The Leavenworth Echo

\$1.00

Volume 123 • No. 45

Upper Valley News Since 1904 A Ward Media Publication

Ieavenworthecho.com

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Community | A2

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Live theater returning to ICPA with 'Pride and Prejudice'





Photos of early rehearsal for Kate Hamill's retelling of Jane Austen's "Pride and Prejudice" provided by Icicle Creek Center for the Performing Arts.

By Quinn Propst

Ward Media Staff Reporter

Leavenworth - Icicle Creek Center for the Performing Arts is returning to live theatrical productions with Kate Hamill's retelling of Jane Austen's classic romance "Pride and Prejudice."

This will be the first live theater the pandemic.

In this contemporary take on this classic, the audience will the well-known narrative. encounter a fresh perspective on the timeless themes of love and societal Prejudice" prompts us to consider the a lot more on a broader spectrum

expectations. This adaptation offers complexities of love as it explores the of emotions. One minute, you'll be a more dynamic and unconventional approach to the story.

The outspoken Lizzy Bennet resists the pressure to conform to societal norms by avoiding marriage. Yet, can she truly resist the allure of love, especially when faced with the enigmatic, occasionally amusing, and somewhat exasperating Mr. Darcy? piece that ICPA has produced since In this modern adaptation, the classic story takes on a more lively and everybody loves forward for this relatable tone, breathing new life into

quirks and follies that can arise in the pursuit of romantic happiness.

'So, Kate Hamill, who is the author or writer, I should say is honestly I feel like she may be sort of a modernday Jane Austen," assistant director McKenzie Baird said. "She has that sort of same idea of really using witticism to comment on society, and she just brings the story that I think generation."

"So it is a little punchier, it's a This interpretation of "Pride and little faster," she said. "To me, it hit

laughing your face off, and the next minute someone says something that just gut punches you with its truth. So to me, I think it is more like a distilled and refined version that sort of takes all of the fluff and extra and dispels that and leaves the heart of what used to be the original Jane Austen production.

"And she does a really interesting thing that she intentionally has several of the actors double cast as multiple characters," Baird added.

See 'PRIDE & PREJUDICE' Page A4

eavenworth receives 2023 Governor's Smart Communities Award.

Ward Media / Leavenworth Echo

The City of Leavenworth, Washington, has been honored with the prestigious Judges Merit Award at the 2023 Governor's Smart Communities Awards, as announced by the Washington State Department of Commerce.

the award has Since 2006, recognized local governments whose planning efforts have meaningfully improved their communities in areas such as economic development, housing, parks and recreation,

and development.

The City of Leavenworth received the Judges Merit Award for recognized success in more than one use planning documents, including judged category. This is a legacy award and recognizes the vision, planning, and project implementation city's unique Bavarian theme and it took to create the Washington State design. landmark and top tourist destination that Leavenworth is today.

the picturesque Bavarian Village that Leavenworth is known for today

LIFE, a collaborative community initiative. Project LIFE laid the foundation for several essential land the 1968 Leavenworth Comprehensive Landscape Plan, which solidified the

"Today our Bavarian Village is a wonder and joy to residents and The journey towards becoming millions of annual visitors," Mayor Carl Florea said. "As we continue have made Leavenworth a true gem to tackle our community needs and of Washington State.

transportation, and land use planning started in the early 1960s as Project plan for the future, we honor the past work of so many visionaries. We are thrilled to be recognized by the Governor with this award."

Leavenworth's unique transformation from a quaint town to a Bayarian wonderland exemplifies the power of visionary planning and community collaboration, earning the city this prestigious accolade. The Judges Merit Award acknowledges the outstanding achievements that

North Road Cemetery annual Rake the Fall Leaves event



COURTESY OF ANN PEAVEY

Around 45 volunteers came out to help clean up Leavenworth's Old North Road Cemetery for their annual Rake the Fall Leaves event at the end of October. Pictured is orchardist Glade Brosi hands another volunteer a bag of leaves onto the Winton MFG Compost Works truck. Winton MFG and its employees Robbette Schmit and Justine Pulse volunteered to haul a truckful of compostable material away.



L to R: Kim Washburn, Janet Mano, and Thomas Tilton with the Leavenworth Alphorn Association play for the volunteers as they worked to clean up the cemetery.



COURTESY OF ANN PEAVEY

Sabrina Westbrook, Upper Valley Historical Society's Volunteer-in-Charge works to clean up leaves while the Leavenworth Alphorns play for the workers.

Leavenworth secures \$400,000 in emergency funding

Ward Media / Leavenworth Echo

OLYMPIA – The Washington State Public Works Board (PWB) has approved \$4.3 million in critical infrastructure funding aimed at bolstering essential services in Chelan and Douglas counties. The allocated funds comprise \$575,000 designated for emergency construction projects and \$3.7 million to bolster broadband connectivity.

At a special meeting convened on Oct. 19 to address an urgent funding request, the PWB granted \$400,000 for an emergency construction project in Chelan County.

The City of Leavenworth secured \$400,000 in emergency funding, comprising a \$340,000 loan and a \$60,000 grant, to address advanced deterioration in the city's Pine Street Water Main. This project will play a vital role in preventing substantial water service interruptions and fortifying fire protection for the 26 single-family residences, three businesses, and two fire hydrants served by the main. The initiative includes the installation of a temporary water system during construction, replacing the deteriorated water main, and repaving the affected asphalt.

In a subsequent meeting on Oct. 27, the PWB approved \$3.7 million for a broadband infrastructure project in Island County and an additional \$175,000 for an emergency construction award in Douglas County.

Whidbey Telecom was granted a \$3,723,727 low-interest loan for the Deer Lake West broadband infrastructure project. This undertaking aims to establish an open access network spanning approximately 14.3 miles of middle and last-mile fiber, providing connectivity to around 584 previously underserved locations in the Deer Lake West area of Clinton on Whidbey Island.

The City of East Wenatchee received \$175,000 in emergency funding, comprising a \$148,750 loan and a \$26,250 grant, to address a failed segment of the stormwater line on North Baker Avenue. The project will involve the removal of the problematic section, which has caused settling in the pavement above it. Preliminary assessments have indicated imminent failure of the remaining pipe. A natural spring flows through this system, producing an estimated 30 gallons per minute year-round. The replacement line in the second phase of the project will mitigate risks and extend the system's remaining

See **FUNDING** Page **A4**

Quick Read

Leavenworth is set to receive a substantial boost of \$400,000 in public works grants and loans, thanks to the Washington State Public Works Board's recent approval. These funds are aimed at strengthening crucial infrastructure in Chelan and Douglas counties. Leavenworth will use \$400,000 for an emergency Pine Street Water Main project, addressing pressing issues. Additionally, the PWB granted \$3.7 million for broadband infrastructure in Island County and \$175,000 for an emergency construction award in Douglas County. This support reflects the PWB's commitment to improving critical infrastructure and enhancing the quality of life in Washington communities, and more funding opportunities lie ahead.

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Phone: 509-548-5286

www.leavenworthecho.com

The Leavenworth **Echo**

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Deadlines

Calendar Listings **News Submissions:** Letters to the Editor: Display Advertising: Legal Notices: Classified Ads:

Noon, Friday Noon, Friday Noon, Friday 5 p.m., Thur. Noon Friday Noon Friday

Subscriptions

In Chelan County (yearly) \$5.00 to include online subscription In State-Out of County (yearly) **\$50** Online E-edition

The Leavenworth Echo does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.



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Letters policy

The Leavenworth Echo 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 non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to letters@ward.media.

Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call **509-548-5286**. We will publish a correction on this page in the next issue.

News tips

Have an idea for a story? Call the Echo at 509-548-5286 email news@ward.media

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Classified ads can be placed during normal office hours by calling **509-548-5286** or by emailing classifieds@leavenworthecho.com

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Obituaries

Obituaries can be placed during normal business hours by calling 509-548-5286 or by emailing obits@ward.media

Services

Back Issues are available up to one year after publication for a small fee. Archive Research \$25 per hour

Classified Weekly Rates

\$15.00 for first 30 words .**10** for each additional word over 30 words Borders, bold words, headlines, logos and photos subject to additional charges.

Get your event in the spotlight with Ward Media!

If you have an exciting event to share, email Reporter Quinn Propst at quinn@ward.media. We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss this chance to make your event shine!

Naturalist Trivia with **Wenatchee River** Institute

Bushel and Bee Taproom in Leavenworth will host an evening of Naturalist Trivia with the Wenatchee River Institute on Tuesday, Nov. 14 from 7-9 p.m.

"It's time to test your nature knowledge with a fun evening of Naturalist Trivia with WRI," the event page states. "Bring your friends to form a team of up to six people and compete against the WRI Staff team for a chance to win prizes and, of course, bragging rights over other nature nerds in the valley."

Free to play. Teams can be two to six people.

For more information visit wenatcheeriverinstitute.org.

Movie Night: Snowmobile Film

Icicle Brewing will host Movie Night: Snowmobile Film on Wednesday, Nov. 15 from 6-8 p.m.

"Get ready for winter with some snowmobile movies on the big screen at Icicle," the event page states.

For more information visit iciclebrewing.com.

Green Drinks featuring C6 Forest to

Waste Loop will host Green Drinks featuring C6 Forest to Farm on Thursday, Nov. 16 from 5-7 p.m. in the Wenatchee Room at LOGE in Leavenworth.

"Interested in learning more about biochar and networking with eco-minded folks in NCW," the event page states. "Join us this month for Green Drinks, featuring C6 Forest to Farm. Co-founder Gina McCoy will deliver a TEDx style talk at 6pm – don't miss it.'

"C6 Forest to Farm has a mission to reduce the risk of extreme wildfire Pacific in the Northwest by advancing forest health," the event page states.

For more information visit wasteloop.org.

Cascada De Flores: Theater for the Very

Icicle Creek Center for the Arts will host Cascada De Flores: Theater for the Very Young on Friday, Nov. 10 from 11 a.m. to 12:30 p.m.

"An award-winning trio of Hispanic musicians and storytellers bring bilingual stage adaptations of Mexican folktales and music to audiences nationwide," the event page states. "This performance is specifically designed for youth zero to five, but is great for families and kids of all ages.'

Adult tickets are \$10 and kids are free.

For more information visit icicle.org/events/.

THINGS TO DO

Numerica Festival of

The Numerica Performing Arts Center will host a fiveday Festival of Trees from Nov. 15-19 in Wenatchee.

"There will be several

new events such as the Swanky Soiree (Featuring professional dueling pianists!) and Tannenbaum familyfriendly auction, along with other much-loved returning events like the Festival of Spirits, Teddy Bear Time, and the Christmas Karaoke Competition," the event page states.

For more information visit fot. numericapac.org.

City of Leavenworth seeks volunteers for advisory board positions

Ward Media / Leavenworth Echo

LEAVENWORTH-The City of Leavenworth is calling upon civic-minded individuals to step forward and apply for multiple vacant roles on its citizens' advisory boards commencing January 2024.

Committee - In March 2023, the City Council Housing Committee proposed the establishment of a more diverse Housing Advisory Committee, reflective of the broader community. This newly formed committee will comprise a total of nine positions. While two of these

positions will be designated for City Council members, the remaining roles will be available to community members residing within city limits or the Urban Growth Area (UGA). The city is keen to assemble a diverse mix of residents, business proprietors, developers, nonprofit leaders, real estate

experts, and representatives from minority groups.

Parking Advisory Committee - The city is actively seeking to fill a single position on the Parking Advisory Committee. Potential committee members are required to be city residents with a minimum of one year of residency within the

Individuals who meet the necessary qualifications and are eager to contribute are encouraged to submit a letter of interest to Andrea Fischer, City Clerk. These letters can be sent via email, traditional mail, or submitted in person, with the deadline set for 4:00

Community voices wanted

Join our Reader **Advisory Board**

The Leavenworth Echo has been a pillar of our community for many years, and we've always strived to be the voice of our readers. We're proud to announce an exciting opportunity for you, our valued community members, to become an even

more integral part of our

publication.

For the latest local news and advertising

see the Ward Media websites

leavenworthecho.com

cashmerevalleyrecord.com

qcherald.com

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Speidel Bentsen

Living Trusts

(509) 662-1211

7 North Wenatchee Avenue, Wenatchee www.SpeidelBentsen.com

We provide excellent legal services in the preparation

and completion of Living Trust estate plans.

6550 Turkey Shoot Rd.

(off Sunset Hwy.) Cashmere

TurkeyShoot

Sunday,

Nov. 12

9:30 a.m.

For more Info:

Brian James

509-782-3099

We're establishing a Reader Advisory Board, and we're looking for passionate individuals who are dedicated to shaping the content and direction of our newspaper.

As a member of our Reader Advisory Board, you'll have the chance to:

your insights and suggestions

Influence content: Share

on the topics, stories, and features that matter most to our community. Provide feedback: Help us

understand what you love about our newspaper and where we can improve. Connect with the team: Meet our dedicated team,

building stronger ties with the people behind the stories. **Community Impact:** Play a vital role in ensuring that

our publication continues to reflect the rich tapestry of life in Leavenworth.

We believe in the power of community voices, and by Board, you'll be helping us serve you better. Whether you're a lifelong resident or a recent arrival, your perspective is important to us.

joining our Reader Advisory

To apply, simply send an email to our publisher at terry@ward.media explaining why you want to join our Reader Advisory Board. We encourage residents from all our coverage areas to apply and share your unique insights.

Together, we can make our publication even more relevant and engaging for everyone in our community. Your voice matters, and we can't wait to hear it.

Join us in shaping the future of The Leavenworth Echo. Your input will be a crucial part of our continued success in delivering quality journalism to the Leavenworth area.

We look forward to welcoming you aboard! Deadline for applications:

Friday, November 24.

For more information or inquiries, please contact Publisher Terry Ward at terry@ward.media.

Speak Up for Grizzly Bears!

Grizzlies roamed Washington's North Cascades for thousands of years, but now none remain. Hunted, trapped, and poisoned, the bears were exterminated. We now have a plan—and a responsibility—to bring them back.

Rural communities have coexisted and thrived alongside grizzly bears. Let's help bring back this iconic native species to the North Cascades.



Grizzlies Need our Help to Bounce Back



endangered in southern British Columbia and the population

Female Home Range Female grizzlies stay close to their mother's home range, making it very unlikely they'll

Wildlife biologists have already successfully relocated grizzlies and are recovering bears in western Montana.

Relocation Works

Remote Source Populations there is not healthy enough to expand on its own.

Habitat Fragmentation geographical features block movement routes Cascades National Park.

Cascades on their own.

Learn more at: www.northcascadesgrizzly.org/action

Community Bullletim Board

Local, Regional **Community News & Events**

Any non-profit 501(c)-(3) group, person(s). Must provide: full name, city, phone number. Items pertaining to local events that are free or minimum charge. Want to place Your Community News Online? Go to ncwmarket.com 24/7. Garage and Yard Sale Ads are paid events, please email:

classifieds@leavenworthecho.com or place online at ncwmarket.com. To submit info call 509-548-5286 or email: news@ward.media.

Community Calendar

Wednesday

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.

Alpine Water District, meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935. Senior Center, Lunch, noon, \$8 per meal. RSVP 509-548-6666. Ukulele Circle, 5:30- 6:30 p.m. every Wednesday at the Peshas-

tin Library. Please come 15 minutes early to tune and get Cascade Medical Board, 4th Wednesday of every month (with a

couple exceptions), September 27, October 25, November 15, and December 20, 5:30 p.m.

Thursday

Leavenworth Chamber of Commerce, 8 a.m. Call Chamber, 509-548-5807. Everyone is invited to attend as a guest. Email Troy@leavenworth.org for meeting information. (1st & 3rd

Leavenworth Lions Club, For more info. President Steve Alford, 509-548-4505, or email leavenworthlionsclubwa@gmail.com Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

Friday

Veteran Service Office, For information contact Tony Sandoval, 509-664-6801 or email:

tony.Sandoval@co.chelan.wa.us

Leavenworth Rotary Club, In person at Kristall's Restaurant at Noon. Call President Mahala Murphy-Martin, 206-227-1576, for more information.

Senior Center: Bingo 6 p.m. Call 509-548-6666. Facebook & website: leavenworthseniors@gmail.com

Monday

Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30 -8:00 p.m. Call UVMEND, 509-548-0408 for more information.

Leavenworth Mosquito District board meeting, 7 p.m. via ZOOM link posted at https://leavenworthmosquitocontrol.org/activity-calendar.html or contact Jenny 509-548-5904 (1st

Cascade School board meetings, 7 p.m., Agenda can be found at https://www.cascadesd.org/Page/166. (2nd & 4th Mon.) Chelan Douglas Republican Women, Monthly meeting and luncheon 1st Monday of the month (unless it's a holiday). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Convention Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (1st Mon.)

Tuesday

Peshastin Water District, 5:30 p.m. For meeting location, contact

Steve Keene, 509-548-5266. (2nd Tues.)

Icicle & Peshastin Irrigation Districts Meeting Current meeting time is 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi.net (2nd Tues.)

Cascade Education Foundation, Contact: CEF@cascade.org LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st. Tues.)

Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leaven-

worth Senior Center upstairs. www.leaveworthmasons.org. (1st Tues.)

Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.). The Chelan County Cemetery District #2 (Peshastin) meets

monthly at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.) Senior Center, Exercise, 11 a.m-Noon. Tues & Thurs. 509-548-

6666. Facebook & Website:

leavenworthseniors@gmail.com

Music, call Steve, 509-548-7048. (1st and 3rd Tues.) Greater Leavenworth Museum board meeting 5-7 p.m. Everyone is invited as a guest. Contact info@leavenworthmuseum. org for meeting information. (1st Tues.)

NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at newlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.

Leavenworth Public Library. Located at 700 Hwy. 2, Call 509-548-7923 or online leavenworth@ncwlibraries.org Open on Tues., 10-5, Wed., 11-7, Thurs., 10-7, Fri., 10-5 Sat.,10-2. Closed Sun. and Mon.

Peshastin Public Library. Located at 8396 Main St., Peshastin. Call: 509-548-7821 or peshastin@ncwlibraries.org Open Tues.,10-1:30; and 2:30-7, Wed.,10-2, and 2:30-7, Thurs., and Fri.,1-5:30 and Sat., 10 a.m- 2 p..m. Closed Sun. and Mon.

Other events

The Greater Leavenworth Museum, formerly known as the Upper Valley Museum. Now open daily 11-4. Check their Facebook page or website at http://www.leavenworthmuseum.org www.leavenworthmuseum.org for updates and information. Leavenworth Fish Hatchery, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.

Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho.com or call 509-548-5286. Otherwise we are not responsible for any misinfor-

Meeting Schedules For AA, Alanon, **Celebrate Recovery**

AA Meetings:

Call for the Zoom link to Leavenworth AA meetings: 541-480-8946 Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939 509-548-1627, 548-4522, 664-6469, 206-719-3379 Sunday 7 p.m., Leavenworth Senior Center, 423 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, 1 p.m., Leavenworth Senior Center, 423 Evans St. Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave. **Alanon Meetings**, Call 509-548-7939

Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@ gmail.com or 509- 596-1510.

Leavenworth

What's going on with Stevens Pass?

Curious about the upcoming ski season at Stevens Pass ski area? Mark your calendars for a presentation on Thursday, Nov. 9 at 7:00 p.m., hosted by Wenatchee River Institute at the Red Barn.

Ellen Galbraith, Vice President and General Manager of Stevens Pass ski area, will provide a comprehensive overview of what's on the horizon. Gain valuable insights into her experiences from the previous season and learn about the exciting plans for the upcoming ski year. Discover the latest developments surrounding the news construction of Kehr's Chair.

If you have burning questions about Stevens Pass or the ski industry, this is your chance. The floor will be open for live questioning at the conclusion of Galbraith's presentation.

For more information and event details, please visit the Wenatchee River Institute website at www. wenatcheeriverinstitute.org.

Community voices take center stage at Leavenworth Library's inaugural open mic night

Embrace your creative side and share your talents at the Leavenworth Library's firstever Open Mic Night, set to take place on Tuesday, Nov. 14, from 6:30 to 8 p.m. This exciting event promises an evening of artistic expression and community connection.

Whether you're a budding poet, a melodious singer, a stand-up comedian, or simply have a heartfelt message to convey, the stage is yours. Participants are encouraged to showcase their talents and passions in an inviting and supportive atmosphere.

Join your fellow community members for an evening of entertainment and inspiration. The event will feature a diverse array of performances, providing an opportunity to revel in the talents of your neighbors and friends.

To make this experience even more enjoyable, light refreshments will be available, creating a warm and welcoming environment for all attendees.

Leavenworth Library to host art show for Alpine Lakes Elementary students

The Leavenworth Library is set to showcase the creative talents of Alpine Lakes Elementary students in an art exhibition scheduled to run from Nov. 7 - 30. The event, held in the library's Fireside Room, promises a delightful display of youthful artistic endeavors.

Under the guidance of local artist Amber Zimmerman, students from various grade levels have channeled their artistic energies into distinct projects. These projects have drawn inspiration from renowned artists and various artistic concepts, resulting in an array of captivating pieces.

Visitors to the exhibition can expect to see works influenced by the vibrant sunflowers portrayed in Van Gogh's iconic paintings. Other students have delved into the world of lines and patterns, following the lead of Charles McGee's innovative techniques.

Birding by the river with the knowledgeable staff of the Wenatchee River Institute, the second Wednesday of every month. Meet outside the River Haus at 8am and plan to be finished by 9:30am. This is a great opportunity to learn about eBird, the largest biodiversityrelated community science project in the world, and utilize it to record our observations of local wild birds.

Cashmere

Shirley M. Kamada: Author of "No Quiet Water"

Join Cashmere Library on Nov. 8 from 5 to 6 p.m. for a special evening with Shirley M. Kamada, the talented author behind the book, "No Quiet Water." This engaging story delves into the profound themes of war, its impact on children, the power of friendship transcending cultural boundaries, and the virtues of endurance, hardship, and hope.

"No Quiet Water" is not just a tale; it's a powerful narrative that provides a glimpse into the world of agriculture and underscores the vital role of family farms in our economy. Don't miss this opportunity to meet Shirley M. Kamada and gain insight into her compelling work.

Fun Fall Storytime at Cashmere Library

Cashmere Library invites families to join in on a delightful Fall Storytime event on Thursday, Nov. 9, from 10:30 to 11 a.m. This engaging and interactive session promises action songs, fingerplays, rhyming, and captivating stories from your beloved librarians.

The Fun Fall Storytime at the Cashmere Library is not just about stories; it's a great opportunity for families to come together. Following the storytelling session, there will be an option to participate in a craft activity or enjoy quality playtime with special toys. It's a perfect setting for families to connect and socialize while having a wonderful time at the library.

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

BUSINESS, REAL ESTATE, ESTATE PLANNING, AND PROBATE

2023 Integrated Resource Plan Progress Report

Chelan County PUD is updating the 2021 Integrated Resource Plan (IRP) as required by state law. The 10-year plan outlines the sources of power needed to supply PUD customers. A new IRP must be developed every four years and updated every two years.

Schedule for the 2023 IRP Progress Report:

Nov. 20 Present final draft of IRP Progress Report to Commission

Hearing on final IRP Progress Report Dec. 4 and Commission action

The Nov. 20 presentation will be made during a regular PUD Commission study session that begins at 10 a.m. in the boardroom at 203 Olds Station Rd. The hearing will be at 1 p.m. during a Commission business meeting at the same location.

Visit chelanpud.org, "Integrated Resource Plan," for more information.



Don't miss out on this exciting event that combines education and entertainment in one package. Bring your children to the Cashmere Library on Nov. 9 for a memorable Fall Storytime experience!

Friends of the **Cashmere Library** meeting scheduled for Nov. 10

The Friends of the Cashmere Library will convene for their meeting on Friday, Nov. 10, from 2 to 3 p.m. This gathering offers an open invitation to all public members eager to play a more active role in supporting the library's needs and programming.

During the meeting, attendees will discuss the library's forthcoming events and the essential volunteer opportunities required to enhance the library's services further.

For those interested in actively contributing to the community and the library's growth, this meeting is an excellent platform to get involved.

Cashmere Library offers Karen's **Heartfelt Art Class**

Embrace your artistic side and join Karen's Heartfelt Art Class at the Cashmere Library. In this engaging session, participants will have the opportunity to paint a picturesque winter bridge scene guided by the skilled instructor, Karen. The class is scheduled for Wednesday, Nov. 15, from 4 to 6 p.m., making it the perfect midweek creative escape. Whether you're an experienced artist or just starting your artistic journey, this class is open to all skill levels. To secure your spot in this artful adventure, contact the Cashmere Library at (509)

Strum your way to ukulele bliss at Cashmere Library

Unleash your inner musician and embrace the cheerful sounds of the ukulele! The Cashmere Library is thrilled to host a Ukulele Lesson event on Thursday, Nov. 9, featuring hour-long sessions every hour starting at 12:00 p.m. and concluding at 5 p.m.

Whether you're a ukulele aficionado or a complete novice, this event has something for everyone. Volunteer ukulele teacher Tim Morrison is on hand to provide one-on-one or small-group introductory

lessons. Don't have a ukulele? No worries! The library has a limited number of lender ukuleles available for checkout.

For more information and to secure your spot in this musical journey, reach out to the Cashmere Library at cashmere@ncwlibraries.org or give them a call at (509) 782-3314. And there's more strumming goodness in store! Bring your ukulele and join us for a Ukulele Strum Along from 5 to 6 p.m. on the same day, Nov. 9, at the Cashmere Library. All skill levels are welcome, from kids and tweens to teens and adults. This delightful social music time, led by Tim Morrison, promises an evening of musical camaraderie. Music sheets will be provided for all participants. The first 15-20 minutes will be dedicated to group play, followed by a 30-45 minute special performance by the Peshastin Library Ukulele

Additionally, an information session will be held to discuss Ukulele playing lessons and the availability of Ukuleles. Get ready to strum and sing your heart out at the Cashmere Library's Ukulele Strum Along!

Ukulele Lesson / lección de ukelele, Thursday, Nov. 9. Hour-long sessions every hours beginning 12:00 PM until 5 PM. Learn ukulele at the Cashmere Library! Take a one-on-one or small group introductory ukulele lesson with volunteer ukulele teacher, Tim Morrison. Need a ukulele? We have a limited number of lender ukuleles available for checkout. Please contact the Cashmere Libary for more information at cashmere@ ncwlibraries.org or (509) 782-3314.

Regional

Wenatchee Birding invites all skill levels to explore Walla Walla Point Park

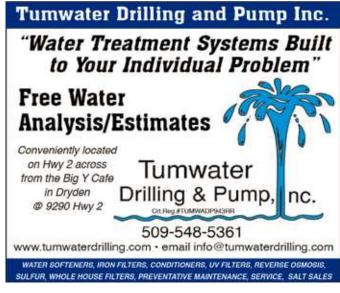
Join the Wenatchee Birding group for a delightful morning of avian exploration at Walla Walla Point Park and the Horan Natural Area in Wenatchee.

Scheduled for Nov. 22, from 7:30 to 9:30 a.m., this event promises to be an exciting opportunity to connect with nature and learn from the knowledgeable staff of the Wenatchee River Institute (WRI). Whether you're a seasoned

birder or just starting your feathered journey, all skill levels are welcome to participate. It's a chance to observe and identify the diverse bird species that grace the picturesque landscapes of Walla Walla Point Park.

Business & Service Directory Add your business or service to

this directory: 509-548-5286





Chelan County Sheriff's Report

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.

October 27

08:43 Welfare Check, 829 Front

11:37 Property, 53375 US Hwy. 97, Peshastin

13:30 Malicous Mischief, 15 Karl Rd., Lake Wenatchee 14:40 Assault, 10090 Main St. 14:25 Disturbance, 7001 Icicle

15:48 Traffic Offense, Wilson St. and Icicle Rd.

16:44 Public Assist, 22744 Lake Wenatchee Hwy., Lake

Wenatchee 19:35 Court Order Violation, 9630 Marson Dr.

20:36 Welfare Check, Lake Wenatchee Hwy. MP 8, Lake Wenatchee

October 28

02:14 Domestic Disturbance, 11425 Clark Canyon Rd. 02:38 Trespassing, 817 Com-

mercial St. 08:29 Non-injury Accident, 10461 Stemm Rd., Smallwood's, Peshastin

12:02 Suspicious Circumstance, 520 Pine St.

13:19 Bomb Threat, 707 US Hwy. 2, Rhein Haus

14:16 Non-injury Accident, Leavenworth Waterfront Park 15:22 Parking/ Abandoned Vehicle, 170 US Hwy. 2, Public

Parking

15:23 Trespassing, 1310 US Hwy. 2, Blue Spirits Distilling 15:32 Suspicious Circumstance, 17500 block High

Mountain Meadow Ln. 17:08 Suspicious Circumstance, 12790 Fish Hatchery

18:10 Non-injury Accident, 301 Ward Strasse, Hampton Inn

October 29

No report available.

October 30

09:55 Public Assist, 224 Pine

11:38 Property, 1214 Commer-

cial St. 14:28 Warrant, 9630 Marson Dr.

15:14 Scam, 213 Park Ave. 16:36 Agency Assist, US Hwy. 2 and River Bend Dr.

16:41 Harassment/ Threat, 19420 Evergreen Ave., Lake Wenatchee 19:25 Parking/ Abandoned

October 31

04:45 911-call, 100 Ward Strasse 09:11 Extra Patrols, US Hwy. 2

Vehicle, 223 Evans St.

and River Bend Dr. 10:21 Parking/ Abandoned

Vehicle, 500 block Ash St. 14:14 Fraud/ Forgery, Leaven-

14:44 Welfare Check, 100 Ward

Strasse 15:35 Sex Offense, Alpensee

Strasse 16:57 Runaway, 16876 Brown

Rd., Lake Wenatchee 17:16 Civil Dispute, 224 Pine St. 20:43 Malicious Mischief, 100 **Enchantment Park Way**

November 1

11:57 Parking/ Abandoned Vehicle, 11411 Shugart Flats Rd., Plain

13:29 Property, 700 US Hwy. 2, City of Leavenworth 13:41 Civil Dispute, 19360 Evergreen Ave., Lake Wenatchee

14:22 Suspicious Circumstance, 19083 Gill Creek Rd., Lake Wenatchee

November 2

11:57 Alarm, 11720 Pear Tree

15:18 Civil Dispute, 611 Birch 15:26 Hazard, Chumstick Hwy.

MP 2 16:51 Suspicious Circum-

stance, 22116 Appaloosa Ln. Plain

17:31 Trespassing, 116 River Bend Dr., Safeway

North Central Educational Service District Announces Results of the Board of Directors Election

Ward Media / Leavenworth Echo

WENATCHEE - The North Central Educational Service District (NCESD) has unveiled the outcomes of its Board of Directors election. which is important to the region's educational landscape. This consequential election, which saw three of the seven board positions up for contention, is poised to usher in a new era of leadership within the NCESD.

Dr. Michael Musick has been elected as the District 2 Representative, signaling a momentous transition for the region. Dr. Musick, known for his distinguished career as the former Superintendent of the Lake Oswego School District, is no stranger to educational excellence. Throughout his tenure, he orchestrated many programs and initiatives that were pivotal in elevating student achievement. Dr. Musick's journey in the realm of education commenced in 1982 when he embarked on a noble mission as a Business and Marketing Education teacher. His ascendancy into various administrative roles

was a testament to his unwavering commitment and a reflection of his profound expertise. Notably, he will represent a consortium of school districts, including Cascade, Cashmere, Entiat, Lake Chelan, Manson,

and Stehekin.

Larry MacGuffie, the District 4 Representative-elect, brings to the board a wealth of experience amassed over the course of a storied career. Mr. MacGuffie's journey has been marked by dedication, as he served as a classroom teacher, school psychologist, director of special services, director of Columbia Basin Alternative High School, and superintendent of Ephrata School District before his retirement in 1997. In the election, he emerged as a symbol of continuity and wisdom. Larry MacGuffie's responsibility will encompass representing Ephrata, Quincy, Soap Lake, Warden, and Wilson Creek School Districts.

Marcia Henkle, elected as the District 6 Representative, is a testament to the diverse range of backgrounds contributing to the educational tapestry. Marcia, who retired as the regional director of the Washington State Employment Security Department, is no stranger to the intricacies of employment and training programs. Raised on a wheat

Oct. 31:



COLURTESY PHOTO Dr. Michael Musick

ranch in Douglas County, Marcia has worn many throughout her career, including stints as a high school and community college teacher, including service at Wenatchee Valley College. Additionally,

operated Trend College in East Wenatchee. Her purview will include representation of the Eastmont School District and the southern portion of the Wenatchee School District.

The logistics of the ESD Board Elections were meticulously overseen by the Washington State School Directors' Association, ensuring transparency and fairness. The opportunity to cast votes was extended to all currently-seated public school board members in the NCESD region through an online ballot, a process from Oct. 1 to Oct. 16.

North Central ESD, which spans just over 12,600 square miles, plays a pivotal role in shaping the educational landscape Chelan of Douglas, Okanogan, Grant Counties. This colossal endeavor involves providing crucial services to schools, ultimately impacting the lives of over 42,000 students. The NCESD Board, composed of seven regionally elected members, wields substantial influence in steering the region's educational course for the foreseeable future.

Kodiaks Scoreboard

Cascade 2, Quincy 1, Win

Best of Luck Kodiak

Athletes

GIRLS SOCCER

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Salmon Loaf

I went to see the salmon run with Kat, our oldest. It's late in the season; snow has come to the mountain tops; the silver-sided fish traveling from the salty Pacific Sea have turned dark in the freshwater of their spawning grounds. Below the bridge where we stood gazing down, I saw them: dark shadows under the rippling surface of the river.

Grandma's Salmon Loaf

- 1 14.5 oz can of Alaskan salmon
- 1 cup cracker crumbs, instant oats, or fresh bread crumbs
- 1-3 Tablespoons of olive oil • 1/2 sm. onion diced or 2 Table-
- spoons dried onion flakes 1 egg
- 1 rib of celery or ½ teaspoon dried celery seed(optional)

Last year, we watched a pair of eagles as the eagles watched the salmon. It was earlier in the year, and there were a lot more fish schooling in the deeper places under the river's rippling surface than there are this year.

From the bridge above the river, we stared down into the under-water pools where the salmon were congregating into schools. I watched them undulate from side to side, filling their gills

 Pinch of garlic(optional) Drain canned salmon, reserving the liquid. Mix the drained salmon with the egg, cracker crumbs, instant oats, or fresh bread crumbs & set aside. Saute the onion (& celery or celery seed). When the onion is translucent, take the pan off the heat and add the pinch of garlic powder & let cool for five or with oxygenated water, the freshwater of an undulating river flowing clear and cold from the mountaintops to nurture a fresh generation of salmon with last year's snowpack melted into this year's rivers. I love salmon. Not only

do they taste delicious, they are, as far as I am concerned, the most courageous of fish. Against all odds, they leave clear, clean, fresh waters to experience a life cycle out at

ten minutes. When the sauteed vegetables are cooled, add them to the salmon mixture and mix well. If the mixture is too dry, add some of the reserved liquid; if it is too moist, add some more cracker crumbs, instant oats, or fresh bread crumbs. Put salmon loaf into a casserole dish: bake for 45 minutes, more or less

depending on the depth of the casserole dish (deeper dish take a bit longer) at 375°. Serve with a smile & a side of lentils.

having freshwater

their lives, adapting to life's

circumstances before heading

back to their home river and

letting the fresh water turn

them dark as they made their

way upstream to spawn so the

cycle can begin all over again.

And for that, every year, at this

time, I am extremely thankful.

When the days get shorter,

the weather gets colder, and

Grandma makes a salmon loaf

for dinner, I am grateful to God

for His generosity in giving us

salmon for supper.

Note: This recipe will also make salmon patties. Simply make the recipe above, make patties instead of a loaf & fry in a skillet on top of the stove & dress up like a hamburger.

About the author: In 2000 Michele Priddy left the work force to become a stay-at-home mother and wife. Being a one-income family in today's society meant she had to learn to budget quickly. Food became a priority early because she wanted the children to have the best nutrition she could offer them even on a budget. She taught cooking classes at various churches in her community on "How to stretch the food dollar with simple ingredients". Michelle has put her kitchen strategies, stories and recipes in booklets, her church newsletter and in her hometown newspaper, The Goldendale Sentinel. We hope you will enjoy her strategies, stories, and recipes.

'Pride & Prejudice'

Continued from page A1

"And the idea is that, within those shared roles, you can start to see the similarities between characters you might not have realized had some of the same, like follies or flaws." Caroline Rensel will play the

leading lady, Lizzy Bennet.

"This show is going to be a tour de force for all the actors who are doubling (playing more than one character)," Rensel said. "For those actors there is lovely contrast between seeing the same actor play Bingley with his high energy and also Mary and I think it's going to be super tickling and delightful to audiences."

ICPA Executive Director Phil Lacey will direct the

cast of local favorites like John Wagner, Skyler Cuthill, newcomers to the area Marcus Wolf, Caroline Rensel, and Rachel Powers and returning Seattle favorites Christopher Puckett, Marina Pierce, Terry

Boyd, Dr. Diana Trotter, and

Katie Dreessen.

The show runs for two weekends in November, the 17-19 and 24-26. For showtimes and tickets, visit icicle.org.

 $Quinn\ Propst: 509-731-3590\ or$ quinn@ward.media



Funding

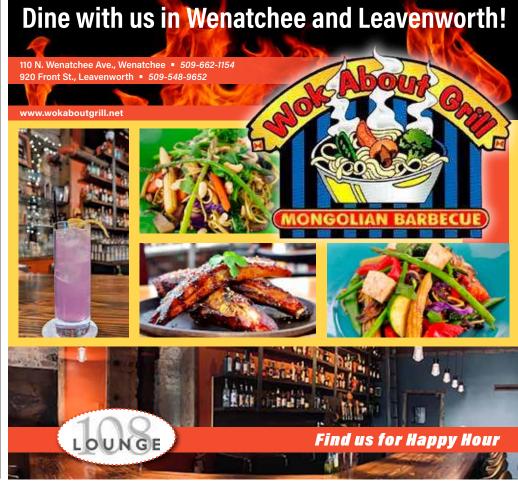
Continued from page A1

lifespan, helping to ensure the integrity of the entire system. Kathryn A. Gardow, Chair of the PWB, expressed the board's commitment to supporting critical emergency repairs and broadband infrastructure projects in Washington communities. The favorable loan terms

and below-market interest rates aim to make funding more accessible for various infrastructure systems, aiding local jurisdictions in meeting their most pressing needs. Functional infrastructure is essential for the quality of life for all Washingtonians, and the PWB is proud to partner with communities to enhance the lives of their residents.

The PWB looks forward to the upcoming funding cycles, with the next construction funding cycle set for spring 2024, offering up to \$148 million in available resources, and a broadband funding cycle scheduled for November 2023, with over \$15 million in state resources at its disposal. The PWB will continue to offer funding for pre-construction and emergency construction projects on an ongoing basis until all available funds are exhausted





Opinion

Honoring those who served

November 11th, our nation comes together to pay tribute to the men and women who have served in the U.S. Armed Forces. Veterans Day is a time for reflection, gratitude, and remembrance, and its history is as rich and meaningful as the sacrifices made by those it honors.

The origins of Veterans Day can be traced back to the end of World War I. On November 11, 1918, an armistice was signed, marking the cessation of hostilities on the Western Front. The following year, President Woodrow Wilson proclaimed November 11 as Armistice Day, a day to celebrate the peace achieved after the Great War.

It wasn't until 1954, following the end of World War II and the Korean War, that Armistice Day was officially renamed Veterans Day. President Dwight D. Eisenhower signed the legislation into law, recognizing that this day should not only honor those who fought in World War I but also all veterans who have served their country. The significance of this date

lies not just in the history of the holiday but in the profound meaning it holds for our nation. Veterans Day is an opportunity for us to express our gratitude to the brave individuals who have defended our freedoms.

often at great personal sacrifice. Our community here in North Central Washington,



From the Publisher

Terry WARD

with its strong tradition of military service, understands importance of this day. It's a time when we come together to honor our local heroes, those who have worn the uniform and represented our region with pride.

As we observe Veterans Day, it's not just about taking a day off from work or school.

It's a chance to participate in parades, ceremonies, and events that highlight the valor of our veterans. It's also a time for personal reflection, where we can reach out to the veterans we know, listen to their stories, and thank them for their service.

While Veterans Day provides an opportunity to express our gratitude, it should also serve as a reminder of the ongoing commitment we owe to our veterans. It's a commitment to ensuring that they have access to the healthcare, support, and opportunities they deserve. It's a commitment to never forget the sacrifices they've made.

This Veterans Day, let's come together as a community to honor and celebrate the dedication and sacrifice of our veterans. Let's remember that, while November 11th is the designated day for this recognition, our veterans deserve our gratitude and support every day of the year. So, take a moment to thank a veteran, attend a local event, and reflect on the history and significance of Veterans Day.



POINT OF VIEW

Washington state transportation system at a critical crossroad

REP.

Keith Goehner

you traveled around Washington State this summer, you likely experienced some of the extensive road construction that was happening. While it was great to see the much-needed work on our roads, our transportation system is quickly approaching a critical crossroad.

Washington state not keeping up with road maintenance and preservation, bridges and railways are outdated and need to be replaced, state ferries are operating at reduced levels of service, and construction projects have been delayed and are exceeding expected costs.

Inflation is driving up contract prices, labor shortages continue, there are fewer bids for construction projects, and there is a decrease in revenue coming from fuel taxes with more fuel-efficient and electric

vehicles using our roadways. This year's study by Reason Foundation ranked Washington state 46th in the nation in overall highway performance and cost-effectiveness. The state ranks last, meaning the most expensive, in costs to build new and widen existing highways and bridges, as well as last in costs to perform routine upkeep such as repaving. It ranked in the bottom ten nationally in six of the report's 13 metrics.

We are facing many difficult issues as our transportation funding model is languishing.

In fact, according to a recent article, a Washington State Department of Transportation (WSDOT) official told the Washington State Transportation Commission at its Oct. meeting that department the has amassed an \$11 billion gap over the past decade between the revenue they're receiving and the amount they need

to preserve and maintain the infrastructure. He said WSDOT would need an additional \$1.1 billion each year "to meet all the agency maintenance and preservation needs."

During the 2023 legislative session, it took a strong, bipartisan effort to reverse the governor's proposal to eliminate or delay transportation projects already underway.

There are no easy answers, but we need to examine our transportation priorities.

Recently, a contract was awarded to start electrifying the state ferry system. The cost to retrofit three vessels amounts to \$150 million, which is part of an approximate \$4 billion plan to electrify or build new ferries and add charging power to 16 terminals. Is this the best bang for our buck as we fall behind on crucial projects and our roads deteriorate?

The Climate Commitment Act (CCA) is bringing in a massive amount of dollars at taxpayers' expense. However, there is limited transportation benefit because the dollars generated by the CCA are not dedicated to roads and can only be used on aspects of electrification of the ferries, not the complete price of a

boat despite the overall cost being hundreds of millions more due to the need for a new design for the hybrid-electric ferries. Wouldn't it be better to use these dollars to address the \$7 billion backlog of crumbling roads,

structurally unsound bridges, and a lengthy list of maintenance needs?

Finally, some Congressional members and legislators in the Puget Sound area have requested \$200 million from the federal government just to study a high-speed rail system between Portland and Vancouver, B.C., with a stop in

An independent legislative review in June estimated construction costs of potentially \$63 billion. Last session, the transportation budget included \$50 million for state matching funds for any federal grant for the bullet train project. Have we not learned anything from the failed experiment in California to build a similar project? Many legislators realize this is a massive and unrealistic endeavor with a huge price tag that could take decades to build if it is finished at all! Meanwhile, we cannot pay to maintain the roads and rails we have.

Instead of throwing money at these wasteful projects, it would be better to prioritize getting the existing system into a state of good repair.

It is time to get away from drivers paying for other modes of transportation infrastructure. Two years ago, I was able to get a provision in the transportation budget that would have taken a more proactive approach to creating a sustainable and resilient transportation spending plan. Unfortunately, the governor vetoed it.

With the general fund having billions of dollars in unexpected revenues, Republicans continue to call for revenue from the general fund, such as the state sales tax paid on motor vehicles, to fund the preservation and maintenance of existing infrastructure.

We can take some pressure off the increasing cost of gas driven by the CCA and vehicle license fees by shifting funding for the removal of fishpassage barriers, multimodal programs, and Amtrak from the transportation budget to the operating budget because of their benefits to the environment, public health, and air quality. Keep in mind the Legislature is spending a record amount of money, including the funding of new programs. The focus should be on much-needed transportation infrastructure projects – not new programs.

We must explore new options. A strong, high-quality transportation system is essential to our economy, public safety, and quality of life.

Rep. Keith Goehner serves on the House Transportation Committee, is the ranking Republican on the House Local Government Committee, and serves on the Environment and Energy Committee

The Whistle

The MFTE Whistle

By Rhona Baron

ow that elections have passed, The Whistle is allowed back in the Echo! So, let's jump in to review a proposed new tax on Leavenworth businesses and residents

The city council is currently considering something called the Multi-Family Tax Exemption, an "affordable housing" tool circulating in WA State. The MFTE provides developers an incentive to sell or rent at less cost by ensuring they get a waiver on their property taxes for a set period of time. The bottom line is that while the developer and prospective renters/purchasers of MFTE housing units will benefit, the community will experience a tax shift to Leavenworth residents and businesses. Is it worth it? To help you get a sense of what's lurking in the MFTE concept, settle in as The Whistle blows!

First up, a few mathematic People eligible to bumps. utilize the MFTE tax shift for more affordable dwellings will be required to have a family income that falls within a percentage range of the local Area Median Income or AMI. In Chelan/Douglas counties, AMI for a family of four is \$80,000. At this point, the City is targeting moderate-income households making 80% -115% of AMI. That means a family making \$64,000 - \$92,000 per year will be eligible for MFTE housing. Note that all Leavenworth property owners and businesses will subsidize MFTE housing, regardless of their own income level.

The current draft proposal for the MFTE presents us with two possible cases. The first features a tax-exempt

period for the developer lasting 12 years. It applies to rentals, citing that a minimum of 20% of the units must be affordable. The rentals must also be administered by a non-profit organization (yet to be determined). In this case, annual reviews are required on the salary of housing recipients to ensure the households remain qualified.

The second type of exemption will pay taxes for developers for 20 years. It applies to home ownership. As we read it, a minimum of 25% of homes in a development must be "affordable" in this scenario, and the units must be built by or sold to a qualified nonprofit or local government. The remaining 75% of units may be sold at market rates. Unfortunately, once a home is purchased, there will be no limit on the homeowner's salary. Homeowners can live in the tax shifted dwelling as long as they desire, no matter how successful they become from a salary standpoint.

The most alarming part of the MFTE proposal is that there are no guarantees that Upper Valley residents and businesses will pay property taxes to subsidize rent and/ or ownership for people who work in Leavenworth! A family could come from outside Leavenworth and live off investment income and meet the criteria - they would not have to work at all. Or they could qualify with an income of \$92,000 and work in Wenatchee, where wages tend to be higher.

MFTE is a confusing and varied program around the state. If you have attended

See **THE WHISTLE** Page **A10**

POINT OF VIEW

Thank you to our Veterans!

eterans Day is one of the most important holidays in America and one that deserves special recognition. Each year, our country proudly honors the courageous men and women who have sacrificed to help maintain the freedoms that our country holds so dear. At a time when wars are raging in multiple areas of the world, where free and sovereign nations are attacked, we should all reflect upon the liberties we enjoy in America and acknowledge those who have sacrificed so much to protect them.

Saturday, November 11 marks the date when our state and country officially honor the heroes among us with the national holiday of Veterans Day. This annual tradition represents a special day to show appreciation for our Veterans and the families who support them but should not be the only day that we reflect on their service and show our support for those living among us who have served in our armed forces.

If you know of veterans living in your neighborhood, teaching in your schools, working alongside you at the office, or serving in local elected positions, please take the time this week - and when opportunities present themselves throughout the year - to say thank you. We show our appreciation because these proud servicemen and women (and their loved ones)

have dedicated so much to protecting our way of life, a way of life that some people sadly wish to threaten.

We are privileged in the 12th District to still have some of "The Greatest Generation" among us, who have

served in World War II. Cherish our time with them. Some of our neighbors and friends served in the Korean War, Vietnam War or deployments in Iraq, Afghanistan, or other conflicts. We also have thousands of proud reservists among us who have dedicated years to our military efforts.

Our veterans have sacrificed greatly - through various endeavors – and are a humble group. You may not even realize



SEN. **BRAD HAWKINS**

some people you know quite well. This happens to me quite often. I am honored to learn of each person's service and, no doubt, hold them in even higher regard than I did before because it matters. We live in a safe

the military service of

and beautiful region, but we should all recognize that we live in a dangerous and unpredictable world. To the proud veterans and military families of the 12th District, thank you. Our region is grateful to you, today and every day. I am honored to be your state senator.

Brad Hawkins is the State Senator for the 12th Legislative District

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We encourage (1) letter to the editor of 250 words or fewer from readers on subjects of local interest, and (2) "Point of View" guest opinion columns of no more than 550 words that focus on local community lifestyle issues. Letters and guest columns published become the property of The Leavenworth Echo, and it reserves the right to reject, condense or edit for clarity or when information stated as fact cannot be substantiated. Letters published in other newspapers or websites, anonymous letters, letters advocating boycotts, letters to other people, mass mailings and commercial appeals are not published. We will not publish letters that impugn the personal character of private persons or of groups of people. Include your name, street address and — for verification purposes — day and evening telephone numbers. Email to letters@ward.media or mail to Letters, The Leavenworth Echo, 29 S. Wenatchee Ave., Suite A, Wenatchee, WA 98801





509.674.0777

Honoring those who have served and those who are.

Clofas Abbott, Deceased, U.S. Army. E5 Steve Alford, Retired, U.S. Army. 1st Lt. Richard Allu-IIs, Retired, U.S. Army. Dan Balliff, Deceased, U.S. Air Force. 1st Lt. Tom Baldwin, Deceased, U.S. Army, Lt. Col. Scott Baker, Retired, U.S. Air Force. Bob Bark, Retired, U.S. Navy. Lt. Col. Mark Baker, Active, U.S. Air Force, Calvin O. Belmont, Deceased, U.S. Army. PFC Alfred C. Bergren, U.S. Army. Sgt. Carl A. Bergren. U.S. Army. PFC David C. Bergren, U.S. Marine Corp. Sp-5 Mearl E. Bergren, U.S. Army. PFC Teresa D. Bergren, U.S. Army. Gordon Black, Deceased, U.S. Marine Corps. Sp-4 Richard L. Bergren, U.S. Army. Hartley Swede Blankenship, Deceased, U.S. Marine Corps. Dr. Donald E. Carpenter, Captain, Retired, Deceased, U.S. Air Force, Sgt. Daniel Brian Christenson, Deceased, U.S. Army. Doug Clearwaters, Deceased, U.S. Army. Larry Eldred, Deceased, U.S. Army. David Field, Retired, U.S. Army. David T. Firman, Deceased, Army Air Corps. Robert C. (Bob) Firman, Deceased, U.S. Army Air Corps. Vernon Firman, Deceased, U.S. Army. Donald L. Forbush, Retired, U.S. Army. 1st Lt. William Forhan, Deceased, U.S. Army. E5 Michael S. Forhan, Retired, U.S. Navv. George Freeman, Deceased, U.S. Navy. Robert Goedde, Retired, U.S. Army. Lt. Col. Craig Hess, Retired, U.S. Air Force. Jack Goehry, Deceased, U.S. Air Force. Clyde W. Green, Deceased, Branch of Service: U.S. Navy. Wally Hahn, Deceased, Branch of Service: U.S. Army. BIII Halnes, Retired. U.S. Navy. MIchael Harris, Deceased, U.S. Navy. Freddle J. Hayter, Deceased,

U.S. Air Force. SP4 Robert H. Huntington, Retired, U.S. Army. Paul Kenck, Deceased, U.S. Army. Dr. John Kremer, Retired. 2nd Lt. Nile E. Lambert, Deceased, U.S. Army Air Corps, Col. Marilynn Lletz, Retired, U.S. Army. Verne Lietz, Retired, U.S. Air Force. LeRoy Longbons, Deceased, U.S. Army. Mary Longbons, Deceased, U.S. Army. Ervin G. 'Erv' McAlvey, Deceased, U.S. Army Air Forces. Lester McIalwain, Retired, U.S. Marines. James Curtis McClellan, U.S. Air Army. Jean (Firman) McClure, Deceased, U.S. Army. Allen A McHenry, Active, U.S. Army Reserve. Daniel McHenry. Retired, U.S. Army. Richard McK-Innon, Deceased. U.S. Army. C. Merle Morehouse, Retired, 102 years young. United States Navy. David G. Nickinovich, Retired, U.S. Army, Lt. Col. Allan A. Nilles, Retired, U.S. Air Force, Raymond "Toad" O'Neal, Deceased, Marine Corps. Lt. Stephen Palmbush, Deceased, U.S. Navy. Terry Porlier, Retired, U.S. Army. Jack Pusel, Retired, U.S. Navy. Charles A. Rist, Deceased, U.S. Navy, Sgt. First Class Delbert L. Sagaser, U.S. Army. Sgt. David E. Severance, Jr., Retired, U.S. Marine Corps Reserve. William (Mickey) M. Smith, Retired, U.S. Air Force. Major Grant Stoebner Retired U.S. Army Infantry Brian Strausbaugh, Retired, U.S. Navy. Brian Thompson, Retired, U.S. Navy. Gregory Walters, Quarter Master, U.S. Army. Lois (Monroe) Westerdahl, Deceased, Branch of Service: U.S. Navy. Roy Westerdahl, Deceased, U.S. Navy. Major General R. Michael Worden, Retired, U.S. Air Force. James Curtis McClellan, U.S.

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509.687.9595

DUANE PLINSKI Plant Foreman Mechanic Machinist Mate 2nd Class, Navy

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We're closed in honor of the holiday on Friday, Nov. 10, but you can reach us 24/7 to report power outages and other emergencies at (877) 783-8123.





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Find us on Facebook at Cashmere Baptist Church



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Call for activities: Pastor Charles Clarke www.cashmerepres.org **CASHMERE COMMUNITY CHURCH**



213 S. Division • 509-782-3811

In-person Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana cashmerecommunitychurch@gmail.com



Sunday Worship Service at 10 am Lead Pastor Steve Haney 5800 Kimber Rd., Cashmere 509-295-8006 christcentercashmere.com



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Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore www.midvalley baptist.org

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> > Sunday Worship - 10 a.m.

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LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH

418 Evans Street • 509-548-5619 10 a.m.Sunday Service, Pastor Jo Dene Romeijn-Stout Leavenworthumc.org leavenworthumc@outlook.com

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school)

Church: 509-548-7667 Meetings: Sunday - 10 a.m.

FAITH LUTHERAN CHURCH - ELCA "Reconciling Works Congregation"

224 Benton Street • 509-548-7010 Worship 9:30 a.m. w/coffee following Eva Jenson, Pastor https://www.cleavenworth.com

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

429 Evans Street, 509- 470-7745 Sunday Worship: 11 a.m. Website: www.leavenworthbaptist.com Email: info@leavenworthbaptist.com

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111 Ski Hill Drive • 509-548-5292 Sunday Worship 9 a.m. Lead Pastor: Greg Appleby Youth Pastor Paige Derossett Worship Pastor-Jacob Mitchell www.LCN.org

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Saturday Services • Bible Study 9:30 a.m. Worship 11 a.m. • Fred Smith • 509-860-3997

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210 Benton Street • 509-548-7138 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 • 509-782-2601 In-person service, Sunday, 9 a.m. Pastor Lilia Felicitas-Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH

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



NEW LIFE FOURSQUARE CHURCH 7591 Hwy. 97 • 509-548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth



PLAIN

PLAIN COMMUNITY CHURCH Serving Our Valley Since 1941 12565 Chapel Dr. 509-763-3621 Looking for you at 10:30 this Sunday! plaincommunitychurch.org

www.newlifeleavenworth.com

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Find Kid Scoop on Facebook

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World Kindness D

November 13 is World Kindness Day! Join people around the world on this day and commit random acts of kindness!

The Lion and the Mouse

This famous Aesop fable tells of the importance of kindness.



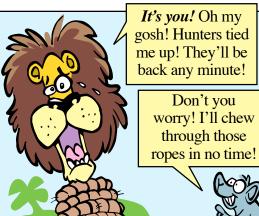












Krd Scoop Puzzier 📣

Missing Vowels



Discuss these questions:

- **1.** What unexpected acts of kindness did the lion and the mouse each do?
- 2. How did acts of kindness change both their lives?

Standards Link: Civics: Know character traits that contribute to the health of American democracy.

The vowels are missing from this famous quote about kindness.

A= ○ **E**= ★ **I**= ※ **O**= ♥ **U**= ○

 $\text{``H_m_n k_ndn_ss h_s n_v_r w_k_n_d} \\ & \Leftrightarrow & \Leftrightarrow & \Leftrightarrow & \Leftrightarrow & \Leftrightarrow \\ \\ \text{$\stackrel{\frown}{\otimes}$} \\$

 $th_{\xrightarrow{}} st_{\xrightarrow{}} n_{\xrightarrow{}} r s_{\xrightarrow{}} ft_{\xrightarrow{}} d th_{\xrightarrow{}} f_{\xrightarrow{}} b_{\xrightarrow{}} r_{\xrightarrow{}} f$

fr p pl. A n t n d s n t h v

Franklin D. Roosevelt

32nd President of the United States

Celebrate World Kindness Day!

There are many simple ways to celebrate World Kindness Day. Read the list below. Choose one thing you could do. Draw a picture or write a sentence about the action you pick.

Be generous with your smile!

Give 10 hugs in one day!

Start a conversation with a new student or someone who looks lonely.

Smile at people who look sad.

Write a nice note to someone having a bad day.

Standards Link: Social Studies: Students understand the importance of individual action and character.

Kindness Acrostic

Find a word or phrase in the newspaper that begins with each letter in the word **KINDNESS**. Use these to create an acrostic poem.

I _	
NI	
N _	
D	

K

N_____

S_____

Standards Link: Writing applications: Write in a variety of genres.

Double Mord Search

KINDNESS
COMMIT
RANDOM
PLANET
LONELY
AESOP
ACROSTIC
QUOTE
ROPES
STUDENT
JUNGLE
POEM
HUGS
ACTS

WORD

Find the words in the puzzle. How many of them can you find on this page?

R T C I T S O R C A
N S S T C A P D W M
S S O E T O U Q O H
E E M P S Q M D R U
L N P E L E N M D G
G D A O O A Y K I S
N N G P R I N D O T
U I Q T L O N E L Y
J K A T N E D U T S

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

Random Rocks of Kindness

Read the news story below. Fill in the missing words on each blank line using the words in the word box.

In 2018, Tiffany Lester of Regina, Saskatchewan in

Canada wanted to do
something kind for
_____ in her
community. She and some
friends started painting rocks
and them

People in the community
going

around the community.

outdoors to ______ for the rocks. Some started painting more rocks and hiding those.

When people find a rock, they are asked to post the

on social media.

rocks? Most of them
_____ them again,
to keep the fun going.

What do they do with the

Children are _____ off their digital devices and spending more time ____ trying to find the rocks.

Gather some friends and paint and hide kindness rocks. That would be an act of kindness for your community!

OUTDOORS HUNT
PEOPLE ENJOYED
HID TURNING
LOCATION HIDE

You can visit the Random Acts of Kindness Foundation at randomactsofkindness.org

FREE DOWNLOAD: Kid Scoop Teacher Activity Pack!

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high-interest extra learning
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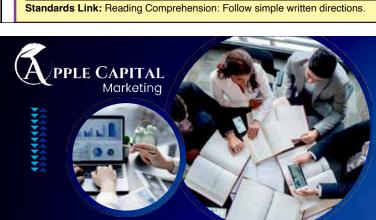
Kid Scoop • VOCABULARY • BUILDERS

This week's word: KINDNESS

The noun **kindness** means helping someone or giving them encouragement.

Kim showed **kindness** by helping Ian pick up the papers he had dropped.

Try to use the word **kindness** in a sentence today when talking with your friends and family members.



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Leavenworth Echo Cashmere Valley Record Lake Chelan Mirror Quad City Herald

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Administrative

Puzzle Solution

Cross Word Solution here Cross Word Cross Word Solution

Sudoku Solution here Sudoku Solution here

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can be placed in our **Local Newspapers** ONE week for FREE Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere 509-548-5286 email:

classifieds@ward.media

Lake Chelan Mirror 509-682-2213 **Quad City Herald** 509-689-2507 classifieds@ward.media

Deadline Noon on Friday for the next week's papers

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Lake Chelan Mirror Quad City Herald The Leavenworth Echo Cashmere Valley Record

> You may also call 509-682-2213, 509-548-5286 or 509-689-2507 to place your ad

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Employment

Help Wanted

The City of Chelan's **Public Works** Department is accepting applications for the position of **Assistant Mechanic.**

The monthly income range for this position is between \$4,911 and \$5,970 (\$28.33 to \$34.44 Per Hour). Benefits include PERS retirement, medical, dental, and vision insurance, paid vacation, holidays, and sick leave. Application materials are located on the Citv's

website: cityofchelan.us/Jobs. First review of nnlications will be Wednesday November 15th, 2023. Position is Open Until Filled. Incomplete applications



will not be accepted.

School District is seeking qualified applicants for the following positions:

- Icicle River Middle School Cook 2.5hrs
- Icicle River Middle School Special Education Para Educator 4hrs
- Maintenance/Delivery/ Warehouse/ Groundskeeper 8hrs

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

Place

your Help

Wanted

and find

the

best

qualified

local

employee

Help Wanted



School District is seeking qualified applicants for the following positions:

- Cascade High School Head Track & Field Coach
- Cascade High School Fastpitch Coach

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

Looking for a great local employee? Place your ad today

Call 509-682-2213 Lake Chelan Mirror Quad City Herald **Brewster** or email

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Leavenworth Echo Cashmere Record 509-548-5286 or email

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Deadline is Friday at Noon for the following Wednesday issues of all newspapers

Employment Opportunity **Registered Nurse** Harmony House -Brewster, WA Must have current

RN License. 2 Positions available \$10,000 Sign on Bonus Competitive Wages and **Benefits** Come join our strong and

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Or call 360-281-8400

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ward.media or call The Leavenworth Echo **Cashmere Valley** Record

509-548-5286 classifieds@ward.media Deadline: Noon on Friday for all papers.

Email: classifieds

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See all available properties at windermereleavenworth.com

Help Wanted

F/T Preschool Teacher needed at Upper Valley **Christian School.** (Leavenworth, WA).

An undergraduate or associate degree in preschool teaching req. Exp. pref. but not req. \$31,800/year plus benefits. 35-40 hrs/wk, 9:00am-5:00pm. Email resume to

administration@uvcseagl es.org.

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Fill your pockets with CASH \$\$



Let others know what items you are selling! Deadline Friday at Noon for all papers Lake Chelan Mirror **Quad City Herald** 509-682-2213 classifieds@ward.media

Leavenworth Echo **Cashmere Valley** Record 509-548-5286 classifieds@ward.media

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Legals

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR **CHELAN COUNTY** In the Matter of the Estate of MARJEAN BILLIE MATHEWS, Deceased. NO. 23-4-00375-04 PROBATE NOTICE TO **CREDITORS**

Personal Representative The 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 the Personal Representative's 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 the 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 decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: November 1, 2023 PERSONAL REPRESENTATIVE: Hanne Marjean Beener ATTORNEY FOR PERSONAL REPRESENTATIVE: Kera Dexter ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES 23 South Wenatchee Avenue

against both the Suite 320 Wenatchee, WA 98801 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 23-4-00375-04 **OVERCAST LAW OFFICES** By: /s/ Kera Dexter,

Public Notices

City of Leavenworth Request for 2024 Comprehensive Plan Amendment (Docket) Proposals

The City of Leavenworth is into entering the annual Comprehensive Plan (20-year visioning document) amendment and is community input for ideas, and

suggestions proposals regarding amendments, including changes to Land Use

Designation Map. Amendments will be finalized and addressed in the 2024 Planning Commission Docket. For an amendment to be considered for sponsorship by the City Council, submittal is due by December 29, 2023. Additionally, individuals may request privately sponsored amendments when submitted by January 31, 2024. Suggested amendments, applications and/or questions may sent to Community Development, phone

548-5275, e-mail (509)at lvespier@cityofleavenworth.com, or mail City of Leavenworth,

P.O. Box 287, Leavenworth, WA 98826. Published in the Leavenworth Echo/Cashmere Valley Record on

November 8, December 6, 2023. #6586

Public Notices

NOTICE OF PUBLIC HEARING ON CITY OF CASHMERE FINAL 2024 BUDGET

The City of Cashmere Preliminary 2024 Budget has been filed with the City Clerk-Treasurer. The Cashmere City Council will hold a public hearing on the Final 2024 Budget for the City of Cashmere on Monday, November 27, 2023, at 6:00 p.m. at the Cashmere City Hall, 101 Woodring Street. Copies of the preliminary budget are available by November 21st at Cashmere City Hall,

101 Woodring Street, between the hours of 9:00 a.m. and 5:00 p.m., Monday through Friday.

The public is invited to attend said hearing and make comments. If you are unable to attend in person, please call City Hall or access the agenda on the City's website information. Written comments

can be sent to Kay Jones, City Clerk-Treasurer at kay@cityofcashmere.org. Kay Jones City Clerk-Treasurer

CITY OF CASHMERE Published in the Cashmere Valley Record/Leavenworth November 1, 8, 2023. #6337

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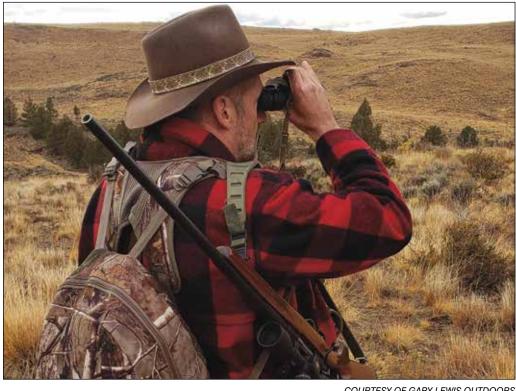
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ECHO RECORD MIRROR FERALD Email: news@ward.media • CALL 509-682-2213

WSBA No. 58486 Attorney for Personal Representative. Published in the Leavenworth Echo/Cashmere Valley Record on November 1, 8, 15, 2023. #6599

The Washington Outdoors Report



COURTESY OF GARY LEWIS OUTDOORS

Gary Lewis glassing for big game. Outdoors Roundup

Elk Hunting Advice:

The general Eastern Washington elk season has ended, but the modern firearm season remains open in Western Washington. There are also a variety of special elk hunts open around the state, and hunters using muzzleloaders continue to have hunting opportunities from now through December.

Outdoors writer Gary Lewis, who also hosts the television show, Frontier Unlimited, is an avid elk hunter. I interviewed him recently on America Outdoors Radio and he shared some sage advice. One topic we talked about was tracking elk in the snow.

In his words, "When tracking elk in the snow one thing we sometimes do is cow call while we are tracking. But that seems to be a 50/50 proposition and I would do less of that now because, the elk are professionals at being tracked. Every single day of their lives they are being tracked by something. So, they're always looking over their shoulders, they walk out on a high point and look back, and so while you're looking down at tracks, they're looking at you and then they know they are being tracked and they keep on moving. If you are cow calling them, you are just educating them at this point."

Lewis also says you need to make a significant amount of time available for the hunt if you want to harvest an elk. Lewis says, "6.6 days. When I did the research that's what I came up with as to what it takes to be successful in the elk woods. You can get an elk on the first day or the last day but you've got to spend 6.6 days, on average, to get your elk.

Pheasant Hunting Re-

Rob Phillips is an outdoor columnist for the Yakima Herald Republic and an avid pheasant hunter. He says he has been out chasing roosters in the Yakima Valley but is finding the number

cantly from past years. Having said that, Phillips says there are still some isolated pockets of pheasant that can

can find them.

of birds to be down signifi-

Kevin Witte with a Lake Roosevelt sturgeon.

Lake Roosevelt Stur-

provide good hunting if you

Catch and keep fishing is open for hatchery raised sturgeon in Lake Roosevelt right now. Kevin Witte, the owner of Upriver Fishing, says the fishing has been pretty good for him but hit and miss for many anglers. Witte has been finding the fish in the 50 to 100-foot range, not in the deeper waters where other anglers have been looking for them. Witte says he also is moving around a lot to find fish and it's working. He's catching up to 10 sturgeon a day, averaging a keeper every

You are allowed to keep one fish per day and two per year measuring between 53 and 63 inches from the nose to the fork of the tail. Once you do decide to harvest a legal fish you have to put your rod away. Catch and release fishing is not allowed after you keep a sturgeon. Kevin is still booking sturgeon trips weekdays until the end of November. You can call him at 509-398-7995 or go to his website at www. upriveroutfitter.com to book a trip.

Columbia Gorge Fishing Report:

Kristen Zahn At Gorge Outfitters Supply in Rufus says salmon fishing is trailing off but walleye fishing is picking up. The walleye are being caught at depths of 35 to 70 feet in the Colum-

bia River. Zahn says most anglers are fishing spinnerworm harnesses behind bottom bouncers, tipped with a night crawler. The best patterns are dark colored, to include black.

COURTESY OF UPRIVER OUTFITTER

Quite a few folks are also fishing the John Day River which is now open for steelhead. Zahn says if you are in the lower arm where the current isn't strong try fishing beads or salmon eggs or prawns. Higher up where there is more current on the John Day try a Kwikfish. Lure sizes that work include the K7X, K9X or K11X. As for the hot color, that would be the gold-green-pirate pattern.

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

Alternatives for treating bladder infections

Q: I have been having one bladder infection after another. Within a few weeks of finishing an antibiotic, I'm back in the doctor's office with another one. Are there any alternatives to repeated prescriptions of antibiotics that can help

Neary 20-30% of women have bladder infections that return. Urinary tract infections, also called UTIs, are painful and annoying. Having one over and over again is very frustrating.

Bladder infections are considered recurrent UTIs when you have more than two episodes within six months or more than three infections per year.

Recurrent bladder infections can be one of two types: relapse or reinfection. When appropriate antibiotic treatment is completed and a second bladder infection occurs soon afterward with the same bacteria that caused the previous one, it is considered a relapse.



A recurrent UTI is considered reinfection if the exact same organism infects again after it has been cured or a completely different bacteria attacks the bladder. When you achieve a negative urine culture after completing a course of antibiotics, that is considered a "cure."

How do recurrent urinary tract infections happen?

Most UTIs result from bacteria that migrate from your intestine into your bladder. This can happen when the intestinal bacteria find a way to stick to the skin next to your vagina and urethra, the area where your urine comes out. Once the bacteria can attach to your skin, instead of being washed away every time you urinate, they can multiply.

These bacteria living around your urethra have now established a "base camp," giving them better

access to your bladder. If rent bladder infections. the intestinal bacteria move upstream through your urethra, they can eventually arrive at your bladder. Inside your bladder, if they can find a way to stick to the inside wall, they can establish a new base.

If the bacteria that have traveled upstream from your urethra into your bladder can stick to the cells that line the inside, they won't be flushed away by urine moving through. Instead, they stay and keep multiplying. This is called colonization.

One way to treat recurrent UTIs is a daily dose of antibiotics to keep the bacteria from multiplying. Unfortunately, this eventually causes the bacteria to develop resistance, and the antibiotic no longer works.

To break the cycle of recurrent UTIs, we need to prevent bacteria from colonizing the inside of your bladder.

Several options can help prevent colonization and reduce the frequency of recur-

1. Cranberry

Cranberry extract can help reduce repeat bladder infections. However, in several studies of cranberry juice to prevent bladder infection, many participants dropped out, implying that it may not be as effective as other types of cranberry. The most common dose suggested is 400mg of cranberry extract twice daily. Regular use of cranberry may increase your risk of developing kidney

2. Methenamine Hippu-

When combined with hippuric acid, methenamine is more effective than methenamine mandelate. The supplement methenamine hippurate changes into formaldehyde in acidic conditions, and when excreted into the urine, it has bacteriocidal action similar to antibiotics used for bladder infections. For best results, take it with 1 gram twice daily of vitamin C to encourage urine acidity.

3. d-Mannose

One of the sugars found in our diet, d-mannose, may help keep the sides of your bladder slippery, discouraging bacteria from sticking to the walls. Unfortunately, there is not much evidence to prove its effectiveness in preventing bladder infections. Taking d-mannose may cause vaginal burning and

4. Estrogen cream

After menopause, loss of estrogen reduces the concentration of lactobacilli around the vagina. Lactobacilli create an acid environment, interfering with the proliferation of bacteria around the nearby urethra. With fewer bacteria near the urethra, there is less opportunity for bacteria to migrate into the bladder.

Prescription-only vaginal cream applied to "where the water comes out" can reduce the incidence of bladder infections by 30%, which can be effective in preventing recurrent bladder infections.

5. Phenazopyridine

Phenazopyridine is an orange dye that works to ease the burning that recurrent bladder infections can cause. It numbs the signals of bladder distress but does not remove the bacteria infecting your bladder. Phenazopyridine is usually prescribed in addition to an antibiotic for the first 2-3 days to help ease the burning and urgency of a bladder infection. Available both as 100mg and 200mg prescription tablets and as 95mg tablets without a prescription, phenazopyridine colors your urine a bright orange that stains anything it touches.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationIn-

sider.com. ©2023 Louise Achey



THEME: THANKSGIVING **ACROSS** 5. "Eureka!" 1. Poet Angelou 8. *Thanksgiving season 12. Bug-eyed

"Tiger Beat" centerfold 14. New York's 15. Simmering feeling

16. Combustible rock 17. Short for Charlotte 18. *Thanksgiving sauce source 20. Singer Redding

22. Bar in Ireland 23. *Macy's tradition 26. Gets ready for publication 30. Dr. Cornelius of film, e.g.

31. What's good for the goose is good 34. Paul Bunyan stories and such 35. Parallelogram or heptagon 37. Charged particle

38. More cunning 39. Ant construction 40. Fluffy sweater material

42. Cribbage piece 43. Ancient Mesopotamian civilization 45. Maltreat 47. Sea, in Spain

50. Hoodlum 52. *Massasoit's people 56. Do like QA

57. Opposite of written

59. Togetherness 60. Move like sludge 61. S squared, e.g. 62. Eliza follower

48. Fraternity K 58. Like watching paint dry

DOWN 1. Painter Chagall 2. Lab gel 4. "To do" list 3. Hatha or bikram, e.g. 5. Be gaga over 6. Squirrel away 7. Comrade in arms 8. *Popular Thanksgiving TV entertain-Nay sayer _Fall in Love" song

11. Caustic substance 13. Cold brew (2 words) 14. Intangible storage of Courage" 19. "The Red 22. A pop

23. Turkish bigwig
24. Animal and Plant Health Inspection 25. Brazilian coins 26. Former U.S. Attorney General Janet

27. a.k.a. nutria 28. Elms 29. Military uniform fabric

32. Columbus' vesse

33. *TV's National Thanksgiving 36. *1621 celebration location 38. Planktonic tunicate 40. Lungful

41. Small wave 44. Gangly 46. Popular carriage in royal procession 48. Semi-desert region in South Africa 49. Astonish

50. DNA segment 51. Final notice 52. *"Miracle on 34th Street" star 53. Yours and mine

54. Sheltered, nautically speaking

55. Hefty competitor

56. Give a nickname

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

Washington State explores linking carbon market with California and Quebec

Rep. Keith Goehner expresses concerns

Ward Media / Leavenworth Echo

OLYMPIA - Laura Watson, director of the Washington State Department of Ecology, made an announcement on Nov. 2 regarding the state's cap-and-invest carbon reduction program. The department is taking a preliminary step towards linking Washington's program with similar initiatives in California and the Canadian province of Quebec. This move is based on a report issued by the Ecology Department in October.

Watson's office feels the preliminary decision is a signal to the other jurisdictions, indicating that Washington is prepared to initiate discussions between the three governments concerning the potential linkage of their carbon markets. It's worth noting that both California and Quebec also have their own processes to consider whether to link their programs.

Director Watson explained her decision, the research, public input that contributed to it, and the future steps for Washington in a blog post on the Washington State Department of Ecology website.

Strength in numbers and the Climate Commitment Act

In 2021, Governor Jay Inslee and the Washington Legislature passed the Climate Commitment Act (CCA), establishing a carbon marketplace where greenhouse gas emissions allowances could be bought or sold. Over time, the number of available allowances would decrease, putting pressure on businesses to invest in emissions-reducing technologies or programs.

The thought is that connecting Washington's car-bon market with those in California and Quebec would create a larger, more liquid market, offering price stability and incentives for long-term emissions reduction strategies. It would also align Washington's decarbonization efforts with those of its peers, amplifying their collective influence on climate policy and clean energy initiatives.

The CCA directs the Ecology Department to seek linkage agreements with other jurisdictions and charges the director with negotiating and signing such agreements.

Realizing local benefits

sions have global consequences,

While international emis-

there are tangible local benefits associated with reduced emissions, including cleaner transportation, electricity generation, and buildings.

The CCA outlines the considerations and evaluations needed before signing a linkage agreement with California and Quebec. Criteria are in place to ensure that such an agreement would benefit Washington's communities, economy, and climate goals. Additionally, it's crucial to reduce compliance costs, ensure seamless allowance sale and tracking, and maintain market security.

An Environmental Justice Assessment is also required to evaluate the potential impacts of the linkage agreement on communities disproportionately affected by pollution.

Public Engagement and the path ahead

Public input was sought through various channels, including online listening sessions, surveys, and meetings with community groups.

Director Watson says her preliminary decision is based on this public input, her staff's analysis, and an independent economic analysis commissioned last year.

Collaboration with California and Quebec is needed to determine their interest in linking, what the combined market would look like, issues to be resolved, and a feasible timeline. Regulatory and statutory adjustments to Washington's program are also on the horizon. If all goes well, participation in a linked market might be possible in 2025 or later.

The public will continue to have a voice in this process, with opportunities for input on regulatory and statutory changes, as well as the draft linkage agreement. An Environmental Justice Assessment will also examine how linkage might affect vulnerable communities.

As Washington embarks on this path toward linking its carbon market, it represents an important development in the state's ambitious carbon reduction policy. Public engagement and careful consideration of the potential impacts will be crucial in shaping the program's future.

Rep. Keith Goehner's perspective

In response to the department's announcement, Rep. Keith Goehner, a member of the House Environment and Energy Committee, expressed his concerns. He believes that linking Washington's cap-and-trade program with California and Quebec will not effectively reduce carbon emissions or consumer costs

in the state. According to

Goehner, it essentially allows

businesses to continue their current practices and pass the associated costs on to consumers, further increasing fuel and energy prices.

Goehner pointed out that California's high fuel prices and expensive retail electricity rates are not examples to follow. He raised questions about the accuracy of predictions that linkage to California and Quebec would lower prices, emphasizing the potential loss of sovereignty for Washington.

The debate over the potential benefits and drawbacks of this linkage will likely continue as Washington moves forward



The Whistle

 $Continued\ from\ page\ A5$

council meetings, you know that costs to Leavenworth property owners given at the time of writing are hypothetical and complicated. In addition, there are no guardrails on how many projects can be implemented. Each of the proposals from developers will be weighed and then approved/disapproved by the city council. The citizens will have no vote.

Due to the experimental nature of MFTE, the city has not been able, as of this writing, to explain the geographic area of home and business ownership that will be required to pay the developer's taxes. The city has also failed to identify any community our size that has utilized the program successfully or not. In fact, the smallest town to use MFTE in WA has a population of over 16,000 people. Finally, according to the 2019 WA

State Joint Legislative Audit & Review Committee's own report, the MFTE program's success remains unproven.

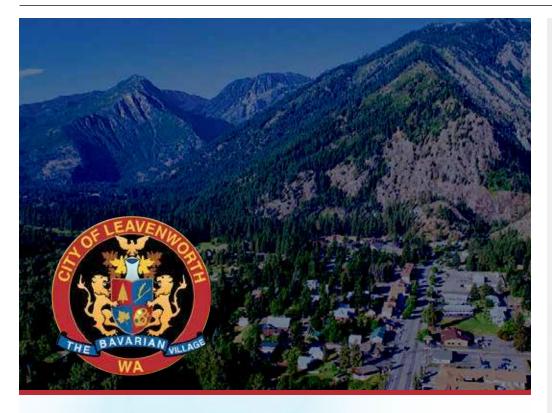
Until more information is available as to MFTEs effectiveness, it is irresponsible for the council to vote to implement the MFTE program, imposing additional property taxes on the citizens and

businesses with no guarantee of successfully increasing our workforce housing.

We commend the city council for continuing to address low-income and workforce housing. However, we find that the MFTE tool for Leavenworth is deeply problematic and should be discarded ASAP. Let the city

pursue more pressing issues and more applicable housing solutions. It would be wiser to take a look at something called "inclusionary zoning," which will not shift a penny in tax while mandating a certain percentage of affordability.

Find The Whistle online at Lwhistle.com. And keep whistling. We hear you!



City of Leavenworth Seeks Volunteers to Serve on Parking Advisory Committee and *New* Housing Advisory Committee

Qualifications can be viewed at

www.cityofleavenworth.com/news-notices

Interested parties who meet the qualifications are invited to submit a letter of interest via email, mail, or in person by 4:00 p.m. on November 30, 2023

City of Leavenworth

Attn: Andrea Fischer, City Clerk 700 US Hwy 2 / PO Box 287 Leavenworth, WA 98826 afischer@cityofleavenworth.com





The Leavenworth Nutcracker Museum and Nutcracker Lady's Gift Shop welcome family members of Germany's foremost producer of nutcrackers... Holzkunst Christian Ulbricht.

This is a rare opportunity for collectors as all will sign Ulbricht products purchased from the Gift Shop, and Steffen will have the 2023 tour bird, the "Osprey", which he designed, available for purchase.

Steffen Albricht will be here on Sunday, November 12 from 2 to 6



As a courtesy to collectors each will sign one Ulbricht design brought from home with each Ulbricht design purchased from the Gift Shop.