

CASHMERE VALLEY RECORD

CELEBRATING 113 YEARS • 1907-2020



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City receives \$180,000 grant to improve school safety

By KIRK BECKENDORF
Staff Reporter

At the Jan 13 Cashmere City Council meeting Director of Operations, Steve Croci announced that the city has received a Safe Route to Schools Grant for \$180,268. He said the funds will be used to improve school crosswalks on Pioneer Avenue. Improvements include installing high visibility stripping, flashing beacon signs, advance warning signs and curb ramps. The council unanimously voted to approve the agreement with the state, allowing the city to receive the funds.

In a split vote, the Cashmere City Council voted to approve a contract with the Chelan County Regional Justice Center related to medical treatment of city inmates. The contract requires the city to pay the medical and prescription costs of inmates guilty of misdemeanor crimes. Concern about the ramifications of the contract had caused the Council to table this item at the previous meeting to allow staff and council members additional time to investigate the contract. Kay Jones, City Clerk and Treasurer, said that the only difference between the new contract and the one that the city signed last year is the addition of the city paying for inmates' prescription medications. During a lengthy council discussion, member Chris Carlson said "I don't like the city to be on the hook for the cost of the prescription drugs." He added that the contract is not clear and a number of items are open to interpretation. Carlson also expressed concern about the county's process for buying medications considering the high cost of some medicine and the wide range in prices for certain drugs. The other council members also expressed concern about the contract. Derrick Pratt said I don't like it, but we don't have a choice. Mayor Jim Fletcher said that there is an upcoming meeting with a county commissioner where the members' concerns can be expressed. Carlson voted against approving the contract; Derrick Pratt, Dave Erickson and Jayne Stephenson voted to approve.

The council voted unanimously to approve an agreement allowing the city to be a member of the Water/Wastewater Agency Response Network. The network allows members to receive and give rapid emergency aid to others in the network. Network members include: Chelan County PUD #1, City of Wenatchee, Douglas County Sewer District, East Wenatchee Water District, Malaga Water District.

A unanimous vote approved the modification of the contract for improvements to Well #10.

The changes will extend the completion date from December 31, 2019 to April 3, 2020. The additional time will allow the Well # 10 work to start after the temporary water system for Sherman Reservoir replacement is no longer necessary.

In another split vote, following significant discussion, the council voted to designate the Wenatchee World as the official newspaper of the city. Fletcher and Jones explained that the city is required to publish required legal notices and bid requests. Croci said that the Wenatchee World is published daily and that the once a week publication date of the Cashmere Valley Record becomes an issue when the city is trying to reach the largest number of people and in a timely manner. When putting out bid requests Fletcher said that we need to reach contractors across the entire area. Fletcher stressed that this is not to

undercut the Record and that the city still supports and can publish items in the paper. Pratt voted against, all other members voted for the designation.

In other business, Fletcher said that the city had received some good news, in the form of a \$5300 refund from the workmans' insurance company, as a result of

fewer claims. At the conclusion of the meeting, Carlson volunteered as chairman of the Audit Committee and Erickson will serve as Mayor Pro Tem.



Vicinity Map: Cashmere - Safe Routes to School

- - Project Boundary
- - Crosswalk Improvement Locations

Hailey Van Lith continues to dominate



Van Lith is averaging over 30 points a game and it's rumored she had a surprise visit by Kobe Bryant recently

PHOTO BY ELI HANEY

School District seeks renewal of local tax levy

\$1.2 million in state funds depend on passage of the local levy

By KIRK BECKENDORF
Staff reporter

The Cashmere School District is asking voters to approve a replacement levy. Superintendent Glenn Johnson said ballots will be available on Jan. 26 and must be postmarked by 8 p.m., Feb. 11. If approved, the 4-year levy will replace the 2-year levy approved by voters in 2018. Johnson stressed that this levy is not a new tax but will continue existing voter-approved funding. According to Johnson, the levy is like a magazine subscription, with "a magazine subscription it runs out and you either renew it or you don't."

If this new levy is passed by the voters, Cashmere School District will receive an additional \$1.2 million in "levy equalization funds" from the state. However if the levy is not approved, Johnson said the state will withhold those funds. This replacement levy will result in a tax rate of \$1.75 (per thousand of assessed value) in 2021 gradually rising to a rate of \$2.25 in 2024. This is below the \$2.50 levy cap set by the state. Johnson said that although this is an increase from the current rate, it is still significantly lower than the \$3.49 tax rate of 2018. The total amount of money generated by a levy is tied to two primary factors- property value and the tax rate. As a result of relatively low property values in the school district, a higher tax rate generates less income for Cashmere School District when compared to surrounding districts with higher property values but lower tax rates. This difference in property values, resulting in lower revenue, is the reason the state will provide the levy equalization funds to Cashmere School District.

According to Johnson, the levy will provide funds to operate critical student programs and services that are not fully funded by the state. He said that in Cashmere, the levy funds touch every child in the district. These programs include: school safety, teacher assistants, special education, migrant bilingual services, transportation, training for staff, student enrichment activities (athletics, field trips, the arts), extended learning and preschool.

Although the state has increased funding for education, there are still programs that are not fully funded by state tax monies. Johnson cited several examples of programs that are underfunded by the state and depend on local levy funding. He said that the district's preschool numbers have risen from 10 to 75 in the last 4 years, but this program is not covered by state taxes. In addition, funds received from the state are not enough to provide a counselor for every school but the district feels each school needs a counselor for its students. Special education services are needed by many students but these programs often require significantly more funds than the district receives from the state.

Johnson concluded by saying, Cashmere is a great place to be, because the heart of Cashmere is kids.

Anyone wanting additional information about school funding or the levy can contact the Superintendent's office at 509-782-3355, or email Johnson at gjohnson@cashmere.wednet.edu. Johnson added that low-income senior citizens and disabled adults may qualify for tax exemptions by contacting the Chelan County Assessor's Office at 509-667-6365.



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Eyman takes on the Washington political machine

Fresh from his victory over the cost of licensing your vehicle, political activist Tim Eyman has announced his intentions to run for governor. Eyman has made a career out of disrupting the political machine with his citizen initiatives.



BILL FORHAN
PUBLISHER

His tax initiatives have been so successful that Attorney General Bob Ferguson has been attempting to permanently strip Eyman of his constitutional rights. First, he filed suit against Eyman for campaign finance law violations and fined Eyman \$2,000,000. The highest fine his office had ever attempted to levy against any organization that his office charged for violating campaign finance law. Second, he filed motions in court to have Eyman permanently barred from future political activity. When Eyman appeared in court to defend himself against the Attorney General's charges

Ferguson had Eyman's attorney disqualified forcing Eyman to defend himself in front of the judge.

Old Fergie has made it clear he would like to run for governor. He now has two problems in that effort. First, he has failed to cow Eyman. In fact, his bullying has emboldened him. Second, Governor Inslee has decided to run for a third term, so being a good Democrat Fergie has to wait his turn.

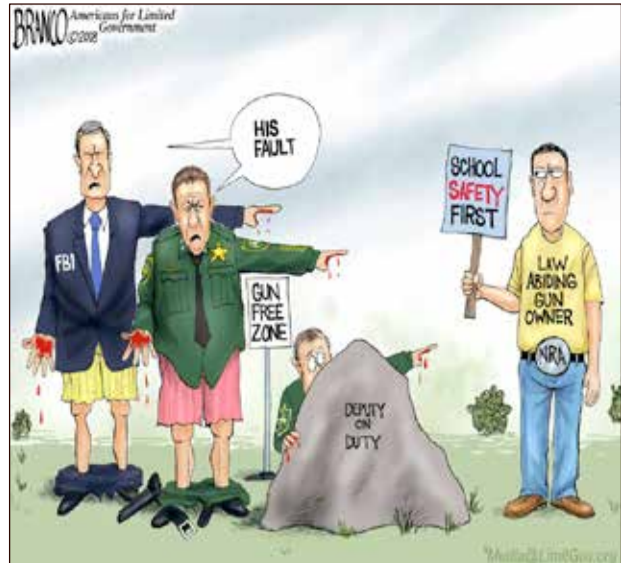
For his part, Inslee has failed to capture the party nod for higher office with his promise to play God and save the planet from Global Climate Change. It seems his own party recognized early that he is an empty suit. So, his fallback position is to run for a third term as Washington's Governor. Tough questions will be asked about his commitment to addressing Washington's problems over spending state money to campaign for higher office.

In response to 1976, Inslee is canceling major transportation projects that are not already underway and instructed the State Patrol to not expend any moneys that are not absolutely necessary.

Most people would not give Eyman any hope of unseating Inslee or beating Fergie. The Seattle machine is too powerful. But the success of I-976 shows there are cracks in that machine. Only 5 counties voted against it and none were overwhelming. At least two of the counties voting against it were heavily dependent on Ferry service.

There is a growing dissatisfaction across the country with the current status quo. Trump has broken through that barrier and successfully challenged the political elites. Whether you like his style or not, it is hard to argue with his results.

Eyman is a household name across the state. But to be successful in a run for governor he will need a platform that goes beyond



cutting taxes. Currently, he is waffling about running as an Independent or a Republican. He has no chance running as an Independent. Both parties will align against him and define him as an extremist. He must run as a Republican.

For their part the Republicans have not fielded a winning candidate since 1985. Currently there are two who have announced plans to run. State Senator Phil Fortunato from Auburn and Loren Culp the police chief in Republic. Neither of these

candidates have statewide name recognition. Their lack of accomplishments are unlikely to inspire voters to turn out to unseat an incumbent Democrat.

Eyman could be successful if he runs as a Republican and quickly develops a platform that addresses the concerns of Washingtonians who see Seattle centric policies as harmful to the interests of the rest of the state.

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

How government can kill a Golden Goose

Sometimes taxing authorities do the right thing and help save our culture by prescribing the exact right amount of financial fealty necessary to keep chaos from overtaking order.



APPLES TO APPLES
GARY BÉGIN
NCW MEDIA
MANAGING
EDITOR

However, on more than one occasion, various government entities get out over its skis so to speak, and actually cause harm to a good thing so much so that a once thriving industry gets taxed to death. Jobs are lost, the tax base itself shrinks because of greed, indifference or incompetence and the entire structure of society becomes rusty to the point of a deadly decay akin to stage four cancer.

I paint this ugly scene because of several recent events, one of which could mean an economic disaster,

not just for Douglas County, but for Chelan as well.

The Douglas County PUD wants to raise electric rates on its medium and biggest customers to the point of risking the death of the golden goose, aka, data centers and bitcoin crypto mining.

Some may say "so what, I live elsewhere" (Chelan County), but in reality jobs and industries lost in one North Central Washington county often affect adjoining counties. Admittedly, this is sometimes for the good.

For example, some folks in both Douglas and Chelan counties may get the pink slip while other workers in Grant County may get a new position. Much of this jigsaw puzzle of economic growth or shrinkage depends on how well the host governing authorities handle their

fiscal duties, as well as keeping promises made.

Governing is supposed to benefit those being governed and that, of course, includes the everyday citizenry as well as the so-called "captains of industry."

Not too long ago the Chelan County government went out of its way to destroy the local marijuana industry by zoning and other regulatory processes. A few vocal residents complained about the smell of the crops and demanded relief from same.

Over zealous county commissioners decided to pull the plug on legal agricultural enterprises. Those entrepreneurs were chased out of town after investing hundreds of thousands of dollars or more into their grows.

Was it being done because of dislike for the crop? We may never know.

Now the Douglas PUD is risking the chance of the data center and crypto mining jobs and all those taxes these centers generate being handed to the Grant County folks.

The PUD states it is because of Wells Dam expenses, but instead of charging all its customers the same rates, it has singled out the massive energy users by Pangborn Airport whose presence was solicited by the Ports of Douglas and Chelan, now merged.

As Jim Kuntz, CEO of the newly formed Chelan Douglas Port Authority points out, these companies can easily pack their bags and move.

Why would any government take such a chance with its own future development and to the harm of its overall growth?

The PUD is cleverly not increasing the rates

for "mere" citizens, i.e., residential users, because perhaps those citizens can vote commissioners in and out of office.

On the other hand, there won't be as many citizens making a good living or enjoying growth if the big users fold their tents and hit the road.

Sometimes it might feel righteous to tax the "rich" and sometimes it is just stupid and an act of governmental malfeasance.

We will probably know the answer to this by the end of 2020 - or sooner.

I think I already hear phones ringing in Quincy, Moses Lake and Ephrata.

I join CEO Kuntz and urge the Douglas PUD to take a step back and find other ways to handle expenses at Wells Dam.

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

A big year and a special bill for Washington's apple industry

Many of you know that I love eating Washington apples. So much so that my legislative colleagues often see me crunching on them throughout the session.



COMMUNITY VOICES
By BRAD HAWKINS

Honeycrisps have been my favorite for many years. My 10-year-old son refers to them as "nature's candy," which I think is quite appropriate. As you know, agriculture and Washington apples are a huge part of our 12th District and state economy. Washington produces over 100 million boxes of apples each year, and we ship into both domestic and international markets.

This is a very significant year for Washington apples with ongoing trade issues occurring internationally and the release of the newest apple variety, the delicious Cosmic Crisp.

While there are approximately 2,500 known varieties of apples in the United States, this latest variety - in development for many years - is expected to be one of the very best. Developed by the Washington State University Tree Fruit Research and Extension Center in Wenatchee, the Cosmic Crisp is a hybrid of the Honeycrisp and Enterprise varieties.

This is also a special year because it marks the 25th anniversary of the Washington Apple Education Foundation (WAEF), the charity developed by our local tree fruit industry. WAEF provides college scholarships to farm worker and orchardist families and helps connect our local values with expanded

educational opportunities. Thanks to the generosity of our agricultural industry, WAEF has provided over \$9 million in scholarships to more than 2,000 students since it was founded in 1994. It has been my honor to attend many scholarship luncheons and to observe these amazing students be awarded significant college scholarships.

Given the importance of this year for our apple industry, I am honored to partner with the Washington Apple Commission and the Washington Apple Education Foundation to sponsor a bill to create a Washington apple special license plate. State law allows organizations to work with the Department of Licensing to produce special license plates with proceeds awarded to a nonprofit organization, which in our case will be WAEF scholarships. Legislation approving the plate is part

of the authorization process. The Washington Apple Commission has authorized its \$6,300 in funding, a requirement by the state, and I have introduced Senate Bill 6032 to gain the Legislature's approval this session.

As part of the process, the Department of Licensing requires a collection of signatures of at least 3,500. The cost of the plates will vary depending on the design and licensing fees required for your vehicle. Most of the special plates promoting our state colleges, sports teams, and other interests range from \$50 to \$75 depending on the vehicle. The Washington Apple Commission is currently collecting signatures online. You can find the Washington Apples License Plate site on ipetitions.com by searching "Washington Apples" or you can access the page directly at ipetitions.com/

petition/washington-apples-license-plate.

I look forward to advancing this legislation, working alongside our apple industry, and promoting Washington apples in the process. My bill currently has 20 bipartisan Senate co-sponsors and, like our apples, the list of co-sponsors is growing. I don't expect opposition to a bill like this but getting any bill approved in a 60-day session is a challenge because of time pressures. I suppose, if time becomes a factor, references to "crunch time" will take on a whole new meaning this session because we'll be sharing Cosmic Crisps with everyone.

Brad Hawkins is a state senator of the 12th District, representing North Central Washington in Olympia. He may be contacted at 360-786-7622 or brad.hawkins@leg.wa.gov.

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LETTERS TO THE EDITOR

Support our schools
As a parent of children who either are attending or have graduated from Cashmere Schools, and as a Music Teacher at Vale Elementary for the past twenty-two years, I see firsthand how levy dollars play a vital role in the

successful education and leadership development of Cashmere School Districts' students. Music, drama, athletics, academic clubs, and FFA are just some of the enriching activities that exist because of help from levy funds. These activities provide meaningful

opportunities for our students to participate and grow into expressive, creative, healthy young adults. "Ensuring a quality education for all students" is our commitment, and meeting the needs of every student depends on the community's continued

financial support. The passage of this upcoming maintenance and operations replacement levy is critical. If passed, this levy will NOT create new taxes, while it WILL make Cashmere School District eligible to receive an additional \$1.2 million in levy equalization

funding from the state of Washington. If it doesn't pass, we lose not only the levy money but the additional \$1.2 million from the state. Please vote YES on this levy on February 11, 2020.

Kristin Umbarger-Keene
Leavenworth

COMMUNITY BULLETIN BOARD	Local, Regional, Community News & Events	Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number. What: Items pertaining to local events that are free or maximum charge of \$100 fee. Where: Email to: reporter@leavenworthecho.com or reporter@cashmerevalleyrecord.com Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com	Another way to advertise your News & Events	Go to: www.NCWMARKET.COM • 24/7 Choose your category and pay for Print & Online at one time For more information on any of these items. 509-548-5286 or classifieds@leavenworthecho.com
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COMMUNITY CALENDAR

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.

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).

Friday

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

Saturday

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

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.

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.)

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.).

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 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.

Cashmere

Free Indoor Playground Cashmere

Every Thursday during the winter, except for school breaks through the end of March. Also except for Thursday, March 5. 10 a.m.- 11:30 a.m. at the 7th Day Adventist Church in Cashmere at 507 Pioneer Ave. The playgroup is not religiously affiliated. It is free and open to kids ages 0-5 and their caregivers. Contact: Kalen Fraser 425-772-6507. (r3,4).

Write On The River Winter Open Mic

Want to try out a few pages of your recent inspiration? Eager to read from your just-published memoir? Poems? Join local writers for a fun and casual evening sharing your original work. "Four Minutes of Fame" at Milepost 111 at 407 Aplets Way, Cashmere. Thursday, February 27, 6:30 p.m., and readings start at 7 p.m. Food and beverages are available all evening. Free to the public, and anyone may participate, but reading slots are limited. Sign up to read at marlene@teamfarrell.com See more about other writing events at writeontheriver.org (r4).

Cashmere High School Musical: "Shrek"

Tickets are now on sale for Cashmere High School's Musical Production of "Shrek". The performances are January 30, 31, Feb 1, 7, 8 at Cashmere Middle School Auditorium at 7 p.m. Tickets can be purchased at the door or in advance at Cashmere High School during school office hours. Adults \$14, Seniors & Students \$8. (r3,4).

Cashmere Library Events

Bodacious Book Art Craft Join us at the Cashmere Library on January 28, from 2-5 p.m. to create beautiful book art. Seating for this event is limited so sign up at NCRL.org/Cashmere or

in person at the Cashmere Public Library. (r3,4).

Regional

Speakeasy Event

Teams Learning Center, a nonprofit early education center in Wenatchee is hosting a Speakeasy event to raise funds for classes and parent mentoring program. The event is at the BPOE ballroom, 27 S. Chelan Ave. on January 25, 7-10 p.m. Information and to purchase tickets: Contact: Joy Robertson, 509-860-1964 (er4).

"Open House" at Cashmere High School

Please Join Us for our "Open House" at Cashmere High School, 329 Tigner Road, Cashmere on January 27, 7 p.m. **Call for more information 509-782-2914.**

Announce your event!

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Local College students recognized for academic achievement

Montana State University has announced its undergraduate honor rolls for fall semester 2019. The Dean's List includes the 3,643 students earning grade point averages of 3.5 or above for the semester.


Cashmere: Julia Burnham, Entiat: Shae Milne and Leavenworth: Megan Evans, Petros Platis, Kieran Ringel

Whitworth University

The following undergraduate students have achieved Provost's Honor Roll status for the Fall 2019 semester at Whitworth University. To be named to the list, undergraduate students must maintain a grade-point average of 3.75 or better during the semester.

Whitworth is a private, liberal arts university affiliated with the Presbyterian church. The university, which has an enrollment of more than 3,000 students, offers more than 100 undergraduate and graduate degree programs.

Aleah Kert, Cashmere, WA
 Caitlin Everest, Madeline Schiefelbein, Leavenworth, WA
 Katherine Boyd and Laura Waltar, Peshastin, WA



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 10	January 13
11:22 Accident/no injuries , Nahahum Canyon Rd. & US Hwy.	22:17 Suspicious , 115 E. Pleasant Ave., #3
11:36 Civil , 302 Fisher St., #112	January 14
14:46 Civil , 6804-1st St., Dryden	08:25 Vehicle prowl , 5720 Vale Rd., Hitching Post.
17:18 Agency assist , 6160 Pioneer Dr.	09:30 Public assist , 312 River St., area.
17:25 Suspicious , 201 Cottage Ave.	11:19 Miscellaneous , 6125 Hay Canyon Rd.
17:27 Accident/no injuries , Evergreen Dr. & Sunset Hwy.	13:25 Fraud/forgery , 6679 Flowery Divide Rd.
23:13 Harass/Threat , 302 Fisher St., #115	16:29 Court order, violation , 117 Aplets Way.
23:18 Warrant , 5465 Mill Rd.	17:13 Suspicious , 6229 Flowery Divide Rd.
January 11	17:39 Accident , unknown US Hwy. 2, MP 113 EB
02:04 Stab/gunshot , 405 Pioneer Ave.	January 15
04:02 Suspicious , Locust Ln. & Sunset Hwy.	05:07 Accident, no injury , 200 Blue Star Way.
06:40 Suspicious , 5930 Sunburst Ln.	13:33 Agency assist , 5600 Airport Rd.
11:28 Disturbance , 115 Cottage Ave., Sure to Rise	14:31 Welfare check , 207 Chapel St.
13:09 Disturbance , 3717 Bridge St., #2, Monitor	14:51 Burglary , 5706 Sunset Hwy., Perly's
14:34 Welfare check , 119 Cottage Ave., Doane's Valley Pharmacy	21:15 Juvenile problem , 4600 E. Nahahum Canyon Rd.
19:14 Warrant , 8703 Alice Ave., Dryden	January 16
January 12	11:48 Harass/threat , 8650 Dryden Frontage Rd.
13:55 Public assist , 302 Fisher St., #112	14:26 Parking/abandon , 5605 Wescott Dr.
19:53 Civil , 8703 Alice Ave., Dryden	19:33 Accident unknown , 3501 Bridge St., Monitor
	20:15 Agency assist , 4900 Nahahum Canyon Rd.

SENIOR CENTER MENUS

Leavenworth Senior Center, 423 Evans St., Leavenworth

January 23, Thursday: Chuckwagon steak sandwich, Pasta veggie salad, pea salad, fruit cocktail and dessert.

January 24, Friday: Oven fried chicken, twice baked potato, corn, spiced salad, orange quarters, biscuit and dessert.

Saturday and Sunday: No lunch.

January 27, Monday: Beef tacos, Spanish rice, glazed carrots, cinnamon applesauce and dessert.

January 28, Tuesday: Country fried steak, mashed potatoes, buttered corn, lettuce tomato salad, orange quarters, biscuit and dessert.

January 29, Wednesday: Minestrone soup, 1/2 ham sandwich, garden salad, peaches and 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

BUSINESS & SERVICE Directory

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

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 Leavenworth, WA

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.

Rise and Fall of Pseudo-Christianity

I always find it unusual when people claim Christianity, yet deny everything the Bible teaches. They assert the legitimacy of their faith on one hand, yet while on the other deny the sufficiency and authority of Scripture, embrace all manners of lifestyle choices and believe in a gospel that mentions nothing about blood, repentance, or forgiveness of sin.



A WALK WITH PASTOR JOHN SMITH

Pseudo-Christianity is rather popular, and it is easy to see why. It cost very little to hold to that version of Christianity. No one is going to persecute you or reject you. Sure, in an age of humanistic secularism, they may scratch their heads in bewilderment because you hold to some form of metaphysics, but in general, they will welcome you with open arms because those who hold to this version of Christianity also embrace evolution, abortion, and many popular progressive stances.

Yet, there is no power in pseudo-Christianity. It is vapid, vacuous and has nothing to offer to the world. This pseudo-Christianity, although it claims to be cutting edge and progressive as it influences the growing "religious left", is nothing more than a cheap counterfeit to the real thing. They may have the form of godliness but deny its power (2 Tim. 3:5) and they admit it by touting their main virtue of "tolerance". They will tolerate anything and everything, giving up moral and ethical standards to become more "inclusive" and "diverse. However, what they will not tolerate is someone saying something is "intolerable" according to the

Biblical standard. Jesus warned that if "salt loses its saltiness...It is no longer good for anything, except to be thrown out and trampled under foot" (Matt. 5:13). In the ancient day, salt was highly valued because of its preservative qualities and used in seasoning. We value salt today because it is a natural flavor enhancer, bringing out the deliciousness in food.

How can salt lose its saltiness? Very simple, if you add or take away from salt then it no longer becomes recognizable as such. Think about the chemistry of salt. The chemical compounds that make salt are sodium and chloride (NaCl). If I were to remove the sodium, or if I were to add another chemical compound it would dramatically change the very nature of salt making it useless.

Now apply that to Christianity and we see that Jesus is teaching if we add or take away from what it means to be a disciple, then our faith is good for nothing. When we take away, for example, the call to obey his Word or when we add our ideas and impose them into the Bible, we have fundamentally redefined Christianity.

Christianity doesn't need to be redefined, reinvented, or become more liberal in its perspective. If it did,

we certainly would have not had the evangelistic success in the spread of Christianity in the past 2000 years nor would we have had the establishment of Western Civilization that we enjoy today. As I said earlier, pseudo-Christianity has no power because it is not based on anything substantial—just whims and preferences of certain individuals and a need to be accepted by modern culture.

The power lies within Christianity in the strength of its conviction. Christians actually believe the Bible to be true, that God has revealed his will and his Word is authoritative, and of course, Jesus Christ has risen from the dead. Men and women who held to those convictions have changed the world, even when the world railed against them, persecuting them unto death.

Yet with pseudo-Christianity and its infatuation with the acceptance and relevance, it cannot change a thing. Oh, they may link hands with pro-aborts, and make declarations about gender equality but their entire worldview is built upon sand and when the storms come, great will be its fall (Matt. 7:26-27).

Although this version of Christianity may gain strides within popular culture, it will pass away into irrelevance. In the meantime, let us stay strong in our Biblical convictions, hear the word of Jesus and do them thus building our houses on the solid rock which will never be moved (Matt. 7:24-25).

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



Applications are now being accepted for the Upper Valley Scholarship

SUBMITTED BY P.E.O. CHAPTER JF, LEAVENWORTH

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.

Applications must be received for consideration by April 30. Scholarship funds will be available by the Fall of 2020, and will 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
- 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 mimikeller5@icloud.com

Cashmere High School presents Shrek



From left Derek Hughes-Roberts as Donkey, Isaac Peyton as Shrek, Brianna Hughes-Roberts as Fiona and Michael Christensen as Lord Farquaad.

The Cashmere High School drama department will be performing "Shrek - the musical". Directed by Susan Gubsch, this show is perfect for the whole family. This comedic musical that promotes the importance of being yourself is filled with amazing costumes, makeup and great singing and dancing. Performances are January 30 and 31 and also on February 1, 7 and 8 in the Cashmere Middle School Auditorium at 7 p.m. The ticket price is \$14 for adults and \$8 for students/seniors. You are encouraged to purchase tickets in advance at the Cashmere High School office with Mrs. Landes. Tickets may also be purchased at the door. The box office opens 45 minutes before each show. Please

arrive early. Isaac Peyton will be performing as Shrek and Brianna Hughes-Roberts as Fiona. Other cast members include Michael Christensen as Lord Farquaad, Derek Hughes-Roberts as the Donkey, Mariah Rankin as the Dragon, and Faith Kruse as Pinocchio. The rest of the cast in alphabetical order include: Luis Alvarez, Austin Baird, Katyreena Black, Shaelynn Fitzpatrick, Lilia Gebers, Ethan Goode, Nolan Grimmett, Missy Hart, Beatrice Kelzenberg, Kaitlyn Kennedy, Campbell Lindholm, Katherine Lopez, Ali Moran, Angelina Naples, Elle Seidensticker, Korbyn Smith, Asa Trowbridge and Sydney Young.

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 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

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



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UPPER VALLEY CHURCH GUIDE

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

CASHMERE BAPTIST CHURCH

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

Find us on Facebook at Cashmere Baptist Church



CASHMERE PRESBYTERIAN CHURCH

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



CASHMERE UNITED METHODIST CHURCH

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

CHRIST CENTER

Cashmere Assembly of God • 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
Stephanie Haney, High School Director
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

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

'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



COMMUNITY UNITED METHODIST

418 Evans Street • Leavenworth
509-548-5619 • Rev. Matt Gorman
Sunday service 10 a.m.
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.FLCleavenworth.com
FLCLeavenworth@gmail.com

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

429 Evans Street, 509- 470-7745
Sunday Worship: 11:00 AM
www.leavenworthbaptist.com
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



SEVENTH DAY ADVENTIST CHURCH

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

SPIRIT LIFE CENTER

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

MONITOR



MONITOR UNITED METHODIST CHURCH

3799 Fairview Canyon • 782-2601
Church Service & Sunday School 9:00 a.m.
Pastor Lilia Felicitas - Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH

8455 Main Street • 548-7517
Sunday Worship 10 a.m.
Pastor John Romine
www.lightinthevalley.org

PESHASTIN ASSEMBLY OF GOD

School and Lake 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
FB page: newlifeleavenworth
www.newlifeleavenworth.com



Sam Phillips goes for two against the Kodiaks

PHOTO BY ELI HANEY.



Grace Hammond takes a shot for two points

PHOTO BY ELI HANEY.



PHOTO BY ELI HANEY.
Reid Smith looks to pass the ball inside

Girls Basketball Stats

	PLAYER	Total Points	Average per Game	Rebounds	Blks	Stls	"Steal Avg"	
	Hailey Van Lith	11	366	33,3	111	9	41	38
	Grace Erdmann	12	83	7,0	84	7	20	25
	Grace Hammond	12	110	9,2	33	1	12	21
	Ali Ball	9	4	0,4	9	1	6	5
	Jalynn Darnell	1	0	0,0	0	0	0	0
	Millie Brunner	11	26	2,4	29	0	4	13
	Hailley Larson	10	2	0,2	5	0	1	2
	Peyton Brown	12	38	3,2	61	0	15	10
	Gabby Terrell-Lewis	10	10	1,0	3	0	2	7
	Riley Johnson	12	62	5,2	63	4	20	25
	Cameron Phillips	11	8	0,7	12	1	4	6
	CASHMERE TOTALS		709	709	249	23	125	10,41666667

BULLDOG SCOREBOARD

CASHMERE GIRLS' BASKETBALL

Jan 17	Cashmere 69 vs Chelan 14
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UPCOMING GAMES

Jan 24	Cashmere at Chelan
Jan 25	Cashmere at Kings

BOYS BASKETBALL

Jan. 14	Cashmere 64 vs Cle Elum 51
Jan, 17	Cashmere 68 vs Chelan 51

UPCOMING GAMES

Jan 23	Cashmere vs Royal 7:15 p.m.
Jan 24	Cashmere at Chelan 7:15 p.m.
Jan 28	Cashmere vs Omak 7:15 p.m.

Proud to support THE BULLDOGS!

Cashmere Physical Therapy
203 Mission. Ste. 203, Cashmere • 782-8818

GO BULLDOGS



Vale Students of the Month

Vale Elementary Students of the Month for December 2019 were chosen for the **Trait of Respect**

Kinder: Trace Rumann, Daniel Whitford, Jonathan Lopez, Itzel Oropeza-Contreras, Ritchie Vazquez, Elayna Joya, Ember Marden, Emmanuel Sanches, Elden Simmons, Sofia Acero-Carrillo, Emery Gasbar, Noah Lyons
First: Leela Shelby, Britny Perez, Cora Smith, Jaden Gonzalez-Hurtado, Maya Simpson, Lily Hartnell, Bryar Bruehl, Griffin Christensen, Saydee Skinner, Adelynn Flick, Cesar

Oropeza, Shilo Franklin, Mason Roberts, Carla Hernandez
Second: Angel Martinez, Fernando Cortez, Rebecca Martinez, Abby Swanson, Jojo Six, Alex Ramirez, Greyson Moscoso, Sheccid Soriano, Parker Darlington, Alexis Cruz, Titan Nguyen, Harper Kerns
Third: Callen Pipkin, Evelyn Ortega-Hernandez, Caitlyn Betz, Heaven Eardley,

Santiago Mirelez, Madelyn Dorsey, Josalyn Garza, Isaiah Abbey, Jakoby Wiggins, Keith Ledbetter, Hudson Blackburn, Camryn Harnden
Fourth: Caleb Dillin, Kameron Main, Alex Analucas, Kaili Landes, Annika Peterson, Melisa Avila-Herrera, Mac Carlson, Juan Sanchez, Peyton Irelan, Carlos Mercado, Ella Gemeinhart, Jack Baker, Cooper Green

Congratulations & Cheers To Vale Students Of The Month!

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Terry and Patti Davis
Jamie R. Davis

THE WASHINGTON OUTDOORS REPORT

OUTDOORS ROUND-UP

By JOHN KRUSE

FISHING:

Steelhead fishing has been slow this winter throughout the state to include rivers in Southwest Washington and the Olympic Peninsula that usually see good runs this month. The Skagit River is also not opening this year for a catch and release season due to low numbers of returning fish.

There are some bright spots though. One is the Bogachiel River on the Olympic Peninsula where anglers were averaging over a hatchery steelhead apiece last week. The Elochoman River near Cathlamet has also been fishing well. Creel checkers contacted 11 anglers there with 12 steelhead. Another good bet is the Snake River near the mouth of the Grande Ronde where guide Kyle Jones with Jones Sportfishing has been filling out his one hatchery steelhead per client limit on a routine basis.

Marine Area 10 blackmouth salmon fishing has been disappointing since it opened up for anglers in the greater Seattle region of Puget Sound on Jan. 1. During the weekend of January 11 and 12, creel checkers interviewed 43



Goose hunting closes in most of the state Jan. 26

PHOTO BY JOHN KRUSE.

anglers and only one of them had a Chinook salmon to show for their efforts. A lack of bait in the area may be to blame.

In Southern Washington, Silver Lake in Cowlitz County, Little Ash Lake in Skamania County and Maryhill Pond in Klickitat County were all stocked with catchable size rainbow trout during the past week.

Lake Roosevelt rainbow trout and Kokanee fishing in Eastern Washington is going strong. Guides reporting on Northwest Fishing Reports

have been showing off good numbers of sizeable trout and Kokanee between Keller and the confluence of the Spokane River the last few weeks, making this the hot spot for quality fishing this month. <http://northwestfishingreports.com>

HUNTING:

The general waterfowl season closes Jan. 26 for ducks and geese though a few limited hunts will continue into February. The recent winter storms have provided

very good duck hunting for those willing to venture out if social media posts are any indication. One bit of advice for waterfowl hunters this time of year...Don't give up too early. The ducks that fly out to feed at first light may feed a couple of times during the day this time of year and both the patient hunter (and the ones who sleep in) can be rewarded.

WDFW BUDGET:

The Washington Dept. of Fish and Wildlife, which

has been chronically underfunded through the general budget for over a decade, is facing a 26-million-dollar shortfall. Governor Jay Inslee has proposed giving the agency 15 million dollars and making up the rest with increased license fees, a proposal that has met with much resistance by hunters and anglers frustrated by a lack of opportunities and several perceived mismanagement mistakes in recent years.

However, if the agency doesn't get this money, even more cuts will be made to an operation that has been running very lean in recent years. Earlier this week, representatives from 45 conservation minded organizations wrote an open letter to state legislators asking that WDFW be fully funded so the agency can accomplish its mission of "preserving, protecting, and perpetuating the state's fish, wildlife, and ecosystems while providing sustainable fish and wildlife recreational and commercial opportunities."

BACKCOUNTRY SAFETY:

The winter storms of the last week in both Washington and Idaho have highlighted the danger of both falling trees and avalanches.

Backcountry enthusiasts need to be extremely cautious about both right now and a great resource to check before heading out to play in the snow is the Northwest Avalanche Center which has current condition and forecasts for geographic regions throughout the state. www.nwac.us/avalanche-forecast/current/

SPORTSMEN'S SHOWS:

The Washington Sportsmen's Show takes place at the State Fair Events Center in Puyallup from Wednesday the 22nd through Sunday the 26th. Trey Carskadon with O'Laughlin Trade Shows says last year's inaugural outdoors cooking competition has expanded and includes presentations from some of the best chefs in the northwest. Another expanded attraction is the kayak fishing pavilion, reflecting the growth of this niche style of angling. In addition to this and the hundreds of exhibitors here there will be seminars covering fishing, hunting and survival techniques. Find out more about the show at www.thesportshows.com

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

Kick Your Sticks For Cancer

Come join us for a fun-filled day for all ages on Sunday, January 26th at the Kick Your Sticks for Cancer fundraising event.

From 8:30 am -11 am at the Leavenworth Fish Hatchery.

Families of all ages can raise funds for cancer care and treatment in the Wenatchee Valley for the Wellness Place while classic, skate or snowshoeing their way through the amazing Icicle River Trails behind the Leavenworth Fish Hatchery. This is a friendly race for all and we are here to have fun and help support those affected by cancer. Proceeds from the event

will go to the Wellness Place to provide gas cards, wigs, nutritional supplements, pharmaceutical assists, childcare expenses, quilts, hats, scarves, informational pamphlets/books, lodging, support group options, and help serve as a "clearinghouse" of information for those with a cancer diagnosis or chronic illness, all free of charge. Help us beat last year's donation by registering today and join us in kicking cancer to the curb for good!

Registration fee
\$15: 17 years old and under
\$30: 18 years and older
General Registration

Nordic Team Support - all team member can participate by donation but must still register

This is a skate ski race but skiers can choose any style: Classic, Skate, or snowshoe

Schedule
Day of Registrations: 8:30 a.m. - 9:45 a.m.
Registration Closes: 9:45 a.m.

Group at the Starting Line for Kick off: 9:45 a.m.

Kids 1K lap (9 years old and under): 10 a.m.

Women's Race (8k and 4k start): 10:20 a.m.

Men's Race (8k and 4k start): 10:30 a.m.

Awards 11:30 a.m.



SUBMITTED PHOTO

Tips for a Stress-Free Tax Season

(StatePoint) Taxes are an unavoidable fact of life. Unfortunately, they can be somewhat overwhelming, which can cause people to put the task off and miss the deadline. Use these tips for a stress-free tax season:

Get It Over With

The sooner you get your taxes filed, the sooner you can stop worrying about

them. Early filing also means an earlier refund -- if you're due one -- or time to plan to prepare to pay any owed taxes. To ensure it all happens on time, actually block out time in your calendar to sit down and work on your taxes. Be sure not to underestimate how much time is needed. If your situation has gotten more complicated over the last year, figure that into the equation.

Check Your Work

The last thing anybody wants to hear is that they are being audited. You can avoid this anxiety by having the right tools on hand. Start by keeping your records filed in an organized way -- both digitally and on paper with a filing cabinet that locks. As you do your taxes, it is a good idea to take your time, and do a practice

run. A printing calculator is a good way to keep records of all necessary calculations. Be sure your printing calculator is up to the task. The two-color ink printer of Casio's HR-170RC allows you to quickly see both positive and negative numbers to avoid reading errors, and its 12-digit LCD display showcases crisp, sharp numbers for easy viewing. A must-have tool for tax season, its functions include a grand

total key, cost/sell/margin buttons, sign change, tax calculation, decimal selector and more.

Maximize Your Refund

While many people look forward to their tax refund and view it as a windfall, it is important to keep in mind that this money is simply your own income that you overpaid to the state and federal government

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EOE

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Publisher
NCW Media, Inc
PO Box 39
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or email to Publisher@
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PUBLIC NOTICES

Meeting Date Postponed Due to Weather
Alpine Water District will meet on Wednesday, January 22, at 1 p.m., at the Leavenworth Fire Station.
Published in The Leavenworth Echo/ Cashmere Valley Record on January 22, 2020 #87042.

CROSSWORD PUZZLE

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THEME: THE OSCARS

ACROSS
1. Cracked open
2. "Once Upon a Time... in Hollywood" supporting nominee
12. Eggnog time, traditionally
13. Pol request 14. Capital of Senegal
15. "Jo Van Fleet won for her role in "East of ..."
16. Augmented
17. Shoemaker without shoes, e.g.
18. Ones full of desire
20. VSCO girl's shoes
21. New Zealand native
22. "The Nutcracker" step
23. Boiled bread product, pl.
26. Guarapo de jagua fruit
30. Edith Wharton's "The ___ of Innocence"
31. "...er ___!"
34. "1935 Best Picture nominee "A ___ of Two Cities"
35. Plant a.k.a. golden buttons
37. "Dustin Hoffman was nominated for role in " ___ the Dog"
38. Does like Matryoshka
39. Narrative poem
40. Brunch drink
42. Gumshoe
43. 10-sided polygon
45. Qatar native
47. Greek R
48. "Friends" favorite spot?
50. Fodder holder
52. "Oscar winner for "The Revenant" and 2020 nominee
55. Uses a paring knife
56. Twelfth month of Jewish civil year
57. Whirlpool
59. "The first to refuse his award, for "Patton"
60. "He was nominated for "Lost in Translation"
61. Sunburn aid
62. Negative contraction
63. Chi precursor

DOWN
1. Reply to a captain
2. "RenE Zellweger's role
3. Away from wind
4. Dub again
5. "Movie with most 2020 Oscar nominations
6. First cradles
7. "Oscar-winners Gore, Fonda and Cameron did this talk, pl.
8. "South Korean black comedy thriller
9. Image in an Orthodox church
10. Soaks in rays
11. The old college one
13. With numerous veins
14. Backless sofa
19. Campaign trail gathering
22. Coach's talk
23. Diminished
24. Open-mouthed
25. Relating to a gene
26. Garbage in, garbage out
27. Primo, on Italian menu
28. What tailor shops do
29. "He won an Oscar for role in a Scorsese movie
32. "Oscar-winning writer Julius Epstein to Oscar-winning writer Philip Epstein
33. Ewe's mate
36. "She's nominated in 2020... twice
38. Civil rights org.
40. Jersey call
41. Sudden increase in wind
44. "Whoopi Goldberg scored an Oscar for this movie
46. "Phantom ___," 2018 nominee
48. Locomotive hair
49. Round openings
50. Cul de ___, pl.
51. "Meryl Streep won for " ___ Lady"
52. Mortgage, e.g.
53. Not in action
54. Skunk's defense
55. Tire measurement
58. Japanese capital

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PUBLIC NOTICES

ADVERTISEMENT FOR BIDS
CITY OF LEAVENWORTH
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PROJECT

Separate sealed bids will be received by the City of Leavenworth at the City Hall, located at 700 Highway 2 / PO Box 287, Leavenworth, WA 98826, until 2:00 PM, January 29, 2020, and publicly opened and read aloud at that time.

The CONTRACT DOCUMENTS may be examined at the following locations.

City of Leavenworth, 700 Highway 2/ PO Box 287, Leavenworth, WA 98826 (509) 548-5275

Varela & Associates, Inc., 601 W. Mallon Ave Ste A, Spokane, WA 99201 (509) 328-6066
Various plan centers - call Varela & Associates or visit www.varela-engr.com for list.

This work is for construction of improvements to the City of Leavenworth's wastewater treatment plant. Major elements of work include: new tertiary treatment system for phosphorus reduction consisting of new pre-engineered metal building, flocculation tanks, disc filters, and associated site and electrical improvements; equipment replacements including headworks screening system, clarifier mechanism, centrifuge sludge dewatering system, in-vessel UV system; electrical and controls upgrades; process piping, earthwork, site improvements, and associated work. See Contract Documents for project requirements and specifications.

The project is located within the City of Leavenworth city limits, rights-of-way and easements. See Bidders Qualifications requirements in the Bid Documents.

A nonmandatory PREBID CONFERENCE is scheduled for 10:30 AM on January 9th, 2020 at City of Leavenworth City Hall followed by a site visit. The purpose of the conference is to familiarize prospective bidders with the project and answer questions.

Proposals must be submitted on the forms provided in the Contract Documents. Bid bonds in an amount not less than 5% of the amount bid are to be made payable to the City of Leavenworth. 100% performance and payment bonds will be required from the successful bidder.

The City of Leavenworth is an equal opportunity and affirmative action employer. Disadvantaged, tribal, minority- and women-owned businesses are encouraged to submit bids. All work performed on this project will be subject to prevailing state wage rates. The project is funded by a grant/loan from the United States Department of Agriculture Rural Development program. Section 746 of Title VII of the Consolidated Appropriations Act of 2017 (Division A - Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations Act, 2017) and subsequent statutes mandating domestic preference applies an American Iron and Steel requirement to this project. All listed iron and steel products used in this project must be produced in the United States. The term "iron and steel products" means the following products made primarily of iron or steel: lined or unlined pipes and fittings, manhole covers and other municipal castings, hydrants, tanks, flanges, pipe clamps and restraints, valves, structural steel, reinforced precast concrete, and construction materials. The de minimis and minor components waiver apply to this contract.

The City of Leavenworth reserves the right to reject any and all bids, to waive technicalities, and in its sole judgement, accept the bid which it deems is in its best interest. Additional bid acceptance and contract award provisions are specified in the Contract Documents.

Copies of the CONTRACT DOCUMENTS may be purchased at the office of Varela & Associates, Inc., here after referred to as the Issuing Agent, for \$100 per set (non-refundable, see address above). For additional information regarding this project, contact Daniel Cowger, P.E., at (509) 328-6066 or danielc@varela-engr.com.

Published in The Leavenworth Echo/ Cashmere Valley Record on Dec. 11, 2019, and Jan. 15, and 22, 2020. #86799

PUBLIC NOTICES

ALPINE WATER DISTRICT is currently accepting contractors resumes for the 2020 Small Works Roster. Please list your contact name, emergency contacts, whether or not you would be available within 24 hours for emergency work. Only bonded, licensed Contractors with water line installation or repair experience need respond to: Alpine Water District, P.O. Box 109 Cashmere, WA 98815. Published in The Cashmere Valley Record/ The Leavenworth Echo on January 22 and 29, 2020. #87048.

CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN that the Leavenworth City Council will hold a public hearing on February 11, 2020 at 6:45 PM in the City Hall Council Chambers, 700 US Hwy 2, Leavenworth, WA to consider a new Leavenworth Municipal Code Chapter, 3.42 Affordable Housing Grant/Loan. The new chapter was developed to be consistent with RCW 35.21.685 and past City Council resolutions, 01-1997, 10-2000 and 02-2002, which provides City grants or loans for affordable housing development or preservation, when meeting specific criteria. Interested citizens are encouraged to review code amendments, comment, and/or attend the public hearing. Copies of the proposed amendments are available at City Hall or electronically by contacting Development Services within City Hall, phone (509) 548-5275 or email dsmanager@cityofleavenworth.com.

Published in The Leavenworth Echo/ Cashmere Valley Record on January 22, 2020. #87095

Glacier Park Budget Fuel East Agreed Order Available for Review and Comment

The Washington Department of Ecology is providing an opportunity for the public to review and comment on the Agreed Order for the Glacier Park Budget Fuel East site, located at 1408 US Highway 2 in Leavenworth.

Ecology is providing the public an opportunity to review and comment on the Agreed Order. A 30-day public comment period will run from January 22, 2020, through February 21, 2020. Documents can be reviewed online at Ecology's website at <https://apps.ecology.wa.gov/gsp/Website.aspx?csid=4234>. Documents can also be reviewed at Ecology's Central Regional Office, 1250 West Alder St., Union Gap, or at the Leavenworth Public Library, 700 US Highway 2, in Leavenworth. Please submit your written comments to Kyle Parker, Site Manager, 1250 W. Alder St., Union Gap, WA 98903, or online at <http://tcp.ecology.com/commentinput.com/?id=SuP7M>, or call (509) 454-7833 with any questions.

If you need this document in a version for the visually impaired call the Toxics Cleanup Program at 509-454-7838. Persons with hearing loss, call 711 for Washington Relay Service. Persons with a speech disability, call 877-833-6341. Para asistencia en español: 509-575-2490. Published in The Leavenworth Echo/ Cashmere Valley Record on January 22, 2020. #87045



Chelan-Douglas Regional Port decries 'biased' Douglas PUD rate increase

STORY AND PHOTO BY GARY BEGIN

EAST WENATCHEE -- The recently formed Chelan Douglas Regional Port Authority met here Thursday, Jan. 16 in the new community center and enjoyed a full house of local VIP's eager to receive good economic news.

In fact, the quarterly lunch-time meetings are called the "Economic Leadership Roundtable" and have been a regular event featured by the Port of Douglas before the merger took place late last year and always underscored growth, projects and economic potential.

This time was different. C-D Regional Port CEO Jim Kuntz told the gathered that the Port is against the proposed raise in electric rates by the Douglas PUD and even handed out a 4-page letter addressed to the Douglas PUD Manager Gary Ivory stating so.

Kuntz made a point to tell the group of about 50 mayors, directors, commissioners and private sector executives that the rate hike had the potential to cripple the tax base, not just for the PUD, but for the entire county as key industries would be negatively impacted, thus causing them to pull up stakes.

Kuntz specifically cited the massive amount of taxes paid by data centers and especially crypto mining of bitcoin which he noted, had its computer systems mounted on easily moveable equipment.

The letter stated that the PUD was violating state law RCW 54.24.080 which prohibits discriminatory practices against "customer classes."



Gary Begin/NCW Media

Chelan-Douglas Director of Economic & Business Development Ron Criddlebaugh, left, and CEO Jim Kuntz explain economic impact notes to the audience of "movers and shakers" during the January 16 Economic Leadership Roundtable in East Wenatchee.

Kuntz, and the letter he signed off on, stated the proposed rate structure was to be 0% for residential customers, 16% for general service customers, 71% for data centers and a whopping 180% for crypto mining.

"The Port acknowledges the PUD's need to periodically adjust rates to fund its operations," but the letter states the PUD's excuse for the extreme increase due to higher expenses at its Wells Dam operations does not hold water.

Kuntz's stated purpose of the letter to the PUD was to enlighten that non-profit entity as to the importance of allowing further inter-governmental discussion

before the rate increases take place.

The Port wants a "dialogue with the Port and other affected customers." The letter explains that "Effective economic development is a 'team sport' within communities."

Kuntz said about the Port's stance, "We stand ready to work with you and to resolve these matters in an expeditious manner."

"Douglas PUD has been analyzing our loads, resources and capital needs since May 2019. Twenty percent load growth in 2019, almost entirely attributable to block chain and data centers, is not sustainable in the long term. Analysis

shows with an additional 50 MW of load, we could be deficit (short on power) six months a year in 2029 and beyond. Due to recent legislation, any purchased power will need to be from non-carbon emitting resources, typically costing more than our Wells power. Also in play is the seismic safety improvements necessary on our East Embankment at the Wells project, estimated to cost \$500M. The proposed rate strategy is necessary to prepare for future capital costs and slow load growth, resulting in lower rates in the long term for our customers," said Douglas PUD Manager Gary Ivory.

Are you getting too much Vitamin E?

Vitamin E is a fat-soluble vitamin that protects your cells by working as an antioxidant. Antioxidants counteract the damage to cells caused by compounds called free radicals produced in your body during metabolism. Free radicals interact with your cells in ways that can lead to cancer, heart disease and stroke, the 3 leading causes of death in America.

Research is seeking out ways to reduce the negative effects free radicals have on our cells by discovering how to create fewer free radicals in our body and how to maximize levels of antioxidant compounds available to counteract them.

Since vitamin E is an antioxidant, shouldn't taking it help protect your cells and reduce the incidence of cancer, heart disease and stroke? We used to think, "If it won't hurt and might help, why not take it?"

Unfortunately, carefully designed clinical studies have clearly shown instead that Vitamin E supplementation DOESN'T provide any clear benefit. In fact, taking at least 400 IU of vitamin E daily can actually increase your risk of death, either by having a stroke caused by bleeding into the brain, or developing prostate cancer.

How much vitamin E do you need? The National Institutes for Health (NIH) recommends that adults get 22.5 International Units (IU) of Vitamin E daily. Although most Americans get



only about half that amount from their diet, vitamin E deficiency is rare.

Unlike most vitamins, vitamin E is fat-soluble and needs fat for it to be well absorbed. Eating a very low-fat diet or having a disease that interferes with digestion or absorption of fat such as Crohn's disease or cystic fibrosis can increase your risk of being deficient in vitamin E. Vitamin E deficiency may cause nerve and muscle damage with numbness in your arms and legs, muscle weakness, vision problems and reduced effectiveness of your immune system.

There are actually 2 common forms of vitamin E: alpha-tocopherol and gamma-tocopherol. Vitamin E as alpha-tocopherol exists in higher concentrations in the body than its cousin gamma-tocopherol, and until recently was assumed to be responsible for vitamin E's antioxidant effects.

Vitamin E supplements usually contain alpha-tocopherol, while gamma-tocopherol is found in foods rich in vitamin E such as nuts, seeds, oils and green leafy vegetables like spinach and broccoli. Most multivitamins include 30 IU of alpha-tocopherol, considered to be 100% of the daily requirement for adults by the NIH, while higher doses such as 400 IU found in

supplements contain over 13 times that amount.

Recent research has uncovered evidence that the key to the antioxidant potency of vitamin E is the level of gamma-tocopherol in the tissues and blood, not the amount of alpha-tocopherol. Taking alpha-tocopherol vitamin E actually DECREASES the level of gamma-tocopherol in your body, suppressing vitamin E's potentially beneficial antioxidant action. This may explain why alpha-tocopherol supplements produced negative instead of positive results in controlled research studies.

Vitamin E supplements contain alpha-tocopherol in either its natural form (d-alpha-tocopherol) or synthetic form (dl-alpha-tocopherol). Natural vitamin E (d-alpha-tocopherol) is 1.5 times as potent as its synthetic form (dl-alpha-tocopherol).

Vitamin E supplements with gamma-tocopherol are now available, but it's too early to know if they can prevent cancer, stroke or heart disease.

Not all the research about vitamin E showed it as the villain. Vitamin E helped people with age-related macular degeneration (AMD), a common cause of blindness in the elderly. The Age-Related Eye Disease Study (AREDS) looked at the effect of a daily supplement consisting of zinc and copper combined with vitamin A, C and 400 IU of vitamin E on the progression of AMD over 5 years. The most severely

affected study participants showed a 25% decrease in the progression of macular degeneration, but those with mild or no AMD did not see any benefit.

Here Are 3 Final Facts About Vitamin E:

1. Take an AREDS vitamin supplement if you have age-related macular degeneration.

The AREDS formulation is available as PreserVision® AREDS and as Ocuvite®. Ask your eye care professional which would be best for you.

2. AVOID taking supplemental vitamin E if you are taking a blood thinner.

Vitamin E supplementation of 400 IU or more can cause bleeding problems, especially in people taking blood thinners like warfarin (Coumadin®), Eliquis®, Pradaxa®, Xarelto®, aspirin, and clopidogrel (Plavix®).

3. Eat foods rich in vitamin E.

The best way to get the antioxidant benefits of vitamin E is to eat plenty of nuts (especially almonds), seeds, and green leafy vegetables such as spinach and broccoli.

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

PUBLIC NOTICES

NOTICE OF STATE'S INTENT TO NEGOTIATE LEASE

Department of Natural Resources will begin negotiation of expiring lease with existing lessee on the following parcels. All leases are subject to third party bids by interested parties. Lease terms and bidding information is available by calling the Southeast Region at 1-800-527-3305 or by visiting the Region Office at 713 Bowers Road, Ellensburg, Washington 98926. The leases expire June 30, 2020.

Grazing Lease	All/Part	Sec	Twp	Rge
10-B59992	ALL	16	24N	22.0E

Written request to lease must be received by February 24, 2020, at the Department of Natural Resources, 713 Bowers Road, Ellensburg, Washington 98926.

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

HILARY FRANZ, Commissioner of Public Lands

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