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DECEMBER 11, 2019 · VOLUME 112, No. 50

Hawkins gets PUD 'Legislative Champion Award'



(from left) Chelan PUD Commissioner and Washington PUD Association President Randy Smith, Sen. Brad Hawkins and Washington PUD Association Executive Director George Caan.

PUDs honor Hawkins for passing renewable hydrogen bill, hydropower tax parity issues

OLYMPIA -- The Washington Public Utility Districts Association (WPUDA) recognized Sen. Brad Hawkins for his efforts and legislative leadership for PUDs throughout the state.

"I was super excited when I got the call from the PUD Association," said Hawkins, whose 12th District includes four PUDs (Chelan, Douglas, Grant and Okanogan). "PUDs provide an incredible benefit to our region with their reliable, low-cost services. Locally, our PUDs are superb stewards of public resources and top-notch organizations. I'm honored to be selected as a champion for the PUDs because standing with the PUDs is standing with the people."

Hawkins will receive the WPUDA's 2019 Legislative Champion Award during the association's Annual Conference Banquet on Dec. 5 at the Heathman Lodge in Vancouver. The award recognizes a member of

the Washington State Legislature or Congress for leadership in pursuing passage of legislation beneficial to

In the award letter from WPUDA, Executive Director George Caan wrote: "This award recognizes your strong commitment to advocating in the 2019 legislative session for policies that enhance the ability of public utility districts to serve the needs of their communities. Your leadership as prime sponsor of Senate Bill 5588, your quick introduction to add hydropower as a qualifying renewable resource in the 100% clean energy bill, and your dedication to pursuing tax parity for hydropower as the prime sponsor and staunch advocate of Senate Bill 6012 was instrumental in paving the way for good policy that supports the foundational principles on which PUDs were created."

"During the 2019 legislative demonstrated a commitment to advancing good public policy that supports the ability of Washington's public utility districts to meet the needs of the communities they

serve. His work is truly deserving of the WPUDA 2019 Legislative

Champion Award," concluded Caan. "Senator Hawkins is a great friend to public power and Washington state's PUDs, as well as a skilled and trusted advocate for his 12th District constituents. He understands the complex issues we face and the value of hydropower in helping to reduce carbon emissions while maintaining reliable service and reasonable electric rates. On behalf of Chelan PUD's Board of Commissioners and our staff and customer-owners, congratulations to Senator Hawkins," said Steve Wright, General Manager, Chelan County PUD.

'Senator Hawkins is a champion of public power! He really deserves this award. He is always looking out for his constituents and definitely has an impact in the communities he serves. We appreciate Senator Hawkins' leadership and relentless effort to get our renewable hydrogen bill through the Legislature. Thank you and congratulations Senator Hawkins!" said Gary Ivory, General Manager, Douglas County PUD.



(from left) Sen. Hawkins and Randy Smith.

SUBMITTED PHOTO.

Wenatchee Network Group donates to Eagles and Wellness Place

Story by Gary Bégin

WENATCHEE - The Wenatchee Network Group (WNG) donated \$200 to the Wenatchee Eagles which it used to add to their other fundraising efforts, thus making them eligible for four times the matching funds from the F.O.E. Grand Aerie towards a charitable cause.

According to WNG Secretary Sherry Gustin, \$150 goes toward the Christmas food baskets the Eagles will distribute and "We decided to give the other \$50 toward the Eagles Cancer fund. They were just \$50 short of the \$1,000 needed to make a big

impact in our community.

The Eagles will pledge the \$1,000 raised to our local Wellness Place (home for cancer patient families), and the National headquarters of the Eagles will pledge another \$4,000, as long as the local aerie raised at least

With our \$50 donation, we have helped get \$5,000 donated to Wellness Place here in Wenatchee. If you thought little donations don't make a difference, here is proof that it does have an impact. Thank you to our members for the generosity shown!" concluded Gustin.



Pictured from left: Wenatchee Network Group Treasurer (WNG) Sandra Dee Morger, Numerica; Dean Miller, Secretary, Fraternal Order of Eagles (Wenatchee Aerie), WNG Secretary Sherry Gustin, Ameriprise Financial; and WNG President Doug Morger (GECU).

Stage 1 burn ban called for Methow Valley, Chelan and Douglas counties; ban extended in Kittitas and Klickitat

Outdoor and indoor burning limited to improve air quality

UNION GAP - A ban on outdoor burning and the use of uncertified stoves and fireplaces begins at 8 a.m. Sunday, Dec. 8, in Okanogan County's Methow Valley, and for all of Chelan and Douglas counties due to poor air quality in the region. A Stage 1 ban that began earlier this week in Kittitas and Klickitat counties will be extended. Restrictions on burning will continue through 12 p.m. Wednesday, Dec. 11, when conditions will be reassessed.

The Washington Department of Ecology is calling the ban because stagnant conditions are forecast in the region, putting people at risk for unhealthy levels of air pollution. Fine particles from wood smoke can easily get into people's lungs, causing heart and breathing problems.

Under a Stage 1 ban, all outdoor burning is prohibited, including residential, agricultural and forest burning. Use of uncertified wood stoves, fireplaces, inserts, and other uncertified wood-burning devices is prohibited unless they are a home's only adequate source of heat. Use of cleaner-burning certified wood stoves. pellet stoves and other certified woodburning devices is allowed.

Call 866-211-6284 if you think someone is illegally burning or you are impacted by smoke.

Additional burn ban information is available at www.ecology.wa.gov/ burnbans.

Ecology's burn bans do not apply on tribal reservations, where the U.S. Environmental Protection Agency has jurisdiction. Call 800-424-4372 for tribal burn ban information or visit EPA's Washington Burn Ban page.



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THIS WEEK

Letter to Editor..... Community Calendar.. Senior Center Menus... AA Meeting Schedule.... Business Directory..

Sheriff Reports..... Church Guide..... Dr. Louise... . A4 Bulldog Scoreboard.. Washington Outdoors

Classifieds Index Classifieds....B3-B4 Real Estate Guide... Advertising flyers Safeway, Martin's Marketplace



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Letters policy

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

Corrections

The Cashmere Valley Record regrets any errors. If you see an error, please call 509-782-3781. We will publish a correction on this page in the next issue

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Another 'ally' stabs us in the back

The Saudi national that killed three at the Pensacola Naval Air Station last week was just another example of how our various "allies" through the last 20 years have helped destroy our reason to $\mbox{\ \ APPLES}$ trust anyone.

On the flip side of GARY BÉGIN attacks and they may that is karma. Is it bad NCW MEDIA karma for us because we MANAGING abandoned the Kurds

recently? Have we gotten what we deserved because of our own selfish deeds?

I remember the "Fall of Saigon" in 1975 and how, whether by accident or design, we (America) left thousands of our South Vietnamese allies stranded there and at the "mercy" of the Viet Cong and North Vietnamese.

The lucky ones left Vietnam by boat and settled elsewhere, but many perished at the hands of the Communists and the perils of the ocean.

The 911 attackers were from Saudi Arabia and that wasn't by accident. Osama bin Laden employed them to make a point that his version of the Muslim holy land, home to Mecca and Medina, did not include military bases filled with infidels - or non-Muslims.

He is dead, we are still there and the Middle East is still a

The Kingdom claims no knowledge of the recruiting and use TO APPLES of Saudis in the 911 be telling the truth, but there is no denying the vast majority of

mess.

orthodox Muslims aren't too happy with our troops defiling their holy land with non-believers.

The Kingdom is still happy to have access to a vast array of American military equipment and our protection against Isis, Al Quiada, etc., but most of all against Iran.

Americans are naive when it comes to understanding the Muslim religion and find it hard to believe that all Muslims are not joined at the hip viv-a-vis anti-Western values or violent anti-Judeo-Christian actions.

Examining the stabbing in the back issue, this Saudi pilot-in-training that shot and killed his fellow classmates after attending classes with them for the last two years

was obviously radicalized at some point along the way.

Or, was it merely an insult from a fellow classmate or some television show that was the last straw and sent him into a rage?

People ask how it was that he had a weapon on base?

This is just another example of public naivete. The so-called "security gates" at military bases throughout the land do not have drug sniffing dogs or metal detectors checking every vehicle, nor would local police be wary of a foreigner buying a gun at a gun show or through a pawn shop or from an underground private source. Even if a background check was done, the Saudi in question most likely had no criminal past that would register on American databases.

Did the Saudis do everything they could to vet the student? Most likely, because they wouldn't want this event anymore than the mothers of the three killed.

The Kingdom, like many other regimes throughout the world, are afraid of being put to death by their fellow Muslims because of doctrinal disagreements.

Most of us of a certain



age remember the Catholic versus Protestant violence in Northern Ireland.

Differences in Muslim doctrine can be equally as brutal or far worse.

Suicide vests were not a common item back in the days of Irish violence, but Muslim radicals seem to have no such qualms.

It is a cliché, but nonetheless, buyer beware if you are a Saudi. American munitions can lead to unhappy citizens, even if they disagree with Iran. As they say: The enemy of my enemy is my friend. All clichés aside, the fact that

Sunnis and Shiites disagree doesn't mean either one of them likes Americans.

Perhaps the Saudis should compensate families of the dead \$1 million each? Or would they rather have us expel all foreign students from military training?

They know we would never dare because of the billions in armaments they buy from our military-industrial complex.

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

Rep. Goehner comments before 2020 session

House Republican news release If you voted this November you opened your ballot to see a page full of advisory ballot measures. As a reminder, when the Legislature passes a tax increase, an advisory vote is placed on the next general election ballot. While the intention is to keep lawmakers accountable to taxpayers when it comes to taxes, the results do not change the law.

Taxpayers voted to repeal most of the tax increases on the ballot. I view the advisory votes as important feedbackfor me and other elected officials in Olympia. While they were only advisory ballot measures, I appreciate the

voice of the voters. I will take this information into the legislative session as I expect more tax proposals to come before us in 2020.

• Initiative-976

Taxpayers also made their voice heard on I-976, the car-tab initiative. Counties in the 12th District supported the initiative overwhelmingly:

- · Chelan: 61.28%
- Douglas: 68.11% · Grant: 72.84%
- Okanogan: 65.06%

However, this issue is far from over. Some cities and counties are challenging the validity of I-976 and have filed lawsuits. In fact, the courts have just ruled that I-976 be put on hold while

plaintiffs argue their legal case against the initiative.

We will have to follow the court case as the session progresses. The initiative and transportation funding will get a lot of attention during the upcoming legislative session.

For more information on I-976 click on the Department of Licensing's Fact Sheet dol. wa.gov/vehicle registration/docs/I-976-Fact-Sheet.pdf There is also a graph below

on where the potential impacts from the initiative's passage will be in the upcoming biennium. • 2020 Legislation •

I am currently working on a number of issues for the

upcoming session. One piece of legislation would

require the Washington State Liquor and Cannabis Board (LCB) to treat the siting of cannabis license locations like liquor store locations. The state should allow local governments to decide what are suitable locations for cannabis stores under their own zoning rules. Local government carries the burden of enforcement and zoning so it should be their decision. Under current law, the LCB asks for comment, but makes the final decision without regard to local zoning. I will also be working on

House Bill 1633 again. This is the legislation that would make the posting of state and federal

fuel tax rate information by fuel pump inspectors permanent. I introduced this bill last

session and it passed the state House of Representatives by a vote of 92-2. Unfortunately, it did not even receive a public hearing in the Senate. Transparency must come with

taxation. Consumers already know what taxes they are paying on most services and goods. This becomes even more important with the looming debate on transportation funding with the passage of I-976. My bill makes a law

permanent that was part of the transportation budget last biennium. However, because it was only part of the budget, the law expired in June.

Should you invest in China? In this day and age, reward in China. Chinese

investing in China is simple. There are dozens of mutual funds and index funds that focus completely on China. But whether or not you SHOULD invest in China is a much more difficult question.

The first thing to say is that investing in China is obviously very risky. However, where there's risk, there's often

consumers only make up 40% of the Chinese economy. If you compare that to 70% in America, you can see that the Chinese consumer has lots of room to grow. The opportunity becomes even more clear once you realize that China has 4 times more consumers than America. So, there's a lot of money to be made from reward – and there's an Chinese consumers over the us. Should patriotic Americans amazing amount of potential coming decades - American profit from those advantages?

investors should think hard about benefitting from that. However, there's

another important angle to consider. Even if there is incredible profit potential in China - we are in a trade war with them! Both Democrats and Republicans generally agree that China is taking advantage of



COMMUNITY **VOICES** By BRAD **BLACKBURN**

During the Cold War, I don't think many Americans rushed to invest in the Soviet Union.

On the other hand, a lot of countries take advantage of us - and vice-versa. If you start limiting your investments to only the highest ethical standards, you'll end up only investing in non-profits that make the

world a better place (which is called charity).

So, investing in China comes with a lot of risk, a lot of potential reward - and a lot more to think about your typical non-US investment. I think every investor should give the question some consideration.

Brad Blackburn, CFP®, is the owner of Blackburn Financial, Registered Investment Advisor at 121 Cottage Ave., Cashmere. He can be reached at 509-782-2600 or email him at brad@ black burn financial.net.

■ LETTERS TO THE EDITOR

Funds needed medical treatment Dear Editor:

My name is Christopher Dodson. I have a 10-year-old rescue dog named Neva. She is in need of medical treatment. She has a large tumor on her leg, and unfortunately I'm unable to financially obtain services needed. I live on a Social Security Disability income of \$751 a month. I applied for a Good Samaritan Grant from WSU but was denied. I contacted Neva's

veterinarian and was told their

compassionate care is for local Leavenworth residents only. The receptionist at the Manson's veterinarian office suggested I contact the Wenatchee Valley Humane Society's Pet for Life Program, and there I was told they have no funds for medical issues. Because I would have to claim it as income, I'm unable to set up a Go Fund Me account. The only help offered has been euthanizing her. This at this time seems premature considering she is my emotional support animal which at present is counterproductive

considering the situation. I've learned more about God from her than any person. We are the mirror image. Dog, is to us what we are to God. And all he wants from us to love Him unconditionally too. It's hard being a good master. I have to keep the faith there's someone out there with compassion and a big heart willing to help. Thank you for your time, and I would appreciate it greatly for your prayers.

Sincerely, **Christopher L. Dodson** Chelan, 509-669-2318





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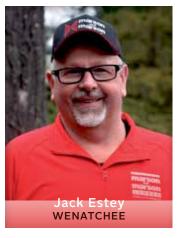
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or classifieds@leavenworthecho.com

■ 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

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

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

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 lues.)

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

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.

■ 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.

Cashmere

Cashmere Library **Events**

A.T.L.A.S. (At The Library After School). Every Thursday, 3:30-5 p.m.

Join us every Thursday afternoon at the library for STEM events, crafts, and games for school-aged children. 3D Printing: Jewelry Challenge on Thursday, December 12. On December 19. join in for Snap Circuits for Homeschooler's 12:30-2:00 p.m. and for ATLAS from 3:30 -5:00 p.m.

The Cashmere Book Club meets on December 12 at 6:30

The Cashmere Book & Movie Club meets on December 17 at 6:00 p.m. (r50).

Leavenworth

Celebrate Christmas with the Leavenworth Village Voices

One of four concerts this Christmas season. The choir will perform traditional and new holiday favorites that will delight all ages. Performances are on Friday, Dec. 13, and Thursday, Dec. 19 at 7:30 p.m., and on Sunday, Dec.15, at 1p.m. at the Leavenworth Church of the Nazarene. Tickets available in advance

by credit card at the Chamber of Commerce. 509-548-5807, cash or check at the door. \$20 for an individual and \$50 for a family of four (two adults and two or more children). No children under five years-old please. (er 50).

Leavenworth Waterfront Park Trail **Snowshoe Tours**

Every Thursday in January and February,10 am- noon, local naturalist guides will lead free snowshoe strolls on the Waterfront Park Trail along the beautiful Wenatchee River. All ages and experience levels are welcome, from first time to seasoned snowshoers. Snowshoes provided. Please dress for cold weather and bring a snack and warm beverage. Meet to snowshoe from the Wenatchee River Institute campus, 347 Division Street, Leavenworth. Drop-ins are welcome and reservations required for groups of eight or more. To make reservations or with questions, call Rachel, 509-548-0181 x5 or email rbishop@ wenatcheeriverinstitute.org



Leavenworth Village Voices presents

Still is the Night choral concert

December 6, 13, 19 at 7:30^{PM} December 15 at 1:00PM

Leavenworth Church of the Nazarene 111 Ski Hill Drive

Tickets at the

Leavenworth Chamber of Commerce or at the door \$20 for an individual ticket

\$50 for a family (2 adults + 1 or more children) No children under the age of 5.



■ SENIOR CENTER MENUS

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

December 12, Thursday: Spaghetti & meat sauce, Caesar salad, sliced peaches, garlic bread, dessert.

December 13, Friday: Ham & Au Gratin potato casserole, peas and carrots, tossed green salad, Waldorf salad, whole wheat roll, dessert.

Saturday and Sunday: No lunch.

December 16, Monday: Pork Chow Mein, stir fry vegetables, Asian slaw, Mandarin oranges, whole wheat roll, dessert.

December 17, Tuesday: Garden Chili, cottage cheese, mixed green salad, tortilla chips, cheesy biscuit, fruited jell-o.

December 18, Wednesday: Country fried steak, potatoes and gravy, green beans, tossed veggie salad, fruit cocktail, 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

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DECEMBER 11, 2019

Handwashing tips for better health

airports, movie theatres and restaurants, I'm usually the slowest handwasher there. As I'm soaping up, humming, rub-a-dub-dubbing and rinsing, others next to me are barely wiping their hands before heading out the door.

The first week of December is National Hand Washing Awareness Week, promoting awareness of the importance of the handwashing in preventing the spread of infection.

Using an effective hand washing technique at key times during your day is absolutely the MOST effective way to reduce diarrhea, colds and viral illnesses of all kinds in yourself and your family, as well as in your community.

According to the U.S. Centers for Disease Control and Prevention (CDC), only 31 % of men and 65% of women wash or sanitize their hands after using a public restroom, and healthcare personnel practice hand hygiene only about half as frequently as we should. Yikes! When it comes to performing this vitally important skill to protect our health, most of us could really use an upgrade.

How should you wash your hands?

First, you have a choice between hand soap or hand gel or sanitizer. Which one is best? That depends. Unless your hands have dirt, visible soil or grease on them, you can effectively wash or sanitize your hands using either soap

and water or an alcohol-based gel or foam, as long as the alcohol gel or foam contains at least 65-70% alcohol. If your hands are dirty or greasy, washing them with soap and water is more effective than using gel or foam.

In health care settings like clinics, hospitals and nursing homes, using alcohol-based hand rubs for hand hygiene is strongly encouraged because they are more convenient to use and when used properly, they can kill bacteria more effectively and quickly than washing with soap and water. Alcohol based hand gels are also less irritating to the skin than soap and water, which is important because health care workers need to wash their hands frequently during each shift as they care for their patients.

Do you need an antibacterial soap? No! The key to effectively cleaning your hands is removing bacteria and viruses from their surface by using friction and then rinsing them away, not by attacking them with a chemical.

Personally, I avoid antibacterial soap because avoid my hands break out in red, itchy welts from my allergy to triclosan, a common ingredient in liquid antibacterial soaps like Dial® and Softsoap®. When I travel, I always pack a small squeeze bottle of shampoo with me to use instead of the industrialstrength antibacterial soaps common in airport

restaurant restrooms.

What's most important is HOW you wash your hands. You should rub the soap or alcohol gel over every surface of your hands, including your fingertips, fingernails, and between your fingers, for at least 15 seconds.

One strategy to keep you rubbing long enough is humming a catchy song that takes 15-20 seconds to complete while you rub the soap or gel around your hands in a systematic pattern, covering their tops, palms, between your fingers, fingertips and fingernails. One verse of a song like Freres Jacques, The Itsy-Bitsy Spider, or two verses of shorter songs like Happy Birthday, the Alphabet Song, or Row, Row, Row Your Boat all last about 15-20 seconds. My own personal favorite? The Itsy-Bitsy Spider.

There is plenty of free information available online to help you teach your children and grandchildren effective hand-washing technique.

Here are Strategies for Effective **Handwashing:**

1. Do it frequently.

Wash or sanitize your hands BEFORE eating, BEFORE and AFTER caring for loved ones who are ill, AFTER using the bathroom, handling animals or pets, and sneezing or wiping your eyes or nose.

2. Check the label.

For effectiveness, make sure the alcohol-based hand gel you buy and use contains at least



65-70% alcohol.

COMMUNITY

3. Rub your hands thoroughly.

Make sure you are rubbing soap or gel over EVERY surface of your hands, especially all of your fingertips and fingernails. 4. Don't skimp on hand

Many people swipe hand gel around and that's it. Apply enough gel so that it takes about 15 seconds to dry completely.

5. Sing a song.

Sing or hum a song that lasts for at least 15 seconds while you wash your hands. It helps kids learn effective handwashing and keeps you (and them) from stopping too

6. Antibacterial soap is not required.

Effective handwashing or sanitizing depends on good technique, not on using soap that contains an antibacterial chemical.

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 $The Medication Insider.com\ for$ daily tips on how to take your medicine safely. ®2019 Louise



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.

November 30

23:19 Traffic Offense, Hay Canyon Rd.

December 1

00:39 Theft, 115 E. Pleasant Ave., #3

14:06 Accident/No Injuries, Pioneer Way & Old Monitor

14:23 Parking/Abandon, Hughes & Red Apple Roads 17:52 Traffic Offense, 329

Tigner Rd. 18:31 Sex Offense, 201 Perry

December 2

08:51 Theft, 115 E. Pleasant Ave., #3

09:29 Property, 7348 Williams Canyon Rd.

09:54 Traffic Offense, Olalla Canyon Rd., Dryden

10:08 Theft, 6333 Tigner Rd. 11:26 Accident/No Injuries, 5530 Tigner Rd.

13:21 Parking/Abandon, 6189 Pioneer Dr.

13:28 Parking/Abandon, 5452 Wohlers Rd

December 3

12:09 Parking/Abandon, 4746 Sky Meadows Rd.

14:12 Civil, 101 Pioneer Ave, Vale Elementary School

21:41 Suspicious, Rodeo Hole, Public Access

December 4

14:58 Civil, 4630 E. Nahahum Canyon Rd.

15:40 **Public Assist**, 5755

Sunset Hwy. 21:11 Suspicious, 8206 Williams Canyon Rd.

23:27 Agency Assist, 860 S. Mission St., Chevron

December 5

02:55 Accident, no injury,

US Hwy. 2, Mp 11, WB. 07:20 Alarm, 246 Corrigan Rd. 10:22 Abuse, 3717 Bridge St., Monitor.

14:04 Weapons violation,

5353 Majeska Ln. 19:19 Noise, 201 River Side Dr. 22:09 **Agency assist**, 4705

Red Apple Rd. 23:43 Parking/abandon, 200

Cottage Ave.

JOE BROWN J.C. BROWN LAW OFFICE 200 APLETS WAY, CASHMERE 782-1111

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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

No, you can't wrap a fish in a Web site,

> ...but you can get the local news online at www.cashmerevalleyrecord.com



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

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

PPER VALLEY CHURCH GUIDE New to our area? On vacation These churches welcome you! New to our area? On vacation?

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



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 CHRIST CENTER Children's Pastor, Andy Robinson Congregation Care Pastor, Joyce Williams Pastor Ian Ross, Director of Operations

Steffanie Haney, High School Director

christcentercashmere.com



Vine & Elberta Streets • 860-0736

Worship 10:30 a.m. Pastor Robert Gohl

GRACE LUTHERAN CHURCH

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.midvalley baptist.org

CASCADE MOUNTAIN BIBLE CHURCH

LEAVENWORTH

'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

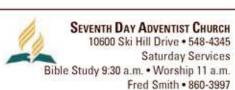
Worship 9:30 a.m. w/coffee following www.faithleavenworth.org FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

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





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



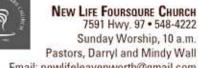
PESHASTIN

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



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COMMUNITY

NCWEDD launches 'Supernova' to grow small businesses **NCWEDD launches** 'Supernova' to grow

small businesses NCWEDD NEWS RELEASE

"Supernova" exploded on the scene recently and its mission: The Supernova **Business Launch Competition** is to grow small businesses in North Central Washington that will create needed jobs for underemployed residents while strategically addressing social determinants of health.



Supernova sign

North Central Washington has a four-season lifestyle and a strong commitment to supporting local and regional businesses. Many of our communities are served by fiber internet, inexpensive hydropower, and benefit from proximity to short line and BNSF rail service. Additionally, the largest city in our primary rural region, Wenatchee, was recently ranked 12th in the United States for job growth.

Although all of these

benefits exist in abundance, appear unevenly distributed across our region. Some of our charming small towns struggle with dwindling populations due to the closure of businesses. Many residents struggle to find quality jobs, housing demands outpace both housing availability and housing stock diversity, and many businesses have

struggled with connecting with local markets or finding partners and locations for growth.

The Supernova Business Launch Competition seeks to address these regional challenges by identifying and supporting new and growing businesses that can flourish in our region.

The engagement regarding the Supernova Business Competition Launch throughout the North Central Washington Region has been incredible!

Did you know?

Sponsors and Partners will receive tickets to the Main Event happening on June 11, 2020, at the B.P.O.E. Ballroom.

Our Community Partners and Chambers will receive a list of vetted applicants to prospect and identify potential new businesses for

their community.

By supporting the Supernova Business Launch Competition, you are also supporting the efforts being made in our region to overcome barriers to employment.

All of our applicants will go through a serious of workshops and a vetting process to build a robust and successful business

Supernova is more than just a competition. It is a regional community event that will seek input from the public to help identify the winner of the competition.

Our mission is to grow small businesses in North Central Washington.

So the question remains -

who will be our next partner? Want to learn more about how to sponsor Supernova?

Contact us at marketing@ ncwedd.com.



PHOTO BY GARY BÉGIN/NCW MEDIA

Interim Executive Director Paul Moore

Light up your holidays

Is it too much of a stretch to call him Saint Nick?

Every year Nick Nelson gives the Wenatchee Valley the gift of a holiday light show. And this is no ordinary show. This is a lighted, animated, musical extravaganza of 41,405 LEDs.

The lights are called pixels, Nick said, and are comprised of one red, green and blue LED covered with a diffuser. "With computer control I can change the level of each red, green and blue LED, giving me over 16 million color combinations," he said.

LEDs use a lot less energy than incandescent lights, although that's not why Nick uses them. "I chose LEDs as they are the only lights available that are individually controllable," he said.

"You can do animated shows with normal lights but they are typically limited to on/off and dimming."

The show runs 24/7 from Thanksgiving to New Year's Day or longer.

What about the electric bill?

The electric bill goes up

for Nick and Erin Nelson (in photo), but not as much as you might expect. "In Chelan County we have some of the cheapest power around," Nick said. "And even though I have a large display with thousands of lights, they don't use nearly as much power as people think. Due to the animated nature of the show, typically only a small portion of them are on at

any given time." To avoid a big hit at the holidays, the Nelsons use the PUD's Equal Pay Plan, which allows customers to make payments in the same amount each month.

This year's spectacular features stars suspended in

the night sky, trees that ripple with color and movement, rainbows of purple and white that wave in time to Pachelbel's Canon. The display is timed perfectly to the music, ranging from the sweet the sentimental the satirical (one episode features a gentle poke at Christmas commercialism dollar glowing green

signs). The entire show lasts about 20 minutes.

Where to find the show

See it at 3418 Knowles Road, right behind the Sunnyslope Cemetery. Tune in to the music at 105.5 FM.

You don't want to miss it but be careful out there. Try to avoid contributing to a clog-up of cars when you stop to ooh

Try LEDs for your home's holiday show

Enjoy the benefits of LED holiday lighting at your own show. There's a reason LEDs are a favorite of the season: They cost more initially but pay off in the long run.



Energy Star LED strings are more durable and shockresistant than other light strings Energy Star LED strings are cool to the touch, reducing the risk of fire Energy Star LEDs use 75% less energy than an incandescent light string

Lighten up indoors, too

Winter days can be dark and gloomy, but your home doesn't have to be. Choose energysaving LEDs and cast your home in a warm, cozy light.

Chelan PUD provides instant rebates on a variety of LED lighting at local stores. The discounts end in February, so make your purchases soon.

Need help choosing? Use this quick guide.

Get a smart thermostat, get a \$100 rebate

Just in time for Christmas, our smart thermostat rebate has increased to \$100. Put a smart thermostat under your tree and save energy this winter and year-round.

May your days be merry and bright. Happy

Jan. 31 filing deadline remains for employer wage statements, independent contractor forms

WASHINGTON — The Internal Revenue Service today reminded employers and other businesses that wage statements and independent contractor forms still have a Jan. 31 filing deadline.

Before the Protecting Americans from Tax Hikes (PATH) Act, employers generally had a longer period of time to file these forms. But the 2015 law made a permanent requirement for employers to file their copies of Form W-2, Wage and Tax Statement, and Form W-3, Transmittal of Wage and Tax Statements, with the Social Security Administration by Jan. 31.

Certain Forms 1099-MISC, Miscellaneous Income, filed with the IRS to report nonemployee compensation to independent contractors are also due at this time. Such payments are reported in box 7 of this form.

The early filing date means that the IRS can more easily detect refund fraud by verifying income that individuals report on their tax returns. Employers can avoid penalties by filing the forms on time and without errors. The IRS recommends e-file as the quickest, most accurate and convenient way to file these

Get a jump on the due date Employers should verify employees' information. This includes names, addresses, and Social Security or individual taxpayer identification numbers. They should also ensure their company's account information is current and active with the Social Security Administration before January. If paper Forms W-2 are needed, they should be ordered early.

Automatic extensions of time to file Forms W-2 are not available. The IRS will only grant extensions for very specific reasons. Details can be found on the instructions for Form 8809, Application for Time to File Information

For more information, read the instructions for Forms W-2 & W-3 and the Information Return Penalties page at IRS.

Colin Brine joins team at Icicle Creek Center for the Arts

ICCA NEWS RELEASE

LEAVENWORTH — Colin Brine, founder of Wenatchee based leadership consultancy, Be Clearly, recently reached an agreement with Icicle Creek Center for the Arts to take on the role in a strategic move to enhance the organizations impact through its valued relationships with patrons, members and grantors. The position, formerly known as the development director, is designed to leverage Brine's skills and grow the impact of the arts through the power of philanthropy and engagement.

"This is a vital position that will help us continue to grow and sustain the amazing community assets we have here at Icicle Creek," said Rebecca Ryker, Executive Director. "We consider this a big win for the organization to have Colin join us. His experience in leadership, strategy and engagement will help as we continue to build a thriving future for the organization and all those we serve."

Brine has also served as a CPA and principal of a local accounting and consulting firm. He is also a former board member and president of Icicle Creek Music Center and has a long history of community engagement and public service. "I am thrilled to join the visionary founders, leaders and talent at Icicle Creek and join them in the pursuit of bringing art to life." There is no better place for me to add value and no better time than now." Brine added.

About Icicle Creek Center for the Arts: The Icicle Creek Center for the Arts (ICCA) is a home for music education and performance located in







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CASHMERE GIRLS' BASKETBALL

Saturday, Dec. 7 vs. La Salle

UPCOMING GAMES

Cashmere Bulldogs won 57 over La Salle 37

vs Omak 7:15 p.m.
at Okanogan 7:15 p.m.

BOYS BASKETBALL

December 3, Ephrata 50	wins over Cashmere 34
Thursday, Dec. 12	vs Omak 7:15 p.m.
Thursday, Dec 19	At Okanogan 7:15 p.m.

CASHMERE GIRLS AND BOYS' WRESTLING

December 7, Girls' Kickoff Classic

No results posted

Boys- no results

Proud to support THE BULLDOGS!

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

Holiday on Ice Skating Rink in Leavenworth is open to all residents and guests, this new rink is located at Lions Park off of Hwy. 2 in Leavenworth, join us in the fun.

THE WASHINGTON OUTDOORS REPORT



PHOTO BY JOHN KRUSE

The Barrows Goldeneye winters on waters throughout Washington

Christmas Is For The Birds

By John Kruse

If it's December, it's time for the annual Audubon Christmas Bird Count. The event, in its 120th year, is a census not of people but of birds. Citizens meet on an agreed upon day with a designated compiler (or coordinator) to catalog what birds they see and in what numbers they see them in established 15-mile wide circles. Last year, the Audubon Society reported over 79,000 participants took part in this community science-based event at "...a record-setting 2615 count circles, with 1975 counts in the United States, 460 in Canada and 180 in Latin America, the Caribbean, Bermuda and the Pacific Islands."

The counts take place between December 14th and

January 5th this year. The census data is used to track changing trends about bird populations and migrations. Anyone, no matter what their skill level when it comes to bird-watching, is welcome to participate. Just contact the compiler in the area closest to you for details about where and when to meet. We have some of those details here along with contact info about Christmas Bird Count events in select areas of Central and Eastern Washington where this column is currently published:

Christmas Bird Count Events:

BRIDGEPORT

Compiler: Michael Schroeder Email: michael.schroeder@ dfw.wa.gov

Count Date: 12/21/2019 **Comments:** Everyone is welcome. Meet at the McDonald's in Brewster at 7 AM. Contact Meredith Spencer at 509-686-7551 for more information.

Compiler: Barbara Harding Email: stellerijay@hotmail.

Count Date: 12/14/2019 **Comments:** For more info call Barbara at 509/675-6591 or Warren at 509/684-8308. Meeting place to be announced. See you there!

CHELAN

Compiler: Steve Easley Email: seasley@nwi.net **Count Date:** 12/28/2019

Comments: Meet at Apple Cup Cafe in Chelan at 7:00am on Dec. 28 for breakfast before going out to count. Meet at Chelan Methodist Church at 4:30pm for soup & salad and to tally count results. The church is on the corner of Emerson St & Johnson Ave, catty-corner from the Post Office.

Bald eagle **CHEWELAH**

Compiler: Mike Munts **Email:** michael_munts@fws.

Count Date: 1/4/2020

Comments: Come join us for this recently reactivated count. We get a great variety of birds with nearly a mile of accessible elevation from the Colville River to Chewelah

GOLDENDALE

Peak.

Compiler: Samuel Holman **Email:** sam4cb@embarqmail.

Count Date: 12/29/2019 Comments: Contact Samuel Holman at sam4cb@ embarqmail.com if interested in participating. **LEAVENWORTH**

Compiler: Joe Veverka Email: joe_veverka@yahoo.

Count Date: 12/17/2019 Comments: We welcome new counters to the Leavenworth

circle. Since we do not all meet in the morning before the count, you will need to contact us before December 15th to join. E mail Joe Veverka at joe_veverka@yahoo.com. We will meet at the end of the day at a location yet TBD to compile results.

OKANOGAN/OMAK Compiler: Julia O'Connor

Email: djoc@charter.net **Count Date:** 12/29/2019 Comments: We will meet at Heather's house at 7:00 a.m. All levels of birders welcome. We can also include individual backyard counts that you can call in, as long as you are within the 7.5-mile radius from the Oak Street bridge in Okanogan. Call Julia at 429-9315 for more info.

WENATCHEE **Compiler:** Daniel Stephens Email: dstephens@wvc.edu **Count Date:** 12/28/2019

Comments: Contact Dan Stephens 509 682-6752 dstephens@wvc.edu We will meet after the count for a compilation dinner/event, place to be determined.

Looking for more Christmas Bird Count events? Go to: https://www.audubon.org/ news/audubon-invites-youcelebrate-120-years-annualchristmas-bird-count#

Head To The Idaho Panhandle For Bald Eagles

If you want to see lots of bald eagles and you live in Eastern Washington the place to go this month is just across the border to Coeur d' Alene. Every December bald eagles come to the northeast end of Lake Coeur d' Alene as they migrate south for the winter. The reason? To feast on the kokanee salmon that are spawning here. Eli Francovich with the Spokesman Review interviewed Bureau of Land Management biologist Carrie Hugo about this annual gathering. In 2017 a record 327 eagles were counted in and around the lake by Hugo. So far this year, Hugo has counted 259 eagles and noted an influx of new eagle watchers as well. The number of eagles arriving here should peak around the third week of December.

John Kruse – www. northwestern outdoors.comand www. america out doors radio.com

Leavenworth Waterfront Park Trail Snowshoe Tours with Wenatchee River institute

Thursday in January and February from 10am to 12noon, local naturalist guides will lead free snowshoe strolls on the Waterfront Park Trail along the beautiful Wenatchee River. Enjoy the feeling of being in the wilderness while remaining in close proximity to the bustling

downtown area. 'These strolls are all about giving people a chance to try snowshoeing for the first time or to just come out and enjoy the beauty of the Wenatchee River covered in snow! Mix and mingle with each other while learning about the amazing ecosystem all around us," said Rachel Bishop, snowshoe guide and Wenatchee River Institute Community Education Lead.

All ages and experience levels are welcome, from first time to seasoned snowshoers. Snowshoes provided. Please dress for cold weather and bring a snack and warm beverage

Leavenworth - Every to help keep you toasty and Street in Leavenworth. energized. Meet to snowshoe

Drop-ins are welcome and from the Wenatchee River reservations required for groups of eight or more. To

make reservations or with questions, call Rachel, 509-548-0181 x5 or email rbishop@ wenatcheeriverinstitute.org







Offices in East Wenatchee, Moses Lake, and Omak 1-800-572-4459 • aaccw.org





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BUSINESSJOURNAL

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1-800-927-9275.

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509-669-4500 information@nwi.net



COMMERCIAL RENTALS

Tenants wanted: New -Incubator/ **Tasting** Rooms, Wineries/ Spirit/ additional Brew with event space option. 25 ft. ceilings. Private bathrooms. WiFi. You control temperature. \$1,000/ month and up. Near Walmart. 131 S. Apple Blossom Dr. Call Ruth 206-601-7044 Awastar@aol.com

BUSINESS OPPORTUNITY

Attention: Affordable New commercial space in Chelan. 1,000- 6,000 sq. ft. units. Roll up door private bath-25 ft. ceilings option, bathrooms, 25 ft. ceilings. Wi-fi. You control temperature. \$1 per sq. ft./ month plus CAM. 131 S. Apple Blossom Drive, near Walmart. call Ruth 206-601-7044 Awastar@aol.com

1-888-416-7103

FOR RENT

Premium Chelan home. Available Feb. 1. Year round. Four bedrooms, 2 1/2 baths, view deck, attached garage. large includes month \$1,800/ References. De-S.W.G. posit required. 682-2460.

RV Rental Space utilities are included on this beautiful property one mile east of Safeway in Leavenworth. For additional information, call 509-699-9337 or email: deehappysunshine@aol.

HAPPY ADS

ANNOUNCE IT IN THE **CLASSIFIEDS**

AT NCWMarket.com

*HAPPY BIRTHDAY

*CONGRATULATIONS! WILL YOU MARRY ME?

*I'M SORRY!!

*Happy Anniversary

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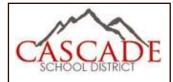
includes 3 photos

HELP WANTED

Interested in the future of Cashmere and the surrounding area?

City of Cashmere has positions available on Planning Commis-Commission. Planning sioners must reside in Cashmere or its Urban Growth Area. The term of appointment four is years. Planning Commission meetings occur the first Monday of every month at 5:00 PM in City everv Hall.

Contact Jim Fletcher, Mayor at mayor@cityof- cashmere.org or 509-782-3513 for more information or to express



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

Icicle River Middle Intervention Specialist

Fast Track application process and information can be found on our website at:

www.cascadesed.org **EOE**



HELP WANTED

Full and Part-Time Breakfast Catering Staff

The Leavenworth Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions.

Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center. indoor/ outdoor pool, spa and putting course.

Apply in person. 590 Hwy. 2 Leavenworth.



Registration Rep Full-time

Three Rivers Hospital is seeking a full-time Clinic Registration Patient Collects required Rep. patient information and enters into computer database for our clinic pa-Candidate must tients. have good computer skills and excellent customer service, interpersonal and office skills and portray a profes-sional manner. High High School diploma required. Spanish bi-lingual is required.

Candidates Interested may apply in person or by mailing their resume

Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812

(509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

Full and Part-Time Bedmaker, Laundry and Housekeeping

_eavenworth Enzian Inn hiring for full and part-time Housekeeping Laundry / Bedmakers. competitive Enjoy а wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 -4:00 daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months.

Apply in person Ėńzian Inn 590 US Hwy. 2 Leavenworth

Windermere

Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley?

John McKenna · 289-2280 Momi Palmieri · 433-2211

Geordie Romer · 679-8958 Allyson Romer · 630-9898 Give us a call today!

See all available properties at windermereleavenworth.com

HELP WANTED



Full-time/Day or Night Shift

Three Rivers Hospital is in need of two Med/ Surg RNs to perform general nursing duties in an acute care setting with adequate supervision. Day and night shift positions available. Current WA State RN license and must have current BLS/ CPR and obtain ACLS certification within one year. Rotating days and includes some weekends.

Candidates Interested may apply in person or by mailing their resume

Three Rivers Hospital Human Resources Dept. PO Box 577

Brewster, WA 98812 (509) 689-2517 x 3343 www.threerivershospital.net opportunity@trhospital.net EOE



Caregivers needed Kind, nurturing people with good listening skills.

These are part-time positions for our float pool.

We will train for Home Care Aide Certification. Other duties may include housekeeping, laundry, and cooking

Please apply in person at Heritage Heights, 505 East Highland Ave., Chelan, 509-682-1998.



HELP WANTED

Water Distribution Technician Lake Chelan **Reclamation District** Manson, Washington

The LCRD is an irrigation district that provides domestic water, irrigation and sewer services. Full-time Employment

- Provide construction and operations support Perform manual labor
- activities Available for rotational off-hour emergency re-
- sponse duty Must be willing to relocate to the Manson area.

Salary Range: DOE + Full benefits

Download an application and a full detailed description of job tasks and requirements on our website. www.lcrd.org Apply by submitting a District application, resume and cover letter by e-mail to staff@lcrd.org Position is open until filled.

Writer/Photographer

Is looking for a talented writer/ photographer to report on the news of the Valley Chelan Lake Qualified applicants will cover city council, local boards, school high school sports and community events. Must be a goód writer, photographer, and have excellent computer skills and love attend community events. Must be a team player and willing to work flexible hours. To apply send your resume and writing samples to: Publisher

NCW Media, Inc PO Box 39 Leavenworth, WA 98826 or email to Publisher@ leavenworthecho.com



HELP WANTED

Part-time Office Billing Clerk Lake Chelan **Reclamation District** Manson, Washington

The LCRD is an irriga tion district that provides domestic water, irrigation and sewer services. lWe are hiring for a part-time office person to perform the following ltasks:

- Customer service
- Answering telephones Various billing, collection, typing, filing and
- Knowledge of MS Of-fice, Outlook, Excel is required Salary Range:

\$18-\$22/ hour

Download an application and a full detailed description of job tasks and requirements on our website. www.lcrd.org Apply by submitting a District application, resume and cover letter by e-mail to staff@lcrd.org Position is open

Find the Best Qualified Local Employee in our Classifieds Ads.

until filled.

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper Lake Chelan Mirror Leavenworth/ <u>Cashmere</u> Deadline Tuesday at noon **Quad City Herald**

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



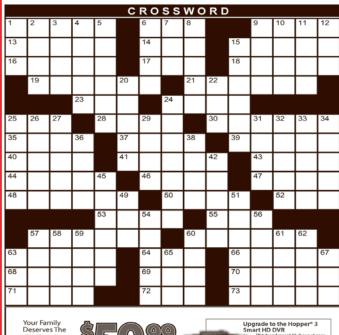
The Cascade School District is seeking qualified applicants for the following position:

Food Service Transporter/Server

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

EOE

CROSSWORD PUZZLE 1. Taken where?



THEME: HAPPY HOLIDAYS ACROSS

- . Vegas bandit's body part 9. Titian's Venus or Collier's Godiva 13. Indian metropolis
- 14. Flapper's neċkwear 15. E-cigarette output
- 16. Galsworthy's "The Forsyte
- 17. Bovine hangout 18. UV light absorber
- 19. *Scrooge's late partner 21. *December 26th, a.k.a. Day
- 23. Ideas worth spreading, acr. 24. Great deal
- 25. *Like Santa's suit 28. "___ Las Vegas," Presley song 30. 1/100th of a ruble
- 35. Pupil's place 37. *Sleigh bell sound
- 39. Fairytale dust-sprinkler 40. German Mrs.
- 41. Chose between competitors Type of ballistic missile, acr.
- 44. Not a gregarious one 46. Castaway's home 47. Fungal spore sacs 48. Pencil end, often
- _-a-Sketch 52. Summer color 53. Cuckoo 55. the ramparts... *Santa's call
- 60. *Welcoming holiday decor 63. Bird of prey's hunting tool 64. 16th birthday gift?
- 66. Engages the services 68. Skirt shape 69. Beehive State native 70. Bikini, e.g. 71. Bibliophile's concern, sing.

dish 🗚

72. D.C. bigwig
73. Australian Aboriginal's war club

- 1. *Do holiday ones s tart earlier every year?
- Show pleasure
- 3. Aquarium organism 4. Navigational aid *Hanukkah month 6. Competently
- 7. Wade's 1973 opponent 8. Not yes, nor no
- 9. Like Hitler's Germany 10. Second word in fairytale 11. *Ding follower in "Wonderful
- Christmastime" 12. *"But I heard him exclaim, drove out of sight...
- 15. Public opinion, in Great Britain
- 20. Changes to a manuscript
 22. Sturdy tree 24. Telephone part
 25. *Ralphie's wish
- 26. Trial's partner 27. Late Princess of Wales 29. IV+IV
- 31. Type of cotton fiber 32. Exit plus s
- 33. Around 34. *Macaulav's famous character 36. Takes to court
- 38. *Hanukkah gift 42. "Magnolia" ware 45. Not in its original form
- 49. Pep rally syllable 51. TV variety show classic
- 54. Concentrate 56. Yogurt-based dip
- 57. *Manger's glow 58. Dish of stewed meat _ if you...," on a bumper sticker
- 60. Small songbird 61. Trampled 62. In custody
- 63. Coca Cola's first diet drink 65. *What Whos did to roast beast? 67. Silvester Stallone's nickname

\mathbf{S} udoku **UZZLE**

The support you need to find quality SENIOR LIVING SOLUTIONS

A Place for Mom has helped over one million families find senior living solutions that meet their unique needs. There's no cost to you!

CALL (855) 439-6734





2

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

HELP WANTED

City of Pateros Public Works Department

The City of Pateros has a opening Public Works Depart-This position is a ment. non-exempt position performing manual to jourlevel work in the streets, buildings and utilities of the City of Pateros.

This is a full time position. wage scale starting at to \$3,293 month plus benefits. Ďеqualifications sirable clude a valid commercial driver's license, Public Pesticide License, irrigation and landscape maintenance, street repair and maintenance, water sewer certifications and equipment operaheavy Thė position requires the ability and willingness to perform manual labor, including lifting of heavy objects. Background check and drug test will be required be-**Applicant** hiring. must have a valid WA Driver's License State and provide current driving record from DOL. Experience in similar position is desirable.

A complete job description and application can obtained by calling (509) 923-2571, or email <u>pateros@swift-stream.com.</u> When submitting application, please include a resume and cover letter.

Positionis open until filled.

PUZZLE SOLUTION

ABACK ARM NUDE

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APPLIANCES

Pocket some cash by selling your used Appliances with a classified ad.

Place your ad 24/7 at www.NCWMarket.com

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

Deadline Monday at noon for the paper Lake Chelan Mirror <u>Leavenworth</u> <u>Cashmere</u>

Deadline Tuesday at noon for the paper **Quad City Herald**





Run it till it sells Automotive \$25.00

Don't just park your car on the side of the road with a "For Sale" sign! Promote it on the web for one low price where local buyers can see it at their leisure.

GARAGE & YARD SALE

CLEAR SOME SPACE WITH A



Fill your pockets with \$\$ CASH \$\$ Let others know what items you are selling!

Place your ad 24/7 at www.NCWMarket.com

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.

GENERAL MERCHANDISE

ALJU Stove & Fireplace, Omak

can take all your stress out installing wood, pellet and gas stoves, fireplace inserts, fireplaces. Chimhearthpads, chimnevs. ney relining, gas venting, gas piping, repair and complete, code installaand advice year-around.

45 + years. Experience. Call Al Bosco, 509-826-2736 aljusf * 055om

SPECIAL Fundraiser for Autumn Leaf Festival **Leavenworth Cards** With sayings like

I Miss You--

Wish You Were Here (in Leavenworth.) and many others. Regular cost \$3.99 Selling for \$1.50 Pick up one or more and

donate to a family, friendly festival organization. Stop by

The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

Public NOTICES

Superior Court of Washington For Chelan County In the matter of the estate of

Larry N. Ward, Deceased. **Notice To Creditors** (RCW 11.40.030)

The person named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or her torney at the address stated below a copy of the claim and fil-ing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) thirty days after the personal representa-tive served or mailed the notice to the creditor as provided un-der RCW 11.40.020(1)(c); or (2) four months after the date of first publication of this Notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: November 27, 2019

GLENDA R. LOVE, Personal Representative Attorney for the Personal Representative: Joseph C. Brown, Jr., WSBA#

Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509) 782-1111

Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 19-4-00371-04 Published in The Cashmere Valley Record/ Leavenworth Echo on November 27, December 4, and December 11, 2019.#86687

Public NOTICES

The City of Cashmere will accept requests for pro-posed amendments to the City of Cashmere Comprehensive Plan until 4:00 PM on Friday, February 28, 2020. Proposals will be processed during the 2020 amendment cycle. Under state planning law

(RCW 36.70A) and Section 14.15.030(B) of CMC, an opportunity to seek amendments to the Comprehensive Plan is provided annually to residents, property owners and interested Annual amendments may include proposed changes to land use designations, policies, or any other components of the plan. Cor Croci, Director of Contact Steve Operations, City of Cashmere (509) 782-3513.

steve@cityofcashmere.orgor 101 Woodring Street, Cash-mere, WA 98815 with ques-Published in The Cashmere Valley Record/ Leavenworth Echo on Dec. 11, 2019. #86801

ADVERTISEMENT FOR BIDS CITY OF LEAVENWORTH WASTEWATER TREATMENT PLANT IMPROVEMENTS **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 High-2/ PO Box 287, Leaven h, WA 98826 (509

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

This work is for construction of

improvements to the City 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 electriimprovements: .. equipment replacements including head-works screening system, clari-fier mechanism, centrifuge 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 speci-

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

nonmandatory 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 project and answer questions

Proposals must be submitted the forms provided in the Contract Documents. Bid bonds n an amount not less tl 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 ratés. The project funded by a grant/ loan from the United States Department of Agriculture Rural Development ogram.Section 746 of Title VII of the Consolidated Appropria-tions Act of 2017 (Division A -Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations Act, 2017) and subsequent statutes mandating do-mestic preference applies an preference applies an Iron and Steel 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 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, steel, reinforced precast con-crete, and construction materials. The deminimis 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 Varela & Associates, Inc., 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

SNOHOMISH COUNTY SUPERIOR COURT FOR THE STATE OF WASHINGTON IN THE MATTER OF THE

RONALD C. HABBEN, DECEASED.

NO. 19-4-02017-31 PROBATE NOTICE TO CREDITORS RCW 11.40.030

Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable of limitations, statute the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim the court in which the probate proceedings were commenced. The claim must be

presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor provided under or (2) 11.40.020(1)(c); months after the date of first publication of the notice. If the claim is not presented this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and non-probate

December 11, 2019. CARLA M. BLACKWELL Personal Representative Thomas L. Cooper NEWTON KIGHT L.L.P. Attorneys at Law 1820 32nd Street PO Box 79 Everett, WA 98206 (425) 259-5106 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: SNOHOMISH COUNTY SUPERIOR COURT No. 19-4-02017-31 Published in The Leavenworth Echo/ the Cashmere Valley Record on December 11, 18, 25, 2019. #86765

Date of first publication:

CITY OF LEAVENWORTH Notice of Determination of Non-significance

that the City of Leavenworth has issued a Determination of Non-significance (DNS) per the State Environmental Policy Act Rules (SEPA, WAC 197-11-340) and the Leavenworth Municipal Code. The lead agency will not act on this proposal for at least 30 days from the date of issuance on December 4, 2019.

Description of proposal: The proponent, City of Leavenworth Public Works, is proposing improvements to the Leavenworth's existing water Treatment Plant. Maior elements of the work new tertiary treatment headworks equipment. mechanism replacements,

centrifuge dewatering equip-Ű۷ ment. disinfection eauip ment cross connection control system, electrical/controls associated upgrades, and demolition, earthwork, site

improvement, building modifica-tions, and temporary facilities as needed to maintain operation of

the treatment plant during construction. Additionally, the collection system improvements consist of replacing or rehabilitating approximately 13,000 LF of existing sewer main, referred to as the South Interceptor line. In some instances, existing sewer main will be replaced with

larger diameter main. **Location of proposal:** The Wastewater Treatment Plant site is located at 1498 Commercial Street, Leavenworth, Washington. The South Interceptor project covers two segments of existing pipe. The first segment starts at 8th and Main Street (main street is vacated) travels east along portions of vacated Main Street, or on adjacent properties, to approximately 10th Street (vacated). The

second segment starts at approximately 100' west of 12th Street (within the vacated Main Street) and travels east along portions of vacated Main Street, or on adjacent properties, to the Wastewater Treatment Plant. The full scope of the project is within Township 24, Range 17, Section 01 and

Section 12. After review of the completed environmental checklist other information on file, the City of Leavenworth (lead has determined proposal will not have a probable significant adverse

impact on the environment. An environmental impact statement (EIS) is not required under RCW 43.21C.030(2)(C). The public is invited to comment on this DNS by submitting

written comments no later than January 6, 2020 to Leavenworth City Hall, PO Box 287, Leavenworth, WA 98826 or email dsmanager@cityofleavenworth.com Appeal of the SEPA determination must be in a form consistent with Leavenworth Municipal Code.

Materials may be reviewed during normal business hours at Leavenworth City Hall, 700 US Hwy 2, Leavenworth.
Published in The Leavenworth Echo/ Cashmere Valley Record on December 11, 2019 #86786.



STATEPOINT

Whether you are hosting one guest or many, it's important to ensure that everyone under your roof has a comfortable place to sleep. Thanks to the latest updates in air mattress technology, that's easier than ever these days.

Tips for hosting house guests over the holiday

STATEPOINT - Hosting houseguests over holidays? For happier guests and hosts alike, you'll want to be sure you're equipped to accommodate all your overnighters. Here are a few

Special Considerations

You'll likely know of any special considerations you will need to make for individual guests, but if you aren't sure. ask in advance. For older guests, be sure the floor is free of tripping hazards and that walkways are well-lit. For families, offer a room away from noise so small children can sleep undisturbed at their regular bedtimes. Anticipating and accommodating allergies, dietary restrictions and mobility issues can help keep guests healthy, happy and safe during their stay with you. **Better Bedding**

Whether you are hosting one guest or many, it's important to ensure that everyone under your roof has a comfortable place to sleep. Thanks to the latest updates in air mattress technology, that's easier than ever these days. Before the holidays, get equipped with compact, high-quality air mattresses - which are a must-have for travelers who need to pack a car compactly, as well as hosts who want to store guest bedding between uses. One such option is the Intex PremAire ThermaLux

airbed with Fiber-Tech interior construction, which inflates in 4-5 minutes. Made from a Microcell contour top designed to insulate in cold weather and absorb moisture on warm nights, it even contains a USB port for charging and built-in storage for cords and small personal items. Other models from Intex -- which come in various sizes and supports -- offer such luxuries as headboards, raised bed heights and plush air pillowtop systems.

A Stocked Bathroom

Not only will a well-stocked bathroom help avoid lastminute trips to the store, it will make guests feel comfortable and welcome upon arrival. You'll always want to provide a set of linens for each guest, as well as shampoo, conditioner and soap in the shower. Having a few additional items on hand -- disposable razors, cotton

swabs, combs, toothbrushes and toothpaste -- is a nice touch. For many reasons, guests often arrive without certain essentials. Maybe they forgot an item at home. Maybe TSA made them toss something in the trash. Whatever the reason, you'll want to prepare for this common occurrence.

A full holiday house does not need to be overwhelming. With a few considerations, you can create a joyful holiday experience for you and your house guests.



(C) JULIEF514 / ISTOCK VIA GETTY IMAGES PLUS

Rise and Shine: Consider creating the habit of working out first thing in the morning.

How to stick to your workout schedule during the holiday season

STATEPOINT - There are plenty of temptations to skip a workout during the holiday season. Ironically, this is the time of year you may need the movement most.

Here's how you can stay focused on fitness throughout the holly jolly season.

· Rise and Shine: Consider creating the habit of working out first thing in the morning. Not only will doing so clear your mind and set the tone for the day, but for many, it's the best way to avoid excuses and ensure the workout happens

 Every Bit Counts: Don't forget that every bit of movement counts -- even holiday shopping. This is an especially important lesson if you're not a gym lover. In fact, one of the best ways to stay healthy is with walking. You can even do it during your lunch break. With just 30 minutes of brisk walking added to your daily routine, you could burn about 150 more calories a day, according to the Mayo Clinic.

· Track It: Wearable tech can help you stay accountable to your goals as well as motivate you to set new ones. Check out the latest additions to the new POWER TRAINER sports lineup of watches from G-SHOCK, which go beyond an athletic aesthetic to offer advanced functionality.

Features include a Training Log 200 LAP Memory, Training Timer, Target Alarm and Double Super Illuminator LED light to guide you through late-night and early morning pre-dawn workouts. Both the men and women's series come equipped with Bluetooth technology compatible through the G-SHOCK Connected app. Employing new technology developed by Casio, the app displays a graph which breaks down daily steps taken in each of five metabolic equivalent (MET) levels from data based on the step count and walking pace, as well as displays the exact time of day the wearer's calories were burned, making it useful for interval training.

· Friends and Family: Tis the season to spend time with friends and family, and there's no reason why you can't extend that mentality when it comes to your fitness routine. Maximize workouts by combining it with quality time -- ask your spouse, sibling, best friend or anyone near and dear to your heart to join you at the gym or on a

There's a lot to juggle during the busy holiday season, but with the right tools and mindset, it's easier to prioritize