

## High Hopes for Cashmere Basketball

**Van Lith sets new state record** Lady Bulldog Hailey Van Lith scored 46 points in the Caibou Trail League Championship game to move her ahead of previous state record holder Jennifer Stinson in career points.

PHOTO BY ELI HANEY.



**Sam Phillips named 2020 CTL player of the year** Phillips has been a strong player all year but scored 28 points in the CTL Championship game including six from outside the 3 point line. He also recorded 8.3 rebounds, 5 assists and 2 steals to lead the team to victory over Okanogan.

PHOTO BY ELI HANEY.



By BILL FORHAN

Both Cashmere teams captured the Caribou Trail League Championships last Saturday with impressive wins. The Girls team crushed the Omak Pioneers by a score of 84 to 28, while the boys handily defeated the Okanogan Bulldogs by a score of 58 to 44.

The twin victories left the boys

team at 18 and 3 on the season and ranked number 2 in the state. The girls team is undefeated at 21 and 0 and now ranked number 1 in the state.

On their way to the CTL championship Lady Bulldog Hailey Van Lith set a new state record for career scoring points. Her championship game total of 46 points put her ahead of

Jennifer Stinson's 1995 record of 2881 career points.

From here the boys will have a loser out game against the number 3 seed on Saturday Feb. 22 at Cashmere High School. The girls will play next in the regional state tournament on either Feb. 28 or 29. The site, time and opponent will be announced on Sunday, Feb. 23.

The boys will play either Newport, currently ranked 18th in the RPI rankings, or Medical Lake, currently ranked 8th. Cashmere has no experience against Newport this year but they did win against Medical Lake on Jan. 11 winning by a score of 63 to 27.

Both teams have a real shot at a state championship.

## Boys Basketball



Brooks Elliot



Carter Alberts



Nate Phillips



Ty Schoening

## Cashmere City Council meeting report

KIRK BECKENDORF,

Reporter

On Feb 10 Cashmere City Council meeting Mayor Jim Fletcher said he would like to see more citizens involved with city business and there are several upcoming opportunities for residents to help the city. He told the Council that the city will hold a community forum on March 2 to get community input about the future development of the lagoon area. Fletcher said that the city would like to learn what the community would like to see happen with

the city-owned 20 acres of land along the Wenatchee River. The area is east of town and was once used as wastewater treatment lagoons. In addition to the forum, a citizen advisory committee will be formed to collect ideas, to work with a design consultant and draft a comprehensive property plan for public review. This will be a long-term phased development. Planning, environmental reviews, permitting and the funding may take several years before any construction can start.

In another opportunity for citizen involvement, Fletcher is

also seeking citizens to participate in a 3-meeting focus group to provide guidance for the use of the vacant office space at city hall. During the public comment period Ken Goedde, with the Cashmere Food Bank, said they are still looking for an office location. He said the organization has received a \$9800 grant to establish an office and they are wondering about the option of using some of the vacant city hall office space. Goedde added that the grant funds must be spent within one year.

The city's Director of Operations, Steve Croci, said

that they are making progress on the Sherman Reservoir but there were problems with some specialized pumps. It was thought that they could be repaired, but were in worse condition than thought and had to be replaced. The new pumps cost about \$40,000. Mayor Jim Fletcher said that the purchase of the new pumps should have gone out for bids but the city missed that step.

Following up with the Council's concerns, expressed at previous meetings, regarding the contract with the county that requires the city to pay for medical and prescription costs of inmates. Fletcher said he has talked with the sheriff who has invited the city

to write a proposal and talk about the future of that contract.

The council voted unanimously to pass 2 business items- 1) a lease agreement with Chelan PUD for property east of and adjacent to the Mulching Center and 2) to approve items to the 2020 surplus list.

The Council concluded with discussions about relevant topics for the upcoming combined meeting of the Planning Commission and the City Council scheduled for Feb. 24th. Topics proposed to be discussed included; planned unit development, ADUs, extension of sewer lines into the urban growth areas, lagoon development, development of parks and trails and infill within the city.



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## 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.

|   |   |
|---|---|
| <p><b>February 7</b></p> <p>07:47 <b>Welfare check</b>, 201 Riverside Dr.</p> <p>08:50 <b>Property</b>, 5740 Vale Rd., Old Mission</p> <p>11:14 <b>Fraud/forgery</b>, 5980 Goodwin Rd., JT'S Parts</p> <p>12:04 <b>Accident/no injuries</b>, 329 Tigner Rd., Cashmere High School</p> <p>14:09 <b>Property</b>, 6125 Hay Canyon Rd., #22</p> <p><b>February 8</b></p> <p>10:43 <b>Civil</b>, 5353 Majeska Ln.</p> <p>11:15 <b>Public assist</b>, 100 North St., #210</p> <p>23:13 <b>Alarm</b>, 5607 Sunset Hwy.</p> <p><b>February 9</b></p> <p>12:36 <b>Domestic disturbance</b>, 8703 Alice Ave., #11, Dryden</p> <p>13:50 <b>Suspicious</b>, 407 Aplets Way, Milepost 111</p> | <p>Brewing<br/>23:33 <b>Traffic offense</b>, 102 Titchenal Way., BJS</p> <p><b>February 10</b></p> <p>09:53 <b>Domestic disturbance</b> 3717 Bridge St., Monitor</p> <p>11:08 <b>Civil</b>, 5650 Vale Rd., #A</p> <p>13:58 <b>Attempt to locate</b>, 118 Parkhill St., #B</p> <p>16:12 <b>Assault</b>, 817 Pioneer Ave.</p> <p>21:37 <b>Suspicious</b>, 5647 E. Cashmere Rd.</p> <p><b>February 11</b></p> <p>09:01 <b>Fraud/forgery</b>, 7815 Stine Hill Rd., Dryden</p> <p><b>February 12</b></p> <p>No Reports</p> <p><b>February 13</b></p> <p>No Reports</p> |
|---|---|

# Student Spotlight

## Student Michael Christensen

**Reason:** Michael won recently a bridge building contest out of balsa wood in Physics class. He built a bridge with a mass of less than .1kg that was able to carry a load of over 11kg. In addition he has shown great enthusiasm in his new UW Astronomy class.

**Teacher:** Scott Simmons

**Parents:** Maritza and Lynn Christensen

**Grade:** 12th

**Activities:** Knowledge Bowl Club, National Honor Society, Drama (Musical) Pep Band and Band

**GPA:** 3.9

**Sports:** Tennis

**Future Plans:** Computer Science or Engineering Bachelor's Degree for UW



## Athlete Aaron Guerrero

**Reason:** Aaron has had an outstanding senior season on the mat for the Bulldogs wrestling program. As a four-year letter winner for the Bulldogs, Aaron displays tremendous leadership skills in the wrestling room each day. He has also had a lot of success in competitions; most recently, Aaron helped the Bulldogs claim the 2020 District Championship Title last Saturday at Cascade High School. He claimed first place in the 132lb. weight bracket by pinning his opponent in the championship match.

**Coach:** Jeff Carlson

**Parents:** Martha and Silverio Guerrero

**Grade:** 12th

**Activities:** Running Start

**Sports:** Cross Country, Wrestling and Track & Field

**Future Plans:** Stay at WVC for a year to finish AA then transfer to a 4-year University



*Congratulations students of the Month!*

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## Girls Basketball






Ali Ball
Grace Erdmann

Millie Brunner
Riley Johnson



# BULLDOG SCOREBOARD



| BOYS BASKETBALL  |                            |
|------------------|----------------------------|
| Feb. 15          | Cashmere 58 vs Okanogan 44 |
| GIRLS BASKETBALL |                            |
| Feb. 15          | Cashmere 84 vs Omak 28     |

### CASHMERE SCHEDULE

|                 |                              |
|-----------------|------------------------------|
| Yakima Sun Dome | 1A Regional & State Playoffs |
| Feb. 28         | Mar 7 Teams to be determined |

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## GO BULLDOGS

## NCW Media Inc.'s Obituary and Memorial Policy

An obituary is a way for family members 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.

For publication in the Cashmere Valley Record or The Leavenworth Echo, an obituary or memorial needs to be typed and emailed to [editor@leavenworthecho.com](mailto:editor@leavenworthecho.com) no later than 4 p.m. Friday for the next week's issue. Funeral homes and chapels can submit obituaries by noon on Monday, except holidays.

Obituaries are priced per word while the charge for memorial ads are by the column-inch. Cost of the obituary/ memorial is due at the time of placement.

For information call 509-548-5286, or email [editor@leavenworthecho.com](mailto:editor@leavenworthecho.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 BAPTIST CHURCH**  
103 Aplets Way • 782-2869  
Sunday School 10:00 a.m. - Worship 11 a.m.  
Bible Study, Wed., 7 p.m.  
Pastor Bob Bauer  
Find us on Facebook at Cashmere Baptist Church

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

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

**CHRIST CENTER**  
Cashmere Assembly of God • 509-782-2825  
Worship Celebration & Sunday School 10 a.m.  
Meeting at The Conservatory, back entrance of Apple Annie's Underground High School Group, Sundays, 6 p.m.  
Junior High, Wednesdays, 6:30 p.m.  
Meet at - 206 Vine Street  
Lead Pastor, Steve Haney  
Children's Pastor, Andy Robinson  
Congregation Care Pastor, Joyce Williams  
Pastor Ian Ross, Director of Operations  
Steffanie Haney, High School Director  
[christcentercashmere.com](http://christcentercashmere.com)

**GRACE LUTHERAN CHURCH**  
Vine & Elberta Streets • 860-0736  
Worship 10:30 a.m.  
Pastor Robert Gohl

**ST. JAMES EPISCOPAL CHURCH**  
222 Cottage Ave. • 782-1590  
Holy Eucharist 9 a.m.  
5th Sunday Morning Prayer 9 a.m.  
Deacon Carol Forhan - 670-1723  
Vicar Rob Gohl - Cell - 860-0736

**EVERGREEN BAPTIST CHURCH**  
5837 Evergreen Drive • 782-1662  
Sunday School - 9:45 a.m.  
Morning Worship - 11 a.m.  
Evening Service - 6:00 p.m.  
Pastor John Smith [www.christforcashmere.org](http://www.christforcashmere.org)

### 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.midvalley baptist.org](http://www.midvalley baptist.org)

### LEAVENWORTH

**CASCADE MOUNTAIN BIBLE CHURCH**  
'Where God's Word Remains The Pillar Of Truth'  
11025 Chumstick Hwy. • 548-4331  
Sunday School 9 a.m.  
Sunday Worship 10:30 a.m.  
AWANA (Youth Program) Weekly Bible Studies  
Wednesday 6:30 p.m. (school year)  
Pastor Todd James  
[www.cmbiblechurch.org](http://www.cmbiblechurch.org)

**COMMUNITY UNITED METHODIST**  
418 Evans Street • Leavenworth  
509-548-5619 • Rev. Matt Gorman  
Sunday service 10 a.m.  
[www.leavenworthumc.org](http://www.leavenworthumc.org)

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

**CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**  
10170 Titus Rd. (across from middle school)  
Church: 548-7667  
Meetings: Sunday - 10:00 a.m.

**FAITH LUTHERAN CHURCH - ELCA**  
"Reconciling Works Congregation"  
224 Benton Street • 548-7010  
Worship 9:30 a.m. w/coffee following  
Rev. Nancy Gradwohl  
[www.FLClavenworth.com](http://www.FLClavenworth.com)  
[FLClavenworth@gmail.com](mailto:FLClavenworth@gmail.com)

**FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC**  
429 Evans Street, 509- 470-7745  
Sunday Worship: 11:00 AM  
[www.leavenworthbaptist.com](http://www.leavenworthbaptist.com)  
[info@leavenworthbaptist.com](mailto:info@leavenworthbaptist.com)

**LEAVENWORTH CHURCH OF THE NAZARENE**  
111 Ski Hill Drive • 548-5292  
Sunday Worship 9:00 a.m.  
Lead Pastor: Andy Dayton  
Youth Pastor, Kent Wright  
[www.LCN.org](http://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  
Church Service & Sunday School 9:00 a.m.  
Pastor Lilia Felicitas - Malana

### PESHASTIN

**LIGHT IN THE VALLEY COMMUNITY CHURCH**  
8455 Main Street • 548-7517  
Sunday Worship 10 a.m.  
Pastor John Romine  
[www.lightinthevalley.org](http://www.lightinthevalley.org)

**PESHASTIN ASSEMBLY OF GOD**  
School and Lake St. • 548-7523  
Sunday Worship Service 10:30 a.m.  
Bible Adventures for kids at 10 a.m. sharp  
Pastor Jorge Torres

**NEW LIFE FOURSQUARE CHURCH**  
7591 Hwy. 97 • 548-4222  
Sunday Worship, 10 a.m.  
Pastors, Darryl and Mindy Wall  
Email: [newlifeleavenworth@gmail.com](mailto:newlifeleavenworth@gmail.com)  
FB page: [www.newlifeleavenworth.com](http://www.newlifeleavenworth.com)



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**COMMUNITY CALENDAR**

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**Wednesday**

**Rotary Club**, Noon, Cashmere Presbyterian Church, 303 Maple St. Call President, Melissa Grimm, 860-1535.

**Cashmere Food Bank**, 2:30-4 p.m., Cashmere Food Distribution Center, 109 "C" Railroad Avenue, for more information, call Pam, 509-669-3159.

**Cashmere Park and Recreation Committee**, 6:30 p.m., City Hall. Call 782-3513. (last Wed., each month.)

**The Underground Youth Group**, 6th-8th graders. 6:30-8 p.m. Christ Center, 206 Vine Street. Call Steffanie, 782-2825.

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**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. (2nd & 4th Thurs.)

**Cashmere Sportsmen's Gun Club**, 6:30-10 p.m. Shooting range on Turkey Shoot Road. Call Brian, 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).

**Indoor Playground Cashmere**, 10-11:30 a.m., 7th Day Adventist Church, 507 Pioneer Ave. Contact: Kalen, 425-772-6507. (Every Thurs. except school breaks and March 5).

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**Friday**

**Evergreen Baptist Church Youth Group** (ages 13-20), 6:30-8 p.m., 5837 Evergreen Drive. Call 782-1662.

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**Saturday**

**Bingo**, 6 p.m., American Legion Hall, 401 Sunset Highway. Call Wiley Collins, 888-1904.

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**Sunday**

**CHURCH:** See the church page for local service times and events.

**The Underground**, youth group for high schoolers. 6 p.m., Christ Center. 206 Vine Street. Call Steffanie, 782-2825.

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**Monday**

**Cashmere Wacoka Kiwanis Club**, 6:30 p.m., American Legion Hall, lower level. Call Mary, 782-2057. (2nd & 4th Mon.)

**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).

**Cashmere Fire Department**, Business management, 7 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.)

**Cashmere Fire Department**, meeting, 8 p.m., above City Hall. Call Chief Matt Brunner, 782-3513. (3rd Mon.)

**Cashmere School Board**, 6:30 p.m., School District Office. Call 782-3355. (4th Mon.)

**Chelan Douglas Republican Women**, luncheon meeting, 11:30 a.m. at the Wenatchee Red Lion. Contact President Ellie, 425-319-9869 (1st Mon. each month).

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**Tuesday**

**I.P.I.D. meeting**, 8 a.m., on Wescott Dr., Cashmere. Call Anthony Jantzer, 782-2561. (2nd Tues.)

**Ministerial Association**, 8 a.m., Epledalen lunchroom. Call 782-7600. (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.)

**Buns, Books and Tea**, Peshastin Book Club, Peshastin Library. Call Kathy, 509-433-1345. (3rd Tues.)

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**Ongoing events**

**Cashmere Public Library: 782-3314**  
**Call for other information if not listed.**  
 Mon., Tues., Wed., and Fri. 9 a.m. - 6 p.m.  
 Thurs., 11 a.m. - 8 p.m.  
 Sat., 9 a.m. - 1 p.m. Sun., Closed.

**Events:**  
 Tues. & Wed., 10-10:30 a.m. **Story time Pre-K & up**  
 Wed., **Preschool Story time**, 10-10:30 a.m.  
 Wed., **Bilingual Story time**, 4:30-5 p.m. (last Wed. of every month)  
 Fri., **Baby/Toddler Story time**, 10:30-11 a.m.  
**Cashmere Museum and Pioneer Village**  
 Sat., 10 a.m.-4 p.m., and Sun., Noon- 4 p.m.  
**Chelan County Historical Society Board meets**, 7 p.m., Cashmere Museum, 600 Cottlets 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.

**Cashmere**

**Cashmere Library Events**

Homeschooler's STEM - Little Bits electronics kits, February 27, 12:30 - 2 p.m. (r8)

STEM Little Bits electronic bits, February 27, 3:30 - 5 p.m. (r8).

**Creative Yarns Workshop**

Join us at the Cashmere Public Library every first and third Wednesday of the month from 4-6 p.m. to learn how to work creatively with yarn. Bring your own project or start a new one (r8).

**Storytimes at the Cashmere Public Library**

Bilingual Storytime & Craft, February 24, 10 a.m.  
 Friendship Storytime, February 25 and 26, 10 a.m.  
 Little One's Storytime with Playtime After, February 21, 28, 10:30 a.m. (r8).

**Cashmere Food Bank Fundraiser**

Enjoy a great meal at the Milepost 111 Restaurant on February 25, 4-8 p.m. and help raise money for the Cashmere Food Bank. Milepost 111 will donate a percent of money from your meal to the expansion of the current food bank. (r8).

**Second Annual Cashmere Teen Poetry Slam**

Enjoy an evening of poetry by 15 Cashmere teens, who will perform their original compositions on the theme, "WHO I AM". Awards given to the top four poems, including a grand prize of \$100. This event is at the Cashmere Public Library on February 26, at 7 p.m. (r8).

**Open House Meeting**

Icicle and Peshastin Irrigation District will

have an Open House-public meeting on February 26 at the Leavenworth Firehall from 6-8 p.m. (er8).

**GOP Republican Caucus Meeting**

Join us Saturday, February 29, 10:00-11:30 a.m. at the Cashmere City Hall Council Chambers, 101 Woodring Street in Cashmere. Doors open at 9 a.m. For information, contact Marcy Collins, (509) 264-4163. (r8,9)

**Leavenworth**

**Benevolent Night Fundraiser**

Join us for dinner on Wednesday, February 19, from 4-9 p.m. at South Restaurant. This is an opportunity to support the "Dangerous Women" performance, a local women's historical event, scheduled in April. (er8)

**Regional Community Foundations Scholarships**

The Community Foundation of NCW is now accepting scholarship applications for students who plan to attend community college, university, or trade school in Fall 2020. The deadline is March 1 for most scholarships. For more information, call 509-663-7716 or visit [www.cfnw.org](http://www.cfnw.org). (er8).

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GOP CAUCUS

FEBRUARY 29

wsrp.org/caucus

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 Contact: Ellie Ownbey  
 ellie@yfn.net

**Cashmere City Hall**  
 Council Chambers  
 101 Woodring St., Cashmere, Wa. 98815  
 Contact: Skip Moore,  
 skipppriovr84@hotmail.com

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**AA MEETING SCHEDULE**

**Information numbers for AA:**  
 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**

Friday, dinner, 5:30 p.m., meeting 6:15 p.m. Leavenworth Church of the Nazarene. 111 Ski Hill Drive, Leavenworth.

Please contact us for questions: Dave and Nancy Bartholomew, 509-596-1510.

**SENIOR CENTER MENUS**

**Leavenworth Senior Center, 423 Evans St., Leavenworth**

**February 20, Thursday:** Lemon baked fish, garlic pasta, Brussels sprouts, green salad, Oregon berries, whole wheat roll, dessert.

**February 21, Friday:** Pizza, Caesar salad, fruit salad, garlic knots, dessert.

Saturday and Sunday: No lunch.

**February 24, Monday:** Bacon & egg salad sandwich, vegetable soup, spinach salad, citrus salad, dessert.

**February 25, Tuesday:** Cheese ravioli in meat sauce, Caesar salad, apricots, garlic bread, dessert.

**February 26, Wednesday:** Swedish meatballs, egg noodles, peas & carrots, spiced salad, peaches, whole wheat roll, dessert.

**SENIOR CENTER EVENTS**

**Leavenworth Senior Center, 423 Evans St., Leavenworth**

**Events Calendar**

Monday, Wednesday, and Friday 10:00 a.m., Gentle Exercise

Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council Board meeting

Tuesday, 1:00-3:00 p.m., Crafts

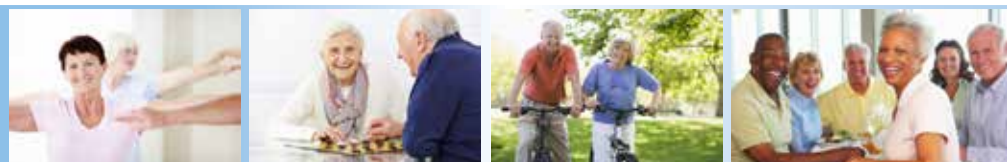
Thursday, 1:00-3:00 p.m., Square Dancing

Thursday, 6:30-7:30 p.m., Bavarian Dancing

Friday, 6:00 p.m., Bingo

Saturday 6:30-9:00 p.m., Music, Public Welcome, No cover charge





## SENIOR FOCUS

*A Guide to Healthy Living For Seniors and Others*

### The Wrong Stuff How Being Too Nice can kill you

82 year-old Linda is a very nice person. She gets along with everyone, and doesn't like to make waves. Unfortunately, being nice almost killed her.

Linda has taken the 5mg tablets of the blood thinner warfarin for several years. When I saw her last month at our clinic, I increased her weekly warfarin maintenance dose just a little bit. Her old dose was 5mg 3 times weekly and I changed to 5mg 4 times weekly. Her new dose was 5mg 4 times weekly and I changed to 5mg 4 times weekly (one-half tablet) 3 times weekly, on Mondays, Wednesdays and Fridays. Writing down her new dose on a card, I explained the plan, updated her prescription directions, then faxed the prescription with her new dose directly to her pharmacy.

When Linda went to the pharmacy to pick up her pills the following week, she opened the bottle to check on the pills she was getting, but something wasn't right. She pointed out to the pharmacist that her pills were a different color than she usually got, and he told her that they were supposed to be a different color because her prescription had changed.

When she explained to him that her new dose matched the directions on the prescription label, but that was supposed to be the only change, he disagreed with her, insisting that the doctor's office had also changed the tablet size, from 5mg tablets to 10mg tablets. She tried again, telling him that she had always gotten the 5mg tablets and her doctor would have told her if she was going to change the size of the tablets. She insisted to him that her doctor had only changed the directions at her last appointment, not her pill size.

The pharmacist told her no, that wasn't right. He pulled out her faxed prescription and showed it

to her, emphasizing that, see, your doctor did change it to the 10mg tablets, and that is what she should be taking. At that point she then gave up and went home, and started taking the 10mg tablets according to the directions on the label. When I checked Linda's blood 2 weeks later, her blood thinner level had skyrocketed to a dangerous level. She was very, very lucky she only took it for 2 weeks, because she could have bled to death.

How could this have happened? Four weeks ago on a Friday morning, a car driving by our clinic hit a patch of black ice and careened into the big power pole just down the street from us. The collision sheared off the top of the pole, dumping its transformer into the middle of our busy street. Luckily, nobody was seriously injured in the crash. What wasn't so lucky was what happened to us, the nearest business to the power pole. Somehow, the transformer crash created a weird power surge that fried all of our computer systems. All of the servers giving us access to all of our electronic medical records were totally DESTROYED.

Luckily, our medical records are all stored off-site in the cloud, and they were fine. It was everything else in our clinic that was completely GONE. The hardest hit of all was our in-house pharmacy, who lost their entire database. All of their patient information, including insurance information, billing, allergies, and all of their prescription records were completely wiped out. Gone. Forever. They had to purchase a new system and start completely over from their paper records. As a pharmacist, I still shudder when I think about it. It was truly "Pharmageddon".

The Monday after Pharmageddon, the computer people had

managed to get one server up and running, so the clinic had some access to our medical records. We all used it and prayed it would hold up until the strain. That was also the day Linda came in for her blood thinner check, and her dose of warfarin was adjusted. That was the day I faxed the prescription that had 10mg warfarin tablets on it instead of her previous 5mg warfarin ones, and I still don't know how it happened, as I didn't change that part of her records.

Linda tries hard to keep herself safe when taking her medicine, and in this situation, she did a lot of things exactly right. She checked her pills before leaving the pharmacy with her new prescription. When she discovered a discrepancy, she pointed it out to the pharmacist and asked for clarification. When she was challenged, she stood her ground, insisting that her doctor would have told her if there had been a change in the tablet size.

But she gave up too soon. If the pharmacist wasn't going to call her doctor to make sure the change wasn't a mistake, she should have gone ahead and called us.

Linda almost died because she was too trusting. And too nice.

That pharmacist was NOT in the right. That prescription SHOULD have never been filled in the first place without clarifying the directions because the dose specified in the prescription included 2.5mg (0.5 tablet), which would only make sense if the prescription was for 5mg, not 10mg tablets. That discrepancy, plus the fact that all of her previous warfarin prescriptions were for 5mg tablets, should have triggered a call by the pharmacy to the doctor's office to resolve the mismatch.

When Linda picked up her prescription and pointed out to the pharmacist that her tablet size was different, he should have double-checked the directions on the original copy of the prescription. Once finding the 2.5mg (0.5 tablet) inconsistency in the directions, he should have called the doctor's office to clarify the strength.

Unfortunately, when Linda insisted to the pharmacist that her doctor would have told her if she changed the tablet size, he STILL didn't call the office to verify the strength of the prescription. But at that point, Linda let the issue drop. And she could easily have bled to death over a preventable mistake. Don't let this happen to you or to a loved one. Whether you use a local pharmacy like Linda, or a mail-order pharmacy, be aware that mistakes can happen. Don't let your or a loved one pay the price!

**Here are 4 Ways to Help Keep Yourself Safe from Getting the Wrong Pills:**

**1. Check out every new prescription.**

If you use a local pharmacy, always open up your new bottles of pills BEFORE you leave the pharmacy. Once you leave, they can't take the pills back, and you will have more problems fixing any

discrepancies. If you use mail order, always compare the pills in your new bottle with what you are supposed to be taking before putting them away.

**2. SPEAK UP!**

Don't assume that your prescriptions are always right. As Linda found out, doctor's offices can generate prescriptions that don't make sense, and pharmacists can make mistakes. Speak up, so a mistake can be identified before it harms you or a loved one.

**3. Don't Give Up.**

If something doesn't seem right, don't back off until you are satisfied with the answer. If Linda had stuck to her guns, she could have avoided getting the very dangerous blood thinner level she developed, by either insisting the pharmacy manager call the doctor's office or by calling the doctor's office herself to clarify her medicine's dose and tablet size.



**4. Identify any "mystery" pills.**

You don't have to contact the pharmacy to identify what's in a particular prescription bottle or pill you find on the floor. Entering any pill's description including color, shape, and imprinted markings into a Google search will give you photos of the exact pill, helping you identify it.

*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. 2020 Louise Achey*

### 5 Tips to Help Older Adults Be Healthier in 2020



PHOTO BY LIGHTFIELDSTUDIOS / ISTOCK VIA GETTY IMAGES PLUS

(StatePoint) For many, the new year is about establishing goals for the year ahead. But where should you start? As we age, an increasing number of us link our emotional and physical well-being to our overall health. After all, you can't do the things you'd like if you aren't healthy.

With that in mind, Cigna and its Medicare Advantage (MA) fitness partner, the Silver&Fit Healthy Aging and Exercise Program, share these five tips to help older adults get fitter and stronger and be less stressed and happier in 2020:

**1. Hit the gym.**

Exercise is a proven way to help you get fitter and stronger, improve balance, lose weight, reduce blood pressure, improve cardiovascular health, manage pain and even be more social. Many gyms offer such options as free weights, machines, pools, classes, private instructors and other amenities that can inspire you to try new things. Prefer working out with others? Group classes can help you discover a new exercise, stick to a schedule and find exercise buddies. If you're new to exercise, remember that slow and steady is the way to build good habits, avoid injury and achieve health goals. It's always a good idea to consult your doctor before

starting any new exercise program.

Can't afford a gym membership? You may be surprised to learn that many MA plans offer exercise programs at top fitness centers and YMCAs for no extra cost. Check your plan for details.

**2. Nourish your body.**

For optimal health, nourish your body with healthy, energizing foods, including fruits, vegetables, grains, fish and healthy oils, such as olive oil and sesame oil. Limit pre-packaged, processed foods. Set an achievable goal. Try cutting out one unhealthy food each month, such as sugary soft drinks or chips. Your body will love you for it! Also, stay hydrated, especially when exercising. At the same time, eliminate unhealthy habits, such as smoking or drinking alcohol in excess. With an MA plan, you may be able to get help with smoking cessation products or alcohol counseling at no extra cost.

**3. Stress less.** Stress can be toxic and debilitating.

Develop a "PLAN" to deal with it. According to Cigna's Dr. Stuart L. Lustig, this includes identifying a Period of time to unwind, a Location to de-stress, an Activity to enjoy and the Name of someone with whom you can talk. Yoga, tai chi and meditation

may help you cope with stress, as well as going for walks, listening to music, comedy or audio books -- or even coloring. If you're experiencing extreme stress, talk to your doctor. Remember, the mind and body are connected, and stress takes its toll on physical health.

**4. Get social.**

According to a 2018 Cigna survey, loneliness in America has reached epidemic levels. Nearly half of Americans report sometimes or always feeling alone (46 percent) or left out (47 percent). Loneliness has been shown to negatively impact physical and mental health. Alleviate loneliness by taking one proactive step each week. For example, call or get coffee with friends or family, join a club or volunteer. You can also connect with other active adults on social media. Check out the inspirational health and fitness posts on the @SilverandFit Facebook page and join in the conversations.

**5. Practice gratitude.**

Happiness comes with thankfulness. Think about people and things you feel grateful for, and start a gratitude journal. By doing your best to incorporate these five tips into your life, you'll kick-start your journey toward a healthier 2020.




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# Are You Getting All Your Vitamins? How to Revamp Your Diet

(StatePoint) Getting all the vitamins and nutrients you need each day is one of the most important things you can do to feel your best.

The good news is that you don't need to devote hours each week to meal prep to ensure you're healthfully getting essential vitamins. As you revamp your diet, here are a few things to keep in mind:

- Don't follow fads: When it comes to your wellness, it's best to rely on basic science, not the latest fad diets or sports drinks and supplements that rely on added sugars, fillers, preservatives, artificial flavors, sweeteners, dyes, and negatives. Look for products that transparently list all their ingredients.

- Drink your vitamins: Did you know that liquids are the most bioavailable form for your body to absorb nutrients? For complete health on-the-go, consider drinking your vitamins. One effective solution is Drink Nutrient, which offers single-serve stick packs that make it easy to get the nutrients and essential vitamins you need. Among its offerings is Vitamin Coffee, a natural health enhancer and energy booster made from 100 percent Colombian Arabica coffee that offers 50 percent of your daily essential



vitamins in each serving. Served hot or cold, it's a good choice for anyone who needs a caffeine boost without the crash. Or, to get 100 percent of your daily essential vitamins and 610 mg of electrolytes in one go, consider Vitamin Booster+, which contains real fruit juice and is only 15 calories per serving.

- De-stress: Too much stress can compromise your body's ability to absorb nutrients. So, take steps to relax and unwind. Whether it's through meditation, journaling, cooking or jogging -- discover what hobbies and wellness

activities help you reduce your stress levels and be sure to make time for them.

- Refuel wisely: If you hit the gym frequently, you likely have tried one or two sports drinks and know how important it is to refuel quickly and wisely after a workout. For optimal high performance, consider upgrading your drink of choice. For muscle repair, mental focus, 13 essential vitamins as well as double the electrolytes of leading sports drinks, Liquid Nutrient has a potassium-sodium ratio intended for high-quality hydration.
- Maximize meals: To

maximize meals, make sure the bulk of the calories you consume are not "empty." Empty calories, such as added sugars and solid fats, contain little to no nutritional value. Fill up on dark leafy vegetables, berries, nuts, seeds and good-for-you fats like avocado and salmon, while avoiding chips, cakes and other junk foods.

Don't let your busy lifestyle get in the way of ensuring you're getting all the nutrients you need to feel your best. With new tools, it is easier than ever to revamp your diet for optimal nutrition.

## 4 Easy Tips to Boost Your Energy

(BPT) - Even if you try to keep to a healthy diet and work out regularly, chances are there are times of day when your energy fades, or entire days when you just don't feel like you're on the right track. Between the constant demands on your time from work and family, it can be tough to stay energized all day long.

For expert advice on balanced nutrition to boost your energy levels, check out Kevin Curry's website, FitMenCook.com. Curry demonstrates that it's possible to create meals and snacks to help you achieve your health and wellness goals without breaking the bank or even being a trained chef. He recommends swapping out parts of dishes to boost their nutrition - like egg whites instead of whole eggs, or brown rice or quinoa in place of white rice. He strives to make veggies and proteins the star of the dish, while using ingredients that are both easy to find and simple to prepare. Here are some easy tips for ways to boost your energy and add more pep to your step, throughout your day.

### 1. Protein-up your breakfast

You probably know you

shouldn't skip breakfast, and many of us have to eat it on the go, but there's more you can do - your energy level will thank you later if you add more protein to the first meal of the day. For quick and easy ways to amp up your protein, use Bob Evans Egg Whites, which are made from a single, clean ingredient: 100% liquid egg whites. They offer a high-quality, protein-filled breakfast solution with five grams of protein in every serving. Taking a few extra minutes in the morning to boost your protein intake can keep your whole day on track.

- Fix a quick omelet or scrambled eggs
- Add 1-2 servings of Bob Evans Egg Whites to your smoothie or protein shake
- Try this recipe for Strawberry Protein Pancakes, which your whole family can enjoy:

### Strawberry Protein Pancakes

10 minutes prep time, serves 2

Ingredients

- 1 scoop vanilla protein powder
- 1/2 cup old fashioned oats
- 1/3 cup unsweetened applesauce
- 1/3 cup Bob Evans Egg Whites
- 2 tablespoons Greek yogurt

- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 cup fresh or frozen strawberries, chopped

Instructions: Blend everything except the strawberries together, until there are no remaining chunks. Set chopped strawberries aside.

Heat a nonstick pan to medium high (a large or pancake pan works best). Pour batter onto the pan in small circular shapes, then sprinkle chopped strawberries on each pancake.

When the pancakes start to bubble, flip and cook the other side.

Top with more strawberries, low-sugar maple syrup, Greek yogurt or whatever calorie-conscious topping you like!

Source: BobEvansGrocery.com

### 2. Plan ahead

Pack protein-rich snacks to bring with you on the go, so you have healthy options handy to give you a quick pick-me-up throughout your day, especially when you feel your energy is fading. Small snacks throughout the day won't make you feel sleepy the way a large meal can.

- Nuts with little or no added salt or oil
- Low-fat cheese

- Meat sticks
- Greek yogurt without added sugar

### 3. Stay hydrated

Often energy levels can drop when you're dehydrated. Be proactive to keep yourself ready for anything.

- Bring along a reusable water bottle to sip throughout the day.

- Pack a protein smoothie or shake - don't forget the Bob Evans Egg Whites - for lunch to prevent the dreaded afternoon slump.

### 4. Keep active

Even when you've worked out in the morning, but especially on those days you miss the gym, find ways to add more activity throughout the day.

- When you're at a desk all day, take breaks to walk outside or around your office.

- Find somewhere to do a little stretching, squats and lunges to activate your muscles.

- At home, find projects around the house that keep you moving.

- Get down on the floor or out in the yard to play with the kids or pets.

Following these tips will help you be at your best, all day long. For more recipes to power your day, visit BobEvansEggWhites.com.



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## A Doctor's Common-Sense Approach to Heartburn Relief

(StatePoint) Indigestion is on the rise worldwide and is especially prevalent in the U.S. According to the American College of Gastroenterology, 60 million Americans suffer from heartburn at least once a month. While it's a common issue for older people due to aging, it's now a growing problem for younger adults as well, who report increasing bouts of indigestion, upset stomach, and anxious stomach, which may be linked to stress and hectic lifestyles.

"When the acid in your stomach rises into your esophagus, that's when you know you have heartburn," says Dr. Ken Redcross, a board-certified physician in internal medicine and author of "Bond: The 4 Cornerstones of a Lasting and Caring Relationship with Your Doctor." He explains that heartburn is more than just a minor discomfort, and it can impact daily life. "Heartburn can cause chest pain, difficulty swallowing, and even interfere with sleep. While there are many contributing

factors, whatever the cause, it's uncomfortable and important to manage."

Suffering from indigestion and heartburn? Dr. Redcross recommends a few simple measures that may help you find relief.

- When embarking on a new diet to improve health and wellness, the last thing you may expect to suffer from are digestive issues. But a sudden change to one's diet is frequently the source of heartburn. Keto diets in particular can trigger heartburn as the diet requires upping the intake of fat, which takes longer to leave the stomach. If you are starting a new diet, it can be helpful to change your diet more gradually.

- Indigestion from travel is common, as being away from home often means eating unfamiliar foods and keeping odd hours. When on the go, (or all the time) stick mostly with tried-and-true foods you know that sit well, attempt to keep a regular eating schedule, and wear loose, comfortable clothing.

- Eating too fast or too



PHOTO BY RAWPIXEL / ISTOCK VIA GETTY IMAGES PLUS

much can also contribute to indigestion. Slow down and savor your food. Also, consider consuming smaller portions at a time.

- Try to incorporate some movement into your daily routine, particularly after meals, as lying down directly after eating can be a source of indigestion. Exercise can also help you maintain a healthy weight, which is another important factor in managing indigestion.

- Know your triggers. For some, certain foods like citrus, spices, fatty food, and alcoholic or caffeinated beverages can trigger symptoms. Knowing your specific triggers can help you avoid them.

- Be prepared to address symptoms when they strike. Indigestion sufferers with a bloated or upset stomach

can find plant-based relief with travel-friendly Boiron Acidil tablets that melt in your mouth without water. Easy to take before or after a meal, they work with the body to target occasional heartburn, acid indigestion, bloating, or upset stomach. This homeopathic medicine can help get your body back into balance naturally. Claims for Acidil are based on traditional homeopathic practice, not accepted medical evidence. They are not FDA evaluated. More information about Acidil and other homeopathic medicines for gastrointestinal relief can be found by visiting BoironUSA.com/digestives.

For a happy, healthy belly, learn your indigestion triggers and be prepared to manage symptoms.

## Independence... Choices... It's about You!



Chuck and Barb Dronen  
Administrators

Phone: (509) 782-7600 • Fax: (509) 782-1821

Email: epleдалen@kashmircc.com

809 Pioneer Ave.

Cashmere, Washington 98815

## How to Update Home Lighting to be Easy on the Eyes

(StatePoint) If you ever experience eyestrain, tired itchy eyes, blurry vision or headaches, it may be time to give your home a lighting makeover. Problems caused by bad lighting can be intensified by using it for longer, something most households should keep in mind, as 74 percent of Americans in a recent survey, commissioned by lighting manufacturer,

Signify, say they spend eight hours or more a day under artificial light.

The World Health Organization predicts that 50 percent of people will be short sighted by 2050. Unfortunately, there's a disconnect between people's concerns about eye health and the steps they are taking to support eye comfort at home. While 80 percent of U.S. consumers in the same Signify survey say they believe good lighting is beneficial for eye health, a 2017 Signify study found only 21 percent take that into account when purchasing light bulbs, and only 29 percent consider light quality.

For many consumers, the disconnect may stem from overwhelming choice when it comes to home lighting and from not having enough information to make an informed decision. Luckily, manufacturers are taking steps to improve lighting quality and help guide consumers in their search for comfortable light that's easy on the eyes. For example, Signify has defined specific lighting quality parameters, which take into account factors such as flicker, strobe, glare and dimming effects that can affect one's eye comfort. Consumers can look for an

EyeComfort label on product packaging to identify the Philips LED light bulbs that meet the standards for quality lighting that's easy on the eyes.

To further protect your eyes and avoid discomfort, try the following:

- If you are in front of screens (computers, smart phones, televisions) for extended periods of time, close your eyes for 20 seconds or more, every 20 minutes, to allow them to relax.

- If outdoors, wear sunglasses with 100 percent UV protection to help protect your eyes from the sun. It's helpful to keep

a pair in your bag or car, so they are always nearby. Also consider spending a bit more time in natural light and less in artificial light.

- Exercise and strengthen your eyes by incorporating simple, yet effective eye yoga exercises into your daily routine for a few minutes daily.

- Schedule regular check-ups with an eye specialist, who will be able to detect the first signs of any eye condition or disease.

While certain eye conditions are beyond one's control, why not do what's in your power to protect your family from eyestrain and related discomfort? The simple DIY project of upgrading your home lighting can mean happier, healthier eyes and better quality of life.

## How to Tell if You Have Severe Asthma

(StatePoint) While the majority of the more than 25 million Americans living with asthma enjoy active, healthy lives, for others, severe symptoms are part of daily life, despite using high dose asthma medicines and avoiding triggers. Does this sound familiar? If so, you could have severe asthma, a type of asthma that affects approximately 5-10 percent of those with the condition. Increasing the risk of death, illness, and depression, and limiting the ability to work or go to school, severe asthma is dangerous, and is responsible for 50 percent of all asthma healthcare costs. Control is the key and is attainable even if you do have severe asthma.

Is your asthma under control? To find out, start by visiting the American Lung Association website, where you can take the My Asthma Control Assessment and

access a downloadable summary of its findings to take to your next doctor's appointment. Visit Lung.org/severe-asthma for more information, as well as to access questions that

you can ask your doctor for a more productive conversation.

Better understanding your asthma is the first step to taking better control of your symptoms.

### Do I Have Severe Asthma?

Better understand your asthma, so you have better control of your symptoms.

|   | Well Controlled | Uncontrolled | Difficult-to-treat | Severe |
|---|-----------------|--------------|--------------------|--------|
| Daily asthma symptoms and activity limitations  |                 | ✓            | ✓                  | ✓      |
| Waking up at night due to asthma  |                 | ✓            | ✓                  | ✓      |
| Daily use of quick-relief medicine  |                 | ✓            | ✓                  | ✓      |
| Asthma episodes requiring an oral corticosteroid, emergency room visit or hospital stay |                 | ✓            | ✓                  | ✓      |
| Use of multiple medium to high-dose long-term controller medicines                      |                 |              | ✓                  | ✓      |
| Biomarkers are positive for type 2 or non-type 2 inflammation                           |                 |              |                    | ✓      |



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## Tips for Relieving Joint Pain

(StatePoint) The health benefits of regular exercise are undeniable, and the U.S. Department of Health and Human Services recommends 30 minutes of exercise at least five times per week. However, high-impact exercises like running and weight training can lead to joint pain, especially if you have a joint condition. The good news is that smart exercises with low impact can alleviate joint pain and deliver the same health benefits.

**Here are a few tips to consider:**

### Keep Moving

Trying to protect your joints by not moving actually does more harm than good. Regular exercise can actually help joint pain and ease symptoms of chronic joint conditions, according to the Centers for Disease Control and Prevention. Just be sure to talk to your doctor about your exercise plan before you get started.

### Go Low Impact

You don't need to put tremendous weight on your joints or jump up and down in order to break a sweat or elevate your heart rate. When you're already in pain, this type of exercise can actually make things worse. Instead, opt for high-quality, low-impact workouts.

There are now exercise machines available for home use that provide the same quality low-impact workout you'd get in

physical therapy. Consider the Teeter FreeStep Recumbent Cross Trainer, a seated exercise machine that takes the weight off the joints while torching calories.

Unlike other recumbent machines which can be bad for the knees, the FreeStep mimics a natural stepping motion that prevents knees from traveling over the toes, as well as stabilizes the back and hips. And you don't have to sacrifice workout quality – in fact, research shows that FreeStep users burn 17.4 percent more calories than when using a recumbent bike at the same level of effort. Beyond calorie burn, it also offers full-body resistance training, which is especially important, as weak muscles can be a root cause of pain.

### Hydrate

It may seem obvious, but ensuring that you drink the recommended daily intake of water is vital to reducing pain in your joints.

Proper hydration helps your body eliminate wastes and toxins that can lead to painful joint conditions. Plus, it helps to keep the joints lubricated and flexible, reducing friction and inflammation and helping to maintain healthy tissue.

### Stretch Daily

Stretching increases flexibility and range of motion, improves movement and function, reduces pain and stiffness and prevents further injury. Just remember to move slowly and keep it gentle.

At the very least, spend a good five to 10 minutes in the morning stretching your hamstrings, quadriceps, calf muscles and hip flexors.

For a free photo guide to "5 Daily Stretches to Relieve Knee & Joint Pain," visit [teeter.com/freestep-guide](http://teeter.com/freestep-guide).

With the right exercises and maintenance program, you can improve your health and get a stronger body, without pain.





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CLASSIFIED ADS

Business Journal  
ECHO RECORD MIRROR HERALD

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Contact owner: [bookguybrian@charter.net](mailto:bookguybrian@charter.net)  
For questions please contact: 509-670-6956. Visit [NCWMarket.com](http://NCWMarket.com) for more detailed information.

## FOR RENT

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**\*WILL YOU MARRY ME?**

**\*I'M SORRY!!**

*\*Happy Anniversary*

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## HELP WANTED

**ANDERSON LANDSCAPING**

**EQUIPMENT MECHANIC FOR CONSTRUCTION COMPANY**

We're looking for an experienced Equipment Mechanic to join our construction company. The right candidate will be a seasoned Mechanic that brings a broad range of diagnostic, troubleshooting, welding, repair and assembly of diesel, gas, large and small engines. We have a fleet of vehicles, excavators, ditch witches and hand-held tools.

Anderson Landscaping, [landscapebyanderson.com](http://landscapebyanderson.com) is the leading design-build landscape contractor located in Wenatchee, WA. We have been building and transforming exquisite outdoor commercial and living spaces for decades and strive for unparalleled excellence in every project.

Flexible schedule, competitive wages and benefits apply.  
Contact Jed 509-665-4916  
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Do you appreciate working with a dynamic, creative team? Do you have a passion for innovation and experience in commercial and residential landscape construction and design? Then Anderson Landscaping is looking for you.

Anderson Landscaping, a premier design-build landscape company headquartered in Wenatchee, Wash., is seeking an experienced Landscape AutoCAD Technician. We have been building and transforming exquisite outdoor spaces for decades and strive for unparalleled excellence in every project and our employees are at the heart of our success.

Key skills for a successful candidate include proficiency in AutoCAD and MS Office; experience with landscape design and construction practices; familiarity with hardscape and plant materials; great time management and communication skills. Related and relevant education is a plus.

Competitive compensation DOE and benefits apply. Submit your cover letter, resume, references and AutoCAD work samples to [ena@landscapebyanderson.com](mailto:ena@landscapebyanderson.com)  
Visit [www.landscapebyanderson.com](http://www.landscapebyanderson.com) to learn more.

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**Manson Park & Recreation District is hiring for the following seasonal positions:**

- Swimming Instructors
- Swimming Instructor Assistants
- Lifeguards
- Head Lifeguard
- Park Aide
- Maintenance
- Campground Host

Wages, hours, benefits, qualifications, and job duties vary by position. If interested, visit [www.indeed.com](http://www.indeed.com), or contact our office at [info@mansonparks.com](mailto:info@mansonparks.com) or 509-687-9635.

**Employment Opportunity**

**The City of Chelan Parks & Recreation Department is currently accepting applications for the 2020 season.**

Positions include RV Park Registration Clerks, Office Lead, Putting Course Clerks, Marina Attendants, Parking Enforcement, Night Security, Greenskeepers, Office Workers, Cart Attendants, and Landscape and Maintenance Positions.

Applications can be downloaded from the employment page on the City of Chelan's web site at: [CityOfChelan.us/employment](http://CityOfChelan.us/employment) or picked up at the Parks & Recreation Office at 619 W. Manson Hwy.

**Night Caregiver/ CNA**

Epledalen Retirement & Assisted Living is hiring one full-time night position, 40 hours per week. 10 p.m.- 6 a.m. Base pay \$16.00 per hour with \$1.00 per hour shift differential. Must be CNA or HCA with current CPR/ First Aid.- plus Dementia/ Mental Health Specialty training. Will assist clients with ADL's, wellness monitoring and some housekeeping.

For more information call 509-782-7600, 9-5 p.m., Monday - Friday or email [Epledalen@kashmircc.com](mailto:Epledalen@kashmircc.com)

## HELP WANTED

**LAKE CHELAN Health & Wellness FOUNDATION**

**Executive Director**

The Lake Chelan Health & Wellness Foundation, a 501c3, seeks a full-time Executive Director. The ideal candidate is a strategic leader, people connector with knowledge of program management and fundraising. Resumes can be sent to [kim@LCHealthWellness.com](mailto:kim@LCHealthWellness.com)

**CASCADE SCHOOL DISTRICT**

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

District Migrant Recruiter

Cascade High School Assistant Softball Coach

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org) EOE

**LAKE CHELAN Health & Wellness FOUNDATION**

**Operations Assistant**

The Lake Chelan Health & Wellness Foundation, a 501c3, seeks a part-time Operations Assistant. Looking for a candidate with strong computer skills, administrative support experience and financial knowledge. Resumes can be sent to [kim@LCHealthWellness.com](mailto:kim@LCHealthWellness.com)

**ENGINEERING TECHNICIAN**

City of Chelan is accepting applications for the position of Engineering Technician. Monthly pay range: \$4,270 - \$5,134. Application deadline: March 4, 2020 or until filled.

Go to [www.cityofchelan.us](http://www.cityofchelan.us) for additional information and employment application.

## HELP WANTED

**CASCADE SCHOOL DISTRICT**

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

- Emergency Sub. Teachers
- Para Educators
- Food Service
- Custodians

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org) EOE

**Evening Caregiver/ CNA**

Epledalen Retirement & Assisted Living is hiring one full-time evening position, 40 hours per week. 2-10 p.m. Base pay \$16.00 per hour with 25 cents per hour shift differential. Must be CNA or HCA with current CPR/ First Aid.- plus Dementia/ Mental Health Specialty training. Will assist clients with ADL's, serving evening meal and evening care.

For more information call 509-782-7600, 9-5 p.m., Monday - Friday or email [Epledalen@kashmircc.com](mailto:Epledalen@kashmircc.com)

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**CROSSWORD PUZZLE**

THEME: WOMEN INNOVATORS ACROSS

1. Cause for September celebration  
6. Net holder  
9. Island near Java  
13. "PokEmon," e.g.  
14. "Alice Paul and Crystal Eastman wrote its first version in 1923. acr.  
15. Archeologist's find  
16. Synagogue scroll  
17. Bag in Paris  
18. "Behind \_\_\_ Lines"  
19. "Aviation pioneer"  
21. "She rebelled against sentimental novel"  
23. Nurses' org.  
24. Deceptive maneuver  
25. Director's cry  
28. Snow and cycling helmet manufacturer  
30. Low hemoglobin  
35. Bryce Canyon state  
37. Something to do  
39. Lady's Bella Notte date  
40. Puerto \_\_\_  
41. Bone hollow  
43. Slang for heroin  
44. Cake cover  
46. \_\_\_ and drab  
47. Roman robe  
48. "Purple People \_\_\_" pl.  
50. Defender of skies, acr.  
52. Easter lead-in  
53. Attention-getting interjection  
55. Pres. Truman's 1947 creation, acr.  
57. "She originated the little black dress"  
60. "Hidden \_\_\_"  
64. Knights' feat of strength  
65. "Mary Phelps Jacob patented the 1st modern one"  
67. Dickens' Heep  
68. Ladies' fingers  
69. Three strikes  
70. Actress Rene  
71. Crowd-sourced review platform  
72. Lilliputian  
73. Master of ceremonies

1. Better than never?  
2. a.k.a. midget buffalo  
3. 100 cents in Ethiopia  
4. D-Day beach  
5. Move a picture  
6. Breather  
7. Investment option, acr.  
8. Last European colony in China  
9. Crooked 10. Sheltered, nautically  
11. Trace or outline  
12. Slippery surface  
15. Feel indignant about something  
20. Indian cuisine dip  
22. "Sally Ride was 1st woman in space for this country"  
24. Speaker's platform  
25. "1st person to win two Nobel Prizes"  
26. Carthage's ancient rival  
27. Implied  
29. "She developed philosophy of Objectivism"  
31. Formerly, formerly  
32. "Home of Wesleyan College, first college chartered to grant degrees for women"  
33. Insect, post-metamorphosis  
34. "Inventor of a newborn screening test"  
36. Use a whetstone  
38. Caitlyn Jenner's ex  
42. Primitive calculators  
45. Ulysses and Cary  
49. Female  
51. "Singular of #60 Across"  
54. Tennis-affected joint  
56. Gold, to a chemist  
57. Pepsi rival  
58. Filing  
59. Rush job notation  
60. Inevitable occurrence  
61. Reduced instruction set computer  
62. Alleviate  
63. Old Woman's home  
64. "Jennifer Lawrence played her in eponymous 2015 movie"  
66. Rivoli in Paris, e.g.

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PO Box 39  
Leavenworth, WA 98826  
or email to  
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Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**  
Deadline Tuesday at noon **Quad City Herald**

Your ad will appear online and in the newspaper for one low price.

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**PUBLIC NOTICES**

**CITY OF LEAVENWORTH**  
On the 11th day of February, 2020, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents provides as follows:  
**Ordinance 1606:** An ordinance of the City of Leavenworth, WA, authorizing the use of RCW 35.21.685, Low-income Housing Loans and Grants, through enacting a new Leavenworth Municipal Code Chapter 3.42 Affordable Housing Grant/Loan. A copy of the full text of the ordinance is available at Leavenworth City Hall or will be mailed to you upon your request to Chantell R. Steiner, Finance Director/City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/ Cashmere Valley Record on February 19, 2020. #87303.

**CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARING**  
NOTICE IS HEREBY GIVEN that the Leavenworth City Planning Commission will hold two public hearings on March 4, 2020 at 7:00 P.M in the City Hall Council Chambers, 700 US Hwy. 2, Leavenworth, WA to take public testimony on Amendments to City of Leavenworth Code. The first hearing will address amendments to Leavenworth Municipal Code (LMC) Design Review Board requirements and permit processes, LMC Chapter 14.08, Old World Bavarian Architectural Theme and LMC Chapter 2.38, Design Review Board. The second hearing will address amendments defining Short Subdivision as division of land into nine or fewer lots and Major Subdivisions as divisions of 10 or more lots, LMC Chapter 17.08 Short Subdivisions, LMC Chapter 17.12 Major Subdivisions and LMC Chapter 21.90 Common Definitions. All of the proposed amendments are exempt from environmental review. Copies of the proposed amendments are available at City Hall, 700 US Hwy 2, Leavenworth, WA. Interested citizens are encouraged to comment and/or attend the public hearings. Questions may be directed to Development Services within City Hall, phone (509) 548-5275 or email dsmanager@cityofleavenworth.com. Published in The Leavenworth Echo/ Cashmere Valley Record on February 19, 2020. #87250.

**PUBLIC NOTICES**

**ADVERTISEMENT FOR BIDS**  
STEVENS PASS SEWER DISTRICT  
PO BOX 98,  
LEAVENWORTH, WA 98826  
WWTP STANDBY GENERATOR AND INFLUENT VALVE REPLACEMENT  
**General Notice**  
Stevens Pass Sewer District (Owner) is requesting Bids for the construction of the following Project:  
Stevens Pass Sewer District WWTP Standby Generator and Influent Valve Replacement

Bids for the construction of the Project will be received at HDR Engineering, Inc., located at 929 108th Ave NE, #1300; Bellevue, WA 98004, until February 27, 2020 at 2:00 pm local time. At that time the Bids received will be publicly opened and read. The Project includes the following Work:  
Replace an existing backup generator, two influent valves and associated equipment for the existing WWTP. The Project shall take place during the summer of 2020.  
Owner anticipates that the Project's total bid price will be approximately \$384,000 to \$430,000. The Project has an expected Substantial Completion date of October 31, 2020.  
**Obtaining the Bidding Documents**  
Information and Bidding Documents for the Project can be obtained at the following designated website under the project name above:  
<https://www.abadanplanroom.com/jobs/public>  
Bidding Documents may be downloaded from the designated website beginning February 7, 2020. Prospective Bidders are urged to register with the designated website as a Bidding Documents holder, even if Bidding Documents are

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obtained from a third-party plan room or source other than the designated website in either electronic or paper format. The designated website will be updated periodically with Addenda, lists of registered Bidding Documents holders, reports on the Site, and other information relevant to submitting a Bid for the Project. All official notifications, Addenda, and other Bidding Documents will be offered only through the designated website. Neither Owner nor Engineer will be responsible for Bidding Documents, including Addenda, if any, obtained from sources other than the designated website.  
Contact Andrew Staples with HDR Engineers, Inc. with any questions at 509-343-8459 or by email at [andrew.staples@hdrinc.com](mailto:andrew.staples@hdrinc.com)  
**Pre-bid Conference**  
A pre-bid conference for the Project will be held on February 12, 2020 at 1:00 p.m local time at Stevens Pass Sewer District WWTP. Bidders attending the pre-bid will need to meet at 1:00 p.m local time at the parking lot, west side of US Hwy. 2, mile post 66.22, at the parking lot on the east side of the bridge. Stevens Pass staff will provide transportation from the parking area to the WWTP. Attendance at the pre-bid conference is encouraged but not required. For all further requirements regarding bid submittal, qualifications, procedures, and contract award, refer to the Instructions to Bidders that are included in the Bidding Documents.  
This Advertisement is issued by: Owner: Stevens Pass Sewer District  
By: Tom Maher  
Title: Business Manager  
Published in The Leavenworth Echo/ Cashmere Valley Record/ Lake Chelan Mirror on February 12, 19, 2020. #87239

**PUBLIC NOTICES**

**SUPERIOR COURT OF WASHINGTON COUNTY OF CHELAN ROBISON ESTATE, LLC,** a Washington limited liability company,  
Plaintiff,  
vs.  
THE HEIRS AND DEVISEES OF CALVIN RICHARDSON, deceased; THE HEIRS AND DEVISEES OF ELLA RICHARDSON, deceased; and ALL OTHER PERSONS OR PARTIES UNKNOWN, claiming any right, title, estate, lien or interest in the real estate described in the complaint herein,  
Defendants.  
NO. 20-2-00073-04  
SUMMONS (20 DAYS)  
**STATE OF WASHINGTON to: THE HEIRS AND DEVISEES OF CALVIN RICHARDSON, deceased; THE HEIRS AND DEVISEES OF ELLA RICHARDSON, deceased; and ALL OTHER PERSONS OR PARTIES UNKNOWN;**  
You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 5th day of February, 2020, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiff Robison Estate, LLC, and serve a copy of your answer upon the undersigned attorneys

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for plaintiff Jeffers, Danielson, Sonn & Aylward, P.S., by Michelle A. Green, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court.  
Under RCW 7.28.010, an action to quiet title may be maintained by any person in the actual possession of real property against the unknown heirs of a person known to be dead, or against any person where it is not known whether such person is dead or not, and against the unknown heirs of such person, and if it shall thereafter transpire that such person was at the time of commencing such action dead the judgment or decree in such action shall be as binding and conclusive on the heirs of such person as though they had been known and named.  
DATED this 31st day of January, 2020,  
JEFFERS, DANIELSON, SONN & AYLWARD, P.S.  
By s/ Michelle A. Green  
MICHELLE A. GREEN,  
WSBA # 40077  
Attorneys for Plaintiff  
PO Box 1688  
Wenatchee, WA 98807-1688  
(509) 662-3685/ (509) 662-2452  
Published in The Cashmere Valley Record/ Leavenworth Echo on February 5, 12 and 19, 2020. #87187.



# 8 simple ideas to prevent home break-ins

*Most burglaries are home break-ins: How to protect your family*

(BPT) - Did you know most burglaries are home break-ins? Keeping your home secure is vital to the safety of yourself, your family and your belongings. Here are several simple ideas to increase your personal safety.

**1. Install a home security system.**

Security systems offer perhaps the most powerful protection for your home. Even a simple alarm system and a few well-placed signs in your yard and on your windows can greatly diminish the likelihood of home break-ins. If you can afford it, motion sensors on doors and windows, along with 24-hour monitoring, delivers even greater protection. Check for discounts on your home insurance for a monitored security system.

**2. Check out smart home technology.**

Consider investing in security cameras and other smart home technology, such as video doorbells and keylocks. These systems are much easier to install now using wireless devices and can help you monitor your home and alert you to potential activity. They also provide a great way to check in on pets when you're away from home.

**3. Don't hide keys outside the house.**

For convenience, many people hide a spare key outside near the front door. It might be under the welcome mat, in a planter or on a ledge. If a key is easy for your family or friends to find, it's also easy for thieves to find. Instead, consider leaving a key with a neighbor you trust.

**4. Keep those bushes trimmed.**



© ADOBE STOCK

Consider investing in security cameras and other smart home technology, such as video doorbells and keylocks.

High, full bushes and shrubs around your home are ideal places for thieves to hide while they work on opening your window. By keeping bushes trimmed and lower to the ground, you're making it harder for would-be burglars to gain access to your house.

**5. Make it look like you're home.**

Most thieves want to strike while you're away. With some good sense and creativity, you can fool them into thinking you're home even when you're not. Consider purchasing timers that turn your lamps and TV on and off at different hours of the evening. You might also consider a timer for your front porch light. If it's lit during the day, it could be a telltale sign that you're away for an extended period. Along that line, don't let the mail or newspapers pile up when you're on vacation. Either suspend service or ask a neighbor to pick them up for you. Check into newer technology lighting that

allows you to control lights remotely using your smart device.

**6. Install outdoor lighting.**

Darkness is a burglar's best friend. When thieves approach your home and bright lights in their faces suddenly confront them, it can be a strong motivation to move on. Motion-activated lighting systems are inexpensive, easy to install and a great way to put thieves in the spotlight. Plus, when you come home at night, these lights will switch on and illuminate the path to your door.

**7. Make friends with your neighbors.**

Chances are, the neighbors surrounding your home are just as interested in home security as you are. Together, you can create a network of eyes that's always on the lookout for suspicious behavior. If you're going out of town, let your neighbors know in advance so they can be extra vigilant. When they go on vacation, you can do

the same for them. Exchange phone numbers and emails with your neighbors, so you can contact them when an emergency arises. Consider joining neighborhood watch groups or online forums to keep informed about things going on in your neighborhood and local area.

**8. Keep windows and doors locked.**

This tip may seem obvious, but unlocked doors and windows are the cause of many successful burglaries. When the weather's nice, you may open a window and then forget to close it at night or when you run an errand, offering a tempting target for burglars. In addition, don't leave valuable items, such as purses, laptops or credit cards, in plain view through your windows. Thieves may take this opportunity to quickly break the glass and grab your valuables.

For additional information on protecting your home visit [USAA.com/homeowners](http://USAA.com/homeowners).

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