

# The Leavenworth Echo

\$1.00  
Volume 123 • No. 41

Upper Valley News Since 1904  
A Ward Media Publication

 leavenworthecho.com



**Meet Mayoral Candidates**  
Carl Florea and Rich Brinkman  
Election Coverage | A4



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## City Council candidate forum addresses key issues

By **TERRY WARD**  
Publisher  
Ward Media

LEAVENWORTH - In a display of civic engagement, Leavenworth's Cascade High School auditorium played host to a candidate forum on the evening of Oct. 5 as candidates vying for seats on the Leavenworth City Council took center stage. This forum, organized by The Residents Coalition of Chelan County and moderated by former county commissioner Bob Burgert, offered a much-anticipated platform for candidates to articulate their vision for the city's future while addressing a gamut of pressing concerns.

### Recreation and open spaces

As the event unfurled, the evening's agenda began with an examination of how Leavenworth will safeguard and expand its recreation and open spaces, even as urban development continues to reshape the landscape. Candidates took to the microphone with diverse approaches, underscoring the importance of prudent urban planning and sustainable growth. The overarching theme that emerged was a collective commitment to preserving the natural beauty that defines Leavenworth while ensuring equitable access to recreational opportunities for all residents.

Each candidate brought their own unique perspective to the forefront:

Marco Aurilio emphasized the existing recreation plan for Leavenworth, which features open spaces and facilities such as tennis courts. He championed the creation of community gathering spaces akin to tourist attractions like the Adventure Park.

Travis McMaster saw the importance of focusing on the city's

youth, suggesting exploration of private funding options for a community center with an indoor pool, with an eye toward hosting tournaments and events that would benefit the community.

Tibor Lak, in contrast, proposed optimizing the use of existing green spaces within the city, including the golf course and Champion Park. He also hinted at leveraging agreements and contracts to provide access to a wide spectrum of activities.

Rhona Baron, on the other hand, raised concerns about the lack of a comprehensive green management infrastructure plan for the city's growing areas. She advocated for a holistic approach to preserving green spaces and enhancing the environment as urban development marches forward.

Polly McIntyre acknowledged the influx of tourists to the city's trails and rivers and sought ways to address visitor overflow. She asserted the importance of maintaining green spaces for recreation and community gatherings, especially as the city experiences densification.

Shane Thayer stressed the significance of indoor recreation options within Leavenworth and expressed support for the establishment of an indoor pool or Aquatic Center. He also underscored the importance of responsible maintenance of open spaces like Champion Park.

### Housing

Another hot-button issue emerged from recent city surveys - housing density. An overwhelming 56% of respondents disagreed with the notion of higher housing density within Leavenworth's limits. Candidates were called upon to

clarify their stances and articulate the residential densities they supported. The responses varied widely, reflecting the complexity of the issue:

Tibor Lak noted the complexity of the housing density matter, asserting that it depends on the location. He supported higher density in certain areas, particularly in the context of accessory dwelling units, while opposing it on small residential lots.

Rhona Baron acknowledged the multifaceted nature of the issue, expressing reservations about densification on small lots. She contended that a more comprehensive approach involving various stakeholders was required to tackle the housing problem effectively.

Polly McIntyre raised concerns about the impact of increased density on permeable surfaces and water drainage. She urged the city to strike a balance between density and environmental preservation, advocating partnerships with neighboring cities for workforce housing solutions.

Shane Thayer briefly alluded to the challenges posed by high-density housing in Leavenworth but did not delve into specifics.

Marco Aurilio underscored the importance of sustainable and workforce housing, emphasizing the need to maintain diversity and curb excessive second-home ownership. He advocated for a range of density zones and solutions inspired by successful models in other tourist towns.

Travis McMaster shared his positive experience living in a high-density unit, positing that density could foster a sense of community. He highlighted the need to help residents afford to live in Leavenworth and



TERRY WARD / WARD MEDIA

**Bob Burgert, retired county commissioner and the moderator of the Leavenworth city council candidates forum, welcomes participants.**

the imperative of providing tools to address the housing issue.

### Infrastructure

The notion that "growth pays for growth" emerged as another pivotal discussion point. Leavenworth's comprehensive plan stipulates that developers must shoulder the cost of infrastructure improvements necessitated by their projects. Candidates were called upon to assess the effectiveness of these policies, igniting a spirited debate on the subject:

Polly McIntyre emphasized the urgency of infrastructure upgrades within the city and underscored that developers shouldn't bear the sole responsibility for these enhancements. She highlighted the city's ongoing efforts to upgrade infrastructure, including sewers and roads, block by block, and proposed factoring in infrastructure impacts when evaluating new developments.

Shane Thayer acknowledged the existence of policies linking growth with necessary improvements but contended that they could be more effective. He posited that developers might be reluctant to shoulder these costs, potentially hampering housing development. He suggested exploring alternative funding sources for essential improvements.

Marco Aurilio, cognizant of the aging infrastructure, noted that the current policies were being implemented fairly well. However, he advocated for developers to be held accountable for the infrastructure directly tied to their projects. He also proposed securing grants to support infrastructure upgrades.

Travis McMaster expressed appreciation for the Public Works Department's efforts in managing infrastructure growth amid a burgeoning population. He contended

See **FORUM** Page **A7**

## Federal agencies seek public input on grizzlies in North Cascades

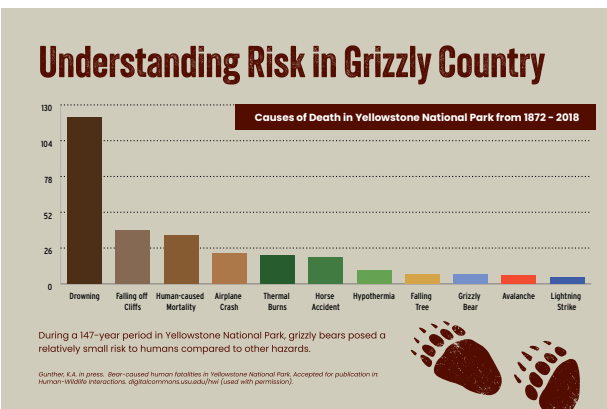
### What do grizzly bears eat?

**Vegetation & Insects** 80% of their average calorie intake

**Meat** 20% of their average calorie intake

Grizzly bears are often mistakenly believed to be voracious predators that eat mostly meat. In fact, interior grizzly bears eat more than 100 plant species and get about 80% of their calories from plants and insects.

[www.nps.gov/nccu/learn/natural/grizzly-bears.htm](http://www.nps.gov/nccu/learn/natural/grizzly-bears.htm)  
[www.nps.gov/gcnc/learn/nature/bears.htm](http://www.nps.gov/gcnc/learn/nature/bears.htm)



### Grizzly Bears Belong in the North Cascades

**Why Grizzly Bears Fit In**

- Nutrient Distribution:** Grizzly bears help cycle nutrients through the ecosystem, enriching soils and vegetation.
- Seed Dispersal:** Grizzly bears help plants thrive by dispersing seeds through their digestive system.
- Enhanced Biodiversity:** By extensively digging for roots, insects, and small mammals, grizzlies contribute to ecological processes which support plant and animal life.
- Plenty to Eat:** The North Cascades is home to 100 of the 124 plant species that grizzlies have been shown to eat.

Archived from the North Cascades National Park shown in dark green. The line of red dots represents the study that discovered grizzly bears and grizzlies passed nearly 10,000 square miles of mostly protected public lands.

### Grizzlies Need our Help to Bounce Back

**Bear recovery won't happen without us.**

- Remote Source Populations:** Grizzlies are critically endangered in southern British Columbia and the population there is not healthy enough to expand on its own.
- Habitat Fragmentation:** Human development and geographical features block movement routes between Canada and North Cascades National Park.
- Female Home Range:** Female grizzlies stay close to their mother's home range, making it very unlikely they'll move back into the North Cascades on their own.
- Relocation Works:** Wildlife biologists have already successfully relocated grizzlies and are recovering bears in western Montana.

COURTESY OF NATIONAL PARK SERVICE

By **QUINN PROPST**  
Ward Media Staff Reporter

The National Park Service and U.S. Fish & Wildlife Service are seeking public input on a recently released draft plan to reintroduce Grizzly bears to the North Cascade Ecosystem.

The plan includes three options for the public to review. Option one is considered the no-action option in which nothing is done and land management continues as is. The other two action alternatives seek to restore grizzly bear populations to a goal of 200 bears over the next century.

"The time has come for the grizzly bear to return to its habitat to take its place in the indigenous ecosystem," said Scott Schuyler, policy representative for the Upper Skagit Tribe, whose territory lies within the recovery zone. "The Upper Skagit successfully coexisted with grizzly bears for thousands of years, and we should once more."

"The North Cascades are a special place because it's big enough and wild enough to support Grizzlies," said Gordon Congdon, retired Wenatchee

orchardist and former executive director of the Chelan-Douglas Land Trust. "There's only six places in the lower 48 that have received that designation as grizzly bear recovery zones and the North Cascades is one of them."

Grizzlies roamed the Cascades for thousands of years before hunting and trapping brought them to near-extinction levels.

Grizzlies are known to add to the health of ecosystems. They help regulate the populations of animals they prey on, transport nutrients through their scat, and promote vegetation health as they dig for food in the soil.

However, wildlife biologists do not believe a natural recovery is possible. "First of all, grizzly bears are a native species to the North Cascades," said Congdon.

"There are estimates that at one time there were as many as 50,000 grizzly bears in the western United States," Congdon said. "And unfortunately, by the early 1970s, that number had been reduced to just

See **GRIZZLIES** Page **A2**

# Rich Brinkman

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Leavenworth, WA 98826  
Phone: 509-548-5286

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# The Leavenworth Echo

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509-293-6780  
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## Deadlines

Calendar Listings	Noon, Friday
News Submissions:	Noon, Friday
Letters to the Editor:	Noon, Friday
Display Advertising:	Noon, Friday
Legal Notices:	Noon Friday
Classified Ads:	Noon Friday

## Subscriptions

In Chelan County (yearly)	\$40
\$5.00 to include online subscription	
In State-Out of County (yearly)	\$50
Online E-edition	\$40

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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## 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](mailto: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!

### Oktoberfest in Leavenworth

The Leavenworth Oktoberfest will run Oct. 13-14 in downtown Leavenworth.

"Oktoberfest returns to Leavenworth this fall with longstanding traditions of music, dancing, and the ceremonial tapping of the kegs," the event page states. "This year, like last year, we have exciting enhancements to Oktoberfest, bringing the event throughout downtown Leavenworth, with two fully programmed venues (beer gardens) located at the Leavenworth Festhalle and at Front Street Park. Sit under our clear-topped tent enjoying tasty local and German beers, lively music, and mountain views for days."

"For the kiddos, a 10,000 sq foot Kinderplatz has been added, free for kids 12 and under, with activities, games, a root beer garden, and a 62 ft Ferris Wheel," the event page states. "It's time to grab your best Trachten (traditional Bavarian garments) and plan to celebrate Oktoberfest in America's unofficial Bavarian capital."

The Front Street Park Beer Garden (21+ Only) is open on Friday from 6 p.m. to 10 p.m. and Saturday from noon to 10 p.m.

The Kinderplatz is open until 9 p.m. The Festhalle Beer Garden is open Friday from 6 p.m. to midnight and Saturday from noon to midnight.

For more information and to purchase tickets, visit [leavenworth.org/oktoberfest](http://leavenworth.org/oktoberfest).

### Walking Tour

The Sleeping Lady Mountain Resort will host a walking tour on Friday, Oct. 13. "Every Friday from 4 p.m. to

5 p.m., resort guests can join our General Manager, Chuck Schuringa for a property walk," the event page states. "He will talk about the history and folklore of the resort, the artwork spread around every corner, and our mission with the Icele Fund and what we mean when we say #whenyoustayougive."

### Community Garden Work Party

The Wenatchee River Institute will host a Community Garden work party on Thursday, Oct. 19 from 9 a.m. to 11 a.m. at the E. Lorene Young Community Garden.

"This work party is with the Cascade Garden Club and you'd be working alongside them to clean out the garden and put away signs," the event page states. "A wonderful learning opportunity with experienced gardeners. This is also a great opportunity for those who want to learn more about gardening in general. No RSVP needed, you can just show up."

"We will be working in the garden(s) for about 2 hours, but feel free to drop in or leave whenever," the event page states.

For more information visit [wenatcheeriverinstitute.org](http://wenatcheeriverinstitute.org).

### Wine and Weave

Rocky Pond Winery will host Wine and Weave on October 17 from 5:00 p.m. to 8:00 p.m.

"Join Brittanie from the Knotty Weaver at the Rocky Pond Winery Leavenworth Tasting Room to create your own beginner woven wall hanging," the event page states. "Enjoy wine and non-

alcoholic beverages while you learn or use your skills to create a beautiful woven masterpiece," the event page states.

The event is open to all ages.

For more information visit [rockypondwinery.com](http://rockypondwinery.com).

### Night-In-A-Box

Lighthouse Christian Ministries will host their annual fundraiser Night-In-A-Box on Friday, Oct 13 starting at 5:30 p.m. at Sav-Mart in Wenatchee.

"On Friday, Oct 13th, local businesses, individuals, and families will gather together with sleeping bags, snacks, flashlights, and... you guessed it, cardboard boxes, to spend a night sleeping on the street to

raise money for Lighthouse Christian Ministries to house, feed, and disciple local individuals right here in Wenatchee," the event page states.

"Come sleep in a box with us," the event page states. "We'll have a fun evening and raise funds to feed thousands through the fall and winter

months." "There will be a hot meal, music, a box decorating contest, and more," the event page states. "This is a great experience for families & friends to do together."

For more information visit [facebook.com/wenatchee.lighthouse](https://facebook.com/wenatchee.lighthouse).

## Grizzlies

Continued from page A1

a few 100 grizzly bears with a few bears in Yellowstone National Park, a few bears in Glacier National Park, and a small number of bears in a couple other places in Montana, and their original range had decreased from this huge area in the western United States to about 2% of the original area."

The last confirmed sighting of a grizzly bear on the U.S. side of the Cascades was in 1996.

The NCE is one of two federal grizzly recovery areas without an established population of bears, and natural bear migration is unlikely to repopulate it. Instead, based on decades of thorough research, wildlife biologists suggest safely relocating existing bears into the North Cascades.

This is the second attempt by the agencies to restore grizzlies to the NCE after a 2015 process was halted by the Trump administration in 2020. At the time, more than 159,000 members of the public wrote comments supporting the reintroduction of grizzlies.

Under both action plans, it is anticipated that three to seven bears would be released into the NCE each year over five to 10 years with a goal of establishing a population of 25 bears. At this point, it would switch to adaptive management.

Under one action plan, "Most of the problems that we have with them (bears) are often caused by humans rather than the animal, and with bears, most of the problems revolve around two things, food and with grizzly bears, they're very defensive of their cubs," Congdon said. "But if we would deal with food in our communities, like Leavenworth, for example, Leavenworth has a lot of black bears, and it's creating some problems," Congdon said. "Leavenworth is now

taking some positive steps to reduce the amount of food and garbage available to black bears. And that's going to make a huge difference in the city of Leavenworth. It's going to make it much safer, frankly, for bears because where there are problems bears are usually ones that suffer."

"We have an opportunity in the North Cascades to bring back a missing icon, a missing icon of the Western wilderness, a grizzly bear," Congdon said. "And that's something that very few places in the United States can do. We have lots of black bears, but we also will have an opportunity to have grizzly bears and that's a very special thing."

"As we move into the future, if we're going to fight against biodiversity loss, we have to be willing to be creative and try some things to restore and maintain biodiversity," Congdon said.

The public may submit comments through Nov 13, 2023, on the National Park Service website. The plan can be found on their website under the 2022 North Cascades Ecosystem Grizzly Bear Restoration Plan/Environmental Impact Statement. Comments can also be submitted to the office of the Superintendent at North Cascades National Park Service Complex, 810 State Route 20, Sedro Woolley, WA 98284.

Quinn Propst: 509-731-3590 or [quinn@ward.media](mailto:quinn@ward.media)

## Echoing the past

Change can be a powerful force, and today, I'm excited to share with you a significant change that we've made here at The Leavenworth Echo. Starting with this issue, you'll notice that our flag—the banner at the top of our newspaper—has been redesigned to reflect the version used in the early days of our publication.



From the Publisher  
**TERRY WARD**

But let me be clear, while we embrace our storied past, we are also firmly focused on the future. Our goal is to continue bringing you the latest news, stories, and insights that matter most to you, our valued readers. We will do so with the same commitment to journalistic integrity that has defined us for

over a century.

As the media landscape changes, we understand the importance of innovation. Our decision to return to the historic name style is symbolic—it reminds us of our roots and the enduring spirit of our community. At the same time, it inspires us to keep pushing the boundaries, exploring new ideas, and finding fresh ways to engage with you, our readers.

As we enter this new chapter, I want to express my gratitude to you, our loyal readers, for your continued support. The Leavenworth Echo is not just a newspaper; it's a vital thread in the fabric of our community, and together, we'll continue to weave its story.

Thank you for your trust, your readership, and your enduring connection to The Leavenworth Echo. Here's to our 120-year journey, and to many more years of serving this remarkable community.

## The Leavenworth Echo

The Leavenworth Echo holds a special place in the heart of our community, and I believe that as we approach our 120th anniversary this January, it's important to pay homage to our rich history. Our newspaper was first published on Jan. 15, 1904, a milestone that predates the incorporation of Leavenworth by two years. In fact, Deed H. Mayar, the first publisher of our newspaper, served as the first mayor of Leavenworth once the town was officially established.

Embracing the historic name style of our early days is a nod to the enduring legacy of The Leavenworth Echo. It serves as a reminder of the pivotal role our newspaper played in documenting the growth and development of our community, even before it became a town.

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## Rich Brinkman

PLEASE LEAVENWORTH. PLEASE HELP ME RESTORE OUR CITY'S PRIDE AND FUTURE!

**Dear Leavenworth Community:**  
I served as Leavenworth City Administrator under Mayors Mel Wyles and Rob Eaton. I am still very close to Mayor Mel, and was also very close to Jim Ward and Ken Coffin, who both very sadly left us way too soon. We all took immense pride in our City, and worked very hard to enrich our City's success and pride. Tragically, we are now losing our "Miracle Town," and I cannot simply stand by and watch this happen. As Dr. Martin Luther King Jr. famously said, "There comes a time when silence is betrayal." I will not be silent anymore.

As City Administrator I secured the grant money to completely reconstruct 8th Street, 9th Street, and Front Street from Hwy 2 to the Festhalle. I also created a residential street overlay program which has all been abandoned. We have the fourth worst streets in the entire state of Washington, and I talked with a resident today who said his street hasn't been improved for over 40 years! Our City and residents deserve much better.

Whether we like it or not, our City relies on tourism to pay the City's bills and keep our property taxes low. Front Street between 8th and 9th streets is crumbling and falling apart. This is the Welcome Mat to our visitors and it is in alarming condition! Leavenworth has been resting on its laurels for far too long, and we need a Mayor who will restore our pride, be responsive to local needs and concerns, address our excessive speeding problem - especially in our school zones - restore our residential streets, crack down on the gang graffiti popping up everywhere, the weeds growing up through our sidewalks, the pavers missing downtown, among many other things. Please help me restore Leavenworth Pride. Please support Rich Brinkman for Leavenworth Mayor! Thank You!

Paid for by Brinkman for Mayor

# Community Bulletin 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](http://ncwmarket.com) 24/7. Garage and Yard Sale Ads are paid events, please email: [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com) or place online at [ncwmarket.com](http://ncwmarket.com). To submit info call **509-548-5286** or email: [news@ward.media](mailto: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 Peshastin Library. Please come 15 minutes early to tune and get sheet music.  
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](mailto:Troy@leavenworth.org) for meeting information. (1st & 3rd Thurs.)  
Leavenworth Lions Club, For more info. President Steve Alford, 509-548-4505, or email [leavenworthlionsclubwa@gmail.com](mailto: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](mailto: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](mailto: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 and 3rd Mon.)  
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](mailto:levi.ipid@nwi.net) (2nd Tues.)  
Cascade Education Foundation, Contact: [CEF@cascade.org](mailto:CEF@cascade.org)  
IWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st Tues.)  
Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. [www.leavenworthmasons.org](http://www.leavenworthmasons.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](mailto: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](mailto:info@leavenworthmuseum.org) for meeting information. (1st Tues.)

#### NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at [ncwlibraries.org](http://ncwlibraries.org) and its Facebook page. Go to [NCWLIBRARIES.ORG](http://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](mailto: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](mailto: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> 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](mailto:reporter@leavenworthecho.com) or call 509-548-5286. Otherwise we are not responsible for any misinformation.

## 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](mailto:CelebrateRecoveryLCN@gmail.com) or 509- 596-1510.

### Leavenworth

#### Leavenworth Library hosts art show honoring Heidi Swoboda

The Leavenworth Library is set to host an inspiring art show dedicated to Heidi Swoboda, a prominent Leavenworth Professional Photographer, through Nov. 3 in the enchanting Fireside Room.  
This captivating exhibition presents a harmonious blend of artistry and literature, curated in collaboration with the NCW Libraries System. Visitors are invited to immerse themselves fully in the essence of each artwork by exploring suggested complementary literature.  
Heidi Swoboda's creations, primarily in the form of giclee with acrylic finish, showcase her remarkable talent. Her artwork is a testament to her deep connection with the beauty of our natural world and the profound moments and relationships that enrich our lives.  
The show promises to be a unique experience, offering a glimpse into Heidi's distinctive artistic techniques and her passion for celebrating the wonders of our environment.

#### Leavenworth Library events

Read & Play Time for Babies with Amy. Tuesdays, 10-11 am. Babies and toddlers are welcome for books, songs, and playtime.  
Preschool storytime with Gracie. Wednesdays, 11am-Noon. Join us for stories, songs and fun.  
Trivia Night is back for a battle of the brains as Gracie cooks up trivia fun. Come with a team or join one. All ages are welcome. Friday, Oct. 20, from 4-6 pm.  
Dungeons & Dragons & Libraries virtual online game led by Dungeon Master Gracie, Oct. 21 from 2:30-5:30 pm and every third Saturday monthly. Registration required. Fun for beginners and experts.  
Art from the Heart doodling class for teens and adults, led by Celisse Ellis. Tuesday, Oct. 24, from 6-8 pm. Registration required.  
Halloween Bash. Tuesday, Oct. 31, from 3-6 pm. Costume wearers and admirers are welcome to dazzle the "Costume Walk of Fame" and visit haunted bookshelves if you dare.

Questions: [leavenworth@ncwlibraries.org](mailto:leavenworth@ncwlibraries.org) 509-548-7923.

#### Link Transit Celebrates Completion of Leavenworth Roundabout

Thanks to a strong collaborative effort with the City of Leavenworth and the Washington Department of Transportation (WSDOT), Link Transit's roundabout project at the intersection of U.S. Highway 2 and Icicle Road was completed on time and under budget. The agencies involved in the project are celebrating with a ribbon cutting ceremony at 8:30 a.m. on Wednesday, Oct. 18 on the south edge of the roundabout. The small event is not expected to impact traffic flow.  
"We could not be more pleased with how this project went," said Link Transit Chief Executive Officer Nick Covey. "We are even more pleased to bring safer, pedestrian and transit-friendly improvements to one of our region's busiest traffic corridors."  
The improved intersection helps Link Transit buses navigate the length of the City of Leavenworth without having to detour through residential streets to turn around. Additionally, the tight turn of the roundabout forces traffic to slow down, enhancing safety for pedestrians and motorists alike.  
With a price tag of \$2.2 million, the project is more than \$1 million shy of the initial projected cost of \$3.3 million.  
"Our partners at RH2 Engineering and KCRI Construction really delivered,"

Covey said. "We are happy we are wrapping things up in time for cold weather and the busy holiday season."

An April 2020 U.S. 2 Upper Wenatchee Valley Transportation Corridor Study conducted jointly by the Chelan-Douglas Transportation Council and WSDOT identified the Icicle Road and U.S. 2 intersection project as a priority. Link Transit was able to finance the project out of its 2023 capital budget. The City of Leavenworth coordinated the installation of a new water main to coincide with the roundabout construction, a significant savings in terms of traffic disruption and direct costs to the City.

"We are always looking for opportunities to partner with other agencies to create a safer, more efficient transportation environment for our citizens," Covey said. "Link's motto is 'Connecting our Communities', and we feel this project is just one of the many ways we deliver on that promise."

#### Leavenworth mayoral forum at WRI

In a bid to foster community engagement and connect Leavenworth residents, the Wenatchee Research Institute (WRI) is gearing up to host a pivotal event - the Leavenworth Mayoral Forum. Scheduled for Tuesday, Oct. 17, from 6:00 to 7:30 p.m., this forum aims to shed light on how the two mayoral candidates plan to address crucial issues in Leavenworth while aligning with WRI's mission.  
WRI, a stalwart in fostering connections within the community, welcomes all to this event, underscoring its commitment to inclusivity and community involvement.  
As part of the lead-up to the event, community members are encouraged to participate actively by submitting questions for the candidates. These questions should revolve around topics that are central to WRI's mission, encompassing areas such as climate change, fire management, tourism economics, watershed preservation, housing, education, leadership principles, and wildlife conservation.  
The deadline for submitting questions is Sunday, Oct. 8, at 11:59 p.m. Questions can be submitted using the form at <https://bit.ly/46ob5Rb>.  
The Leavenworth Mayoral Forum at WRI promises to be an informative and community-driven event, highlighting the intersection of local politics and the values that underpin WRI's mission.

For more information about this event, please visit WRI's website at [wenatcheeriverinstitute.org](http://wenatcheeriverinstitute.org).

### Peshastin

#### Chelan County Public Works to host community meeting on Peshastin bridge repairs

Chelan County Public Works is inviting the community to participate in a crucial discussion regarding the upcoming repairs to the historic Peshastin Bridge, originally constructed in 1932 over the Wenatchee River. The public meeting is scheduled for Thursday, Oct. 12, from 5:30 to 6:30 p.m. at Peshastin Memorial Hall, located at 10204 Main St.  
The proposed repairs to the Peshastin Bridge are set to commence next year and may necessitate a temporary closure of approximately four weeks. The primary focus of the project will be the replacement of the bridge's deck. Due to the bridge's narrow width, the contractor will be unable to maintain a single open lane during the repair process. Additionally, vital maintenance work will be carried out on the bridge's expansion joints, which facilitate the natural expansion and contraction of the concrete structure.  
Chelan County Public Works staff will be present at the meeting to provide comprehensive information

about the project, including anticipated traffic impacts. Spanish interpreters will be available to assist attendees.

It's important to note that the repairs to the Peshastin Bridge are part of a broader initiative encompassing various bridge repairs throughout the county. In 2024, the Ardenvoir Bridge (Mad River Road) and Chiwawa River Bridge (Chiwawa Loop Road) are also slated for deck repairs. Furthermore, repair work on expansion joints is scheduled for the Chelan Falls Bridge (Chelan Falls Road), New Griffith Bridge (Entiat River Road), and Stone Hill Bridge (Colocum Pass Road).  
Funding for these critical infrastructure improvements has been secured through a grant from the U.S. Department of Transportation, ensuring the continued safety and reliability of Chelan County's vital transportation network. Public input and engagement are encouraged to facilitate a successful and informed project execution.

### Regional

#### Cascadia Conservation Board Meeting Set for Oct. 20

The Cascadia Conservation District has announced its upcoming Regular Board meeting, offering the community an opportunity to participate either in person or remotely via call-in or Zoom.  
Scheduled for Friday, Oct. 20., at 1:30 p.m., the meeting will be hosted at 1350 McKittrick St., Suite B., Wenatchee. Those wishing to attend in person are encouraged to contact the office promptly, as space availability is limited.  
*For remote attendees, detailed instructions and additional information can be found on the district's official website, [www.cascadiacd.org.org](http://www.cascadiacd.org.org), or by reaching out to the District office directly at 509-436-1601.*

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# City of Leavenworth Mayoral Election 2023

## City of Leavenworth Mayoral Candidates

Serving as the mayor comes with a varying set of duties and powers that are integral to the city's governance. The mayor acts as the chief executive and administrative officer, overseeing all city departments and employees, ensuring

efficient administration and public service delivery. Additionally, they bear the responsibility of enforcing city laws and ordinances, and maintaining law and order for residents. The mayor presides over all city council

meetings and holds the power of a tie-breaking vote, ensuring decisions are reached. The mayor reports to the city council with recommendations, financial updates and prepares and submits the city's yearly budget.

The Mayor also holds the power of a veto vote. However, the veto can be overridden by a majority plus one vote of all councilmembers. As the ceremonial leader the mayor represents the city at all events and ceremonies.

In essence, the Mayor's role encompasses executive, legislative, and ceremonial duties vital to the city's well-being. According to Washington law, mayors are elected and serve a four-year term until their successors are elected, qualified and assume office. In our commitment to bringing you informed election

coverage, The Leavenworth Echo has reached out to the mayoral candidates of our beautiful city. We sent a comprehensive questionnaire to each candidate, seeking their insights on key issues and their vision for Leavenworth's future. Here are the questions we posed to the candidates and their responses:

## Q & A Meet Mayoral Candidates

**Carl Florea**  
Incumbent



**Rich Brinkman**  
Mayoral candidate



Please briefly introduce yourself and tell our readers about your background and qualifications for the role of mayor.

**Carl Florea:** My wife and I moved to Leavenworth in 1985 and raised our family of three sons here. I have been active in the community since the very beginning, as both my professional career and volunteer time have all been about building and sustaining community and relationships. I served as pastor of Faith Lutheran Church and was the founding director of Upper Valley MEND and the SHARE Community Land Trust. I have served on the Cascade District school board, the Leavenworth Planning Commission, and the Leavenworth City Council prior to becoming Leavenworth Mayor in 2019.

We can no longer house our town's vital workforce of not only service industry folks but teachers, health care professionals, and city workers. We have gone from having a largely local workforce in the 1980s and 90s to having one that is forced to commute in from other areas, further and further away from Leavenworth. The irony is that the very economic engine that "saved" this town is now drawing so many here that the success is threatening our ability to sustain a true, thriving community. I can see that we are at a critical time. A time where we can either let our town become just a resort for people with money or work together as a community to build Leavenworth into a town where our citizens, our business and our guests thrive together.

**Leavenworth is known for its unique Bavarian-themed village and tourism industry. How do you plan to balance preserving this cultural identity with the needs and growth of the local community?**

**Carl Florea:** We have been blessed with a very healthy economic engine created by the community coming together. There is no doubt that the health of our tourism industry means that Leavenworth has many advantages over other communities of 2,500 residents. We have a much healthier general fund due largely to the sales tax generated by our popular local businesses. At the same time, it is important to remember that any local industry is healthiest when it builds and sustains the community in which it is located. Providing for the needs of the local residential community along with the business community is the responsibility of city government. My administration is dedicated to maintaining the sense of community we all have come to love while also supporting our businesses. We are currently looking at a new park at the former Osborn school site, a potential new pool complex, and expanded library and community spaces. Balance is critical in a community, and if the local residential community is in danger of being displaced, the system is broken, and steps must be taken to bring back that balance between these two

necessary segments of what makes a community both whole and healthy.

**Richard Brinkman:** I strongly support Leavenworth's Bavarian Theme, and my opponent simply cannot say that. Our Bavarian Theme is what made us "Miracle Town" and largely pays the City's bills, keeping our property taxes low. Whether we believe it or not, we are tragically losing our shine. It is one thing to bring people to Leavenworth, but it is entirely another to bring them back. I envision a Leavenworth that is gleaming in both the residential and commercial districts, and I have a proven track record in this capacity.

**Infrastructure and public services are essential for any community. What are your plans for improving and maintaining these aspects of Leavenworth's quality of life?**

**Richard Brinkman:** I will ensure that our City has sufficient water and sewer capacities for all future developments, and we greatly need to restore our residential streets and the character of our neighborhoods.

**Carl Florea:** Providing infrastructure is a primary task of city government. Because of our current infrastructure needs, we are driving substantial investments in our sewer and water systems. But it's important to understand how we got to where we are today. Like many systems in small towns, they are old and, in many cases, substandard. Our streets are in extremely poor condition because they were built originally by simply paving over the clay soils without laying a proper subgrade of gravel. This led to breakup and the "alligator skin" look that plagues us today. Consequently, what seemed like a good idea at the time has created a significant challenge today. Additionally, it is also important that the roads are not just rebuilt to proper standards without addressing the underlying infrastructure of water, sewer, and stormwater at the same time. Past administrations and city managers haven't fixed our roads because they are so visibly in need, without fixing the underlying substandard water pipes. This is akin to putting "lipstick on a pig." It

looks great for a short time but only covers up more problems. As they say, anything worth doing is worth doing right! I am committed to spending tax dollars wisely, which means rebuilding roads as we rebuild the underlying infrastructure. However, we are looking at "temporary fixes" to the roads that will "get us by" until we can do the right fix that is needed, which can take longer but will save us dollars in the long run. This long-term stewardship approach is what I bring to city government.

**As the mayor, you would play a significant role in the city's budgeting process. How do you plan to manage the city's finances and ensure fiscal responsibility?**

**Carl Florea:** My chief responsibility as a city leader is to hire great experts in the areas of finance and city administration. It is important that we spend our dollars as investments in our community and we balance the need to meet today's goals without sacrificing the future. I understand that it is the council that ultimately approves the budget and sets the policy goals that direct where spending should be done. It is the administration's job to carry out those goals and policy directives in a way that keeps that balance between spending and investing in our needs now while making sure we can sustain our commitments over the long haul. As Mayor, I have the responsibility to provide vision and leadership across all these groups, and by engaging and communicating with the council and city administration, I plan to ensure we find this balance.

**Richard Brinkman:** I have managed, planned, overseen, and led City budgets from 2000 through 2010 and again in 2016-17, the latter as a Leavenworth City Councilmember. I was awarded one of the City Administrators Of The Year in 2007 for implementing a Budget Planning process for the City of Leavenworth, and all of the budgets I have managed or overseen have all been balanced.

**Leavenworth, like many other places, faces environmental challenges. What steps do you propose to address environmental issues and**

**promote sustainability within the city?**

**Richard Brinkman:** I will always ensure the City has the proper water and sewer capacity for all future development/growth. It is also important to note that water is likely going to be the next "gold," and I look to cities like Fryeburg, Maine, which tried to prevent the unsustainable extraction of their groundwater by a major corporation. Given Leavenworth's incredible freshwater sources, I will fight with all of my might to prevent what happened to Fryeburg, Maine, and other such communities in our country. We also need to be very mindful of the risk that higher and higher density means, given - heaven forbid - what happened in California and, more recently, in Hawaii due to wildfires. Munich/Bavaria has done some very thoughtful developments, and we have resources on the City's Design Review Board to assist with this. Why aren't we? We really need new leadership in our City.

**Carl Florea:** For those who have lived in this area for a while, we have all witnessed firsthand the changing climate and its significant impact on our local environment. We've seen the susceptibility to forest fires threaten our air quality; we've seen our river levels drop, and we've seen harsher winters and drier summers. As mayor, I take these changes seriously and have taken action to address environmental challenges. One example is the \$500,000 grant we received to explore wells as our water source instead of our reliance on surface water from the Icicle River, as we have always done in the past because it was easy. By driving this change, we will reduce our impact on fish and wildlife as available surface water decreases. We have also received a grant of over \$300,000 to support the increase in composting we are able to do. And we have begun exploring the conversion of our city fleet to electric vehicles. We are working with the Chelan County, US Forest Service, and other agencies to address responsible use of our natural resources, including our rivers and our trails, which are in danger of being "loved to death." Finally, by housing more of our workforce locally, we can decrease traffic and the carbon footprint required to transport them here. Through initiatives like these, I know we can become a model of what it looks like to be an environment AND tourism-friendly town.

**The well-being of residents is a top priority. What strategies will you implement to enhance**

**public safety and healthcare services in Leavenworth?**

**Carl Florea:** Safety is a fundamental concern of my administration. While we are too small to finance our own police department, we do meet regularly with the Chelan County Sheriff's Department to give them direct feedback and special emphases on what we would like to see, such as increased speed checks on residential streets, public safety in our schools, etc. From a healthcare perspective, we are blessed to have our own hospital and clinic in a day and age when many towns our size are losing theirs. Being able to have housing for Cascade Medical staff is critical to keeping them open and meeting the needs of this community. Finally, during the pandemic, I made, at the time, the unpopular decision to close Front Street to car traffic, giving space for social distancing and allowing our businesses to remain open with outside seating. Fast forward to today, this has had the added benefit of creating a community space that most have now come to love and is part of a long-term plan to make permanent.

**Richard Brinkman:** I couldn't agree more that the well-being of our residents and businesses is a top priority. I have already mentioned that I will immediately address speeding - especially in our School Zones, which the current Mayor has ignored - as well as improving our infrastructure and our City Streets. As for healthcare, it is a bit out of the realm of the Mayoral position, but I strongly believe that healthcare should be a basic human right and that we really need to address the mental health crisis that is only increasing in our community but across the country.

**Housing affordability is a concern in many communities. How do you plan to address affordable housing options for Leavenworth residents?**

**Richard Brinkman:** Affordable housing is not just a local issue but a problem across our entire nation. I will support all Affordable/Workforce Housing initiatives, but I must note that there are several variables outside of local control, mainly market forces. The one thing I really want to note here is that a City cannot put all of its resources into a single basket, which is exactly what the current Mayor is doing. Who doesn't support affordable housing? In fact, when the current Mayor's affordable housing project of Aldea Village went way over

See CANDIDATES Page A20



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**What inspired you to run for mayor of Leavenworth, and what specific goals or initiatives do you hope to achieve if elected?**

**Richard Brinkman:** My roots in this city are deep (Jim Ward, Ken Coffin, Mel Wyles, Cheri Farivar, and more), and I am running for many reasons: I believe everyone would agree that speeding in school zones - and in general - is unacceptable, and I have tried to work with the City for four years with the current Mayor simply ignoring my four letters, two of which were signed by multiple neighbors who know this public safety threat to our schoolchildren and residential neighborhoods. My other reasons for running - among others - include Improving the City's snow removal operation. Beautifying our commercial district, especially the portion of Front Street that is currently closed off. Restoring a strong business community. Setting up a program to restore our residential streets. Cracking down on speeding - especially in our School Zones - and putting a stop to those altered/unnecessary vehicles that make the most obnoxious noise that terrorizes our neighborhoods. Managing thoughtful growth. Pursuing housing opportunities and concerns.

**Carl Florea:** I have seen the trajectory we are on as a beautiful mountain town and popular destination, simultaneously threatening our real definition of community. More and more of our housing has been purchased as second homes at much higher prices than our local families could afford. We were losing our ability to maintain our diverse, vibrant, family-oriented community.

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Kodiaks running back Melvin Northrup makes one last push in the fourth quarter of Friday night's Pear Bowl. Cashmere Bulldogs defeated Cascade Kodiaks 63-0.

## Washington Outdoors Report OUTDOORS ROUND UP

By JOHN KRUSE  
Special to Ward Media

### Near record fish caught:

East Wenatchee resident Joan Hardesty and her husband launched their boat and spent the day catching bluegill at Potholes Reservoir on September 29th. I came across the two at the Potholes State Park fishing cleaning station and saw they had a very good day, having caught a good number of sizeable bluegill. One of the bluegills stood out, though, far and away the biggest one I had ever seen in my entire life!

I asked the two if they had weighed the fish, and they said they had not because they did not have a scale. I asked them not to fillet the fish until I could get my scale and weigh it and told them I also wanted to check what the state record is for bluegill.

The brute of a bluegill weighed 2.27 pounds on my handheld scale. Checking the Washington Department of Fish and Wildlife (WDFW) website, I learned the current state record had stood for nearly 40 years, a 2.33-pound bluegill hauled out of Tampico Park Pond in Yakima County by Ron Hinote back in June of 1984.

With the weight being so close to the record, I recommended she go to a certified scale and get it



COURTESY JOHN KRUSE

See **OUTDOORS** Page **A7** Joan Hardesty with a near record breaking bluegill.

### Kodiaks Scoreboard

FOOTBALL	
Oct. 6:	Cascade 0, Cashmere 63, Loss
GIRLS SOCCER	
Oct. 3:	Cascade 4, Chelan 1; Win
VOLLEYBALL	
Oct. 3:	Cascade 0, Chelan 3; Loss
Oct. 7:	Cascade 1, Cle Elum 3, Loss

### Sports Schedule

FOOTBALL	
Oct. 13:	Cascade vs. Columbia-Burbank, Away at 7 p.m.
GIRLS SOCCER	
Oct. 12:	Cascade vs. Cashmere, Away at 6:30 p.m.
Oct. 17:	Cascade vs. Quincy, Home at 6 p.m.
CROSS COUNTRY	
Oct. 14:	Leavenworth Invitational, Home at 12:45 p.m.
Oct. 17:	Senior Night at Cashmere at 4 p.m.
VOLLEYBALL	
Oct. 12:	Cascade vs. Cashmere, Away at 6:30 p.m.
Oct. 14:	Cascade vs. Fellowship Christian, Home at 2 p.m.
Oct. 17:	Cascade vs. Quincy, Home at 6:30 p.m.

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cashmerecommunitychurch@gmail.com



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info@cornerstoneleavenworth.com  
Sunday Worship - 10 a.m.



**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 Jensen, 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

**LEAVENWORTH CHURCH OF THE NAZARENE**  
111 Ski Hill Drive • 509-548-5292  
Sunday Worship 9 a.m.  
Lead Pastor: Greg Appleby  
Youth Pastor Paige Derosssett  
Worship Pastor-Jacob Mitchell  
www.LCN.org

**SEVENTH DAY ADVENTIST CHURCH**  
10600 Ski Hill Drive • 509-548-4345  
Saturday Services • Bible Study 9:30 a.m.  
Worship 11 a.m. • Fred Smith • 509-860-3997



**SPIRIT LIFE CENTER**  
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  
www.newlifeleavenworth.com



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**Moon Cereal**

Not long ago, it was the full Fall Moon. I didn't know that, but Grandpa did. When I went upstairs to a breakfast of cereal, Grandpa glanced up at me as he pulled his laced leather boots on. "You see the full moon?" he asked. My eyebrows shot up. "It's real bright. It's the Fall Moon," he continued as he sat upright in his chair. His boots laced,

and he pulled his feet back under the kitchen chair. "As it circles above us," both his hands made a circular motion above our table, making the statement more personal. "Now is when it is the closest to us. And the brightest."

I headed through the kitchen door to the front deck as Uncle Larry was filling his cup of coffee. Grandpa stood up to follow me. Standing on the deck, Grandpa and I peered through the pine

branches to see the bright moon shining through the morning fog. "Isn't that amazing?" Grandpa asked. I nodded. Grandpa continued, "Even through the overcast weather and the fog over the hills it's still bright."

By then, Uncle Larry had joined us. "That's so cool," he said.

"That's what they said in King David's time." Grandpa grinned, "all those years ago? And it's the same today."

Imagine that."

So we sat down to a breakfast of cereal with milk and raisins. "When I was a kid, we had cows but didn't always have this good half-and-half milk." He nodded towards the carton in front of him.

"Or the raisins?" I asked. "Cereal and raisins? Yum, what a treat when I was a

kid," he told me.

"Nowadays, we don't even think about the vines that give us raisins for our breakfast or that far away cow that gave this milk," I said, pouring half cream, half milk over my cereal. Grandpa nodded, "we don't think about milk cows very often, do we? I like good milk." He paused to glance at me, "That's why when I

was able to have a farm of my own, I got a milk cow." He grinned, "And my daughter..." I started to laugh because I could see the predawn full moon of my teenage years and that red milk cow that looked black in the dark.

"Yep, and we even had cold cereal back then. We called it dairy mash," I said, and it was his turn to laugh.

**Whole Grain Breakfast Cereal**

- 1 cup whole grain (wheat berries, oat groats, pearl barley, buckwheat)
  - 3 cups water
- In a saucepan, simmer whole grain and water until the grain is your type of tender. The grain will get softer the longer it is cooked. When it is done, serve for breakfast with a dab of butter or a splash of milk. Put the extra in the fridge for tonight's snack or tomorrow's breakfast.

Once cooked, this whole grain cereal can be eaten like boxed cold cereal. If the water is drained off, the grain is poured into a bowl, milk is poured over it & it is served with a spoon. Or it can be re-heated by putting a few Tablespoons of grain in a mug. Add boiling or hot tap water to fill the mug and eat with a spoon. (I like to sip the warm water as I munch on the whole

grain.) This is an easy 'make-my-own-breakfast' for kids of all ages when the grain is cooked the night before.

**Note:** Whole grains have serotonin precursors that help us feel good. In these crazy stressful days, as the school season gets into full swing, like everyone else, I can use a boost from those serotonin precursors.

*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.*

# CSD and Defenders of Wildlife install bear-resistant garbage cans

By **MARLENE FARRELL**  
*Special to Ward Media*

LEAVENWORTH – Twenty bear-resistant garbage cans are now in place at local schools, and another thirty are in the process of being placed throughout Leavenworth, thanks to a partnership between Cascade School District (CSD), the City of Leavenworth, Defenders of Wildlife, and Washington Department of Fish and Wildlife (WDFW).

This collaboration began with CSD connecting with Joe Bridges, a wildlife conflict specialist with WDFW. Video cameras around the perimeters of school facilities have shown evidence of a problem with bears seeking out school garbage cans, explained Teresa Disher, CSD facilities director. This is especially true for Icicle River Middle School and Cascade High School, which abut Rattlesnake Hill and collectively produce garbage from feeding hundreds of students breakfast and lunch five days a week.

Bridges was the right person to talk to because he specializes in reducing and eliminating causes of conflict between humans and wildlife, be it bears with garbage or elk and deer-eating crops.

CSD's willingness to pilot solutions got the ball rolling. CSD's relatively new

composting system, which was established with guidance from Waste Loop, already included bear-resistant cans. Bridges determined that all the outdoor garbage cans could be swapped for a bear-resistant type, and he obtained funding through Defenders of Wildlife. The grant supported fifty bear-resistant 96-gallon garbage cans, forty of which arrived in August, with ten more coming in September. They are the property of the City of Leavenworth, and CSD was prioritized for the first round of installation.

Kodiak Products manufactures the new cans with a double wall construction and latch design requiring manual finesse. They are certified bear-proof because they've evaded unlocking by captive bears while full of meat. A crucial design feature is a mechanism that swings open the lid when a garbage truck arm picks up a can and angles it upside down past a certain degree.

Beyond the schools, all of Leavenworth can follow suit with preventative measures, Bridges believes. Other prioritized business locations for the donated cans include behind La Javelina and Rudloof's Pizza. Both restaurants are a short distance from Enchantment Park and its surrounding bear-friendly green space.

Future efforts to transform Leavenworth from one of the top cities in terms of "bear problem" calls to WDFW to being the most bear-wise city in Washington would tackle the need for improved 300-gallon trash totes and residential garbage cans. "There is not a single trash tote manufacturer that produces 300-gallon bear-resistant totes," explained Tom Wachholder, Public Works Director for the City of Leavenworth. "Kodiak Products is willing to mass produce their 300-gallon concept if the City can commit to an order up front at an approximate cost of \$600,000 (this includes all costs) for 300 totes. This process has started in terms of discussing the process with the manufacturer. The manufacturer will be required to re-tool their operation as well as fine-tune the totes; therefore, it could take a year or two to implement the larger 300-gallon bear-resistant totes."

As for residential garbage cans, both in the city limits and in the 98826 zip code, Bridges said he'll be meeting with Waste Management soon to find out what it would take to swap all the residential trash cans with bear-resistant cans. "Turning the volume down," as Bridges put it, on the attractiveness and availability

See **BEARWISE** Page **A7**



MARLENE FARRELL FOR WARD MEDIA  
**A line of new bear-resistant garbage cans as seen behind Icicle River Middle School**

## October is here – time to Think Pink

October is Breast Cancer Awareness Month, and it's time to "Think Pink"...along with a possible spa date.

Cancer is the second leading cause of death in the United States. The numbers don't lie: in Washington, during the most recent slice of years where data is available via the CDC (2016-2020), breast cancer is easily the number one most detected cancer by rates of new cancer cases, nearly double the rate of the number two type (lung and bronchus).

Early detection of cancer saves lives, especially so for breast cancer, and with 3D mammography available at Cascade Medical, community members have the opportunity to receive that early detection with state-of-the-art technology.

Many women choose to put off screenings because of perceived barriers. If folks put off a mammogram because of cost concerns,

they shouldn't, says Cascade Medical Director of Business Services Jerri Smith. "If you have insurance and you are within the guidelines (screening mammograms once every 12 months for women 40 and over), your mammogram should be covered without any out of pocket expense to you." And what about those completely without insurance? "During the month of October, if you don't have insurance, your mammogram is completely covered at Cascade

Medical," Smith says. "Through the generosity of the Cascade Medical Foundation, uninsured may receive their mammogram at no cost to them."

Other than peace of mind, Cascade Medical has one more incentive to make that appointment – a chance for a day-pass to the world-class spa at Leavenworth's PostHotel. During the month of October, all who make an appointment to receive a mammogram at Cascade Medical will be entered into a giveaway, with

one lucky winner receiving a day-pass to the world-renowned PostHotel, with access to the steam rooms, pool & wellness areas, with the option to book additional spa services should they choose to do so. If you received a mammogram from Cascade Medical over the past year (through September 2022), you are invited to enter as well – an entry box will be located in Cascade Medical's main lobby. PostHotel Manager Robin John said "we are so thrilled to offer our services in service to Breast Cancer Awareness Month. If the thought of a little relaxation is the nudge that gets someone to a test that may prove lifesaving, that's an investment in our community we're delighted to make."

To schedule an appointment for a mammogram at Cascade Medical, call their Diagnostic Imaging office at (509) 548-2512.



STOCK PHOTO

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*Think Pink*  
**Peace of mind, close to home.**  
Cascade Medical offers free mammograms to uninsured women in the Upper Valley during the month of October. Most women 40 years of age and older may also receive a mammogram with no out of pocket expense to them as well.  
Think Pink is supported by local businesses and Cascade Medical Foundation.  
**Don't delay. Call (509) 548-2512 to make your appointment today.**  
**CASCADE MEDICAL**  
PARTNERS IN YOUR HEALTH

**Forum**

*Continued from page A1*

that the city was doing an admirable job overall in planning for infrastructure growth and development. He conceded that there might be instances where developers couldn't feasibly cover all infrastructure costs.

Tibor Lak underscored the principle of development self-funding and insisted that developers should finance infrastructure beneficial to their projects. He advanced a strategy where developers would cover the cost of upsizing infrastructure for future growth. He also broached the challenge of juggling road repairs while vying for grants to fund improvements.

Rhona Baron shone a spotlight on critical infrastructure issues such as poor roads, fire hazards, and water leakage. She expressed frustration that policies tied to growth weren't being effectively executed. Rhona highlighted missed opportunities to mandate affordability, green spaces, and superior infrastructure in new developments and advocated for elevating development standards to benefit citizens.

**Sustainable tourism**

Balancing the needs of Leavenworth's residents with its burgeoning tourist economy, a pillar of the city's tax base, was another intricate topic of discussion. Candidates explored strategies to maintain equilibrium between catering to tourists and ensuring the well-being of the city's residents:

Travis McMaster expressed appreciation for the Chamber of Commerce's efforts to distribute tourist visits more evenly and promote sustainable tourism. He extolled the importance of extending tourists' stays and was optimistic about the development of Front Street.

Marco Aurilio supported the idea of creating a European-style walking plaza on Front Street, soliciting community input in the decision-making process. He proposed using lodging tax revenue to construct facilities like an aquatic center, benefitting tourists and the local community.

Rhona Baron, leveraging her tourism background and insights from global tourism conferences, stressed the need to strike a balance between attracting tourists and safeguarding downtown businesses. She suggested initiatives like free midweek parking for residents to invigorate downtown businesses and foster better connections between residents and tourists.

Tibor Lak emphasized the vital role of tourism in fueling the city's economy, particularly in funding essential services and job creation. He posited the idea of supporting small home-based businesses to bolster the local economy, underlining tourism's indispensable role in sustaining Leavenworth's economy.

Shane Thayer focused on the imperative of providing housing

for town workers to support the tourism industry. He advocated for robust infrastructure maintenance to accommodate visitors and a calendar of events spread throughout the year to alleviate congestion during peak seasons.

Polly McIntyre recognized Leavenworth's triumph as a tourist destination, especially during the festive Christmas season. She acknowledged the challenges posed by over-tourism and offered a suite of strategies to distribute tourist visits through incentives and promotions. Polly championed collaborative efforts to fashion creative solutions for tourism management.

**Citizen involvement**

A common goal that resonated among candidates was to amplify resident engagement in local issues and decision-making. They offered proactive measures to foster deeper connections with the community and underscored the pivotal role of residents in shaping the city's future:

Rhona Baron championed enhanced communication and listening skills among politicians. She pointed out the need for more community engagement avenues, including open mics and dialogues. Baron said she would be an ardent advocate for transparency, ensuring that residents were well-informed about pivotal changes.

Tibor Lak acknowledged the value of community engagement events and urged residents to actively participate in city council meetings. He pointed out the allocated time on meeting agendas for residents to voice concerns and pose questions. He did, however, clarify that free parking might not be legally tenable.

Shane Thayer said he was committed to maintaining open lines of communication and appealed to younger voters to engage actively. He commended the city's strides in providing digital access to financial information and ongoing projects. Thayer endorsed regular surveys as a tool to fathom residents' priorities.

Polly McIntyre expressed concern about the sparse attendance at council meetings and the oft-overlooked influence of resident input. She advocated for forums that galvanize the community to discuss and share ideas. She pointed out that people yearned to be heard and that diverse perspectives held the potential to galvanize community growth.

Travis McMaster lauded the transparency and accessibility of Leavenworth's government and shared experiences from other towns where connecting with local government appeared more onerous. He encouraged residents to tap into available information and involvement opportunities.

Marco Aurilio stressed the importance of representing the community and attentively listening to residents. He advocated for the implementation of regular surveys to glean residents' opinions and ardently supported

integrating the voices of young people and children into decision-making processes.

**Fire danger**

As the forum delved into recent events spotlighting the wildfire risks confronting Leavenworth, candidates probed specific local actions aimed at mitigating these dangers. Their responses encompassed improved forest management, community education, and collaboration with neighboring jurisdictions to bolster emergency response capabilities.

Shane Thayer, sharing his firsthand experience with fire threats in Leavenworth, underscored the importance of educating residents about fire preparedness. He extolled the need for prescribed burns and Firewise programs while advocating for evaluations of propane tank proximity to homes.

Polly McIntyre flagged the urgency of a city-wide evacuation plan and the critical need for robust communication with citizens in the event of a fire. She also underscored the necessity of understanding the city's resources, particularly water supply, during emergencies and the importance of designated safe zones.

Travis McMaster, as a newcomer to Leavenworth, voiced concerns about the absence of a clear evacuation plan and residents' unfamiliarity with fire response protocols. He pressed for measures to address these issues comprehensively for all residents and tourists alike.

Marco Aurilio, drawing from his background as a retired firefighter, delved into the importance of retrofitting homes to safeguard against embers, the primary culprits behind home fires during wildfires. He also probed measures to prevent fires, including the installation of sprinkler systems.

Rhona Baron, conscious of Leavenworth's precarious terrain, with its steep canyons and dense conifer cover, emphasized the vulnerability of the city to wildfires. She drew attention to concerns regarding water supply and the lack of a comprehensive evacuation plan, especially given the bottlenecked highway.

Tibor Lak proposed practical measures such as eliminating shake roofs and cleaning gutters to reduce fire risk. He also highlighted the presence of existing emergency management plans in Chelan County but stressed the importance of cross-agency collaboration.

As Leavenworth residents grapple with their choices for the upcoming City Council election, the forum offered invaluable insights into the positions and priorities of the candidates. With the November election date fast approaching, these nuanced discussions are set to loom large in the minds of voters as they cast their ballots, knowing that the future of their beloved city hangs in the balance.

OBITUARY

**Dorothy Mae Holt**

Dorothy Mae Holt, "Dot" to all her friends, died peacefully on Friday, September 29. She was born September 9, 1942 in Dodge City, Kansas. She lived most of her life in Kansas where she raised a family and worked and lived as an editor to two small-town Kansas newspapers. Dot moved to Leavenworth in 2014 to be with her daughter. She enjoyed activities at the Leavenworth Senior Center, Icicle Creek Center for the Arts, and

attending the United Methodist Church. Her son, Todd, preceded her in death. Dot is survived by her brother Richard Koehn and his wife Connie of Cimarron, Kansas, and her daughter Jill Keyser, Tony, Simon, and Harvey - all of whom will miss her dearly!

A Celebration of Life will be held on Saturday, October 14, at 11 a.m. at Jill's home in Leavenworth. Please call 509-421-2241 for directions.



Arrangements are in the care of Heritage Memorial Chapel East Wenatchee and Cashmere.



MARLENE FARRELL FOR WARD MEDIA

The top view of one of the new bear-resistant garbage cans now at the schools.



MARLENE FARRELL FOR WARD MEDIA

An informational banner, courtesy of [www.bearwise.org](http://www.bearwise.org) and the WA Department of Fish & Wildlife, displaying tips for Leavenworth residents to learn how to be more BearWise.

**BearWise**

*Continued from page A6*

of garbage is a key step of the BearWise ([www.bearwise.org](http://www.bearwise.org)) model that has been created by wildlife biologists to aid communities.

Bridges has distributed BearWise educational materials—banners, brochures, free stickers and magnets—to the schools as well as to downtown Leavenworth locations and City Hall. "Leavenworth is like a national park now with three million visitors to Yellowstone with its four million. The reality is I have to get the public to want to own this issue and run with it," said Bridges. "That will save the lives of bears and people too."

Wachholder and Disher both agree with the value of becoming more bear-wise. "We are beginning our planning efforts for 2024, and becoming more BearWise will be an added ongoing objective for the Public Works Department," said Wachholder.

Disher said, "This matches our district goal to improve safety around the buildings and be a responsible neighbor, and we support the goal of the partnership to become Washington's first BearWise community."

**Outdoors**

*Continued from page A5*

weighed. Joan did so (at the Moses Lake Safeway store) and unfortunately, it didn't quite break the record, officially weighing 2,275 pounds. While it didn't beat the state record, it was still the bluegill of a lifetime for Joan!

**Wdfw Trout Derby continues:**

WDFW issued a press release reminding anglers that their annual trout derby continues through October 31st. Eight hundred trout with blue tags were released into 100 lakes around the state this spring, and businesses donated \$40,00 in prizes that are being given to those who catch the fish and report them to WDFW. Currently, 55 to 60 percent of these fish have been harvested, leaving quite a few still available in a month that sees trout on the bite, putting on weight before winter.

Here is the current status of lakes in Central and Eastern Washington that were stocked with derby fish:

**CHELAN COUNTY** – Beehive Reservoir still has nine tagged fish swimming around, and Wapato Lake near Manson has four tagged trout that have not been reported as caught. Each of these fish will net lucky anglers a \$25 to \$50 gift card.

**DOUGLAS COUNTY**

– Jameson Lake still has five prizes waiting to be claimed, each one worth a \$50 gift card.

**FERRY COUNTY** – Curlew Lake is one of the best fishing lakes in the state and there are still two fish that have not been turned in. Tagged fish here have been worth a gift card and in one case, a jersey from the Spokane Indians baseball team.

**GRANT COUNTY** – Corral Lake has a whopping 14 fish still out there that have not been turned in. Prizes in this lake range from bait boxes to gift cards and even a one-night stay in a cabin at MarDon Resort. Two other lakes in Sun Lakes State Park south of Coulee City also have derby trout. They include Deep Lake, with sixteen trout available, and Vic Meyers Lake, with six tagged trout still unaccounted for.

**Klickitat County** – In Rowland Lake, two trout, each worth a \$50 gift card, are still apparently swimming around there, while in Spearfish Lake, three tagged fish have not

been reported as caught.

**PEND OREILLE COUNTY** – Diamond Lake has had three fish claimed, each worth a \$25 gift card or Spokane Indians apparel, with two still unaccounted for.

**STEVENS COUNTY** – Cedar Lake is fished out as far as tagged fish go, and Starvation Lake only has one tagged fish that hasn't been turned in, but Loon Lake still has four prizes waiting to be claimed that could be worth up to \$100 in merchandise. Finally, Waitts Lake has two tagged fish remaining, with previously tagged fish worth anywhere from a \$50 gas card to a pizza and soda combo at a local eatery.

If you want to find out more about participating in WDFW's annual trout derby, go to <https://wdfw.wa.gov/fishing/contests/trout-derby> but hurry, the derby ends October 31st!

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

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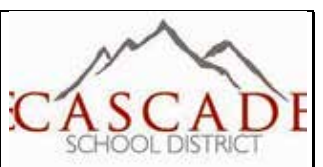
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or email [classifieds@ward.media](mailto:classifieds@ward.media)

Leavenworth Echo  
Cashmere Record  
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Deadline is Friday at Noon for the following Wednesday issues of all newspapers

**NEEDED**  
A pianist /accompanist for the Leavenworth Community United Methodist Church. Approximate hours on Sundays would be from 9:30-11:00 a.m. Our services include a prelude and postlude, two or three hymns and traditional service pieces (Doxology, etc.). Please leave a message at the church: 509.548.5619 and we will contact you.

**Bus Driver/Operator – Part-Time**  
**Organization: Okanogan County Transit Authority (TranGO)**

TranGO IS HIRING A DRIVER; Part-time (25-30 hours per week) position available now; hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include a percentage of agency paid health, dental, vision, life insurance, and retirement (see website for benefit details), sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit [www.okanogantransit.com](http://www.okanogantransit.com) for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to [financehr@okanogantransit.com](mailto:financehr@okanogantransit.com), mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S 2 nd Avenue, S, Suite A, Okanogan. Application Deadline: Application review will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

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**Help Wanted**



**Public Works - Truck Driver/Laborer – Temporary Winter Help**

The Chelan County Public Works Department is seeking applicants for our three, four-month long winter Temporary Truck Driver/Laborer positions in the Leavenworth & Wenatchee

Districts. The duties include performing manual labor, driving truck and/or operating light and heavy equipment, and snow plowing. The salary range is \$22.48 per hour up to \$24.66 per hour based on experience. These four-month positions will start mid to late November.

These positions require a Washington State Driver's License, Class A CDL with Tanker Endorsements and prefer to have a current First Aid/CPR card and flagging card. Applications and a detailed job description can be found on the Chelan County Human Resource Career Opportunities page; <http://www.co.chelan.wa.us/human-resource/s/jobs>

The application, resume and letter of intent must be returned to the Chelan County Human Resource Department 400 Douglas Street #201, Wenatchee, WA 98801 or email to [human.resource@co.chelan.wa.us](mailto:human.resource@co.chelan.wa.us) no later than Wednesday, November 2, 2023 at 5:00 p.m.

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**Legals**

**Public Notices**

**CHELAN COUNTY PUBLIC HOSPITAL DISTRICT #1 NOTICE OF BOARD COMMISSIONERS MEETING / BUDGET HEARING CASCADE MEDICAL CENTER**

Notice is hereby given that the Board of Commissioners of Cascade Medical Center has set a public hearing for Wednesday, October 25, 2023, at 5:30 PM for the hospital's budget hearing for the 2024 budget. The hearing will be held in the Arleen Blackburn Conference Room at Cascade Medical Center, 817 Commercial Street, Leavenworth. Connection information will also be available on Cascade Medical's website at [cascademedical.org](http://cascademedical.org) for community members who wish to join virtually. Published in The Leavenworth Echo/Cashmere Valley Record on October 11, and 18, 2023, #6490

**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**  
**In the Matter of the Estate of BILL G. HARRISON, Deceased. No. 23-4-00340-04**  
**PROBATE NOTICE TO CREDITORS (RCW 11.40.030)**

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable 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 against both the Decedent's probate and nonprobate assets.;

DATE OF FIRST PUBLICATION: September 27, 2023; Personal Representative: Pete Harrison; Attorneys for the Personal Representative: David Visser, WSBA# 41546; Address for Mailing or Service –Overcast Law Offices; Attn: David Visser;

23 S Wenatchee Ave, Suite 320; Wenatchee, WA 98801; (509) 663-5588  
Court of probate proceeding and cause number: Chelan County Superior Court; Cause Number: 23-4-00340-04; Presented by: OVERCAST LAW OFFICES; By: David Visser, WSBA No. 41546; Attorney for the Personal Representative.

Published in The Leavenworth Echo/ Cashmere Valley Record on September 27, October 4, 11, 2023. #6339



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**Public Notices**

**NOTICE OF PUBLIC HEARING ON CITY OF CASHMERE REVENUE SOURCES AND POSSIBLE INCREASE IN PROPERTY TAXES**

The Cashmere City Council will hold a public hearing on Monday, October 23, 2023 at 6:00 p.m. at the Cashmere City Hall on the City of Cashmere Revenue Sources and possible increase in Property Taxes. 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 for login information. Written comments can be sent to Kay Jones, City Clerk-Treasurer at [kay@cityofcashmere.org](mailto:kay@cityofcashmere.org). Kay Jones, City Clerk-Treasurer, CITY OF CASHMERE. Published in the Cashmere Valley Record/Leavenworth Echo on October 11, 2023. #6338

**Public Notices**

**Falsework Architecture, Gabe Hogness, PO Box 281 Indianola, WA 98342, is seeking coverage under the Washington State Department of Ecology's Construction Stormwater NPDES and State Waste Discharge General Permit.**

The proposed project, 122 Zelt Strasse, is located at 122 Zelt Strasse in Leavenworth in Chelan county. This project involves 1.61 acres of soil disturbance for Commercial construction activities. The receiving waterbody is Wenatchee River. Any persons desiring to present their views to the Washington State Department of Ecology regarding this Application, or interested in Ecology's action on this Application, may notify Ecology in writing no later than 30 days of the last date of publication of this notice. Ecology reviews public comments and considers whether discharges from this project would cause a measurable change in receiving water quality, and, if so, whether the project is necessary and in the overriding public interest according to Tier II anti-degradation requirements under WAC 173-201A-320. Comments can be submitted to: [ecyreqwqianoi@ecy.wa.gov](mailto:ecyreqwqianoi@ecy.wa.gov), or ATTN: Water Quality Program, Construction Stormwater Washington State Department of Ecology P.O. Box 47696 Olympia, WA 98504-7696 Published in the Leavenworth Echo/Cashmere Valley Record on October 11, 18, 2023. #6477

**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of TERRY DONALD LUMSDEN, Deceased. No. 23-4-00351-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)**

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable 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 against both the Decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: October 11, 2023 Personal Representative: Amy Criss Attorneys for the Personal Representative: Thomas D. Overcast, WSBA# 14486 Address for Mailing or Service - Overcast Law Offices Attn: Thomas D. Overcast 23 S Wenatchee Ave, Suite 320 Wenatchee, WA 98801 (509) 663-5588 Court of probate proceeding and cause number: Chelan County Superior Court Cause Number: 23-4-00351-04 Presented by: OVERCAST LAW OFFICES By: /s/ Thomas D. Overcast, WSBA No. 14486 Attorney for the Personal Representative. Published in the Leavenworth Echo/Cashmere Valley Record October 11, 18, 25, 2023. #6476

# Can Phytoestrogens alleviate menopausal hot flashes and night sweats?

## Exploring the potential benefits and risks

Years ago, while speaking to 120 pharmacy students in an auditorium in Pullman, Washington, I had my first hot flash. First, my scalp suddenly started feeling hot and prickly. Then, two heartbeats later, a shower of sweat gushed down my neck and back. In less than 5 seconds, I was soaking wet!

Can phytoestrogens relieve the physical and social discomfort of menopausal symptoms like sudden hot flashes/flushes or their night-time equivalent, night sweats?

For decades, researchers have noticed how Asian women don't suffer as much from hot flashes during menopause as Western women do, labeling it the "Japanese Effect." The primary reason for this difference is believed to be diet. A typical Asian diet contains much more soy than a standard American diet. Foods containing soy and soy concentrates contain phytoestrogens, which are plant-based substances acting in your body in ways and places similar to estrogen.

But eating more soy is only part of the answer. Protection against experiencing hot flushes may also depend on whether your body can change the basic phytoestrogens found in soy into equol, a powerful phytoestrogen. Overall, only 30-50% of North American women can convert soy into equol. Asian and Hispanic



Ask... Dr. Louise

women are able to do this more readily.

Phytoestrogens work by attaching to the same places in your body as other estrogen compounds. These areas of attachment are called estrogen receptors, or ERs. There are two main types of ERs: ER alpha and ER beta receptors. Most estrogens and phytoestrogens bind to ER alpha receptors, which can stimulate breast and uterine cancer.

However, some phytoestrogens bind to ER-beta receptors, which triggers the opposite effect. Binding to ER-beta receptors can BLOCK the action of estrogen on breast tissue. This is similar to how the estrogen-blocking medicines tamoxifen and raloxifene (Evista®) help prevent certain types of breast cancer.

Unfortunately, studying the effects of any one phytoestrogen in the body is challenging. One reason is that foods and herbal sources of phytoestrogens contain different types of phytoestrogens. The two most common types of phytoestrogens are isoflavones and lignans. Soybeans contain isoflavones like genistein and daidzein, while lignans are found in flaxseed, fruits, vegetables, and other foods.

Another reason it's hard to predict the effects of phytoestrogens is because some attach to ER-alpha receptors, some

to ER-beta receptors, and some to BOTH, which can create different outcomes. This may explain why phytoestrogens have been shown to encourage weight loss in post-menopausal women in some studies yet weight gain in others.

Depending on their growing conditions, plants can also have variable concentrations of phytoestrogens. An additional complication is how much estrogen is already in place. Phytoestrogens can act differently in pre-menopausal women than in post-menopausal women, whose bodies contain much less estrogen.

How much soy do you need to reduce hot flashes or flushing symptoms? Most clinical studies have used between 40 and 80 mg of phytoestrogens from soy-based products daily. Recent evidence suggests you should start with 2 servings a day of soy foods for 3 months, noting whether you experience fewer episodes of hot flushes/flushes.

One serving of soy food can be 3 ounces of tofu, ½ cup of edamame, ½ cup tofu, ¼ cup soy nuts, or 1 cup of soymilk. Flaxseed, chickpeas, beans, peas, green leafy vegetables, cauliflower, and nuts are good sources of phytoestrogens. After trying soy for 3 months, if you don't notice any decrease in your hot flashes or hot flushes, you can stop it.

Can eating soy-based food cause breast cancer? If you're not a vegetarian, you're unlikely to get enough soy from your diet to increase your risk of breast cancer.

Be cautious about taking

supplements that contain phytoestrogens and estrogen-like compounds. Soy concentrates and herbal products like black cohosh marketed for "menopause support," like Remifemin®, may increase breast cancer risk.

**Here are 3 Tips for Taking Phytoestrogens Safely:**

1. You CAN eat food containing soy, even if you have a history of breast cancer.

Moderation is the key. If you are vegetarian or vegan, don't eat tofu or tempeh every day, and watch your consumption of soy milk.

2. Be cautious with supplements for menopausal symptoms.

If you have a family history or an increased risk of breast cancer, avoid taking supplements containing concentrated phytoestrogens, like soy concentrates or black cohosh, until more is known about their long-term effects.

3. Stick to phytoestrogens that have had their potency tested.

The exact concentrations of certain phytoestrogens differ depending on growing conditions. The best phytoestrogen supplements measure and standardize every batch to ensure consistent potency.

*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, TheMedicationInsider.com. ©2023 Louise Achey*

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**CROSSWORD PUZZLE**



**THEME: HALLOWEEN**

- ACROSS**
- \*Trees in famous Wes Craven's horror movie
  - Sheltered nook
  - Fancy-schmancy
  - Rodgers of the Packers
  - "At \_\_\_," to a soldier
  - I, to a Greek
  - With clear mind
  - \*Popular Halloween decor
  - Alternative to Saran
  - Dionysus' pipe-playing companion
  - Blue, but not as in color
  - Cause of wheezing
  - To that
  - Corn site
  - To "\_\_\_ out" a competitor
  - Longship propellers
  - Synchronizes, for short
  - #34 Across, sing.
  - Magazine's special feature
  - Per person
  - Like a certain fund
  - Thailand native
  - Embarrassed
  - Afternoon nap
  - + or - item
  - Sacrificial spot
  - What libraries do
  - \*Eviction of a demon
  - Hair-loving parasite?
  - Cher, e.g.
  - Golfer's equipment
  - "Beat it!"
  - Celt
  - On its own
  - Type of sailing vessel
  - Old age, archaic
  - Leak through

**DOWN**

- \*Michael Myers has only one in "Halloween Kills"
- Meadows
- \*Halloween face cover
- Expression of exasperation
- Ill-gotten gains
- 19th century business magnate John Jacob \_\_\_
- Comparison word
- \*Witch's pot
- Killer whale
- Emptiness
- Last word in a fairy tale
- Statue of mourning Virgin Mary, pl.
- Aquarium scum
- Light sources
- Pronoun for a ship
- Away from harbor (2 words)
- Popular animal protein replacement, pl.
- a.k.a. doctor fish
- Through, in a text
- Sunrise side, pl.
- Plural of ostium
- Common second person pronoun contraction
- \*Witch's four-legged companion
- \*Leatherface's signature weapon
- Hipbone-related
- Family \_\_\_ and wing \_\_\_
- Stellar
- Data transmitting device
- Kane and Goldberg, of TV
- Type of rotation
- Cherished
- Nessie's home
- European currency
- Competitive advantage
- Uncontrolled swerve
- Remote control option
- Dropped hallucinogen
- Gene Vincent's "Dance to the \_\_\_"

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	1					9		
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	7					4		
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		3		9				

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**Candidates**

*Continued from page A4*

budget, I was the one who secured the grant funding to make that affordable housing project complete! So Please, Leavenworth, please don't think that I am not for affordable/workforce housing, and please don't make affordable/workforce housing the issue of this Mayoral race. It isn't, and please consider my priorities mentioned above.

**Carl Florea:** Again, this is a key piece of my strategy and platform to keep Leavenworth a vibrant community and not just a resort for tourists or second homes but instead one for our families and workforce, too. It is no longer just the lowest-income workers who cannot afford housing in Leavenworth. Teachers, healthcare workers, and other middle-income working families are also unable to find housing. To be a whole community, you need to have housing available for all income levels. We need affordable rentals and first-time ownership opportunities. The last workforce housing built in Leavenworth was done in 2007 under my direction at Upper Valley MEND. This was a ten-home, permanently affordable ownership project using the Community Land Trust model, which allows modest equity growth while maintaining affordability. Affordable housing and how effectively we can address it will determine what kind of community we become moving forward. To address this need, we must have two fundamental strategies: 1) smaller, more diverse, and affordable types of housing such as townhomes, cottages, and even tiny homes, and 2) we must create a local funding stream that can capture land and homes for our workforce and take them out of the speculative market and put them to use as workforce housing. Without both of these being done, we will continue our slide into a resort and second home village only.

**Leavenworth's local businesses are crucial to its economy. How will you support and promote small businesses and economic development in the area?**

**Carl Florea:** When it comes to supporting and promoting our small business and economic development, I am constantly seeking "win-win-win"; initiatives that benefit our business, our citizens, and our visitors. I believe this starts with working closely with the Leavenworth Chamber of Commerce to keep our tourism strong and sustainable. I am reminded at this time of year of one very specific win-win-win when working with the Chamber - our new and improved Leavenworth

Oktoberfest. By redesigning our marquee festival to leverage local food providers and breweries, redesigning to promote more pedestrian traffic through town, and focusing on family-friendly activities, the Chamber and the city have transformed the Leavenworth Oktoberfest into a true "miracle town" event that benefits all.

Another win-win-win is the "lemonade from lemons" situation of having to close downtown to car traffic during the pandemic. Now, we all look forward to bringing the city and the community together to make the downtown core into a true "town square" that is enjoyed by our locals and our visitors, all while benefiting our small businesses.

I am always on the lookout for more win-win-win opportunities and while tourism will always be the prime driver of our economy, it is important that we look at other opportunities for some diversification. These could be small manufacturing or technology businesses that are outdoor recreational related or supplemental to our tourism. My administration has been in conversations with the Port Authority to discuss what might make sense and might provide small business incubator spaces that could expand opportunities.

**Richard Brinkman:** Again, I am a very strong supporter of our City's Bavarian Them that made us a 'Miracle Town.' Many of our small businesses are struggling now, and this needs to change. As Leavenworth City Administrator, I was able to secure the grant funding to completely reconstruct 8th Street, 9th Street, and Front Street from Hwy 2 to the Festhalle. That same effort is needed for the currently closed portion of Front Street, which is the main "Welcoming Mat" for our visitors and is in serious need of the same restoration. Our City lives on our tourism industry, and I fear we are losing it. I will always prioritize the needs of our residents, seniors, and kids, but we have to understand that we are a tourism economy. We now have our main area of Front Street crumbling and have weeds growing up on sidewalks, not to mention the gang graffiti popping up all over the place. This is unacceptable! If we are to continue with the current closure of Front Street, we have to do it right and make it feel like Bavaria. Again, it is one thing to bring visitors here but quite another thing to bring them back. We need to Restore Leavenworth Pride!

**Collaboration with neighboring communities and government entities can be essential. How do you plan to work with other stakeholders to benefit Leavenworth?**

**Richard Brinkman:** I have worked with regional organizations and leaders since 2000 and facilitated the Chelan-Douglas Leadership Council 2001-05. If elected, I will continue to work with regional organizations and neighboring communities to ensure that decisions made are beneficial to the residents and businesses of Leavenworth.

**Carl Florea:** I have always believed in the power of collaboration. One example is my administration's participation in collaborative efforts when planning for the future of the Icicle River. This effort involves the city, the county, the Fish Hatchery, two irrigation districts, Trout Unlimited, the Colville and Yakama tribes, the Forest Service, the Department of Ecology, and environmental groups, all working together with very different sets of needs to arrive at win-win-win solutions. We also work with others on regional approaches to housing, recreation, and transportation. All of these help the region as well as Leavenworth. Leavenworth is unique, but it is not, nor should it be, an island trying to go it alone.

**Finally, what message would you like to convey to the residents of Leavenworth as they consider their choice for mayor in the upcoming election?**

**Carl Florea:** We all want to see Leavenworth as a community that embraces and creates opportunities for all ages, all income levels, and all ethnic groups and takes housing of its workforce seriously. To do this, we must balance the needs of our thriving tourism business, the attraction of our guests along with the needs of residents. I believe passionately that Leavenworth can become an example of a small town that "figured it out" instead of one of the many who simply have devolved into one-dimensional resorts or retirement villages. We live in a very special community and are blessed to call it our home, and I would be proud to continue doing the hard work to keep Leavenworth a community for all!

**Richard Brinkman:** Please, Leavenworth. Please do not make this Mayoral race about affordable housing. As mentioned above, it is not, and this election is too important for our City's future. We clearly need new Leadership at City Hall that is responsive to local needs and concerns and has a real vision for Leavenworth's future. I have effectively run this City before, and I am primed to do it again. Please support Rich Brinkman for Leavenworth Mayor for the necessary leadership and change we need for our City's future! Thank You!

**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.

**September 29**

- 06:48 Trespassing, 9189 Anderson Canyon Rd., Peshastin
- 09:17 Domestic Disturbance, 6410 Campbell Rd., Peshastin
- 09:26 Alarm, 34280 S. Nason Rd., Stevens Pass Hwy.
- 09:40 Suspicious Circumstance, 17623 Chumstick Hwy.
- 11:01 Civil Dispute, 12704 Prowell St.
- 13:14 Theft, 8th and Commercial Streets
- 13:25 Welfare Check, 2466 Salal Dr., Lake Wenatchee
- 13:54 Alarm, 11720 Pear Tree Ct.
- 16:21 CPS/ APS Referral, 7600 US Hwy. 97, Peshastin
- 16:34 Public Assist, 520 Pine St.
- 18:17 Property, Leavenworth area
- 19:27 Animal Problem, 14032 Brae Burn Rd., Lake Wenatchee
- 19:53 Suspicious Circumstance, 1300 Commercial St.
- 22:42 Agency Assist, US Hwy. 97 MP 184, Peshastin

**September 30**

- 02:48 Noise Complaint, 9752 E. Leavenworth Rd.
- 03:02 Non-injury Accident, 505 Ski Hill Dr.
- 07:33 911-call, 379 Rapids Ln.
- 10:49 Parking/ Abandoned Vehicle, 10797 US Hwy. 2, Peshastin
- 12:06 Attempt to Locate/ Contact, Colchuck Lake Trail
- 12:15 Agency Assist, 4878 US Hwy. 97, Peshastin
- 15:44 Public Assist, 520 Pine St.
- 18:03 Property, 8th and Commercial Streets
- 18:36 Public Assist, 22744 Lake Wenatchee Hwy., Lake Wenatchee
- 19:15 Assault, 1001 Front St.
- 20:02 911-call, 288 Coopers Hawk Ln. area

- 20:21 Suspicious Circumstance, 10 Weekend Ln., Peshastin
- 21:23 Noise Complaint, 21100 Cayuse St., Ponderosa, Plain
- 21:34 Noise Complaint, US Hwy. 2 and Mill St.
- 21:39 Domestic Disturbance, 1505 Alpanse Strasse

- 10:47 Theft, 18375 W. Dardanelles Rd., Lake Wenatchee
- 17:12 Public Assist, 22744 Lake Wenatchee Hwy., Lake Wenatchee
- 20:01 Attempt to Locate/ Contact, Colchuck Lake Trail
- 23:46 911-call, 500 Alpine Pl., Blue Elk Inn

**October 1**

- 00:04 Attempt to Locate/ Contact, Snow Lakes trailhead
- 00:28 Attempt to Locate/ Contact, Snow Lakes trailhead
- 05:00 Animal Problem, 11685 Sunitich Canyon Rd.
- 05:00 Domestic Disturbance, 100 Ward Strasse
- 16:57 Traffic Offense, 9820 Eagle Creek Rd.
- 17:28 Parking/ Abandoned Vehicle, 18780 Pine Loop, Plain
- 19:24 Attempt to Locate/ Contact, Colchuck Lake trail
- 21:36 Suspicious Circumstance,

**October 2**

- 01:59 Animal Problem, 11687 Sunitich Canyon Rd.
- 08:08 Civil Dispute, 13637 Chumstick Hwy.
- 12:26 Extra Patrols, 19358 Chiwawa Loop Rd., Plain
- 14:44 Property, Camp 12 Rd. and Plain Ranches, Plain
- 15:57 Theft, 700 B Front St.
- 16:27 Agency Assist, US Hwy. 97 MP 165, Peshastin
- 20:00 Attempt to Locate/ Contact, Colchuck Lake trail
- 22:24 Noise Complaint, E. Leavenworth Rd. and US Hwy. 2
- 23:57 Injury Accident, Alpenview Dr. and Chumstick Hwy.

**October 3**

- 04:15 Animal Problem, 11687 Sunitich Canyon Rd.
- 09:26 Harassment/ Threat, 225 Central Ave., Osborn Elementary

**October 4**

- 08:58 Property, 1001 Front St.
- 09:39 Suspicious Circumstance, 19045 Gill Creek Rd., Lake Wenatchee
- 11:17 Vehicle Theft, 23380 Lake Wenatchee Hwy., Lake Wenatchee
- 13:51 Domestic Disturbance, 7500 Icicle Rd.
- 14:24 Alarm, 23336 Lake Wenatchee Hwy., Lake Wenatchee
- 15:27 Civil Dispute, 100 Ski Blick Strasse
- 16:38 911-call, 10317 Beecher Hill Rd., Peshastin

**October 5**

- 04:27 Animal Problem, 11687 Sunitich Canyon Rd.
- 05:50 Non-injury Accident, Eagle Creek Rd. MP 4
- 07:03 Alarm, 9342 Icicle Rd.
- 09:09 Animal Problem, 318 Cascade St.
- 12:25 Animal Problem, 225 Central Ave., Osborn Elementary School
- 13:59 Domestic Disturbance, 1214 Commercial St.
- 16:05 Traffic Offense, 10461 Stemm Rd., Smallwood's, Peshastin
- 16:28 Traffic Offense, Tumwater Mountain Rd.
- 19:15 Domestic Disturbance, 12144 Detillion Rd.
- 19:43 Traffic Offense, US Hwy. 2 MP 103, Peshastin
- 22:55 Domestic Disturbance, 315 Division St.



**Move in before the snow flies and enjoy ONE MONTH FREE RENT!**

Avoid the cold and worries of snow removal and enjoy the beauty of winter from your warm, cozy new home at Mountain Meadows Senior Living Campus.

For a limited time, we are offering **one month free rent** if you move in to our one bedroom Independent Living apartments by December 1, 2023.

Stop by today, enjoy a hot cup of coffee or tea, take a tour and experience for yourself why our residents love winter at our beautiful community.

**Tour today! (509) 548-4076**



[www.mountainmeadowsliving.org](http://www.mountainmeadowsliving.org)

**Speak Up for Grizzly Bears!**

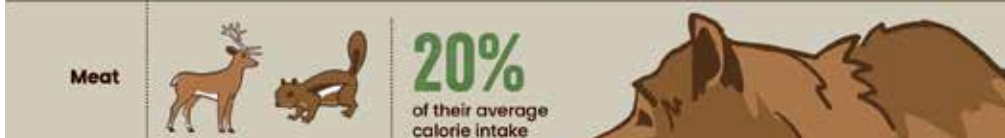
Grizzlies roamed Washington's North Cascades for thousands of years, but now none remain. Hunted, trapped, and poisoned, the bears were exterminated. We now have a plan—and a responsibility—to bring them back.



SCAN ME

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

**What do grizzly bears eat?**



Learn more at: [www.northcascadesgrizzly.org/action](http://www.northcascadesgrizzly.org/action)