



CHS's 2023 Homecoming Takes on Added Meaning

Leavenworth Contemplates Year-Round Aquatic Center

Community Debates the Feasibility Study Findings



Submitted photo

Artie Northrup and the Kodiak offense prepare for a second-half snap in the CHS Homecoming game versus the Brewster Bears on September 15th.

Cascade High School's Homecoming, the annual, week-long CHS community celebration of the new school year with a Friday night home football game – and its signature halftime fireworks along the banks of the Wenatchee River – held a bit more significance this year. Sept. 10 - 17 was also a homecoming of sorts for the football team's new head coach, Carl "Hab" Haberberger, and the athletic department's new Director, Tim Barnes. Both are CHS alumni.



By CAROLINE MENNA

Cascade High School Publications Group
Special to Ward Media

has to be involved with our kids from their earliest days as they work their way up. The fundamentals of sports and sportsmanship are crucial to later success on and off the field. I believe we have a community that is on board with that and the coaches in our District who buy into the idea."

Barnes has said that he will bring a similar conviction to continuing the development of not just athletes but student-athletes who need to manage their time effectively. "As a team or as an athlete, you're only as good as your weakest link, whether that's athletically or academically. There have been some issues with grade checks in the past. I'm committed to being on top of that consistently now and to helping our kids in the classroom wherever necessary. Open and frequent communication and a commitment to improvement is the key."

Commitment to improvement is at the heart of what Barnes asks of his teams.

He wants to take CHS sports in a new direction, rooted in the past and based on "continuous improvement," which aligns squarely with the CSD's mission. "When I was in school, our teams were really strong. In the last years, they have not been doing so well. I believe that if we as a school community commit to continuous improvement, we'll see a turnaround. [The football team] is a building year and I don't necessarily expect us to win every game, but I do believe we have the potential to do so down the road with our kids and new coaches."

While the wins, unfortunately, have yet to begin this season, the 0-3 CHS Kodiaks did play with heart and improved their game, despite the homecoming game loss to 1-2 non-conference Brewster.

The gridiron matchup at the

Peshastin-Dryden field on Sept. 15 saw the Bears take the lead on a first-quarter field goal and, after a couple of Cascade turnovers, jump out to a 9-0 advantage. However, the Kodiaks remained steady and focused as they turned a senior Peyton Adams' interception into a 20-yard touchdown combination from junior quarterback Artie Northrup to Sophomore Ezra Week, resulting in a tight 9-7 match at the interlude.

The second half started promisingly as Northrup connected with junior William Biebesheimer for a 30-yard scoring strike and a 13-9 edge. The subsequent missed extra point portended the remainder of the game, though, as a series of miscues and missed tackles allowed the Bears to run away with the half to a final score of 31-13.

"All the lessons learned through football, even those found in losses, translate to success later in life," reflected Coach Hab. "Beyond the wins and losses, through all the years I've been on a team or coached a team, it's the same work ethic, commitment to leadership, and dedication to teammates that so easily become part of who you are as a person in life."

Like his boss in the Athletic Director's office, Coach Hab is in his rookie year as CHS's Head Football Coach. Yet, also like Barnes, Hab is not new to CHS and Upper Valley athletics. A member of the Kodiak class of 1997, Haberberger played football, ran track, and was a Nordic skier for Leavenworth Winter Sports Club. He went on to Lindfield University in Oregon, where he was an assistant football coach for eight years after his playing days with the Wildcats ended.

In 2008, Hab "moved back to the Valley" to teach and coach in Wenatchee at the high school and middle school levels until three years ago when he joined his wife, IRMS 7th grade teacher, Anastasia "Mrs. Hab" Haberberger, and their two



Submitted photo

CHS alum and new Athletic Director, Tim Barnes



Submitted photo

CHS teacher and first-year Head Football Coach Carl "Hab" Haberberger

now middle school-aged children in the CSD. In addition to heading the football team's coaching staff, Mr. Hab is a teacher of Consumer and Family Science courses at CHS and an assistant track and ski coach (for LWSC).

"Coming home to teach and coach at Cascade High School is the fulfillment of a dream," Hab revealed. "It's what I've always wanted to do. I love our community, and I sure do like our kids. They all want to win and work hard. They're good people to be around."

Echoing the District's mission and in step with Barnes' goals, Haberberger sees "continuous improvement" as his main goal for the team. Hab asks the team every day: "Are we better players today than we were yesterday?" He avers that what's most important for him is that the "kids play like a team no matter the result. That said, I'm definitely a competitor looking for wins - and we will start to get them. Maybe some of these boys don't know it yet, but we will. This season, you know, we may not have one yet, but we can still win the league championship and make the playoffs. That's still in front of us, and I'm not ruling it out."

Haberberger and Barnes belong to the coterie of CHS graduates who have returned to teach and coach at the school. Both men believe that as such success on the field of play has a good chance of returning under their guidance for the reason, as Barnes put it: "Because we are Cascade grads, we care deeply about making sure that our kids have the best experiences and potential to do well in our programs as players and fans. That's the Kodiak way."

You can catch Kodiak football at home with Haberberger on the sidelines and Barnes in the announcer's booth two more times this season against two of its biggest rivals: Cashmere on Oct. 6 and Chelan on Oct. 27.

By MATTHEW OCKINGA
Special to Ward Media

LEAVENWORTH — Should the City of Leavenworth continue its efforts to build a year-round aquatic center? That overarching question set the tone during the Indoor Pool Feasibility Study Public Forum held by the Upper Valley Park and Recreation Service Area (PRSA) and a quorum of the Leavenworth City Council on Sept. 19 at the Leavenworth Festhalle. Brooke Hanley and Keith Comes of NAC Architecture, a firm to which the City paid about \$70,000, presented the findings of their feasibility study with a slideshow presentation.

Joining them on stage was Jason Lundgren, City Councilman and PRSA Board member. Around 80 people came to discuss the matter, which has evoked both excitement and concern in the community.

"This is a study. We're not starting a design. We're not putting anything on the ballot at this point," Hanley said. "This is really to answer any of your questions and see if you're supportive or if there are things you want to change about the study before we wrap it up."

Hanley and Comes showed the results of a 2021 Needs Assessment survey done by the PRSA in 2021 from about 1600 people. The top two choices from that survey were an indoor aquatic center and more groomed trails. For NAC, those findings warranted a more focused look at what a new pool would require.

The inquiry's fifteenth question asked, "In your opinion, how important is it to provide year-round, indoor aquatic programs at a pool facility in Leavenworth?" Close to sixty percent of participants marked it as "a high priority."

An early plan was to build an enclosure over the existing facility, Howard Hopkins Memorial Pool, but NAC found that it would require significant maintenance and repairs within the next 5-7 years. With those considerations, NAC began considering a replacement building and weighed three options: a new pool with a seasonal enclosure, a new indoor aquatic center, and an aquatic center/recreational center. Based on those choices, the project's total cost ranged from \$16-\$28 million.

Another survey question asked, "If a facility were built that met your needs, would you be willing to increase the local sales tax by 0.2% (or two centers for every \$10 purchase) to help fund the project?" Nearly 70 percent of those polled were willing to do so. However, an additional question proposed a property tax increase at varying rates from 25 cents to \$1 of \$1000 of assessed value, and 40 percent of people did not support an increase.

Currently, the PRSA collects 11 cents for every \$1000 of assessed value from all property owners within its boundaries.

Comes mentioned that NAC has worked closely with Ballard King Associates, which performed a

See AQUATIC CENTER Page A4

Rich Brinkman

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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...

Toll Free 509-293-6780



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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. We'll showcase the five most captivating events of the week...

5 THINGS TO DO THIS WEEK



Oktoberfest in Leavenworth

The Leavenworth Oktoberfest will run Sept., 29-30, Oct., 6-7 and 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..."

"For the kiddos, a 10,000 sq foot Kinderplatz has been added, free for kids 12 and under..."

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.

Autumn Amble

The Wenatchee River Institute will host an Autumn Amble on Friday, Sept. 29, from 9 a.m. to 11 a.m. at the Leavenworth Waterfront Park.

"Join the Wenatchee River Institute for a two-hour autumn amble with one of our knowledgeable naturalists..."

Registration is required, and the event is limited to 10 participants.

The trail difficulty is for beginners and is up to two miles round trip. The cost is \$10 for ages 16 and up, \$5 for ages 6 to 15, and ages five and under are free.

For more information visit wenatcheeriverinstitute.org.

A Night at the Museum

The Wenatchee Valley

Museum and Cultural Center will host A Night at the Museum on Saturday, Sept. 30, from 6 p.m. to 9 p.m.

"The Museum's signature fundraiser features talented chefs, tasty gourmet foods, award-winning wines, great beers, ciders, distilled spirits, and live music..."

"Funds from this event support the Museum's mission-serving programs, including featured exhibits, MakerSpace, robotics clubs, field trips..."

Tickets are \$60 for members and \$75 for non-members. For tickets and more information, visit wenatcheevalleymuseum.org.

Pawtober Fest

Dog Haus Brewery will host the second annual Pawtober Fest on Saturday Sept., 30 from 1 p.m. to 6 p.m.

"Pawtoberfest is an event to support the non-profit organization DogOnGood Dog & People Rescue..."

humans and their beloved puppies. It provides training, especially for those humans who have found frustration with their soon-to-become best friends...

The event includes fun for dogs and people alike with a dog tricks contest, a pie eating contest (for the two-legged attendees), and more.

Admission is free, and donations are accepted.

For more information visit dogongood.org/pawtober-fest.

Local Author Book Reading

A Book For All Seasons will host a book reading by local author Pat West Turner at the Leavenworth Public Library on Thursday, Oct., 5 from 6:30

to 8 p.m. As the result of a near-fatal car accident Turner lost her leg her senior year in high school. But she never let that define her and learned to ski again, competing nationally and internationally.

Turner's memoir Skiing Uphill: A Story of Strength and Perseverance shares the lessons she learned through adversity.

Turner has always focused on what she could do and hopes to share that inspiration with others through her book.

"From 6:30-7pm will be a meet & greet with the author, followed by a book presentation starting at 7pm with a Q&A to wrap up the event..."

For more information visit abookforallseason.com.

Your Guide to Informed Voting

As we step into the vibrant colors of autumn here in North Central Washington, there's an equally colorful event on the horizon that's of utmost importance to our community - the upcoming elections.



From the Publisher TERRY WARD

In our ongoing commitment to serving as your trusted source of local news and information, we're excited to announce our comprehensive election coverage.

We've sent each candidate a detailed questionnaire to ensure transparency and provide you with a deeper insight into the individuals vying for public office.

profiles we'll publish in the coming weeks.

Our goal is simple yet essential: to empower you, our readers, with the knowledge you need to make informed decisions when you head to the polls.

These candidate profiles will not only highlight their platforms but also shed light on their aspirations and visions for the positions they seek.

Informed voting is the cornerstone of a vibrant democracy. It ensures that our elected officials truly represent the will of the people.

Rich Brinkman OUR KIDS ARE NOT SAFE IN OUR SCHOOL ZONES!



I think everyone reading this would agree that speeding in School Zones is unacceptable, and that one injury or fatality to one of our schoolchildren would be way too many.

When I am out talking to our residents, this speeding concern - in addition to motorists running stop signs and the obnoxious vehicles - are arguably what people tell me most.

It is clear that the real solution is for the current Mayor to finally pay attention to what our residents are saying, and we clearly need a City government that is responsive to local needs and concerns rather than just ignoring them.

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future of North Central Washington in your hands. Your vote is your voice, and your voice matters.

their willingness to participate in this process, and we thank you, our readers, for your unwavering support.

informed vote at a time. Stay tuned for our upcoming election coverage, and let's embark on this democratic journey together.



POWERED BY THE PAST — BUILT FOR THE FUTURE

You're invited to the Grand Opening of Chelan PUD's new Service Center Saturday, October 7 from 10 a.m. - 2 p.m.



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 24/7. Garage and Yard Sale Ads are paid events, please email: classifieds@leavenworthecho.com or place online at ncwmarket.com. To submit info call 509-548-5286 or email: news@ward.media.

Community Calendar

Wednesday

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.
Alpine Water District, meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.
Senior Center, Lunch, noon, \$8 per meal. RSVP 509-548-6666.
Ukulele Circle, 5:30- 6:30 p.m. every Wednesday at the 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 for meeting information. (1st & 3rd Thurs.)
Leavenworth Lions Club, For more info. President Steve Alford, 509-548-4505, or email leavenworthlionsclubwa@gmail.com
Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

Friday

Veteran Service Office, For information contact Tony Sandoval, 509-664-6801 or email: tony.sandoval@co.chelan.wa.us
Leavenworth Rotary Club, In person at Kristall's Restaurant at Noon. Call President Mahala Murphy-Martin, 206-227-1576, for more information.
Senior Center: Bingo 6 p.m. Call 509-548-6666. Facebook & website: leavenworthseniors@gmail.com

Monday

Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30 -8:00 p.m. Call UVMEND, 509-548-0408 for more information.
Leavenworth Mosquito District board meeting, 7 p.m. via ZOOM link posted at <https://leavenworthmosquitocontrol.org/activity-calendar.html> or contact Jenny 509-548-5904 (1st 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 (2nd Tues.)
Cascade Education Foundation, Contact: CEF@cascade.org
LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st. Tues.)
Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. 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
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@leavenworth-museum.org for meeting information. (1st Tues.)

NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.
Leavenworth Public Library. Located at 700 Hwy. 2, Call 509-548-7923 or online leavenworth@ncwlibraries.org Open on Tues., 10-5, Wed., 11-7, Thurs., 10-7, Fri., 10-5 Sat., 10-2. Closed Sun. and Mon.
Peshastin Public Library. Located at 8396 Main St., Peshastin. Call: 509-548-7821 or peshastin@ncwlibraries.org Open Tues., 10-1:30; and 2:30-7, Wed., 10-2, and 2:30-7, Thurs., and Fri., 1-5:30 and Sat., 10 a.m.- 2 p.m. Closed Sun. and Mon.

Other events

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

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

Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho.com or call 509-548-5286. Otherwise we are not responsible for any 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 or 509- 596-1510.

Leavenworth

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.

New Affordable Housing Community Dedication

The Housing Authority of Chelan County and the City of Wenatchee, in collaboration with the Office of Rural and Farmworker Housing, is set to mark a significant milestone with the dedication ceremony and open house of Garten Haus Apartments, located at 1300 Commercial St. in Leavenworth. The event is scheduled for 2:00 p.m. on Sept. 26.

Garten Haus Apartments, a newly constructed and renovated 40-unit affordable housing community, is designed to cater to low-income seniors and disabled individuals. This development received funding from a consortium of organizations, including the Washington State Department of Commerce, the Washington State Housing Finance Commission, Centennial Mortgage, Enterprise Community Partners, and the US Department of Housing & Redevelopment.

According to Alicia McRae, the Executive Director of

the Housing Authority, all interested parties are invited to attend. Guests can look forward to refreshments and guided tours of the apartment units as part of the celebration.

City Council Candidates Forum October 5

A forum for the candidates for the Leavenworth City Council will be held at the Cascade High School Auditorium on Oct. 5. The event will run from 6:30 to 8:00 p.m. Candidates will be asked to answer questions on a range of important issues facing the City. Bob Bugert, former County Commissioner and Leavenworth resident, will moderate the event. All are welcome!

Leavenworth Library to Host 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, from Sept. 26 to 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 Women's Exchange Monthly Luncheon Spotlights Glassblowing Artistry

The Leavenworth Women's Exchange monthly luncheon meeting will be held on Wednesday Oct. 11 at 12:00 pm at the Icicle Inn Restaurant, 505 Highway 2, Leavenworth. The cost is \$26.50 per person. Lunch buffet, beverage, tax and gratuity are included.

Craig Sorensen, of Bolder Bend Glassworks in Peshastin, will discuss the glassblowing process and how he and Jori Delvo create their handmade glassworks. Check or cash to LWE only. Since this is a catered event, any cancellations after 10-5-23 will be responsible for the cost of the lunch. To make your reservation, please contact Claire Burlingame at 548-7142 by Thursday Oct. 5.

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- **Downtown Steering Committee**, 10 a.m., meet in the Council Chambers and Zoom. (4th Tues.)
- **Housing Committee, Public Safety Committee, Finance Committee: No meetings**, reports are in Council packets. police and fire representatives speak at the beginning of the meeting. (4th Tues.)
- **City Council Study Session:** 5:30 p.m. City Hall Council Chambers, (2nd Floor) and Zoom. (2nd & 4th Tues.)
- **City Council Evening Meeting:** 7 p.m., City Hall in Council Chambers, and Zoom. (2nd & 4th Tues.)
- **Planning Commission:** 7 p.m., Council Chambers and Zoom. (1st Wed.)
- **PRSA Meetings:** 3 p.m., City Hall Conference Room (Upstairs) (2nd Wed.), every other month (May, July, Sept., Nov., Jan., and Mar.)
- **Design Review Board:** 3 p.m., meets in the Council Chambers and on Zoom. (2nd & 4th Wed.)
- **Parking Advisory Committee:** 4 p.m., meet in the City Hall Conference Room and on Zoom. (3rd Thurs.)



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Aquatic Center

Continued from page 1

detailed evaluation of operating costs. BKA estimated that the annual operating costs, with the estimated revenue subtracted, was \$650,000 per year for an aquatic center and \$478,000 with the added recreational center, which would include, among other features, waterslides, a climbing wall, and a hot tub.

Hanley explained that an \$8 million PRSA capital bond would require that taxpayers pay a range of \$.018-\$0.023 per \$1000 of assessed value. This would be a 25-year payment commitment and require a one-time voter approval. As for the operating costs, that involves a PRSA Operating and Maintenance Levy at \$0.22-\$0.29 per \$1000 of AV and includes voter approval every six years.

Comes added that in community aquatic centers, revenue rarely exceeds costs.

"It's pretty clear that with some of the funding limitation that being able to support this project from a financial standpoint is going to take more than a single funding source, that we're going to have to look at multiple funding sources in order to accomplish this building," Comes said.

In an impassioned Q&A session with over a dozen people speaking on the matter, some voiced worries about how a small community like Leavenworth, with around 2,500 people, could pay for such an expensive facility.

One concern was that the center would become more of a tourist attraction than a community hub and that residents would feel pushed out by visitors. Lundgren stressed the importance of tourist dollars but also hoped the facility would maintain a local identity. "The community said with a resounding 'yes' that they want a year-round pool. That was their number one choice for recreational needs assessment," he said. "Who uses it and how many people per day and what that blend is, that's getting into the weeds, but it would be both. It would be for the community and our visitors."

"We're not trying to make this like Disneyland where it's totally catered to tourism" Comes added. "But it still has enough amenities that will attract the tourists."

During the Q&A session, Mauro Aurilio, City Council and PRSA Board Member spoke in favor of the project, citing the potential of Leavenworth's tourism. "Our aquatic center,

if we build one, will absolutely draw tourism. We need to use that engine to pay for it," he said. "I feel like if we run it like a business and we run it in a way that will draw people there; we would actually be able to reduce our tax burden for our locals for that. And that's why I say build it big and make it go."

Some people supported that notion, while others raised objections. Among those apprehensions were cost considerations, feasibility, practicality, and other City priorities.

Towards the end of the meeting, a few attendees mentioned the possibility of forming a public committee to continue the discussions. Lundgren supported this motion while honestly laying out the challenge the PRSA has without help from the community.

"We're out of money, and we've taken this about as far as we can, and hearing these mixed emotions in the community quite frankly makes it hard for a small board like ours. What do we do with it? We've heard concerns. We've heard, 'Don't do it.' We've heard, 'Do it.' How do we go back next week and synthesize all this information?" Lundgren said. "If you want to keep this moving forward, then we need more momentum and more grassroots than the PRSA. It could fizzle out without public support."

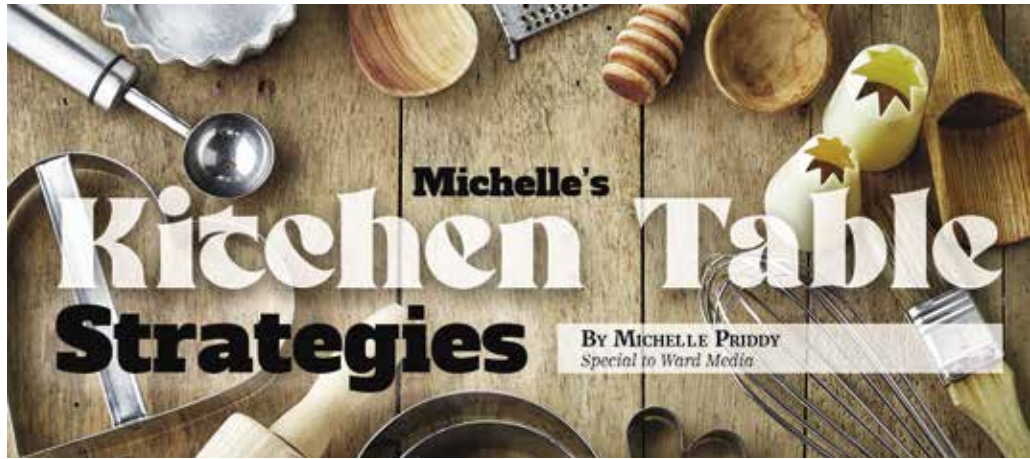


Table Waffles

Sonny and I took a trip to visit Grandma Gay and Grandpa Monte. I always get a good chuckle as I enter their home, then turn around on my way to close the door behind me and peer through their wide screen door. In my mind's eye, I see Sonny, five years old, lying flat on his belly as if he'd decided to do a push-up with his toes pointed towards the house. In my memory, I'd heard a loud crash and was rounding the corner just inside the door in a hurry to find out if my little boy was the cause of the crash. Sure enough, he was.

I remember opening and pushing against a still rectangular screen door as his little frame rolled over on his back to look at me. I'll never forget the surprise in his eyes

as he glanced over my head at the screen door behind me. I turned to see what was so surprising. The screen door must have morphed from a rectangle into a diamond right before his eyes after I walked through it. It was hanging weirdly on one hinge.

I turned back to Sonny, who was busy setting up; our yellow lab joined him, tail wagging. Sonny, still wide-eyed, stood up unharmed. I can't say the same for that wide aluminum screen door. The screen partially covering the lower half of the screen door, allowing a loose opening for the dogs to escape through, was now a flapping apron, and as far as I could tell, the door was totaled. I remember thinking, "That's a wide screen door. I wonder if they are still being made. If they are, it's going to cost me a fortune to

replace it."

I was checking Sonny out when Grandma Gay joined us. She finished dusting our little boy off in time for Grandpa Monte to round the corner. He took stock of the scene, looked sternly at Sonny, and asked, "What happened?"

Sonny glanced at our yellow lab, "Rocky jumped through. I did too." He looked up at Monte with sad eyes. I'm not sure if it was the destruction of the door or the fact that he wasn't able to make the jump that caused him to be so crestfallen.

I remember the sparkle that entered Monte's eyes and the smirk that curved his lips.

I said, "Monte, I don't know where to find a new screen door for you, but if you know where to get one, we'll replace it."

Monte shook his head without looking at me. I suspect he was trying to

hide his amusement and not laugh out loud. I'm sure his imagination could see our five-year-old little boy watching the golden tail of that yellow lab sailing through the hole in the screen of the screen door and following it head first.

Grandma Gay glanced at her husband. "Don't you worry about that. Monte can fix it."

And he did. Not once did Grandma Gay or Grandpa Monte chastise Sonny for breaking that door; they simply cleaned up the carnage.

These days, the aluminum screen door still swings on remounted hinges. It is now braced with wooden slats studded with the self-tapper screws Grandpa Monte used to make repairs over a decade ago. And it is in better shape than it was when Sonny dived through it all those years ago. Even now, that screen door makes me smile as I enter Grandma Gay and Grandpa Monte's home.

This evening, right after Grandma Gay and I decided on buttermilk waffles for breakfast, while I was considering how the chemical reaction between baking soda and buttermilk gave the waffles lift, Sonny started to bug me. So, I asked him, "That screen door? Why'd you do that?"

He thought for a second, gave a shrug, and smirked, "I saw the dog do it, and I decided

See MICHELLE Page B4



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Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

CASHMERE PRESBYTERIAN CHURCH
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Sunday Morning Worship 10:30 a.m.
Call for activities: Pastor Charles Clarke
www.cashmerepres.org

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213 S. Division • 509-782-3811
In-person Service, Sunday, 11 a.m. until further notice.
Pastor Lilia Felicitas-Malana
cashmerecommunitychurch@gmail.com



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509-295-8006
christcentercashmere.com



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www.midvalleybaptist.org

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



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

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https://www.cleavenworth.com

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Website: www.leavenworthbaptist.com
Email: info@leavenworthbaptist.com

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Youth Pastor Paige Derossett
Worship Pastor-Jacob Mitchell
www.LCN.org

SEVENTH DAY ADVENTIST CHURCH
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Worship 11 a.m. • Fred Smith • 509-860-3997



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Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR



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Michelle

Continued from page A4

Buttermilk Waffles for Grandma Gay

- 2 cups flour
- 2 Tablespoons sugar
- ½ teaspoon salt
- 2 cups buttermilk or 2 cups sweet milk + 2 Tablespoons lemon juice or vinegar
- 2 teaspoons baking soda
- 2 medium eggs
- ½ cup oil, melted butter or fat

Except for the baking soda, measure the dry ingredients together in a medium to large bowl and set aside for the rest of the ingredients to be added later. In a separate bowl, measure out 2 cups buttermilk (if using sweet milk, add the 2 Tablespoons of lemon juice or vinegar), then add the baking soda and mix. The acid in the milk will react

to I'd jump through it too. It seemed like a good idea at the time."

with the baking soda to create a leavening agent for the waffles. Set to one side. In a small cereal bowl, crack two eggs and beat them until they are the same color throughout, then add the oil, melted butter, or fat and mix in with the eggs. Pour the eggs and oil in with the buttermilk and baking soda, give a quick stir, then pour into the bowl with the dry ingredients and continue stirring until well mixed. If the batter is too thick, add a bit of water. It shouldn't be too thin, but if it is, add a bit of flour to thicken it. Cook in the waffle maker of your choice, following the manufacturer's directions.

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.

Choosing the Right Cleaning Solution

What do you reach for when cleaning a kitchen cutting board or caring for a scratch? A disinfectant, antiseptic, or an antibiotic?

Disinfectants and antiseptics are chemical compounds with the power to either completely destroy organisms that cause disease or keep them from multiplying. These compounds can be effective against bacteria, fungi, viruses, and other microorganisms like amoebae that live in water.

There are two main types of disinfectant chemicals and disinfecting procedures: sanitizers (sanitization) and sterilizers (sterilization).

Sterilization is a procedure meant to destroy all life forms on a surface. At the same time, sanitizing is less complete, killing most of the organisms it touches and reducing the number left down to a safe level.

Surgical instruments are sterilized with a two-step process. They are first soaked in a disinfectant solution of a particular concentration for a specific time, called cold sterilization. This is followed by heat sterilization by exposing them to very high temperatures inside a pressure cooker-like appliance called an autoclave.

Heat sterilization procedures are used in home canning. You immerse empty canning jars in boiling water for a set time to prepare them for your food. After filling the jars, they are further exposed to heat, with either more time in boiling water or inside a pressure cooker.

Sanitizing kills organisms that cause disease. A disinfectant is a compound used to clean inanimate surfaces like kitchen cutting boards and bathroom fixtures. Cleaning a wound effectively requires something that can kill microorganisms without damaging living tissue: an antiseptic. Antiseptics include antibiotics that target bacteria, antifungals that attack fungi,

and antivirals that work against viruses.

An effective disinfectant or antiseptic works against various microorganisms, kills on contact and acts quickly. One beneficial characteristic is the ability to penetrate cracks and crannies where microbes can lurk.

Some bacteria can form a tight layer over a surface. This is called a biofilm. When bacteria form these layers, they become much harder to kill. The ability of a compound to penetrate into a biofilm and destroy it is a valuable characteristic.

To be most useful, antiseptics and disinfectants must be able to be used safely with other commonly used cleaners. They also should not have toxic fumes and be economical to use. Finally, disinfectants shouldn't create any pitting, corrosion, or staining of instruments or surfaces, and antiseptics must not damage living tissue.

Some examples of commercial disinfectants include hydrogen peroxide, sodium hypochlorite (the ingredient in household bleach), phenol, and formaldehyde. Although bottles of hydrogen peroxide and laundry bleach

are everyday household items, they are used in higher concentrations when used as commercial disinfectants.

Antiseptics include compounds that reduce the spread of certain organisms or kill them outright. They can suppress the general growth of microbes or be only effective on specific microorganisms, like antibiotics, antifungals, and antivirals. Some antiseptics should only be used on intact skin, like when used just before surgery. At the same time, others can be applied to wounds or given internally.

A compound containing mercury and bromine called Mercurochrome® was widely used in the 1960s as a topical antiseptic. Like many kids then, my mother painted it on my cuts. After stinging like mad, it left a bright reddish-orange stripe that would take days to fade.

Unfortunately, mercury can be absorbed through broken skin. Mercurochrome® is no longer used because it isn't considered effective enough to be worth the risk of being exposed to mercury. Mercurochrome® was replaced with Merthiolate®, a different form of mercury



Ask... Dr. Louise

called thimerosal. Thimerosal is much safer because it "locks" mercury to prevent it from being absorbed into your body. In the past, thimerosal has been used in vaccines as a preservative. Today, most vaccines are distributed as single-dose syringes without the need for preservatives. This avoids potential exposure to mercury from vaccination.

Iodine is helpful as tablets to decontaminate water for drinking and as a solution called povidone-iodine (Betadine®) to clean skin before surgery.

Silver is used on the skin as silver sulfadiazine, an antibiotic widely used in burn victims. Silver nitrate works to cauterize wounds and reduce bleeding.

Hand gels containing at least 60% alcohol work as hand sanitizers, significantly reducing the number of bacteria and viruses on your hands. Parabens and benzalkonium chloride interfere with the growth of microbes and are widely used as preservatives in eye drops and nose sprays.

For kitchen cutting boards, household chlorine bleach sanitizes well.

Hydrogen peroxide helps clean scratches, but you should avoid applying it after the initial cleanse because it destroys new tissue, preventing wounds from healing.

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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Mountain Meadows Senior Living Campus
is pleased to announce
Adilene (Adi) Alvarez-Gomez
as the recipient of the
2023 Third Quarter Employee Service Award

Adi has been employed for 1 year. Her primary job is dietary server, but recently has been trained to be an on-call caregiver. Adi was recognized for her commitment to service, teamwork, and consistently going above and beyond. Her upbeat and positive attitude is contagious! A true role model for others! Adi frequently brings joy to the community by faithfully providing fresh floral bouquets in the dining room for residents to enjoy!

Kodiaks Scoreboard

FOOTBALL	
Sept 22:	Cascade 0, Granite Falls 41, Loss
GIRLS SOCCER	
Sept. 19:	Cascade 0, East Valley 7, Loss
Sept. 19:	Cascade 6, Zillah 0; Win
Sept. 21:	Cascade 6, Omak 1, Win
VOLLEYBALL	
Sept. 19:	Cascade 0, Zillah 3; Loss
Sept. 21:	Cascade 0, Omak 3, Loss

Sports Schedule

FOOTBALL	
Sept 29:	Cascade vs. Quincy Away at 7 p.m.
GIRLS SOCCER	
Sept. 28:	Cascade vs. Quincy, Away at 6 p.m.
Oct. 3:	Cascade vs. Chelan, Home at 6 p.m.
CROSS COUNTRY	
Oct. 14:	Leavenworth Invitational, Home at 12:45 p.m.
VOLLEYBALL	
Sept. 28:	Cascade vs. Quincy, Away at 6:30 p.m.
Sept. 30:	Cascade vs. Yakima, Away at 11:30 a.m.
Sept. 30:	Cascade vs. Naches, Away at 2:30 p.m.
Oct. 3:	Cascade vs. Chelan, Home at 6:30 p.m.

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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 15

06:01 Alarm, 829 Front St.
07:46 Animal Problem, 108 Snow Creek Ln.
08:03 Welfare Check, 200 Ward Strasse
08:09 911-call, 500 Pine St., Alpine Lakes Elementary School
09:09 Property, 520 Pine St.
12:52 Suspicious Circumstance, Chumstick Hwy. and Eagle Creek Rd.
14:02 Civil Dispute, 9342 Icicle Rd., Adventure Park
16:15 Public Assist, 309 8th St., Post Hotel
17:45 Alarm, 2109 Hansel Creek Rd., Peshastin
18:52 Welfare Check, 207 W. Whitman St.
20:59 Fireworks, 10001 School St., Peshastin
23:35 Disturbance, 221 8th St., Ducks and Drakes

September 16

06:20 Alarm, 829 Front St., Mozart's
07:40 Alarm, 3057 US Hwy. 97, 97 Rock House, Peshastin
12:38 Scam, 13855 Chumstick Hwy.
14:06 Unknown-injury Accident, Chumstick Hwy. and Freund Canyon Rd.
16:29 Domestic Disturbance, 8350 Lake St., Peshastin
17:32 Animal Problem, 1004 Commercial St.
17:38 Scam, 9101 Icicle Rd.
19:37 Attempt to Locate/ Con-

tact, Colchuck Lake trail
20:18 Attempt to Locate/ Contact, Colchuck Lake trail
20:37 Juvenile Problem, 225 Central Ave., Osborn Elementary School
21:02 Suspicious Circumstance, 22976 Lake Wenatchee Hwy.
21:32 Juvenile Problem, Ski Hill Dr. and Titus Rd.

September 17

02:04 Court Order Violation, 620 Birch St.
05:15 Suspicious Circumstance, 100 Ward Strasse
13:10 Property, 185 US Hwy. 2, Fairbridge Inn
14:45 Animal Problem, Commercial and 9th Streets
22:10 Traffic Offense, 935 Front St., Icicle Brewing
22:36 Welfare Check, 21608 Camp 12 Rd., Plain
23:22 Hazard, 18088 Chumstick Hwy.
23:49 Domestic Disturbance, 100 Ward Strasse

September 18

01:31 Alarm, 15255 US Hwy. 2, Coles Corner, Lake Wenatchee
03:42 Noise Complaint, 13646 Chumstick Hwy.
06:46 Welfare Check, 21696 Lake Wenatchee Hwy., Lake Wenatchee
07:47 Attempt to Locate/ Contact, Trinity trailhead, Lake Wenatchee

08:47 Drugs, 10190 Chumstick Hwy.
08:58 CPS/ APS Referral, 3412 Ingalls Ln., Peshastin
09:13 CPS/ APS Referral, 12250 Sproemberg Canyon Rd.
09:16 Hazard, Chiwawa Loop Rd. and Wending Ln., Lake Wenatchee
12:01 Hazard, Chiwawa Loop Rd. MP 5, Lake Wenatchee
13:36 Attempt to Locate/ Contact, Eight Mile Lake trailhead
15:14 Traffic Offense, US Hwy. 2 and Sherbourne St.
15:14 Parking/ Abandoned Vehicle, 25 Sylvester Meadows Ln.
15:46 Disturbance, 8th and Front Streets
18:34 Suspicious Circumstance, Chumstick Hwy. and Eagle Creek Rd.
21:18 Harassment/ Threat, 9th and Main Streets
23:52 Robert, 221 8th St., Ducks and Drakes

September 19

07:32 Harassment/ Threat, 7600 US Hwy. 97, Peshastin
11:45 Suspicious Circumstance, 321 9th St., LOGE
13:29 Non-injury Accident, 505 US Hwy. 2, Icicle Village Resort
13:32 Theft, 11190 US Hwy. 2, Icicle Village Resort
13:32 Theft, 11190 US Hwy. 2
14:52 Suspicious Circumstance, 820 Front St., Gazebo Park
16:06 Traffic Offense, Chum-

stick Hwy. MP 7
18:02 Diversion, 10144 Main St., Peshastin
19:43 Welfare Check, 12413 Chumstick Hwy.
20:35 Civil Dispute, 7828 E. Leavenworth Rd.
20:43 Animal Problem, 3343 Allen Ln., Peshastin

September 20

07:39 Civil Dispute, 1529 Dempsey Rd.
07:43 Non-injury Accident, E. Leavenworth Rd. and Prusik St.
11:33 Trespassing, 219 14th St., Community Cupboard
18:12 Public Assist, 3868 Old Blewett Rd., Peshastin
19:56 Hazard, Chumstick Hwy. and North Rd.

September 21

07:45 Agency Assist, 8278 US Hwy. 2, Tienda Mexicana
13:37 Trespassing, 6380 Campbell Rd., Peshastin
16:03 Disturbance, 22 Lazy Days Ln., Plain
16:13 Alarm, 10580 Fox Rd.
16:31 Scam, 118 Evans St.
17:55 911-call, 1500 Alpensee Strasse
18:01 Public Assist, 22744 Lake Wenatchee Hwy., Lake Wenatchee
20:18 Trespassing, 11610 Eagle Creek Rd.
22:35 Hazard, Chumstick Hwy. MP 3



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Administrative

Puzzle Solution

5	4	7	9	3	1	8	6	2
6	8	9	2	7	5	3	1	4
3	1	2	4	8	6	5	7	9
7	5	1	6	9	4	2	8	3
2	6	3	8	5	7	4	9	1
8	9	4	3	1	2	6	5	7
1	7	6	5	2	3	9	4	8
9	2	5	7	4	8	1	3	6
4	3	8	1	6	9	7	2	5

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General Interest

BREWSTER SCHOOL DISTRICT P.O. BOX 97, BREWSTER, WA 98812 • 509-689-3418 Child Find Notice

The process of locating and evaluating children with developmental delays or other disabilities is referred to as "Child Find." The Individuals with Disabilities Education Act (IDEA) requires all school districts to locate, evaluate, and provide services to individuals birth to age 21 years old who may have a disability. If you suspect your child or if you know of a child that may have a developmental delay or disability, please contact the Brewster School District Special Education Department at 509-689-2581. The Brewster School District offers free developmental screenings. These screenings are designed to provide a brief assessment of the communication, adaptive, cognitive, social-emotional, and motor development of the child. Developmental screening appointments are available. Please contact the Brewster School District Special Education Department at 509-689-2581 to schedule an appointment.

Aviso del Proceso de Child Find

El proceso de localizar y evaluar a los niños con retrasos en el desarrollo u otras discapacidades se conoce como "Child Find". La Ley de Educación para Personas con Discapacidades (IDEA) requiere que todos los distritos escolares ubiquen, evalúen y brinden servicios a personas desde el nacimiento hasta los 21 años que puedan tener una discapacidad. Si sospecha de su hijo o si sabe de un niño que puede tener un retraso en el desarrollo o una discapacidad, comuníquese con el Departamento de Educación Especial del Distrito Escolar de Brewster al 509-689-2581. El Distrito Escolar de Brewster ofrece evaluaciones de desarrollo gratuitas. Estas evaluaciones están diseñadas para proporcionar una evaluación breve del desarrollo comunicativo, adaptativo, cognitivo, socioemocional y motor del niño. Las citas de evaluación del desarrollo están disponibles. Comuníquese con el Departamento de Educación Especial del Distrito Escolar de Brewster al 509-689-2581 para programar una cita



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- Cascade High School Special Education Para Educator

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Legals Public Notices

Vikram Bhullar, 19279 134 th PL SE Monroe, WA 98272 is seeking coverage under the Washington State Department of Ecology's Construction Stormwater NPDES and State Waste Discharge General Permit. The proposed project, La Quinta/Hawthorn Hotel, is located at 300 Ward Strasse in Leavenworth in Chelan County. This project involves 2.5 acres of soil disturbance for Commercial, Utilities construction activities. All discharges and runoff goes to ground water. 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: ecyrewqianoi@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 September 20, 27, 2023. #6270

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of DOROTHEA H. VANDEMAN Deceased. No. 23-4-00245-04 AMENDED 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 RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: September 13, 2023 Personal Representative: Julia A. Weller Attorney for the Personal Representative: David J. Bentsen Address for Mailing or Service Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00245-04 JULIA A. WELLER Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP BY DAVID J. BENTSEN WSBA No. 42107 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in The Leavenworth Echo/Cashmere Valley Record on Sept. 13, 20, and 27, 2023. #6232

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 Record/Cashmere Valley Record on September 27, October 4, 11, 2023. #6339

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In re the Estate of PATRICIA JO MUSILEK Deceased. No. 23-4-00332-04 NOTICE TO CREDITORS

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 20, 2023 Personal Representative: Carol Andrews; Attorney for the Personal Representative: Kyle D. Flick Address for Mailing or Service: 222 South Mission Street, Wenatchee, WA 98801 Court of probate proceedings and cause number: Chelan County Superior Court, Cause No. 23-4-00332-04 DATED this 15th day of September 2023. LAW OFFICE OF KYLE D. FLICK, P.S. By KYLE D. FLICK, WSBA #14963 Attorney for Estate Published in the Cashmere Valley Record/Leavenworth Echo on September 20, 27, and October 4, 2023. #6295

Choosing the right cleaning solution

What do you reach for when cleaning a kitchen cutting board or caring for a scratch? A disinfectant, anti-septic, or an antibiotic?

Disinfectants and antiseptics are chemical compounds with the power to either completely destroy organisms that cause disease or keep them from multiplying. These compounds can be effective against bacteria, fungi, viruses, and other microorganisms like amebae that live in water.

There are two main types of disinfectant chemicals and disinfecting procedures: sanitizers (sanitization) and sterilizers (sterilization).

Sterilization is a procedure meant to destroy all life forms on a surface. At the same time, sanitizing is less complete, killing most of the organisms it touches and reducing the number left down to a safe level.

Surgical instruments are sterilized with a two-step process. They are first soaked in a disinfectant solution of a particular concentration for a specific time, called cold sterilization. This is followed by heat sterilization by exposing them to very high temperatures inside a pressure cooker-like appliance called an autoclave.

Heat sterilization procedures are used in home canning. You immerse empty canning jars in boiling water for a set time to prepare them for your food. After filling the jars, they are further exposed to heat, with either more time in boiling water or inside a pressure cooker.

Sanitizing kills organisms that cause disease. A disinfectant is a compound used to clean inanimate surfaces like kitchen cutting boards and bathroom fixtures. Cleaning a wound effectively requires something that can kill microorganisms without damaging living tissue: an antiseptic. Antiseptics include antibiotics that target bacteria, antifungals that attack fungi, and antivirals that work against viruses.

An effective disinfectant or antiseptic works against various microorganisms, kills on contact and acts quickly. One beneficial char-



acteristic is the ability to penetrate cracks and cran- nies where microbes can lurk.

Some bacteria can form a tight layer over a surface. This is called a biofilm. When bacteria form these layers, they become much harder to kill. The ability of a compound to penetrate into a biofilm and destroy it is a valuable characteristic.

To be most useful, antiseptics and disinfectants must be able to be used safely with other commonly used cleaners. They also should not have toxic fumes and be economical to use. Finally, disinfectants shouldn't create any pitting, corrosion, or staining of instruments or surfaces, and antiseptics must not damage living tissue.

Some examples of commercial disinfectants include hydrogen peroxide, sodium hypochlorite (the ingredient in household bleach), phenol, and formaldehyde. Although bottles of hydrogen peroxide and laundry bleach are everyday household items, they are used in higher concentrations when used as commercial disinfectants.

Antiseptics include compounds that reduce the spread of certain organisms or kill them outright. They can suppress the general growth of microbes or be only effective on specific microorganisms, like antibiotics, antifungals, and antivirals. Some anti-infectives should only be used on intact skin, like when used just before surgery. At the same time, others can be applied to wounds or given internally.

A compound containing mercury and bromine called Mercurochrome® was widely used in the 1960s as a topical antiseptic. Like many kids then, my mother painted it on my cuts. After stinging like mad, it left a bright reddish-orange stripe that would take days

to fade.

Unfortunately, mercury can be absorbed through broken skin. Mercurochrome® is no longer used because it isn't considered effective enough to be worth the risk of being exposed to mercury. Mercurochrome® was replaced with Merthiolate®, a different form of mercury called thimerosal.

Thimerosal is much safer because it "locks" mercury to prevent it from being absorbed into your body. In the past, thimerosal has been used in vaccines as a preservative. Today, most vaccines are distributed as single-dose syringes without the need for preservatives. This avoids potential exposure to mercury from vaccination.

Iodine is helpful as tablets to decontaminate water for drinking and as a solution called povidone-iodine (Betadine®) to clean skin before surgery.

Silver is used on the skin as silver sulfadiazine, an antibiotic widely used in burn victims. Silver nitrate works to cauterize wounds and reduce bleeding.

Hand gels containing at least 60% alcohol work as hand sanitizers, significantly reducing the number of bacteria and viruses on your hands. Parabens and benzalkonium chloride interfere with the growth of microbes and are widely used as preservatives in eye drops and nose sprays.

For kitchen cutting boards, household chlorine bleach sanitizes well.

Hydrogen peroxide helps clean scratches, but you should avoid applying it after the initial cleanse because it destroys new tissue, preventing wounds from healing.

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: FINISH THE LYRICS ACROSS

1. Fake deal 5. Dashboard acronym
 8. Oxen connector 12. Guesstimate phrase (2 words)
 13. Give a darn 14. Exhibitionist
 15. It's OTAN in French
 16. Carbon monoxide lacks this
 17. Geometry class prop
 18. "Lou Reed: "She says, "Hey babe, take a walk on the _____"
 20. European "curtain"
 21. Mustangs, e.g. 22. Campaign pro
 23. Cause of wheezing
 26. Men's Colonial headgear
 30. Fib
 31. "Bon Jovi: "Take my hand, we'll make it I swear. Woah, livin' on a _____"
 34. The only thing to fear?
 35. Small and round, eyes description
 37. Future fish
 38. Alabama civil rights site
 39. Tangelo
 40. Shape clay, e.g.
 42. James Corden's network
 43. Awaited deliverer
 45. Same as lathees
 47. 0 meridian acronym
 48. World-weary
 50. Prefix with legal
 52. "Aerosmith: "Sing with me, sing for the year. Sing for the _____"
 55. Siberian prison
 56. Pakistani language
 57. "Dionne Warwick: "I think I'm going out of my _____"
 59. Rapidly
 61. "Cogito, _____ sum"
 62. Diamond's corner
 63. European Economic Community
 64. Whiskey grain, pl.

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Washington Outdoors Report

OUTDOORS ROUNDUP



courtesy of John Kruse

Anglers at sunset, fishing the Marathon Dock Tournament



courtesy of John Kruse

Matt Krumdiak and Tag Watson, winners of the Old Farts Bass Tournament

By JOHN KRUSE
Special to Ward Media

STATE FISHERIES BIOLOGIST DIES IN TRAGIC ACCIDENT:

On September 13th, a 31-year-old fisheries biologist working for the Washington Department of Fish and Wildlife drowned while snorkeling in the Wind River near Carson. Contacted a week after the incident, WDFW media representative Becky Elder declined to release the identity of the employee. However, the Skamania County Sheriff's Office, who responded to the scene, did release the name of the victim who is Erin Peterson from Ridgefield, Washington.

In a press release from WDFW, Agency Director Kelly Susewind stated, "She (Peterson) was an extraordinary woman and colleague. Her commitment and dedication to her work as a fish and wildlife biologist was exceptional. Our hearts are with her family and all who knew and worked with her."

Peterson was participating in a survey of summer steelhead when she became entrapped and drowned. These surveys are done to count the number of adult fish and their redds (where eggs are laid) in rivers around the Northwest. In their press release, WDFW stated they have now canceled snorkeling surveys until further notice.

A GREAT DAY OF FISHING LANDS US IN LAST PLACE:

MarDon Resort at Potholes Reservoir was the host of the annual Marathon Dock Tournament that took place between Friday evening the 15th thru Sunday morning the 17th at the resort marina. A full field of 148 anglers paid \$40 each to participate and the individuals who caught the biggest two fish from any of the ten species available here took home some money (\$400 for first place and \$135 for second place). Some of the biggest fish caught off the docks included a 14+ and 13+ pound carp brought in by K. Goss along with a 9.7-pound channel catfish reeled in by Nicole Nelson.

Meanwhile, 20 boats participated in the Old Farts Bass Tournament on the 16th and Rusty Johnston and I were onboard one of them. We had a great day of fishing, reeling in over 30 bass and four walleye. Unfortunately, only one bass was a quality one (3.5 pounds) and Rusty lost a 4+ pound smallmouth bass just as we were about to net it. At the end of the day, we weighed in a limit of five bass weighing just under 11 pounds, putting us dead last among the 20 teams.

Who were the winners? That would be the repeating championship team of Tag Watson and Matt Krumdiak who weighed in a 21-pound limit of bass, earning them a \$1560 paycheck. The big fish of the day was hauled in by Jake Boomer, a hefty 5.47-pound largemouth bass worth

\$500. Boomer and his partner Mike Bess came in second place at the event, weighing in just over 19 pounds of bass, receiving a check of \$730 (plus the big bass bonus).

The Old Farts Tournament is put on in mid-September every year by the Banks Lake Bass Club. It is a low-key, fun event and the club does a great job putting it on. You can find out more about this tournament and other ones they host at www.bankslakebassclub.com. MarDon Resort's annual Marathon Dock Tournament will take place again next September and you can find out more about that and the resort at www.mardonresort.com.

DID WASHINGTON STATE PARKS CANCEL THANKSGIVING?

I was reading the September Washington State Parks e-newsletter which covered the remaining free days available for day-visitors to enter and park in Washington's State Parks without a Discover Pass. One of those dates is the day after Thanksgiving, Friday, November 24th. I was curious why the State Parks and Recreation Commission chose to not call it a Thanksgiving or

Day after Thanksgiving free day and emailed the media department to ask them why.

Having not received a response right away, I began researching this and found the day after Thanksgiving was first made a free day to enter state parks in 2017 where it was called, Autumn Free Day. It remained as Autumn Day through 2021 but in 2022 the free day after Thanksgiving got a new name, Native American Heritage Day. However, in 2023, the late November free entry day was once again designated, Autumn Day. Is this all about wokeness and cancel culture towards Thanksgiving? Did someone object to it being called Native American Heritage Day?

I did receive a reply from State Parks media staff shortly before this column went to press stating, "Washington State Parks and the departments of Fish and Wildlife (WDFW) and Natural Resources (DNR) have offered a Discover Pass "free day" the day after Thanksgiving for several years. The free day is not associated with Thanksgiving. It is the last free day of the year and coincides with autumn and school vacation for many families."

So perhaps I'm mistaken about cancel culture though the reply doesn't answer the question as to why they changed the name from Native American Heritage Day back to Autumn Day for 2023. Maybe it's just the way things are done by our state agencies in Washington these days. A great example is the Hungarian partridge, nicknamed the "Hun" for short, which saw its name changed to the completely non-offending and uninspiring name, gray partridge a few years ago by WDFW. Autumn Day falls into the same category. Afraid to offend any one person or groups of people, you just change the name to something that won't offend (or inspire) anyone.

Of course, that's just my personal opinion. However, no matter what it's called, November 24th would be a good day to get outside into one of our state parks instead of spending the day inside of big box retail stores or in front of a computer all day shopping online.

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

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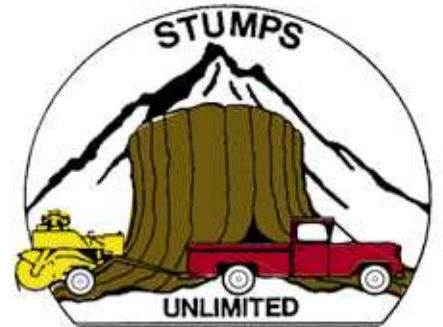
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