowly leak
- NHL great
- Opposite of atheist
- Short version
- Island off Manhattan
- Nervous twitch
- Knockout
- Below, prefix
- *Player with most Super Bowl points scored
- Warm down-slope wind
- Distress signal
- Phoenix team
- Flock members
- Port of Yemen
- Tennis shot
- *Jim Nantz's partner
- Savory jelly
- A must for a comedian
- Williams and Wright
- Natural theology
- Answers to "Where are you?", two words
- Sundered land
- Spy's other name
- Feline vibration
- Albany-Buffalo canal
- Cowboy's necktie
- Pelvic parts
- Big letters
- Proposal joint
- "I" mania

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

During this COVID-19 crisis, our team is working hard to keep our store clean and well-stocked for you. If we are out of advertised items, please accept our apologies. If you have any questions, please don't hesitate to ask us. We are here to serve you to the very best of our ability.

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LB.



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FULL OF FLAVOR

48¢
LB.



Jumbo Avocados
Rich & Buttery Flavor

2/\$3



ORGANIC CUCUMBERS
LOADED WITH VITAMINS AND MINERALS

98¢
EA.



WHOLE OR SLICED WHITE MUSHROOMS
A GOOD SOURCE OF VITAMIN D, 8 OZ.

2/\$4



18 OZ. BLUEBERRIES
LOADED WITH ANTIOXIDANTS

4.98
EA.



ORGANIC GREEN KALE
FULL OF NUTRIENTS BUNCH

1.98
EA.



FRESH GOURMET CROUTONS
SELECTED VARIETIES 5 OZ.

2/\$4



MARIE'S DRESSING
SELECTED VARIETIES 11.5 TO 12 OZ.

2/\$7



1 Lb. Bag Peeled Baby Carrots
Highly Nutritious

1.28
EA.

Fresh Spinach
Excellent Source of Vitamins, Bunch

1.78
EA.

