



SUBMITTED PHOTO.  
Santa enjoys a ride in the Christmas parade on a firetruck last year.

## Christmas in Cashmere this Saturday

The Cashmere Chamber of Commerce invites you to celebrate the season in downtown Cashmere! Join us on Cottage Avenue from 12 p.m. to 3 p.m. on Saturday, December 7 for our annual Christmas in Cashmere community event.

Enjoy a complimentary warm beverage, treats, multiple indoor holiday bazaars, Do It Yourself kids crafts, festive music and live entertainment as you cozy up around a fire pit or take a photo at one of our Christmas themed photo stands with family and friends awaiting the arrival of the big man himself – Santa Claus!

Parking for the event will be available at the city lot by Cashmere Baptist Church and in the public lot on Elberta Street. We ask that vehicles be parked off the 100 block of Cottage Avenue during this time. The route will open back up to traffic following the event.



SUBMITTED PHOTO.

Cashmere school children getting ready to sing holiday songs at the Christmas in Cashmere event last year.

## Some Cashmere streets to remain dark this winter

By KIRK BECKENDORF  
Staff reporter

The Nov 25th Cashmere City Council meeting included two public hearings. The first was regarding the moratorium on residential building permits in the downtown business district; the second was for the 2020 budget. No public comments were given during either hearing. The Council then voted unanimously to adopt both the

2020 budget and the findings of the moratorium.

Council members discussed the ongoing concern about city street lights. As previously announced, only one bid was received, for \$450,000. Steve Croci, Director of Operations, said that better pricing of up to 20% - 25% may be obtained by waiting until spring and giving contractors more flexibility in the timing of the project. The council

discussed lighting options for both Perry and Olive Street. Fletcher said it is unlikely that Olive Street will have lights this winter. He concluded, just assume that street lighting is an on-going project that we are working on.

The council's agenda included a long list of Ordinances and Resolutions, however the meeting proceeded rapidly with minimal discussion since all of the significant items had been

thoroughly discussed and debated at previous meetings. All items passed unanimously.

The Resolutions that passed included; amending the wastewater rates for 2020 - 2024; establishing a vending list to make it more efficient for city staff when selecting and placing orders with vendors. The Ordinances included an amendment of the 2019 Budget, and repealing a vendor and small works roster list.

A resolution also passed declaring the intent of the city to authorize a

sales and use tax for support of affordable housing. Mayor Jim Fletcher emphasized that this resolution is just an intent and would not implement the tax. He added that even if the tax were enacted this would not add or raise city taxes, but would result in a rebate from state tax funds, providing the city with approximately \$4000 to help support affordable housing.

Following the public portion of the meeting the council went into a closed executive session to discuss potential litigation.



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The Cashmere Valley Record welcomes letters

to the editor. All letters must be accompanied

by the author's name, a home address and

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Corrections

The Cashmere Valley Record regrets any errors. If

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News tips

Have an idea for a story?

Call the Record at 509-782-3781

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Reprints are available for most photos

taken by staff.

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Calendar Listings

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Noon, Friday

Letters to the Editor:

Noon, Friday

Display Advertising:

Noon, Friday

Legal Notices:

5 p.m., Friday

Classified Ads:

Noon, Monday

# Much has changed in twenty years of local newspaper ownership

My wife and I purchased The Leavenworth Echo, Cashmere Valley Record and Lake Chelan Mirror in Sept. of 2000. At the time many in the industry looked at newspapers as a dying industry. Many still do.

It is true that today nearly every business has a website and many rely on “Social Media” to promote their business. As a result, much of the revenue that supported newspapers in the past has drifted away.

It sometimes takes awhile for us to recognize how changes in our environment have impacted us. Newspapers are no different. The reality is that contrary to popular belief the Internet does not spell the end of newspapers. In fact, the Internet is the best thing that could have happened to local community newspapers like ours.

That is a bold statement so let me tell you why I believe it to be true.

First, there is nothing the Internet can provide that your local community newspaper can't provide in a timely and often more accurate manner.

Each of our newspapers has its own website. Those websites give us powerful new tools to bring you the news. Here are just a few examples:

- Those websites give us immediacy. In other words, we no longer have to wait a week to tell you what happened. Important breaking news stories can be posted to our

**BILL FORHAN**  
PUBLISHER

websites just as quickly as any other web based site.

- Since we actually live here we know facts about the community that are not immediately evident to reporters based outside the area.

- A printed newspaper is limited by printing costs and space. Advertising still pays the bills. So the number of available pages depends totally on the volume of advertising we have in each issue. Currently, our print editions run at about 50% paid advertising, so 4 pages of advertising would dictate an 8-page paper. Our websites do not have those same limitations.

- We cannot show a video in the print edition, and with limitations on advertising we usually have little room for more than 1 photo to go with each story. Our websites are not limited by the cost or limitations of paper.

- Our websites all have video capability and image galleries that contain multiple photos of activities like high school sporting events.

It is true that our websites are not totally free. Like you, we still have bills to pay including salaries for staff, rent, postage and printing costs.

We could eliminate postage and printing by going to a completely digital newspaper, but while our online subscriptions are growing at double digit rates, our print

subscribers remain pretty constant. There may come a day when print no longer exceeds the digital audience and at that point changes may need to be made. But I fully expect that day will be long after I am gone from the publishing business.

In the meantime the websites offer another important tool for evaluating what is most important to our readers. In the past deciding what to cover was mostly based on the local publisher's impressions of the community. But with our websites every story we post online keeps a record of how many times it was read. Checking those statistics is sometimes a little surprising.

For example, we always assume that the most important stories for our local community are those written by local staff. But in checking story statistics over the last year the most read story was a press release about important things to do to insure your child's safety on their way to school.

Our focus for local news has always been, City Council, School Board and High School Sports. Those stories seem to only be important to about 1/3 of our website readers unless they are about a very controversial local issue.

So, what is important to our readers? In the past year local political news was important. Generally speaking candidate profiles drew 50-60 percent of our readership. And the winning candidates in the last election drew larger readership numbers on our

website than their opponents.

Local entertainment news and events drew larger readership than nearly all other hard news stories. That is interesting because our local entertainment groups are poor advertisers. We are planning on taking a new approach here.

High School Sports has a small but loyal following. Generally tracking at about 15% of our audience. We plan to make some changes in this effort as well by trying to focus more on sports statistics and not play-by-play analysis of the games.

Finally, the question of my personal opinion column came up recently. After listening to my latest critic, I went back and checked the online stats about my columns. I was prepared to drop the column based on a challenge from my

critic that I would have more readers if I eliminated my column. The problem is that according to the website my columns have had consistently higher readership than any other story posted on the website – often exceeding the total unique audience count as determined by Google.

The Internet is the best thing to happen to small newspapers like mine. Because of what we have learned we will be making numerous changes in the months ahead. After 20 years it is time for a fresh look.

I welcome your suggestions about how to make the paper more relevant to you. After all, it is your community newspaper.

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

# Americans vote every day of the week

Now that the formal elections are over, American consumers and B2B companies ought to start another form of election: Voting with your wallets, but with a purpose.

If a product is made in a country you might despise for whatever reason, don't buy it.

If a business is contracted to one or more nefarious organizations, don't use that business.

You have the right to discriminate. Doing that as a business is illegal, but you

**APPLES TO APPLES**  
**GARY BÉGIN**  
NCW MEDIA  
MANAGING  
EDITOR

as an individual with inalienable rights per our Constitution have the power to shop where you want.

There is no legal obligation to shop where the government tells you to shop. As a caveat to that, I must advise caution. You may be shunned for not towing the line. You might become estranged because of the actions of friends and relatives.

You may become indignant when it becomes understood that all of life is political and free speech is only free to those

that delight in what is being said.

The speaker of these platitudes, however, isn't necessarily a mere lapdog of those that feed him. Occasionally the bringer of the future, audio/visual version, reveals and revels in his own funk, the background that sent him to the podium in the first place.

Praise God we still have a few Americans who speak without the filter of status quo acceptable terminology.

Having blurred any clarity I might have created, let me explain the easiest way to tell a liberal from a conservative?

# The international fix to rural America's healthcare crisis

By DR. G. RICHARD OLDS

Imagine going into cardiac arrest and the closest emergency room is more than 30 miles away. Or suppose your child is struggling with depression, but there isn't a single psychiatrist in your county. Or consider experiencing unexpected pregnancy complications -- yet living hours away from a hospital that has the resources to help.

This is the reality for much of rural America -- where limited access to care is the norm. Absent action, this public health crisis will worsen over the next decade.

U.S. medical schools aren't turning out enough doctors to fill the gaps in care that rural America faces. Consequently, the country must look abroad, to graduates of international

medical schools, to fill its yawning physician shortage.

International medical graduates have a long history of providing care for underserved populations. Many of them are U.S. citizens who chose to pursue their studies abroad -- and now want to return home to practice.

Roughly 20 percent of Americans reside in rural areas. Yet only about 10 percent of doctors work there. As a result, many rural Americans struggle to access care. One recent survey found that at some point in the past few years, one-quarter of rural residents did not get care when they needed it.

Several specialties are especially short on doctors. Nearly 80 million Americans live in federally-designated “primary health care health professional shortage areas.”

Roughly two-thirds of rural counties don't have a single psychiatrist. Just 6 percent of OB-GYNs work in rural parts of the country.

Without sufficient access to care, rural Americans post worse health outcomes than their peers elsewhere. Rural Americans are more likely than those living in non-rural areas to die from heart disease, cancer, and stroke. Americans in urban areas live almost three years longer than their rural counterparts, according to a 2013 study published in the American Journal of Preventive Medicine.

Unfortunately, these trends could worsen over the next several years. The country will need upwards of 122,000 additional doctors by 2032. The Association of American Medical Colleges predicts that “rural and historically

underserved areas may experience the shortages more acutely.”

International medical graduates could help turn back these trends. Consider a recent study published in the medical journal BMC Family Practice. The analysis concluded that IMGs are more likely “to look after underserved populations, and to live and work in rural areas” than U.S.-trained graduates.

According to a Johns Hopkins analysis, “Compared with U.S. graduates, international medical graduates tend to practice in primary care and in underserved and rural areas.”

In parts of the country with per-capita incomes of less than \$15,000 annually, nearly half of doctors were trained overseas.

Doctors trained abroad are particularly prepared to fill gaps in critical specialties that U.S. graduates tend to shun. In 2019, international medical

graduates opted for primary care residencies at twice the rate of U.S. grads. About three in ten U.S. psychiatrists attended medical school outside the country.

One-third of graduates of the school I lead, St. George's University in Grenada, practice in medically underserved areas. All told, St. George's is the second-largest provider of doctors to the U.S. healthcare system. Our graduates pursue careers in a number of specialties -- from emergency medicine and psychiatry to pediatrics and surgery.

Rural America is facing a healthcare crisis. International medical graduates have proved that they're well-suited to address it. We should invite them to do so.

*Dr. G. Richard Olds is president of St. George's University (www.sgu.edu).*

# Rep. Goehner's legislative update: I-976, election results and the upcoming session

This will be the last update I will be sending before the Legislature convenes. Legislators will be under election year restrictions from Dec. 1 until Jan. 13, the first day of session.

I will still be able to respond to any emails, mail, phone messages or other direct communications in which you contact me. Please let me know if you have any questions.

Advisory votes  
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 feedback for 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. 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.

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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

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Go to: [www.NCWMARKET.COM](http://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

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).

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.)

Ongoing events

**Cashmere Public Library: 782-3314**  
**Call for other information if not listed.**  
Mon., Tues., Wed., and Fri. 9 a.m.- 6 p.m.  
Thurs., 11 a.m.- 8 p.m.  
Sat., 9 a.m.-1 p.m. Sun., Closed.  
**Events:**  
Tues. & Wed., 10-10:30 a.m. **Story time Pre-K & up**  
Wed., **Preschool Story time**, 10-10:30 a.m.  
Wed., **Bilingual Story time**, 4:30-5 p.m. (last Wed.of every month)  
Fri., **Baby/Toddler Story time**, 10:30-11 a.m.  
**Cashmere Museum and Pioneer Village**  
Sat., 10 a.m.-4 p.m., and Sun., Noon- 4 p.m.  
**Chelan County Historical Society Board meets**, 7 p.m., Cashmere Museum, 600 Cottlets Way. Call 782-3230. (3rd Thurs.)  
**Note:** Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

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 United Methodist Church


The Free Community Meal is being offered one time in December, Thursday, December 5, from 5-7 p.m. Our weekly meals have been temporarily suspended. There will be a meeting after the new year to decide on continuing this tradition. We are encouraging your help and ideas. (r48,49).

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. (r49,50).  
Alcohol Ink Ornaments, Tuesday, December 10, 1-2:30 p.m. and 6-7:30 p.m. Use alcohol ink to paint a beautiful glass ornament to take home. All supplies are provided. Space limited, sign up today. (e49).

Leavenworth

Celebrate Christmas with the Leavenworth Village Voices




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SENIOR CENTER MENUS

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

**December 5**, Thursday: Chicken Paprika, egg noodles, broccoli cucumber salad, Mandarin oranges, wheat wheat roll, dessert.  
**December 6**, Friday: Sloppy Joe sandwich, Jo-Jo's, coleslaw, apricots, dessert.  
**December 7**, December 8, Saturday and Sunday- No Lunch  
**December 9**, Monday: Stuffed cabbage rolls, trio vegetables, 7 layer salad, whole wheat bread or roll, apricot crisp.  
**December 10**, Tuesday: Pork chops & gravy, mashed potatoes, green beans, garden salad, applesauce, biscuit with chives, dessert.  
**December 11**, Wednesday: Chef salad, potato soup, mixed fruit, whole wheat roll, cereal bars.

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



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 22

00:28 **Domestic Disturbance**, 5720 Vale Rd., Hitching Post  
00:55 **Warrant**, 5720 Vale Rd., Hitching Post  
05:45 **Suspicious**, Olalla Canyon Rd., MP 2

November 23

No Incidents

November 24

04:28 **Noise**, 6075 Pioneer Dr.  
11:56 **Accident/No Injuries**, US Hwy. 2 & Cottlets Way  
12:28 **911** call, 5410 N. Cashmere Rd.  
15:49 **Accident/No Injuries**, Cottlets Way & Titchenal  
16:16 **Theft**, 323 Chapel St., #2

November 25

07:38 **Parking/Abandon**, Hay Canyon Rd., MP 2  
07:44 **Theft**, 5324 Binder Rd.  
07:54 **Accident/No Injuries**, 200 Block Cedar St.  
09:24 **Traffic Offense**, 100 Block E. Pleasant Ave.  
10:16 **Extra Patrol**, 123 White Birch Pl.  
10:56 **Parking/Abandon**, 114 E. Pleasant Ave.  
14:32 **Suspicious**, 8703 Alice Ave., Dryden  
15:30 **Unknown Accident**, Cottage Ave. & Blue Star  
18:40 **Suspicious**, 305 S. Division St., #A

November 26

08:15 **Civil**, Monitor area.  
08:47 **Harass/threat**, 329 Tigner Rd., Cashmere H.S.  
09:50 **Agency assist**, 3717 Bridge St.  
10:15 **Abuse**, 7890 Brender Rd.  
15:08 **911** call, 809 Pioneer Ave. #114  
16:46 **Domestic disturbance**, 319 Independence Way.  
17:04 **Agency assist**, US Hwy.

2 and Eels Rd.  
19:16 **Theft**, 15 E. Pleasant Ave.  
19:28 **Warrant**, 95 S. Douglas St.

November 27

02:38 **Alarm**, 603 Cottlets Way, Antique  
08:35 **Agency assist**, US Hwy. 2, MP 107, WB, Dryden  
09:36 **Assault**, 329 Tigner Rd., Cashmere H.S.  
11:32 **Extra patrol**, 103 Parkhill St.  
13:24 **Suspicious**, 700 Cottlets Way, Rusty's.  
14:01 **Parking/abandon**, 103 Parkhill St.  
15:46 **Public assist**, 7844 Smith Rd., Dryden.  
16:25 **Suspicious**, Otis and Saunders Rds., Dryden  
16:51 **Public assist**, 8305 Olalla Canyon Rd.  
17:16 **Parking/abandon**, 103 Parkhill St.  
19:55 **Alarm**, 201 Cottage Ave.  
21:39 **Noise**, 309 River St.

November 28

02:33 **Runaway**, 118 Parkhill St.  
13:23 **Traffic offense**, US Hwy. 2 and Aplets Way.  
15:48 **Domestic disturbance**, 318 Peshastin St.  
19:01 **Accident, no injury**, 105 Chase Ave.

November 29

04:34 **Alarm**, 128 Cottage Ave., Agave.  
05:56 **Agency assist**, 6251 Kimber Rd.  
06:09 **Public assist**, 5745 Pioneer Dr.  
09:03 **Suspicious**, 223 Cottage Ave.  
15:52 **Public assist**, 5353 Majeska Ln.  
20:35 **Agency assist**, 108 Pioneer Ave.  
21:12 **Traffic offense**, Cottage Ave., and Maple St.



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# My Burden Is Light, a book by Sue Magrath



Being a clergyperson can be stressful—mentally, physically, emotionally, spiritually, and relationally. From pressure to grow their congregations to unrealistic expectations from church members to poorly defined guidelines about working hours or tasks, new pastors sometimes flounder. Even experienced pastors can get caught off guard by deep-seated dysfunction in their congregations or other circumstances that trigger psychological issues from their past. This book helps

pastors explore the situations that make them vulnerable to burn-out, misconduct, spiritual dryness, health issues, depression, and more. Through real-life stories, pragmatic advice, and psychological and spiritual wisdom, the author will show readers how to practice good self-care while maintaining effectiveness and reignite the energy and passion that first fueled their call to ordained ministry.

Sue Magrath Sacred Mountain Ministries. Magrath is a retired psychotherapist and spiritual director with many years of experience working with clergy in a variety of capacities, including leading workshops and retreats. She is the author of Healing the Ravaged Soul

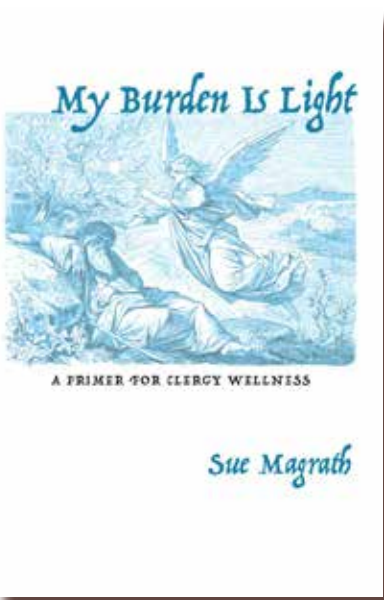
## An Excerpt from My Burden Is Light:

A Primer for Clergy Wellness

The life of ministry is not just a job or career, it is a vocation. It goes beyond a

means of making a living to being an identity, something that defines you and gives your life meaning. Serving the church is an overwhelming obligation at the best of times, and it is a commitment that is indefinable and elusively difficult to quantify. There is nothing “nine to five” about the ministry. The people of your flock need you when they need you, and church emergencies are no respecter of office hours. It is not surprising to discover that many clergy are working as many as sixty hours a week or more in order to keep up with the many demands of the church. Worship planning and sermon preparation, pastoral visits, committee meetings, long-range visioning, small group preparation and leadership, phone calls, community outreach, and administrative duties are just some of the tasks that are expected of pastors. Add to that the expectations of the larger

church—membership in broader church committees, participation in clergy cluster groups, and fulfilling the requirements for accountability to superiors. There is never a time when the to-do list is completed. And for those who feel they can’t take time for themselves until their tasks are done, this creates a huge problem. Self care becomes just another item



on the list that continually moves to the bottom in favor of other higher priority needs. The problem is that by the time a pastor’s lack of well-being becomes an emergency, it is often too late for minor adjustments or a couple of hours a week devoted to self care to make a difference.

One of the metaphors that I often hear used to illustrate the need for self-care is the injunction offered by flight attendants on an airplane for parents to put their own oxygen mask on first before assisting their children. In other words, you need to breathe in the vital oxygen before you fall unconscious and are then unable to give oxygen to those who are dependent on you. It’s a good reminder, but the problem is that this metaphor breaks down when you examine it more closely. In ministry, nobody is going to dangle an oxygen mask in front of you and tell you that you are in trouble. Churches are often so focused on their own needs that they are not paying attention to the well-being of their pastor. They

are not taking you aside to ask you how you are doing after you have performed ten funerals in the past year. They are not urging you to take more vacation days or a regular Sabbath. They are not telling you that it’s okay to skip a committee meeting every once in a while. They are not likely to notice if you are depressed or exhausted or burned out.

And the truth is that the clergy person might not notice it either. Burn-out is a gradual and insidious process. It’s a little like that proverbial pot of frogs on a stove you’ve heard about. Because they are cold-blooded, frogs don’t even notice when the water in the pot begins to get warmer and warmer because someone turned the burner on. By the time they notice, the water is boiling, and they’re already cooked!

**My Burden Is Light: A Primer for Clergy Wellness** by Sue Magrath  
Cascade Books, an imprint of Wipf and Stock Publishers  
978-1-5326-8824-9/paperback /\$19  
www.wipfandstock.com

# Leavenworth’s Icicle Brewing Company enters four brews into Seattle Winter Beer Festival

## 40 Washington Craft Breweries Pouring 142 Seasonal Brews

BEER FESTIVAL NEWS RELEASE

The 15th Annual Winter Beer Festival will take place on Friday, Dec. 6, Saturday, Dec. 7, at Hangar 30 at Magnuson Park in the Sand Point neighborhood of Seattle. This Washington Brewers Guild tasting event will feature 42 statewide breweries pouring 142 delicious holiday season creations. The beer lineup will include dark malty stouts,

robust winter warmers, rich barrel-aged gems, coffee beers, chocolate brews and more.

In addition to the amazing beer list there will be delicious food for purchase from three local food trucks, and Brewmasters Bakery. We’ll have a holiday gift shop so you can get some beer gear for your Washington Beer loving friends and Santa will be around for group photos. We’ll even make it snow indoors at this festive event so come and celebrate the season!

The Winterfest Beer Festival will have three

sessions:

Friday, December 6th 5:30 pm to 9:30 pm

Saturday, December 7th 1st Session: Noon-4 p.m. 2nd Session: 5:30b p.m.- 9:30 p.m.

Hangar 30, Magnuson Park, 7400 Sand Point Way NE.

Icicle Brewing Company–Leavenworth entries are:

1) Dark Persuasion (ABV 6.5% / IBU 22)

Delicate dark chocolate with a whisper of coconut... You know you want it, go ahead and indulge. You can finally have German Chocolate Cake and drink it too. There’s

no need to be nervous, it’s just wickedly deep and full of flavor and desire. With its provocative aroma and smooth body, this is certainly the darkest of fifty shades of risqué.

2) Darker Persuasion (ABV 8.5% / IBU 22)

Everything you love about Dark Persuasion, but more! It’s the bigger, badder big brother that’s wickedly deeper, and more flavorful.

3) Cherry Dark Persuasion (ABV 6.5% / IBU 22)

If Dark Persuasion is German Chocolate Cake then

this is Black Forest Cake.

4) Kickstand Pale Ale (ABV 4.8% / IBU 50)

You can’t deny the value of a cruiser bike’s kickstand. We put that same undeniable value into our newest beer, Kickstand Pale. It’s a highly drinkable Pale Ale packed with citrus flavors and aromas. The beer stands firmly on a foundation of Warrior Hops for a pleasantly bitter base and then cruises to its destination on the cone-tails of the NW favorite citra hop. Kick back against the bar, put your elbow on the table just

as you were told not to do and enjoy our easy drinking ode to the little piece of metal that keeps your cruiser classy.

ADMISSION Advance tickets available now at washingtonbrewersguild.org \$35 advance/\$40 at the door. This event has sold out the last six years so buy now!

Admission includes a tasting glass and eight 5oz beer tastes. Additional tokens are available for \$2 each. Designated driver admission is \$5 and available at the door only. This is a 21+ only event.

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

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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  
Steffanie 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.midvalley baptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH  
"Where God's Word Remains The Pillar Of Truth"  
11025 Chumstick Hwy. • 548-4331  
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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  
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



## Youth snowmobile safety class offered

**Chelan County law enforcement will teach a free course at Lake Wenatchee**

**OLYMPIA** – The Washington State Parks Winter Recreation Program, Chelan County Sheriff’s Office and Lake Wenatchee Recreation Club are offering a free snowmobile safety class to young snowmobilers next month.

The “Safe Rider” class runs from 8:30 a.m. to 3:30 p.m. Saturday, Dec. 14, at the Lake Wenatchee Recreation Club’s clubhouse, 14400 Chiwawa Loop Road, Leavenworth. Participants must register by

Friday, Dec. 11.

The class is designed for youth, ages 12 to 16, but is open to new riders of all ages. Lunch will be provided by the Lake Wenatchee Recreation Club.

Sponsors stress the importance of safety in snowmobiling for people of all ages.

“Safe snowmobiling requires operator knowledge and awareness,” said Pamela McConkey, Winter Recreation Program manager. “Snowmobilers need to know their vehicles, the weather, trail and avalanche conditions. They must have concern for the safety of other winter sports enthusiasts and show

respect for wildlife and the environment.”

During the class, students will learn:

- Basic snowmobile maintenance
- Survival skills and emergency preparedness, including avalanche awareness
- Proper clothing and winter equipment for snowmobiling
- Hand signals for riders

There will also be a riding skills test.

A parent or guardian must sign a consent form for each minor registered and sign the child out at the end of the class.

Chelan County law enforcement officers will instruct the course, which is limited to 20 students.

For more information or to register, contact Rich Magnussen, (509) 667-6508 or rich.magnussen@co.chelan.wa.us.

The State Parks Winter Recreation Program is responsible for Washington’s snowmobile safety and education programs, which are funded by snowmobile registration fees. State Parks and partners place emphasis on providing snowmobile safety courses for young people and adults.

To learn more about snowmobiling in Washington, visit parks.state.wa.us/winter, or contact the Winter

Recreation Program at winter@parks.wa.gov or (360) 980-8664.



## Caribou Trail League Cross-Country

All-League  
Boys Runner of the Year: Rob McManus- Cashmere  
Boys CTL Champs: Cascade  
Girls Runner of the Year: Lexi LaDoux- Okanogan  
Girls CTL Champs: Cashmere  
Coach of the Year: Jeff Kenoyer- Cashmere  
Sportsmanship: Cashmere Boys

1st Team  
Name Grade School  
Rob McManus 11 Cashmere  
Sam Kinser 12 Cashmere  
2nd Team  
Name Grade School  
Dyllion Taylor 11 Cashmere  
Oscar Orozco 11 Cashmere  
Honorable Mention: Henry Nelson (10) Cashmere; Felix Dotson (9) Cashmere

CARIBOU TRAIL LEAGUE ANNOUNCES ALL LEAGUE SELECTIONS				
Football – 10 Cashmere players named				
Player	position	#	Year	All League
Sam Phillips	QB	12	Jr	2nd Team
Cole Scott	OL	77	So	1st Team
Colson Brunner	OL	74	Jr	1st Team
Tucker Weatherman	OL	60	Sr	2nd Team
Jerry Ramos	OL	72	Sr	HM
Brooks Elliott	WR	40	Sr	1st Team
Nate Phillips	WR	5	Jr	1st Team
Cole Scott	DL	77	So	1st Team
Tucker Weatherman	OL	60	Sr	2nd Team
Brayden Weatherman	LB	24	Jr	2nd Team
Duke Odenrider	LB	56	Jr	2nd Team
Javier Reyna	RET	1	Sr	1st Team
Volleyball – 1 Cashmere player named				
Grace Croci		Sr		2nd Team

## Counts Show Sage Hills Trail Closures Are Timed Right For Deer

**Hikers & bikers have until Dec. 2 to enjoy the area this year**

SUBMITTED BY KIMBERLEE CRAIG

**WENATCHEE** – Closing the Sage Hills trail system for four months each winter is timed right to protect mule deer and other wildlife according to counts done by Chelan PUD wildlife staff over a dozen years.

Von Pope, senior wildlife biologist, said November-to-April counts since 2007 show the number of deer in the area rises sharply in December and peaks in March.

“Even during mild winters, we see mule deer using the Sage Hills in late winter and early spring,” Pope said. “It’s good confirmation that the trail closure is timed right to protect deer moving into the area seeking food and cover.”

Chelan County PUD, Chelan-Douglas Land Trust (CDLT) and the state Department of Fish and Wildlife (WDFW) coordinate the annual area closure to protect wintering mule deer and other wildlife.

The City of Wenatchee and Chelan County also support the winter closure of the Sage Hills area by closing trailheads and vehicle access on Horse

Lake Road to restrict trail access between Horse Lake Road and Number 1 Canyon.

In addition, the newly developed trails up Number 2 Canyon on U. S. Forest Service land also will be closed to all winter recreation, according to Don Youkey, district wildlife biologist for the Wenatchee Ranger District. That means wildlife can find quiet winter range and browse from Number 2 Canyon across the foothills to Horse Lake Road.

Pope thanked the community for abiding by the annual closure and for helping spread the word on the benefits of

staying off the trails – even as cabin fever sets in during early spring. There’s been steady decline in reports of people on the trails during the closure, he said.

“This is a community effort and it takes us all working together to be successful,” Pope added.

Chelan PUD owns about 960 acres in the heart of the Sage Hills and manages the area as a wildlife preserve as required by its federal license to operate Rock Island Dam. The CDLT supports the area closure by closing public access to the Wenatchee Foothills trail system for hiking, biking and

horseback riding at some area trailheads.

Following the Dec. 2 closure, and until the Sage Hills Trails reopen, hikers and mountain bikers are encouraged to use the Apple Capital Loop Trail, Saddle Rock, Dry Gulch (main road only), Lower Castle Rock and the Jacobson Preserve trails. A trail map showing alternative routes is posted on the CDLT website.

Hanne Beener, Chelan Douglas Land Trust trails program manager, noted that Chelan County plans to close the gate to vehicles on Horse Lake Road on Dec. 2 as well. The road remains open through the winter for people-powered recreation and

leashed pets, but there is no motorized access.

Plans are to reopen the Sage Hills Trails for recreation on or close to April 3, 2020, if habitat conditions allow.

For more information contact Von Pope, Chelan PUD Wildlife Program manager, at (509) 661- 4625, or von.pope@chelanpud.org; CDLT Trails Program Manager Hanne Beener, (509) 667-9708, or hanne@cdlandtrust.org; or USFS Wenatchee Ranger District District Wildlife Biologist Don Youkey at (509) 548 2580, or dyoukey@fs.fed.us, or, the state Department of Fish and Wildlife Wenatchee District Office, at (509) 662-0452.

## A Handbell Christmas with The Marlin Handbell Ringers

Leavenworth, Wash., Dec. 7, 2019 - Born in 1979 by the “City Fathers” of Leavenworth to help promote the Bavarian Village, the Marlin Handbell Ringers will be taking the stage of the Snowy Owl Theater at the Icicle Creek Center for the Arts. Alongside the Ringers will be the Cascade High School Select Choir, as well as guitar and mandolin players, Darryl Wall and Chase Runions. This special Christmas concert will take place on Dec. 7 at 7:30 p.m.

Through the years the bells have played hundreds of concerts in many venues and in many places. Over fifty

ringers have come and gone. The current group consists of 12 ringers and 108 handbells. The group is named in honor of Archie Marlin who sold caramel apples during festivals to pay back the loan that bought the original set of bells.

Paired with the Cascade High School Select Choir, Darryl Wall and Chase Runions this performance kicks off our series of Christmas performances and is a great way to get into the holiday spirit.

Tickets can be purchased online at www.icicle.org or by phone at (509) 548-6347.

Pricing for general admission is \$15 or \$17 at the door. This production is free for kids under the age of 12.

*About Icicle Creek Center for the Arts Icicle Creek Center for the Arts was founded in 1995 by Harriet Bullitt and the late Wilfred Woods. Located on a 13-acre campus three miles outside of the City of Leavenworth, they provide arts education to more than 6,000 students around NCW each year and offer a full performance season that draws more than 10,000 audience members annually.*



PHOTO BY KEN TRIMPE

## What is CBD?

CBD is an abbreviation of cannabidiol, which is extracted from the plant cannabis sativa, an herb indigenous to central land western Asia.

Cannabis is the ancient Greek name for hemp, and selective breeding of cannabis plants over the centuries has produced two main genetic types: a drug type, called marijuana and a hemp type. Hemp is cultivated for its stalk, prized for making strong fiber and rope, while marijuana is selectively bred to be rich in Delta-9-tetrahydrocannabinol (THC), a psychoactive compound that produces a euphoric effect when smoked or ingested.

The 2018 Farm Bill distinguished between the hemp strains of cannabis with very low concentrations of THC and THC-rich strains called marijuana, allowing farmers to grow hemp legally if the content of THC is less than 0.3% by dry weight.

What’s the difference between hemp oil and CBD oil?

The seeds of both strains of cannabis contain commercially valuable protein and oils, but no naturally occurring THC or CBD. The FDA allows hemp seeds, hemp seed protein powder and hemp seed oil to be sold as human foods, but CBDs extracted from the rest of the plant are not allowed to be sold as foods or food supplements at this time, despite the proliferation of

CBD-containing products and claims of benefits.

**How does CBD work?**

While THC activates cannabinoid receptors in the brain to cause a “high”, CBDs don’t produce euphoria. CBDs seem to have anti-inflammatory actions, and can help reduce the need for other medicines for chronic pain, anxiety and insomnia.

Why doesn’t the FDA allow research into the benefits of CBD?

The FDA is treating medicinal use of cannabis with the same rigorous standards that it demands of other newly discovered medications. There is a lot of research currently going on for medicinal uses for both THC and CBD. The FDA has recently approved Epidiolex®, which contains a purified form of CBD for the treatment of certain types of seizures in patients 2 years of age and older.

**Is CBD safe?**

Probably, but be careful. CBDs are being sold to consumers as if they were food supplements, but according to the FDA, CBD is NOT considered a food supplement. CBD products are not subject to any FDA regulations, so unlike medications or food supplements, they are not subject to manufacturing standards like Good Manufacturing Practices and do not have to provide any proof that they are either safe or effective.

Although the FDA is working hard to establish

standards for CBDs and we can expect that CBD products will eventually have regulations and standards that apply to them, anyone buying a CBD product today should be very cautious.

**Is CBD legal?**

Yes, but only as a prescription medication. CBD isn’t restricted in the same way as THC, but since it isn’t a food, food supplement, or medication, buying it without a prescription is not “officially” legal.

CBD is allowed to be added to cosmetics but it’s against the law to sell food or animal feed that has THC or CBD added to it.

**What potential benefits does CBD have?**

CBD may help with chronic pain, inflammation, anxiety and muscle spasms. It may also reduce the side effects of sedation or paranoia when used together with a product containing THC.

Does CBD have side effects?

The most common complaints I hear about from my patients taking CBDs is “brain fog” or stomach upset. CBDs may cause stomach upset, decreased appetite and weight loss, dizziness, fatigue and sedation.

**5 Things to Consider When Selecting a CBD:**

**1. Read the label carefully.** Make sure the amount of CBD per serving or application is listed. Companies that use laboratories that make testing results available

Ask...

Dr. Louise

are more reliable.

**2. Watch out for contaminants.** Cannabis plants can easily absorb toxic chemicals like heavy metals and pesticides. Review the label and company website for information on growing conditions and testing for contaminants.

**3. How fast it works.** The formulation affects the speed. Inhaled or sublingual of CBD are the fastest, liquid or edibles take 30 minutes or longer, and topical varies from person to person, from 30 minutes to several hours.

**4. Avoid inhaled CBD products.** Additives that dissolve or dilute the CBD may cause lung injury. Sublingual CBD is nearly as fast acting as inhaled products and much safer.

**5. Hemp seed is different than CBD.** Hemp seed, hemp seed protein powder and hemp seed oil are perfectly safe and legal as foods, as they only trace amounts of THC or CBD.

*Dr. Louise Achey, Doctor of Pharmacy is a 40-year veteran of pharmacology and author of Why Drugs 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. © Dr. Louise*

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**UPCOMING GAMES**

Bulldogs at LaSalle	Dec. 7- postponed
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**GIRLS BASKETBALL**

Bulldogs vs LaSalle	Dec. 7 – 7:15 p.m.
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**BOYS WRESTLING**

Bulldogs at Connell	Dec. 7
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Lady's kick off classic	Dec. 7 site TBD
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# THE WASHINGTON OUTDOORS REPORT

PHOTO BY JOHN KRUSE.

Once uncommon, Canada geese are now abundant throughout Washington State

## Of Ducks And Geese

By JOHN KRUSE

The last days of November typically herald the arrival of the northerns. Huge flocks of mallard ducks and Canada geese arrive from British Columbia and Alberta while snow geese and lesser Canada Geese fly in from Alaska. This fall, a cold snap at the end of September had many hunters wondering if the northern birds would arrive early this year. Two hunting guides who have been out in the fields and on the water for many days this season weigh in:

Western Washington – Aaron Peterson – Petersons Northwest Guide Service <http://Petersonsnorthwest.com>

The snow geese we see in Washington spend their springs and summers in the Western Arctic and on Wrangel Island in Russia. The US Fish and Wildlife Service estimates the breeding population this year was 442,000 geese, 45 percent higher than last year and 12 percent above the 10-year average.

Most of these geese winter in Skagit and Island Counties in Northwest Washington or the Fraser River Delta in British Columbia. Aaron Peterson, the owner of Petersons Northwest Guide Service, leases land in Skagit and Snohomish counties for waterfowl hunting. He confirms the geese are here in big numbers this year and that there are a high percentage of juvenile geese as well. The limit on snow geese is six birds and in recent years the season for them in Skagit County has been extended because their numbers are so prolific.

Peterson will set up anywhere from 1000 to 1500 snow geese decoys in agricultural fields to draw big flocks of birds into range and says “The snow goose hunting is great right now!” Peterson says they are also doing some duck hunts but the calm weather seen through most of November have made it difficult to have successful hunting for mallard, wigeon, pintail and other birds except for an early morning flight. Windy days and stormy weather make for better days in the blind when it comes to ducks.

Eastern Washington – Shelby Ross – Ross Outdoor Adventures <http://rossoutdooradventures.com>

Shelby Ross hunts in the Columbia Basin and at the north end of Potholes Reservoir between Moses Lake and Othello every season. He says three waves of ducks have arrived in the Basin from the north since the opener. The first wave consisted of teal, wigeon and mallards while the last wave that arrived over two weeks ago were primarily mallards. Surprisingly, diving ducks have not arrived in significant numbers so far this fall.

Furthermore, Ross says those latest arriving mallards have become very educated over the last few days as to where the hunters are (and are not). That, coupled with a series of calm water days and low fog, have made for tough duck hunting in the latter half of November though the latest wintry blast and a series of windy days coinciding with the Thanksgiving holiday may well change that.

As for geese, lesser Canada geese have arrived in force and

PHOTO BY JOHN KRUSE.

A good Labrador retriever is always a good partner to take on a hunt and will help you retrieve birds you might otherwise lose

## WATERFOWL WATCHING INSTEAD OF HUNTING?

If you want to watch waterfowl instead of hunting them there are several places for you to enjoy them with binoculars or a camera to include:

Port Susan near Stanwood and the fields near Skagit Flats around Conway

The Billy Frank Jr. Nisqually National Wildlife Refuge near Lacey

The Columbia National Wildlife Refuge near Othello Walla Walla Point Park in Wenatchee

The Columbia River from Patterson north to Bridgeport

The Little Pend Oreille National Wildlife Refuge near Colville

John Kruse – [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)

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[www.VisitChelanCounty.com](http://www.VisitChelanCounty.com)

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HELP WANTED

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](http://www.cascadesed.org)  
EOE

Full and Part-Time Bedmaker, Laundry and Housekeeping

Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry / Bedmakers. Enjoy a competitive 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  
Enzian Inn  
590 US Hwy. 2  
Leavenworth

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.



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 response 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](http://www.lcrd.org)  
Apply by submitting a District application, resume and cover letter by e-mail to [staff@lcrd.org](mailto:staff@lcrd.org)  
Position is open until filled.

TWO MED/ SURG RN's  
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.

Interested Candidates may apply in person or by mailing their resume to:  
Three Rivers Hospital  
Human Resources Dept.  
PO Box 577  
Brewster, WA 98812  
(509) 689-2517 x 3343  
[www.threerivershospital.net/opportunity@trhospital.net](http://www.threerivershospital.net/opportunity@trhospital.net)  
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HELP WANTED

Clinic Patient Registration Rep  
Full-time

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

Interested Candidates may apply in person or by mailing their resume to:  
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Brewster, WA 98812  
(509) 689-2517  
[www.threerivershospital.net/opportunity@trhospital.net](http://www.threerivershospital.net/opportunity@trhospital.net)  
EOE

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

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

- Customer service
- Answering telephones
- Various billing, collection, typing, filing and more.
- Knowledge of MS Office, 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](http://www.lcrd.org)  
Apply by submitting a District application, resume and cover letter by e-mail to [staff@lcrd.org](mailto:staff@lcrd.org)  
Position is open until filled.

HELP WANTED

CHARGE/ER RN  
Full-time/Nights

Three Rivers Hospital is seeking a full-time Charge/ER RN responsible for providing onsite nursing service supervision and performing delegated administrative functions during specific work shift. Current WA State RN license and two years of RN experience required. Charge Nurse experience in Acute Care is preferred. Experience and skills in ER is recommended. Current BLS, ACLS, TNCC, & PALS certifications. Rotating days and includes some weekends.

Interested Candidates may apply in person or by mailing their resume to:  
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- Banned insecticide
- Exclamation of contempt
- Start with a clean one?
- Lennon's lady
- Editing command
- Feudal lord's property
- Dunce
- "Ayn Rand's " Shrugged"
- "Record-breaking Oscar-winner
- TV's Jim Anderson
- Immeasurable period
- Editor's oversight
- Fugitive's get-away
- Vegas cube
- Even smaller "
- "Rock of "
- Cleopatra's necklace
- Saddam Hussein's Islam
- Surrender
- Young Atlantic cod
- Eastern
- Work the dough
- Diamond Head island
- Quarterback's downfall
- Pollen producer
- Charged particles
- "... must I be a teenager in love?"
- Sound of pain or pleasure
- Us, in Mexico
- "Levittown, e.g.
- "Like one born in '50s
- Like a private circle
- Highest card in "War"
- Sea near Australia
- "The Runner," pl.
- "Cuban syllable
- Musician's exercise
- Heroic poem
- Boy toy
- Sterilize

DOWN

- Cigar residue
- Blister
- New Haven Ivy
- Kidney problem
- Modus operandi
- Point of entry
- \*Crick/Watson/Franklin discovery
- Toffee, alt. sp.
- Trodden track
- "Cast Away" setting
- "A \_\_\_ Is Born" with Judy Garland
- "For \_\_\_ a jolly ..."
- Jamaican vernacular
- Yards and miles, e.g.
- Address abbreviation
- T in ATV
- "Source of immortal Hela cells
- "Occupation of Ian Fleming's protagonist
- Mythological princess of Colchis
- \*Fashion designer who made a comeback in 1954
- Small pieces
- "Rose to Jackie
- Methuselah's father
- "Tenant of Fred Mertz
- Clothing line
- Type of salmon
- "Beats me!"
- Formal objections, in court
- And not
- Like Santa after coming down the chimney
- Taken follower
- Inflict a blow
- Barber shop sound
- To, in the olden days
- Swarm members
- Pinto or black
- Outback birds
- Was a passenger
- "We'll take \_\_\_ to Washington"
- "Guevara's nickname
- Tyrannosaurus follower

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PUBLIC NOTICES

SUMMARY OF CITY OF CASHMERE RESOLUTION 06-2019

On the 25 day of November, 2019 the City Council of the City of Cashmere, Washington passed Resolution 07-2019. A summary of the content consisting of the title provides as follows:

**RESOLUTION NO. 06-2019**  
A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF CASHMERE, WASHINGTON, REPEALING RESOLUTION 06-2018, AMENDING CITY WASTEWATER RATES.  
A copy of the full text of this resolution detailing the rates is available at Cashmere City Hall or will be mailed to you upon your request to City Clerk, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/LeavenworthEcho on Dec.4, 2019. # 86729

CITY OF CASHMERE SUMMARY OF ORDINANCE NO. 1285

On the 25 day of November, 2019 the City Council of the City of Cashmere, Washington passed Ordinance No. 1285. A summary of the content provides as follows:  
AN ORDINANCE OF THE CITY OF CASHMERE, WASHINGTON, REPEALING CHAPTER 2.92 OF THE CASHMERE MUNICIPAL CODE; REPEALING THE VENDOR LIST AND SMALL WORKS ROSTER LIST CODE PROVISIONS WHICH HAVE BEEN REPLACED BY THE PROVISIONS IN CITY RESOLUTION NO. 08-2019; AND SETTING AN EFFECTIVE DATE.  
Effective date of this ordinance is five days after publication. A copy of the full text of this ordinance is available at Cashmere City Hall or will be mailed to you upon your request to Kay Jones, City Clerk-Treasurer, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/Leavenworth Echo on December 4, 2019. #86727.

NOTICE OF EQUALIZATION

NOTICE IS HEREBY GIVEN that the Assessment Rolls of the Icicle and Peshastin Irrigation Districts, in Chelan County, Washington, for the year of 2019, has been completed and delivered to the Boards of Directors, and that said assessment books are now and will remain in the office of the Secretary of said Districts for the inspection of all parties interested; AND THAT the Boards of Directors will meet as Boards of Equalization to equalize said assessments on Tuesday December 10, 2019 at 8:00 A.M., at the office of the secretary of said Districts, which is at 5594 Wescott Drive, Cashmere, Washington 98815, at which time and place all person objecting to said assessment as made, may be heard. In accordance with RCW 87.03.250 and RCW 87.03.255. Published in The Leavenworth Echo/ Cashmere Valley Record on November 27 and December 4, 2019. #86693

**The Cascade School District** has declared these items surplus and are now available to the community.  
The below items are available for purchase – on a *first come, first serve* basis, **make offer**, details upon request, everything sold as is.  
Call 509-548-5885, ask for Teresa.

- 20 old teacher desks
- 75 old tables, various sizes and shapes
- 350 miscellaneous chairs for students
- 25 4-drawer file cabinets
- Pile of metal framework for old greenhouse tables – Made from 1"x1" square tubing
- 40 various ink jet and laser printers

The items listed below are available to purchase through sealed bids only. Details and viewing upon request, call 509-548-5885, ask for Teresa. Sealed bids will be accepted until December 6th, 2019 at 4 p.m. Bids may be mailed or dropped off at Cascade School District, 330 Evans Street, Leavenworth, WA 98826.

- 3 buses with seats removed – used in the moving process for two years and no longer need

- 2002 International transit bus, 40', 206245 miles, runs, no seats
- 1997 International transit bus, 40', runs, no seats
- 1995 AmTran Transit bus – 40', runs, no seats

- Old Greenhouse parts (fans, Lexan, other) – not complete, no minimum
  - 2- 20' conex containers – some leaks on both, \$500 minimum on each
  - Turf Vac – Kohler Model K-341, no minimum
  - Large Generator, Diesel - \$1000 minimum, was used for back up lighting and life safety systems for our previous HS building. Worked when removed, annually inspected.
  - Fertilizer Spreader – Cosmo (metal cone), no minimum.
- Published in The Leavenworth Echo/ Cashmere Valley Record on November 27 and December 4, 2019. #86640



PUBLIC NOTICES

City of Leavenworth Request for 2020 Comprehensive Plan Amendment Proposals

The City of Leavenworth is entering into the annual Comprehensive Plan Amendment cycle and is now receiving requests for proposals to amend the City's Comprehensive Plan, including the Land Use Zoning Map. For a proposed amendment to be considered for sponsorship by the City Council, submittal is due by December 31, 2019. Privately sponsored map proposals are due by January 31, 2020. Applications for amendments to the Comprehensive Plan are available at City Hall or online. For further information, please contact the Development Services Manager, Lilith Vespier, at (509) 548-5275, or by e-mail at dsmanager@cityofleavenworth.com, or mail: City of Leavenworth, P.O. Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/ Cashmere Valley Record on November 6 and December 4, 2019. #86491

CITY OF CASHMERE SUMMARY OF ORDINANCE NO. 1284

On the 25 day of November, 2019 the City Council of the City of Cashmere, Washington passed Ordinance No. 1284. A summary of the content provides as follows:  
AN ORDINANCE OF THE CITY OF CASHMERE, WASHINGTON, AMENDING ORDINANCE NO. 1278, WHICH AMENDED ORDINANCE NO. 1273; AMENDING AND REAFFIRMING PORTIONS OF THE 2019 BUDGET, AND SETTING AN EFFECTIVE DATE.  
Effective date of this ordinance is five days after publication. A copy of the full text of this ordinance is available at Cashmere City Hall or will be mailed to you upon your request to Kay Jones, City Clerk-Treasurer, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/Leavenworth Echo on December 4, 2019. #86726.

CITY OF CASHMERE SUMMARY OF ORDINANCE NO. 1283

On the 25 day of November, 2019 the City Council of the City of Cashmere, Washington passed Ordinance No. 1283. A summary of the content provides as follows:  
AN ORDINANCE ADOPTING THE BUDGET FOR THE CITY OF CASHMERE, WASHINGTON, FOR THE FISCAL YEAR ENDING DECEMBER 31, 2020. Effective date of this ordinance is five days after publication. A copy of the full text of this ordinance is available at Cashmere City Hall or will be mailed to you upon your request to Kay Jones, City Clerk-Treasurer, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/Leavenworth Echo on December 4, 2019. #86725.

Superior Court of Washington For Chelan County

In the matter of the estate of

**Larry N. Ward, Deceased.**  
No. 19-4-00371-04  
**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 attorney at the address stated below a copy of the claim and filing 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 representative served or mailed the notice to the creditor as provided under 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.

**GLEND A. R. LOVE**, Personal Representative  
Attorney for the Personal Representative:  
Joseph C. Brown, Jr., WSBA# 17991  
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

CITY OF CASHMERE SUMMARY OF ORDINANCE NO. 1282

On the 25 day of November, 2019 the City Council of the City of Cashmere, Washington passed Ordinance No. 1282. A summary of the content provides as follows:  
AN ORDINANCE OF THE CITY OF CASHMERE, WASHINGTON, ADOPTING FINDINGS OF FACT TO JUSTIFY THE CONTINUED IMPOSITION OF A SIX- MONTH MORATORIUM ON THE FILING AND ACCEPTANCE OF BUILDING PERMITS, FOR RESIDENTIAL USE OF PROPERTY ZONED DB-DOWNTOWN BUSINESS DISTRICT, AS REQUIRED BY RCW 36.70A.390 AND 35A.63.220; CONTAINING A SEVERABILITY PROVISION; AND SETTING AN EFFECTIVE DATE.  
Effective date of this ordinance is five days after publication. A copy of the full text of this ordinance is available at Cashmere City Hall or will be mailed to you upon your request to Kay Jones, City Clerk-Treasurer, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/Leavenworth Echo on December 4, 2019. #86724

CITY OF LEAVENWORTH

On the 26th day of November 2019, the City Council of the City of Leavenworth, WA passed the following ordinances. A summary of the contents of each provides as follows:  
**Ordinance 1602:** An ordinance of the City of Leavenworth, Washington, amending sections of chapter 13.02 and 13.04 of the Leavenworth Municipal Code related to water utility billing and procedures.  
**Ordinance 1603:** An ordinance vacating county road #224 located under and near the existing City of Leavenworth wastewater treatment plant, impacting Chelan County tax parcel numbers 24-17-01-440-450 and 24-17-01-440-500.  
A copy of the full text of the ordinances is available at Leavenworth City Hall or will be mailed to you upon your request to Chantell R. Steiner, Finance Director/City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/Cashmere Valley Record on December 4, 2019. #86731

TRYING TO AMBUSH A BUYER?  
Here's a better option  
Advertise it on  
**NCWMarket.com**

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.

**NCW MARKET.COM CLASSIFIED ADS**

Want to place your own classified ad to your local newspaper online?

Well now you can!

**WASHONGER BUSINESS JOURNAL**  
**THE LEAVENWORTH ECHO**  
**CASHMERE VALLEY RECORD**  
**LAKE CHILAN MIRROR**  
**QUAD CITY HERALD**



STATEPOINT  
When you make a donation this holiday season, consider giving gifts that help protect nature, such as those found on WWF's online gift center

3 tips for an eco-friendly holiday season

STATEPOINT - On average, there has been an astonishing 60 percent decline in the size of populations of mammals, birds, fish, reptiles and amphibians in just over 40 years, according to the most recent World Wildlife Fund (WWF) Living Planet Report, and the top threat to species is human activity.

Adjusting holiday traditions to be friendlier toward the planet -- as well as the people and animals who rely on a healthy environment to survive -- can be a meaningful way to spread goodwill during the season. Here are three ideas for doing so:

**Waste Not**  
Wasted food represents about 8 percent of global greenhouse gas emissions and is a main contributor to deforestation and the depletion of global water sources. Shopping for foods grown and raised sustainably can reduce the footprint of your holiday menu.  
You can green your holidays further by reducing

your plastic consumption. It's projected that by 2050, the total amount of plastic waste in the oceans will weigh more than all fish, and 99 percent of seabirds will have ingested plastics. Shop with reusable tote bags and opt for gift wrap and décor made only from sustainable materials.

**Give Gifts That Give Back**  
When you make a donation this holiday season, consider giving gifts that help protect nature, such as those found on WWF's online gift center. For animal lovers, WWF's wildlife-themed gifts are a good choice. Symbolic species adoptions, are educational and fun. There are more than 100 species available, ranging from favorites like sloths, elephants, tigers, pandas and polar bears, to new offerings like the ladybug, gentoo penguin and hawksbill turtle bale. All symbolic adoption donations made through the gift catalog come with an adoption certificate, as well as a color photo and description card of the adopted species. Adoptions of \$55 or more

come with a soft animal plush of the adopter's choosing. Other gift selections include unique socks, featuring flamingoes, tigers, wolves, hedgehogs and more, t-shirts and sweatshirts, elephant slippers, animal puppets and panda bobbleheads. For more information, call 1-800-CALL-WWF or visit worldwildlife.org.

**Fundraisers**  
Throwing a holiday bash? Deck the halls with purpose by combining your entertaining efforts with a fundraiser dedicated to protecting the environment. For example, with WWF's Panda Nation campaign, you can turn any special occasion into an opportunity to protect threatened species and wild places around the world, while raising awareness about important issues.

By making small changes to your favorite holiday traditions, a joyful and rewarding holiday season can go hand-in-hand with helping wildlife and nature thrive.

5 ways to stay safe during the dangerous holiday driving season

STATEPOINT - The holidays can be the happiest time of the year, but unfortunately, they can also be the most dangerous, with more fatal car crashes occurring due to increased travel time, more alcohol use and excessive speed, according to the National Highway Traffic Safety Administration (NHTSA).  
NHTSA predicts that during this Christmas week, from Tuesday, December 24, 2019 at 6 p.m. through Thursday, January 2, 2020 at 5:59 a.m., 799 people will lose their lives nationwide due to car crashes. While it may be uncomfortable to consider these predictions, NHTSA's report says that analyzing and forecasting fatalities can serve as useful warnings to the public, actually making roads safer.  
"No one wants to think about what can go wrong, especially at such a joyful time of year, but as the saying goes, prevention is better than cure," said Jon Bloom, vice president, personal auto, Erie Insurance. "The good news is that there are specific things that people can do help keep themselves

and their families safe this holiday season."  
Erie Insurance offers these five tips for safer holiday driving.  
• Keep your car road-ready. Proper maintenance will help keep your car in shape for whatever road conditions you encounter. In addition to getting regularly scheduled oil changes, make sure your car's fluids are topped off and that filters, hoses and other components are in good working order. If they're showing signs of wearing out, replace them.  
• Maintain properly inflated tires. Not maintaining the right tire pressure can lead to flats and blowouts, which could cause you to lose control of your car and crash. Pay close attention to your car's tire pressure monitoring system. If you see an alert that tire pressure is low, fill them as soon as possible.  
• Be ready for emergencies. While maintaining your car can reduce your chance of being stranded along the side of the road, it could still happen. Keep an emergency kit in the car with a cell phone charger, blanket and first aid kit,

along with bottled water and snacks. Also, check with your insurance agent to ensure your policy includes Emergency Roadside Service coverage so that if your car does break down, you can call for help.  
• Give yourself plenty of time. With speeding being one of the top causes of car crashes, it's important to remember that there's no prize for arriving first. It's much better to drive the speed limit -- or even lower, depending on road conditions and build in a few extra minutes to get where you're going, especially when driving near busy shopping malls or on holiday travel days when traffic is heavy.  
• Stay sober or designate a driver. Celebrating with a holiday toast? Plan ahead and have a designated driver, or use a cab or ride sharing service to get home. Regardless, never get behind the wheel if you've been drinking.  
While the holidays can be a particularly perilous time to drive, taking precautions can help ensure you, and others on the road, have a safe season.

Check the weathercams on the web before traveling over the mountain passes!

**www.leavenworthecho.com** **www.cashmerevalleyrecord.com**

**STEVENS PASS** U.S. Highway 2  
**BLEWETT PASS** U.S. Highway 47  
**SNOQUALMIE PASS** U.S. Highway 14