



Cascade High School Cheerleading Accomplishments

SUBMITTED BY JANESSA SUBIDO

The Cascade High School Varsity Cheer Squad attended the National Cheerleaders Association (NCA) CheerLeadership Camp at Central Washington University the week of July 10-14, a skill and leadership camp that the team attends each year.

This year they returned home with a bid to Nationals, NCA's awarded trophy for most improved overall team, and six All-American Nominees, along with various individual athlete awards.

"I am extremely proud of all of these athletes for the hard work and dedication they have shown over the past week. They have not only shown what it means to be a KODIAK, but they are gifted ambassadors to their school and community," said Coach Janessa Subido.



PHOTO BY JANESSA SUBIDO.

Left to right, top row: Sophia Oropeza-Sanchez, Xiodali Solis-Guzman, Paola Ramirez-Bravo, Emma Radach, and Mariana Fonseca. Bottom row: Kat Kocher, Olivia Estacio, Abbi Carnahan, and Samantha Crossley.



PHOTO BY JANESSA SUBIDO.

Left to right, top half of the circle: Sofia Oropeza-Sanchez, Mariana Fonseca, Paola Ramirez-Bravo, Kat Kocher, Xiodali Solis-Guzman, Monique Copado, and Jocelyn Olguin. Bottom half: Emma Radach, Samantha Crossley, Abbi Carnahan, and Olivia Estacio.

Crime is up, and number of officers down, in 2022 Crime in Washington Report

STATEMENTS ATTRIBUTABLE TO:
STEVEN D. STRACHAN

Executive Director

Crime was up and the number of law enforcement officers was down in the latest Crime in Washington report for 2022. The rate of murders, violent and property crimes rose across the state, while the number of officers available to respond and serve our communities decreased again in 2022.

The annual Crime in Washington report tracks crime and arrest data from contributing law enforcement agencies throughout Washington. The report is compiled by the Washington Association of Sheriffs and Police Chiefs (WASPC).

The report shows that there were 394 murders in 2022, an increase of 16.6 percent over 2021. This is the highest number of murders recorded since WASPC began collecting this data in 1980. Homicides have increased 96 percent since 2019. Crimes against persons, property and society all increased in 2022, and violent crimes showed an increase of 8.9 percent.

The total number of commissioned officers statewide was 10,666, down from 10,736 in 2021, while the total population of the state increased by 93,262. Washington again is ranked 51st out of the 50 states and District of Columbia for the number of officers per thousand residents.

Reported cases of officers assaulted was 2,375 in 2022, an increase of 20.7 percent.

Other data may show crime has decreased in some parts of the United States but overall crime in Washington has continued to rise. The data in this latest report should be used by policy makers to continue to develop balanced approaches that respect victims of crime and increase safety for all Washingtonians.

CIW 2022 Facts at a Glance

- The total population for the State of Washington is 7,865,768.
- Full-time commissioned officers totaled 10,666.
- There was a total of 2,375 assaults on law enforcement officers. Two officers were killed in the line of duty.
- Motor vehicle theft rose 34 percent.
- There were 394 murders.
- Domestic Violence offenses made up 45.9 percent of all Crimes Against Persons.
- A total of 544 hate crime incidents were reported.
- 1,444 arrests for Drug/Narcotic Violations were down from 2,163 in 2021.

The Crime in Washington 2022 report is compiled with data from 231 state, county, municipal, and Tribal agencies and is designed to give residents, elected officials, and law enforcement data-driven information about crime in their communities. The numbers are derived from the National Incident-Based Reporting System (NIBRS) submissions. The

CONTINUED TO PAGE A4

Interim period busy with 12th District visits

BY BRAD HAWKINS

Friends and neighbors,

I hope that you and your families have been having a fun and safe summer. It has been over two months since the 105-day legislative session and the May 16 special session ended. My schedule is more manageable during the summer months with in-district visits and occasional committee meetings and appointments in Olympia, but the schedule gets busy in the fall as I hold my listening tour throughout the

district and begin preparing for next year's legislative session. Over the past several weeks, I have enjoyed connecting with various local groups to reflect up recent legislative actions and learn more about upcoming community projects. Here are some recent events and activities:

12th District Interim activities

Serving as State Senator is a year-round effort, involving a mix of "in session" activities at the State Capitol

and "interim" activities during the time the Legislature is not in session. A typical year for me begins in the fall

CONTINUED TO PAGE B1

SUBMITTED PHOTO.

Serving as State Senator can be quite stressful, especially during the Legislative Sessions in Olympia. During the interim months, I try to enjoy some of our 12th District's famous outdoor recreation, which helps me de-stress. This photo is taken along the Stuart Lake Trail in the Alpine Lakes Wilderness near Leavenworth.



Do You Love To Sing? Join the Leavenworth Village Voices

SUBMITTED BY DIANE PRIEBE

If you have music in your heart and a song on your lips, the Leavenworth Village Voices (LVV) would like to invite you to join us at the annual Season Opener Picnic on Monday, August 14, at 6:30 pm in Lions Club Park in Leavenworth. The picnic is a great way for inquiring singers to learn more about the choir and a fun gathering for choir members to reunite ahead of a new season. LVV members will provide the food and beverages, while prospective members are invited to attend as guests—and to bring their singing voices and questions.

LVV is a community, non-profit choir founded in 1982 that performs during the Christmas season. Members love to share the joy and peace of Christmas music while contributing to Leavenworth's Bavarian theme and festive atmosphere. There are no auditions and formal music training is not required. It is helpful to know how to read music, but not essential. Sheet music and practice tracks are provided to help singers learn their parts and practice between weekly rehearsals.

In addition to its popular "Christmas in the Mountains" concert series, the choir sings at Leavenworth's festivals and carols in small groups downtown,

contributing to the joyous, holiday atmosphere. Throughout the holiday season, the choir also performs in private concerts for bus tours and hotel guests and entertains at assisted living facilities and charity events. It is truly a community choir.

Director Mindy Wall—now in her third season with LVV—

expertly guides the choir with professionalism gleaned from many years of experience teaching middle and high school choirs, as well as voice and musical theater. LVV also welcomes back Leah Moats as our accompanist. Leah is a multi-talented musician, playing and performing with orchestras, theaters, choirs,



PHOTO BY HEIDI SWOBODA
Leavenworth Village Voices

and churches throughout the region, including as LVV's first accompanist.

LVV rehearsals take place on Monday evenings, from 7-9 p.m. at the Leavenworth Church of the Nazarene, located at 111 Ski Hill Drive in Leavenworth. Rehearsals begin on August 21. For additional information, visit the Leavenworth Village Voices website at www.leavenworthvillagevoices.org or on Facebook, where you will find concert dates and more information about the choir. We hope to see you at the picnic and that you'll consider joining this fun, passionate group!

Rich Brinkman

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Inside The ECHO this week

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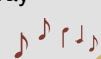
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Chelan County Sheriff Mike Morrison's response to the WA Crime Report

To Whom It May Concern:

As Sheriff of Chelan County, I want to express my disappointment and concern after reviewing the information provided by the Washington Association of Sheriffs and Police Chiefs (WASPC) in regard to crime rates across Washington. It is disheartening to see such a rise in murders, violent crimes, and property crimes, which directly impact the safety and well-being of all communities to include ours.

What adds to the frustration is the fact Washington State currently ranks 51st out of the 50 States and the District of Columbia when it comes to the number of officers per thousand residents. This statistic is simply unacceptable.

Law Enforcement cannot effectively combat crime and ensure public safety without an adequate number of officers.

It is further concerning to know while crime rates have decreased in many parts of the United States, they continue to rise here in Washington State. We must address these issues head-on and make it a priority to reverse these trends. The safety of our citizens should never be compromised, and we cannot allow Washington State to become a haven for criminals.

Rest assured, with the resources entrusted to us, Chelan County Sheriff's Office (CCSO) will remain a steadfast ally to all of its citizens in the pursuit of safety. We will remain an unwavering adversary to those who would

threaten the well-being of our community and want it to be known our commitment to service is resolute. We will proceed to work tirelessly to establish a society where safety, justice, and security are ensured for all.

Together, with the support and cooperation of our community, we can overcome these challenges and build a safer future. Let us stand united in our determination to combat crime and create an environment where every individual can thrive without fear. All CCSO Deputies remain committed in upholding the agencies motto of being "OF THE PEOPLE AND FOR THE PEOPLE".

Respectfully,
Mike Morrison, Chelan County Sheriff

Wenatchee Valley Museum & Cultural Center free activities

SUBMITTED BY TERRA SOKOL

The Wenatchee Valley Museum & Cultural Center will be extending weekend hours to Sunday between 12 p.m. to 4 p.m. through Labor Day weekend.

During these weekends, families can come check out the following free activities:

July 29-30: Paper Circuits: Put your technology skills to the test with this paper circuit bonus activity. Join us to learn how to use LED lights, copper tape, and a combination of single and parallel circuits to make a light-up creation.

August 5-6: Junkbots: Create a vibrating and moving Junkbot using everyday "junk" or recycled items. These tiny robots are powered by a vibrating motor, similar to those found in cell phones. No experience is needed to design your own using scrap materials and spare parts. Materials will be provided.

August 12-13: Sensory Stations: Stimulate your senses with our Sensory Stations. These unique stations will help support critical skills such as fine motor skills, creativity,

language development, and will also offer a therapeutic space for children.

August 19-20: Wax Paper Lanterns: Get in the spirit by creating your own "stained glass" lantern with this kid-friendly activity. Create one colorful, illuminating lantern by following along with our Guest Services Associate Haakon Sorom. This project is the perfect family activity and a great way to play around with color.

August 26-27: Biodegradable Poppers: Join us as we create nature-friendly poppers using recycled materials.

Sept. 2-4: Seed Paper: Have you ever wondered how to make your own paper? What about paper you can later plant to grow into flowers? Learn how to make your own seed paper using recycled items and nature! You can decorate your seed paper by using spices for color, lavender for the smell, dried leaves, and vines for added texture. You can make the paper into cards and later plant it in soil. Watch the science behind these seeds as they germinate and grow.

These activities tie-in with our current bilingual exhibit "Eco Wenatchee," which focuses on the environmental impact we have within our own community. Through this exhibit, the Museum encourages attendees to reevaluate their carbon footprint and learn how to become a more sustainable citizen.

This exhibit will run through the rest of the summer into September 2023. This exhibit is in partnership with Link Transit, Chelan County PUD, Iceicle Fund, Sustainable NCW, and Coastal Farm and Ranch. Eco Wenatchee is also supported by the cities of Wenatchee and East Wenatchee.

The Wenatchee Valley Museum and Cultural Center's mission is to gather, engage, and educate people to celebrate and preserve the history, arts, sciences, and rich diversity of our region. The Museum is a 501(c)(3) nonprofit organization that operates with the support of the cities of Wenatchee and East Wenatchee.

LETTER TO THE EDITOR

In last week's Echo, the community groups who came together to host the Candidate Forum received harsh criticism from Celeste Peterson in her editorial letter, "Listening Not Whistling in Leavenworth for All". Peterson claimed that those who worked hard to develop the Candidate Forum should be discredited for their selfish disregard for workforce housing. This is incorrect. We, the sponsors of the Forum, support the creation of workforce housing. Our goal in hosting the forum was to help people in Leavenworth feel informed about the complex problems and how the next mayor will deal with them. It was clear that the community craves information and cares about the election. The Fire Hall was packed out with 120+ attendees. We feel confident that every person who left the Forum had a much stronger sense of the three individuals who want to serve as mayor of Leavenworth. Those who organized included representatives from the Whistle Team and the Residents Coalition of Chelan County (RC3). (The Whistle editor, Rhona Baron, who is running for council position #4, recused herself months ago and was not part of developing the forum questions or format.) We spent many hours planning questions and fashioning the event to facilitate a clear

understanding of where candidates stood. Some of the questions were hard, but none were planned with a particular candidate in mind. Indeed, the yes or no questions were challenging to answer and brought on some audience laughter. But in the end, we believe attendees got direct responses from the candidates, which several people afterwards told us they appreciated. The Forum organizers do agree that providing more context would have been helpful. It was challenging to get as many different questions out in the limited time of 90 minutes. Peterson opined that the candidates didn't have time to respond with more detail. We believe this is largely untrue. In fact, the Forum was designed to ask definitive questions, but also provided time for candidates to give more depth to responses later. At the end, each candidate was given three minutes to summarize their positions. One thing that struck us with Peterson's letter was the criticism that there were not more young people at the meeting. This was an open, advertised public meeting with announcements on social media and in places where locals hang out. We wonder why the organizers were vilified that so few younger people showed up? Perhaps another question to consider is why after several years of pushing density and

housing have so very few people under 5 shown up to City Council meetings as well as our forums? Something we all heard in the Candidate Forum from ALL three candidates: The upzoning and density increases undertaken during the last four years have NOT created more affordable housing, nor have they increased housing for the local workforce or for people of any age. Indeed, housing for the local workforce is incredibly important, yet like other tourist-centric towns, data has not shown increased affordability for workforce housing in small tourist towns through solely increasing density. And the locals who have been around here know quite well that people leave Leavenworth for far more reasons than housing affordability in Leavenworth. Facts matter to the folks here, and our group is willing to ask sometimes hard questions to understand our government better. Decisions are being made by appointed and elected officials that are shaping the future of our community. We believe the forums are a vital tool to illuminate issues, communicate factual information, as well as to provide residents with a chance to hear from the candidates for elected office.

Respectfully,
The Planning Committee for the Mayoral Candidates Forum

Sheriff/Fire/EMS

The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

July 14

- 08:22 Property, 405 US Hwy. 2, Howard Johnson
- 08:32 Theft, 10315 Village View Dr.
- 11:35 911-call, 309 8th St., Post Hotel
- 13:21 Agency Assist, 18632 Beaver Valley Rd., Plain
- 13:50 Property, 9th, and Commercial Streets
- 13:56 Alarm, 23110 Saddle St., Plain
- 15:07 CPS/ APS Referral, 100 Ski Blick Strasse
- 16:33 CPS/ APS Referral, 263 Mine St.
- 18:00 Domestic Disturbance, 100 Ward Strasse
- 19:01 Diversion, 9327 E. Leavenworth Rd.
- 20:13 Attempt to Locate/ Contact, Colchuck Lake
- 22:08 Attempt to Locate/ Contact, Enchantments
- 23:02 Attempt to Locate/ Contact, Colchuck Lake

July 15

- 02:55 Domestic Disturbance, 15 Karl Rd., Lake Wenatchee
- 09:53 Harassment/ Threat, 220 US Hwy. 2, Argonaut Coffee
- 11:06 Weapons Violation, 22108 Appaloosa Ln., Plain
- 12:09 Public Assist, 800 block Main St.
- 12:46 Disturbance, 920 Front St., Wok About Grill
- 12:49 Non-injury Accident, Beaver Valley Rd. MP 18, Lake Wenatchee
- 13:12 Suicide Threat, US Hwy. 2
- 14:14 Disturbance, US Hwy. 2, and River Bend Dr.
- 18:08 Animal Problem, 1000 Front St.
- 18:48 Animal Problem, 9th, and Commercial Streets

- 19:51 Alarm, 535 US Hwy. 2, Rocky Pond Tasting Room
- 20:01 Agency Assist, US Hwy. 97 MP 182, Peshastin
- 20:46 Public Assist, Colchuck Lake
- 22:00 Disturbance, 23149 Lower Chiwawa River Rd.
- 22:10 Noise Complaint, 11000 Eagle Creek Rd.
- 22:18 Unknown-injury Accident, 14905 Chumstick Hwy.
- 23:48 Welfare Check, Blackbird Island

July 16

- 01:14 Attempt to Locate/ Contact, Enchantments
- 07:16 Civil Dispute, 9791 Mountain Home Rd.
- 07:41 Littering, 11720 Pear Tree Ct.
- 08:51 Harassment/ Threat, 22494 Chiwawa Loop Rd., Lake Wenatchee
- 09:22 Non-injury Accident, Charter Creek trailhead
- 12:52 Suspicious Circumstance, Iceicle Rd., and Shore St.
- 16:45 Public Assist, 20752 Chiwawa Loop Rd., Thousand Trails

July 17

- 00:27 Domestic Disturbance, 116 River Bend Dr., Safeway
- 00:45 Welfare Check, 800 block Commercial St.
- 05:19 Disturbance, 9860 Blewett Cutoff Rd., Peshastin
- 06:37 Agency Assist, US Hwy. 2 MP 70, Lake Wenatchee
- 07:18 Alarm, 9342 Iceicle Rd.
- 14:50 116 River Bend Dr., Safeway

- 15:23 Theft, 9860 Blewett Cutoff Rd., Peshastin
- 16:13 Agency Assist, Lake Wenatchee Hwy. MP 5, Lake Wenatchee
- 17:18 Non-injury Accident, 100 block Ranch Creek Rd.
- 20:09 Non-injury Accident, 3955 Camas Creek Rd., Peshastin
- 21:59 Trespassing, 3343 Allen Ln., Peshastin

July 18

- 04:41 Diversion, 3416 Ingalls Ln., Peshastin
- 10:57 Suspicious Circumstance, 100 Ward Strasse
- 16:12 Parking/ Abandoned Vehicle, 932 Front St., Starbucks
- 17:10 Harassment/ Threat, 3300 US Hwy. 97, Peshastin
- 17:48 Public Assist, 455 Ware Rd., Lake Wenatchee
- 18:05 Trespassing, 13029 Chumstick Hwy.
- 19:35 Non-injury Accident, 8th, and Commercial Streets
- 21:47 Traffic Offense, 12700 block Fish Hatchery Rd.

July 19

- 07:01 Public Assist, 10788 US Hwy. 2, Peshastin
- 07:54 Trespassing, 9189 Anderson Canyon Rd., Peshastin
- 15:10 Trespassing, Peshastin Cemetery, Peshastin
- 15:41 Animal Problem, 8900 block North Rd., Peshastin
- 18:29 Alarm, 10461 Stemm Rd., Smallwood's, Peshastin

July 20

- 09:20 Welfare Check, 9189 Anderson Canyon Rd., Peshastin
- 10:22 Public Assist, 7660 Iceicle Rd.
- 13:53 Traffic Offense, 600 Commercial St.
- 14:54 Marine, 7544 S. Lakeshore Rd., Lake Wenatchee
- 15:27 Non-injury Accident, 617 US Hwy. 2, Gustav's
- 17:12 Parking/ Abandoned Vehicle, 932 Front St., Starbucks
- 17:31 Theft, 149 W. Benton St.
- 20:19 Juvenile Problem, Blackbird Island
- 23:07 Runaway, 263 Mine St.
- 23:46 Alarm, 15255 US Hwy. 2, Coles Corner, Lake Wenatchee

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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.)

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
- For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com
- Cashmere: 509-782-3781, email: reporter@leavenworthecho.com

THE LEAVENWORTH ECHO

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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 day-time 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 Publisher@leavenworthecho.com or Reporter@leavenworthecho.com

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.

Contact the listed organizations or events for updates.

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.

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 leavenworthlionsclubwa@gmail.com
Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991. (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.)
Greater Leavenworth Museum board meeting 3-5 p.m. Everyone is invited as a guest contact: Matt@leavenworthmuseum.org for meeting information. (2nd 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 Kristalls at Noon. Call President Mahala Murphy-Martin, 1-206-227-1576, 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 (1st and 3rd Mondays), 7 p.m. via ZOOM link posted at https://leavenworthmosquitocontrol.org/activity-calendar.html or contact Jenny 509-548-5904
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 Medical Board Meeting, 9 a.m. Call Cascade Medical, 509-548-5815. (4th 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.leaveworthmasons.org. (1st Tues.)
Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.)
The Chelan County Cemetery District #2 (Peshastin) meets monthly at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)
Senior Center: Exercise, 11 a.m.-Noon. Tues & Thurs. 509-548-6666. Facebook & Website: Leavenworthseniors@gmail.com
Music, call Steve, 509-548-7048. (1st and 3rd Tues.)

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

Join the Leavenworth Village Voices

If you have music in your heart and a song on your lips, the Leavenworth Village Voices (LVV) would like to invite you to join us at the annual Season Opener Picnic on Monday, August 14, at 6:30 p.m. in Lions Club Park in Leavenworth. LVV will provide the food and beverages. Come along to have your questions answered about Leavenworth's fantastic community choir. Find more information at www.leavenworthvillagevoices.org or on Facebook.

Tennessee River Boys Concert

The Tennessee River Boys perform their captivating Country Gospel Music in concert on July 28 at 7 p.m. at Leavenworth Church of the Nazarene, 111 Ski Hill Drive, Leavenworth. It's sure to be an uplifting performance that will touch your heart! Admission is free. All ages are welcome. Questions? Call 509-548-5292. The Tennessee River Boys were the Josie Music Awards Gospel Christian Entertainer of the Year in 2016, 2017 and 2018. They have sung at The Grand Ole Opry, Dollywood, Gatlinburg, and more.

Summer activities at the libraries

Art Show at the Leavenworth Library for Claudia Elliott from now through Aug 11. Claudia was the art teacher at Cashmere High School for 17 years. She will be showcasing her demonstration art pieces she used when teaching. This will include many different types of media including a piece made from repurposed wood

from the Cashmere gym floor. **Storytimes** at Leavenworth Library on Tuesday mornings. 10:15 a.m. for Babies, 11 a.m. for Preschoolers. Crafternoons and STEM programs are Wednesdays at 2 p.m. Check with the Leavenworth Library for details, 509-548-7923.

Stuffed Animals invited to spend the Night in the Library on Tuesday, August 1 from 5-7 p.m.

Cascade Community Markets Kids Makers Markets

Create an opportunity for local youth, ages 18 and under, to sell their handmade crafts and products at the Farmers Market. These events are an awesome way to teach kids about counting and managing money, to engage their creativity, and to inspire a love for local commerce. In Leavenworth the Kids Makers Market will be on Thursday, July 27, and August 24. Register online at cascademarkets.org/kids.

Regular Farmers Markets occur weekly on Thursdays in Leavenworth from 4-7 p.m. at 330 Evans St.

Benefit for The Dwelling Place

Raise the Roof Golf Tournament Fundraiser on August 8 at Leavenworth Golf Club

For more information and to register go to raise-the-roof.perfectgolfevent.com

Call American Exterior Solutions with any questions 509-888-ROOF (7663)

Come play golf as an individual or a team. Also accepting donation for auction items

A home for adults with developmental disabilities to live full Joyful lives. To learn more about the

Dwelling Place visit website dwellingplaceleavenworth.org.

Cashmere

Cashmere Library Events

Gnome Week Adults and Teens come celebrate Gnome week from July 25-28 with us. Pick a Mushroom or Gnome to paint and take home. All paint and supplies will be provided. Please sign up for this free event so we can reserve your spot. There's Gnome place like Cashmere. This activity event is for the adults and teens/high school age group and is presented by Librarians, Lisa, and Ashley.

Regional

UVCares Behavioral Health

Has openings and is preparing to open a new division of services. As a result, we are expanding the Board of Directors. UVCares is a nonprofit behavioral health organization that provides services to those in need in our community at reduced or no cost. UVCares can be reached at 509-300-1113 or info@uvcares.org.

Boots and Bling Fundraiser

Alathea Therapeutic Riding Center of Cashmere's annual event, the Little Black Dress Fundraiser is coming up and tickets are on sale now. The event is Friday, July 28, from 6-10 p.m. at The Wenatchee Convention Center. Visit alathearidingcenter.com to purchase tickets for \$100 or \$150 VIP. General admission tickets include a champagne greeting, two drink tickets, seated dinner service, western line dance instruction and social dancing.

Peshastin Library Ice Cream Social



SUBMITTED PHOTO.

Join us on Saturday, July 29 from 7-9 p.m. Enjoy cake, pie, ice cream, punch, and Starbucks Coffee on the library lawn while visiting with friends and neighbors. Chelsea Craven and Friends featuring Chuck Egner, Corban Welter, Jack Kalionzes, Justin Carvitto and Chelsey Craven will be performing. Children can ride the auxiliary fire truck thanks to the Peshastin Volunteer Fire Department. There will be a bouncy house on the front lawn for children along with carnival games and traditional Cake Spin. L-Bow the Clown will provide 45-minutes of entertainment ending with his sizzling Fire Show. Adults and kids can browse the used book sale throughout the evening. Come and support the Peshastin Library.

Online aging mastery pilot program deadline for registration August 7

SUBMITTED BY RUSS ALMAN

Director of Communications and Development, Wenatchee Valley Senior Activity Center

The Washington State Aging Mastery Program (AMP) is offering a 10-week Virtual Pilot Program beginning September 11, 2023. This is an attempt to provide the original, full AMP program to people unable to attend a live session, and specifically reach more participants in rural areas.

AMP is a fun, innovative program designed to give seniors a personal playbook for aging well. Participants will learn how to improve their well being, add stability to their lives and strengthen ties to their communities. The program is offered in a group environment

to foster friendships and encouragement. Topics include:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

These sessions involve a Subject Matter Expert to answer specific questions from participants. There is no cost to participants. Since this is a pilot

program, enrollment is limited to 20 people for the entire state of Washington. The classes will be conducted via Zoom and participants must have a computer with internet access. Sessions will be held weekly on Mondays from 2-3:30 p.m., beginning Sept. 11, 2023 and will conclude on Nov. 13, 2023. If you are interested in signing up for this pilot program, please contact Darrell Dickeson at darrelldickeson@gmail.com. The deadline for registration is August 7. For more information on the Aging Mastery Program, visit neoa.org/AMP.



Aging Mastery Program

National Council on Aging

triplink
Transportation Reimbursement Intersessionality Program

VOLUNTEER DRIVER PROGRAM

Service Expansion Notice!

Potential riders could include people that:

- Do not Own a personal vehicle
- Need to get to employment or school
- Are unable to drive themselves
- Are medically compromised
- Miss medical or therapy appointments
- Are unable to get groceries

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IN PARTNERSHIP WITH OPERATED BY

OBITUARY

Dolores Ann "Lorry" Dahl

1929 - 2023

Dolores Ann "Lorry" Dahl was born in Leavenworth, WA. to Welcome Friend Sauer and Celia Miriam (Knowles) Sauer, on April 20, 1929. She died in Seattle on June 27, 2023 with family at her bedside. She was 94 years old. Lorry was an outstanding student who graduated from Leavenworth High School a year early, at age 17. She was chosen as the 1946 Apple Blossom Princess from Leavenworth and rode the festival float through the city of Wenatchee. Like her parents and her two brothers, Lorry went on many hiking and horseback journeys into the Cascade lakes in an era when those places were almost untouched. She particularly took pleasure in remembering adventures led by her mother with her childhood friends, hiking together in the forest to favorite camps near fishing streams. From childhood she also enjoyed gardening, particularly growing her own vegetables and fruit like her father. She enjoyed cooking and flourished in her later years on a vegan diet. At Washington State University she studied history and education, earning her bachelor's degree in four years. At WSU, she met Wesley E. "Bing" Dahl, a star athlete at WSU from Spokane and a veteran of the war in Europe. When he completed his university degree a year before her, they were married in 1948, beginning a marriage that lasted 68 years until Bing died in 2016. Bing worked as a teacher, guidance counselor and coach at Colville, Kent Meridian, and Evergreen high schools. Lorry was the devoted mother of four children and later became an elementary school substitute teacher for the Highline School District and a dedicated tutor in an instructional resource program for Native American students in the district. Lorry was always a reader and maintained her interests



in history and politics with steady input from publications and the national news. She made considerable use of the Internet for news and communications with her children and grandchildren. Lorry also had an interest in spiritual writers, particularly J. Walter Fiscus, the founder of Partners in Prayer. She set aside time for her own writing and kept journals of her spiritual thinking. Lorry and Bing were active members of John Knox Presbyterian Church for more than fifty years. Dolores was preceded in death by her husband of 68 years, Wesley E. "Bing" Dahl her parents, and her two brothers Leonard and Gary Sauer. She leaves four children: Eric Dahl (Margaret), Ellie Dahl, LeAnn Eernisse (Doug) and Chris Dahl (Hope); seven grandchildren, five great grandchildren, many nieces and nephews, and their children.

Lorry's ashes will be interred at the Tahoma National Cemetery at the gravesite of her beloved Bing. A celebration of her life for family and friends will be held October 28 at 2:00 p.m. at John Knox Presbyterian Church, 109 SW Normandy Road, Normandy Park, WA. To learn more about Lorry's life & share memories and photographs, visit her Obituary and Tribute Wall at: www.emmickfunerals.com/obituary/Dolores-Dahl

In Memory of
Micheal "Mike" W. Blaker
February 21, 1949 – May 18, 2023
A Celebration of Life will be held for Mike on August 5, 2023, from noon to 4:00 p.m. at the Dryden Gun Club at 9214 Otis Rd. Potluck dishes and your best memories are appreciated.

Vehicle Fire Safety

SUBMITTED BY STATE FIRE MARSHAL CHAD CROSS

WA State Fire Marshal's Office

Olympia - In Washington State, from 2018 to 2022, the number of fire incidents involving vehicles was 17,565 for a total loss of over \$181 million. Vehicle fires accounted for over 13% of fire incidents reported between 2018 and 2022.

If your vehicle catches on fire, the State Fire Marshal's Office encourages you to take the following actions:

- Pull over as quickly as you can when it is safe to do so.
- Once you have stopped, turn off the engine.
- Get everyone out of the vehicle. Never return to a burning vehicle and do not try to fight the fire yourself.
- Call 911 immediately.
- If you think there is a fire under the hood or trunk,

do not open it. This could cause the fire to grow and result in burn injuries.

- Move everyone at least 100 feet from the burning vehicle and well away from traffic.

To prevent a vehicle fire:

- Have your car serviced regularly by a qualified mechanic.
- Keep gas cans or propane tanks separated from passengers. Tightly seal and place them on a flat surface to make sure they stay upright.
- If you must put gas cans or propane tanks inside your vehicle, keep windows open to stop fumes from building up.
- Drive safely to avoid an accident.
- Follow manufacturer's instructions for using and charging electric vehicles. Install a residual current device with your electric vehicle charger. It will shut off the power if it detects an electrical fault.



STOCK PHOTO

For more information contact the State Fire Marshal's Office at 360-596-3929.

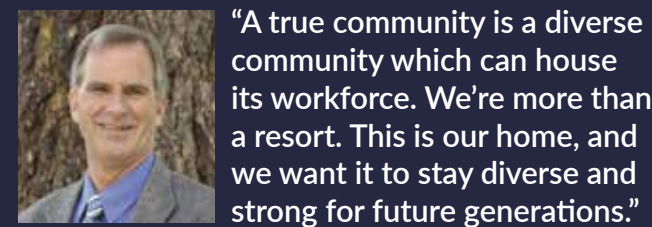
Crime Report

CONTINUED FROM PAGE A1

data should not be compared to the FBI Crime in The United States 2022 report which will be published later this year. The Washington State Uniform Crime Reporting Program forwards the crime data to the FBI in the NIBRS format; however, the FBI may convert NIBRS to a Summary Reporting System format, use estimations, or omit agencies that have not submitted all twelve months for 2022.

About: WASPC was founded in 1963 and consists of executive and top

management personnel from law enforcement agencies statewide. With more than 900 members it includes county sheriffs, and 240 police chiefs, as well as the Washington State Patrol, the Washington Department of Corrections, and representatives of several federal agencies. WASPC is the only association of its kind in the nation combining representatives from local, state, tribal, and federal law enforcement into a single body, working toward a common goal. WASPC's function is to provide specific materials and services to all law enforcement agencies in the state, members, and non-members alike.



"A true community is a diverse community which can house its workforce. We're more than a resort. This is our home, and we want it to stay diverse and strong for future generations."

CARL FLOREA FOR MAYOR
A Mayor for the Whole Community

Your Vote Is A Treasure Only You Can Use

It is a gift of our democracy that should not be taken lightly. Please mail or drop off your ballot by Tuesday, August 1



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www.LeavenworthMosquitoControl.org

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-548-5286 for more information Or email classifieds@leavenworthecho.com

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 509-548-5286

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 509-782-2869
Sunday School, all ages, 9 a.m. Worship 10 a.m.
Bible Study, Wed., 6.30 p.m.
Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church



CASHMERE PRESBYTERIAN CHURCH
303 Maple Street • 509-782-2431
Sunday Morning Worship 10:30 a.m.
Call for activities: Pastor Charles Clarke
www.cashmerepres.org



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



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



GRACE LUTHERAN CHURCH
• 509-860-0736 401 Elberta Ave.,
Morning Prayer or Holy Eucharist.
Services, 10 a.m.
Pastor Rob Gohl

ST. JAMES EPISCOPAL CHURCH
• 509-860-0736 222 Cottage Ave.,
Morning Prayer or Holy Eucharist.
Services, 9:00 a.m.
Pastor Rob Gohl

DRYDEN

DRYDEN COMMUNITY CHURCH
Hwy 2 at Dryden Ave. • 509-782-2935
Sunday School 9:30 a.m.
• Worship 10:45 a.m.
Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH
8345 Stine Hill Rd. • 509-782-2616
Worship Service, 10 a.m.,
Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
Office: 509-548-4331
11025 Chumstick Hwy.
Please join us Sunday mornings
9 a.m., Sunday School
10:30 a.m., Worship Service

CORNERSTONE CHURCH
Leavenworth Grange Hall
621 Front St.
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
cashmerecommunitychurch@gmail.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 PLAIN 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.com
www.newlifeleavenworth.com



PLAIN

PLAIN COMMUNITY CHURCH

Serving Our Valley Since 1941
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Looking for you at 10:30 this Sunday!
plaincommunitychurch.org
facebook.com/plaincommunitychurch
office@plaincommunitychurch.org



Alfalfa Tea

When Grandma Lydia was a young girl, her family lived on a farm. She had eleven siblings, six brothers, five older than she; and five sisters, two older and three younger. With that many folks in the family everyone had a job to do. During hay season Grandma's (then a small girl) job was to pull the trip rope on the hay derrick as the family made their haystacks.

Back then hay was like gas is for us today only much more important. Hay fed the horses that pulled the

wagons, fed the cow that provided milk; was bedding for the egg laying chickens. Model T's and A's were making in-roads, but the back-roads were still well populated with horses.

Tractors were online but horses still plowed the fields. Great Grandpa Archie (then Dad) had a pair of mules, Jack, and Jenny, that did most of the work tractors do now. He owned a Case tractor, but the learning curve was steep, and horse and mule teams were still very much in use.

Grandma Lydia told me when she was a small girl her dad entered into a few pulling

competitions. I asked if they won; she told me they came in second a time or two. She said she never saw him raise his hand to motivate them. When the other fellows were whipping their mules to pull, he'd just say a few words into their ears and the pair would crouch and pull like there was no tomorrow and when they were done giving their best, he always patted them and told them they'd done a good job whether they won or not.

In those days stacking hay was done with ropes, pully systems and a mast like contraption called a derrick with a boom that could swivel. The boys loaded the loose hay into a net like contraption (made of wood or metal) with two sides that hinged in the middle secured with a quick release mechanism. The boom lifted the hay as high as needed and as the stack got higher the boom would raise the hay higher. The stack could grow as tall as the mast.

Grandma Lydia (then a small girl) was in charge of the trip rope for the quick release mechanism. One day when she pulled the trip rope her body also tripped right

under the loose hay she'd just released. She said she can still remember looking up through the hay and hearing her mother yelling, "Archie don't use that pitchfork. You'll kill her." The pitchfork was put aside, and they dug her out by hand, no harm done.

Then there was the time the haystack burned down. Great Grandpa Archie (then Dad) thought it was spontaneous combustion. It can happen if the hay is put away damp. The uncle, (I can't remember if it was Uncle Ned or Uncle Ethan) who hid in the 'fort' made inside the haystack to smoke a cigarette wasn't about to fess up because he caused the flames.

For many years derrick stacked hay fed farm animals that fed farm families. I am always amazed at the ingenuity of the United States farmers and ranchers. Using a mast and a pulley system that would make a sailor proud they provided food security for their families. And they are still providing food security to this day, only now they do so for a nation as well as their families. Today two percent of our population are

farmers and ranchers. They feed the rest of us.

Alfalfa Tea

(For times when the Tummy wants undemanding restorative refreshment)

- Pint mason jar or a two-cup tea pot
- One-pint boiling water
- 1-2 heaping Tablespoons dried alfalfa
- Pinch of oregano (optional)
- 1 bag peppermint tea (optional)
- Pinch of sage (optional)

In the mason jar or tea pot add the alfalfa. Decide whether or not to use the optional herbs. If the decision is to use them, add them. If using peppermint, put the tea bag in the jar or tea pot. Pour boiling water over the top of the herbs and let it steep for five to ten minutes. Pour into two teacups and share with a friend.

Choices: Oat straw also works. Oat straw and alfalfa together can help sooth a tummy. Any herb or spice the nose finds pleasant can be a tasty addition.

Note: The alfalfa hay livestock enjoy works well for this tea. Peppermint tea adds a welcome flavor to the 'hay'

taste of alfalfa and/or oat straw but it isn't necessary. Sometimes my tummy just wants the restoration of 'hay' without the added aromatics like mint, oregano, sage.

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. You can contact the Leavenworth Echo at Reporter@leavenworthecho.com or Michelle's email: mykitchenstrategies@gmail.com if you have any questions or comments.

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While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (844) 889-8170.

2023-24 P.E.O. JF Scholarship Winners



Karina Jeronimo, Karen Larsen, Stacey Menley, Rachel Beck, Abby Rivas

SUBMITTED BY MIMI KELLER
Scholarships Committee

The P.E.O. Scholarships Chapter JF-WA is pleased to announce the recipients of the 2023-24 Local Scholarships. P.E.O. is an organization of women who provide support to other women as they continue their educational journey. The Local Chapter JF-WA is grateful for the continued support from Leavenworth and surrounding communities in

helping us reach our goals. For more information or to learn how to donate, please contact: peoleavenworth@nwi.net

This year's recipients:

Karina Jeronimo, from Malaga, will be graduating with her AA degree from WVC this summer and then on to continue in the Bachelor of Applied Science in Behavioral Health at Central Washington University

beginning in the fall.

Karen Larsen, from Waterville, received her RN degree in Nursing at Wenatchee Valley College and is studying to obtain her Bachelors in Science in Nursing (BSN)

Stacey Menley, from Cashmere, is currently working towards a Bachelor of Applied Science Degree at Central Washington University.

Rachel Beck, from Leavenworth, is attending

the Midwife School of Utah to receive her Bachelor of Science in Midwifery. She is going to online school full-time and is a part-time intern at the Wenatchee Midwife and Birthing Center where she is doing her practical experience.

Abby Rivas, from Wenatchee, is currently attending WVC to obtain her AA degree and then to enroll in the Food and Nutrition Physiology program at WSU.

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Brad Hawkins

CONTINUED FROM PAGE A1

with my annual listening tour and group meetings to prepare for the Legislative session in the winter. The spring usually involves meeting with groups to recap the Olympia activities and participating in field tours and events with legislators and stakeholders. The summer is a continuation of those activities with occasional caucus meetings, legislative briefings, and interim committee work. My favorite aspect of the non-session interim work involves personal meetings and visits throughout the 12th District. Here is a summary of some of this year's interim activities:

- **Post-session Interviews with local media.** Following the adjournment of the 105-day session and the passage of the state budgets, I had the opportunity to connect in studio with KPQ and KOZI radio. I have enjoyed close connections to these stations and their listeners during my service in the Legislature, participating in interviews weekly during the session and monthly in the interim months.
- **Apple Blossom Festival and Grand Parade.** This year celebrated the 104th Apple Blossom Festival in

Wenatchee April 27-May 7. My family enjoyed riding in the Grand Parade and connecting with community members. I'd like to extend a big thank-you to the festival royalty, staff, board, and community volunteers who came together to make the festival so special.

- **Wenatchee Kiwanis Club Presentation.** I enjoyed attending a recent Kiwanis Service Club lunch at the Pybus Public Market event center. I summarized the legislative session and had a good discussion with the Kiwanis members.
- **Snoqualmie Valley Governments Association.** The SVGA hosted an evening dinner meeting at the North Bend City Hall to hear about the legislative session and to discuss Snoqualmie Valley priorities. The event host, North Bend Mayor Rob McFarland, offered a warm greeting to the group on behalf of the city and council. I had the pleasure of sitting with the Carnation City Council.
- **Wenatchee Valley Chamber of Commerce.** I enjoyed joining my 12th District seatmates, Representatives Mike Steele and Keith Goehner,

to recap the 105-day legislative session and the May 16 special session at a chamber "coffee and commerce" event. We discussed the budgets, local transportation projects, and police pursuits and drug possession bills.

- **Lincoln Park Renovation Celebration.** I was honored to attend the recent event to celebrate renovations to the City of Wenatchee's Lincoln Park. The park received local, state, and federal dollars to update its stage, play area, and rest rooms. I appreciated joining Mayor Kuntz and other local leaders to celebrate the improvements.
- **Fall City Community Groups.** I met with representatives from the Fall City Sustainable Growth and Fall City Community Association groups recently. These stakeholders shared the intense pressures and challenges resulting from recent developments in the Fall City area along with other important priorities for Fall City.
- **North Bend Block Party.** It was terrific attending the 2023 North Bend Downtown Foundation's "Block Party". This is an annual summer event is a major

source of pride for the city, celebrating all things North Bend, featuring local officials, artists, business people, and more. It was great to connect with the community.

Additional Interim district activities:

- **North Bend "Meet Your Senator" Coffees.** I have hosted two "coffee hour" events in North Bend to hear directly from constituents in this portion of the 12th. Being accessible to the people you serve is a very important part of this job, so I look forward to offering more of these opportunities in the months ahead. Please like and follow me on Facebook @SenatorBradHawkins for future invites.
- **East Wenatchee City Council.** It was my honor to attend a meeting of the East Wenatchee City Council. I provided councilmembers a legislative update and presented Mayor Jerrilea Crawford with the bill signing pen from Senate Bill 5001 related to the Regional Sports Complex.
- **Chelan Valley Republican Women.** Women from the Chelan and Manson areas graciously

hosted me at a luncheon to discuss the legislative session. Topics included the recently approved budgets, drug possession law, and property taxes. Chelan County Commissioner Tiffany Gering also attended to report on county activities.

- **Chelan-Douglas Regional Port Authority.** I had the opportunity to attend a meeting of the Regional Port Authority commissioners. We discussed a variety of issues related to the legislative session and their ongoing priorities. The Regional Port has been very busy with various projects in Chelan and Douglas counties.
- **Regional Sports Complex Open House.** Local governments have partnered together to hire Berry Dunn & Associates to conduct a multi-month outreach and public comment effort related to a possible future Regional Sports Complex. Over 200 community members attended the two open house events to learn more.
- **Historic Downtown Chelan Association.** Various local officials attended a presentation at the Lake Chelan Chamber

of Commerce by the Historic Downtown Chelan Association. It was great to connect with the officials, local community members, and others to learn more about activities in Chelan and Manson.

- **KPQ's "The Agenda" Interview.** I enjoyed visiting the KPQ Radio studios in person to participate on Dave Bernstein's "The Agenda" show. We discussed the implementation of the state's new long-term care tax and other legislative topics. To listen, click here.
- **Visit with Carnation City Council.** Mayor Jim Ribail, City Councilmembers, and city staff met with me in Carnation to discuss a variety of things, including the recent legislative session, SR 203 and Tolt Hill Road, working with King County, and funding for the city's Emergency Operations Center.
- **SnoValley Chamber of Commerce.** It was great to connect with Kelly Coughlin and Michael Hughes of the SnoValley Chamber of Commerce recently. We enjoyed time together to discuss issues important to the chamber and the Snoqualmie Valley.

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LOST & FOUND ITEMS can be placed in our **Local Newspapers** and **Online at NCWMARKET.COM** for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

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or email classifieds@leavenworthecho.com
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Quad City Herald
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Deadline Noon on Friday for the next week's papers

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Do you have a **SPECIAL EVENT COMING UP?**
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WILL YOU MARRY ME?
HAPPY ANNIVERSARY

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Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge. Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com
For
The Leavenworth Echo or Cashmere Valley Record
Call 509-548-5286 or email classifieds@leavenworthecho.com

Employment

Help Wanted

School District is seeking qualified applicants for the following positions:

Swing Shift Custodian (3 Hours)

Day shift Custodian

2 Bilingual Secretaries

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

School District is seeking qualified applicants for the following position:

Icicle River Middle School 7th Grade Science Teacher

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

Help Wanted

Looking for a great local employee?
It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster
Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR
Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

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

Facilities Maintenance/Custodian – Full-time Organization: Okanogan County Transit Authority (TranGO) TranGO IS HIRING A FACILITIES MAINTENANCE/CUSTODIAN;
Full-time (36 plus hours per week), schedule may vary, position available now; hourly non-exempt. Compensation is \$19.37-\$20.94 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, (see website for benefit details) sick leave and vacation. Commercial Driver's License with Passenger Endorsement preferred. Please visit www.okanogantansit.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 a position. E-mail your completed application to financehr@okanogantansit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, 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

Lake Wenatchee Water District Small Works Roster
Lake Wenatchee Water District is now accepting applications from suppliers and /or contractors to be included on the Utility's Small Works Roster. The following Roster of categories, not all inclusive, to contract, lease or purchase items or services consists of: Construction & Maintenance Services, to include Building Contractors, Snow Removal, Tree Trimming, Excavation, Materials, and Supplies. If interested, an application can be found on our website www.lakewenatcheewaterdistrict.org or request one by mailing P.O Box 2813 Leavenworth, WA 98826 or calling 509-679-1353.

School District is seeking qualified applicants for the following position:

Cascade High School Assistant Cross Country Coach

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

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Appliances

For sale:
Great for small office or apartment:
1 Rival brand small microwave, \$25.
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Call Carol 509-670-1723.

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Deadline: Noon on Friday for all papers.

Garage & Yard Sale

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Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

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Deadline Friday at Noon for all papers

Lake Chelan Mirror Quad City Herald
Call: 509-682-2213

Leavenworth Cashmere
Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price !

City of Leavenworth Surplus Garage Sale
We are hosting a garage sale of items that the City no longer uses. There will be office supplies, furniture, tools and much more. The sale will take place during the Farmer's Market on July 27, 2023 from 4:00-7:00 PM The sale will be held at the Osborn Elementary Gym at 225 Central Ave...follow the signs!

General Merchandise

Items for sale:
1960's Gray metal kitchen table-\$50
4 metal-framed chairs with burgundy cloth seats \$50
Nice wooden, 2 drawer legal file with folders,\$40
4 drawer standard size black metal file cabinet with folders \$50
Several desk cloth chairs \$25 each.
Some misc. wood tables Make offer.
Call Carol 509-670-1723 to see.

For Sale: AMEREX
Carbon dioxide commercial fire extinguisher. \$50
Call 509-670-1723

Real Estate

Rentals

Arts and Crafts Retreat In Chelan
Mountain Lake View vacation or vocation private, fully furnished on four acres. \$1700 monthly plus returnable deposit. windowsart.com Ron

Legals

Public Notices

The Cascade School District
Board has declared property to be surplus. This property has been available for purchase by public or private school districts for the past 30 days. The remaining surplus property will be offered to the public through an on-site sale. Check out the list of items for sale at <https://www.cascadesd.org/site/default.aspx?PageID=1582> (Cascade School District website/District Information/Facilities & Maintenance/Current Surplus). Surplus not purchased will be destroyed or given to a non-profit. Questions can be sent to tdisher@cascadesd.org. On-Site Surplus Sale: August 8, 9 and 10th, 2023 from 9am-3pm daily, at Peshastin-Dryden Elementary School @ 10001 School Street, Peshastin, WA. Published in The Leavenworth Echo/Cashmere Valley Record on July 19, 26, 2023. #6009.

Public Notices

Chelan County Mosquito Control District #3 Idlewild will hold their Annual Meeting Monday, August 14th at 4:00 pm. The meeting will be held at LWFR Station #91, 21696 Lake Wenatchee Highway, Leavenworth, WA 98826. Published in The Leavenworth Echo/Cashmere Valley Record on July 26 and August 2, 2023. #6045

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Public Notices

Public Notices

Enriched foods – how do they get that way?

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF GRANT

No. 22-2-00062-13
SECOND SUMMONS BY PUBLICATION
 FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman, Plaintiff, vs.
 JOHN R. WERST and VIRGINIA WERST, husband and wife; the UNKNOWN HEIRS of JOHN R. WERST; the UNKNOWN HEIRS of VIRGINIA WERST; ALBERT DIEDE and BERNICE DIEDE, husband and wife; the UNKNOWN HEIRS of ALBERT DIEDE; the UNKNOWN HEIRS of BERNICE DIEDE; HENRIETTA GRIFFITH, a single woman; KERRY JOHN GRIFFITH and JANE DOE GRIFFITH, husband and wife; LAURIE ANN GRIFFITH, as her separate property; and ALL UNKNOWN PERSONS CLAIMING AN INTEREST IN THE PROPERTY, Defendants.

THE STATE OF WASHINGTON TO THE SAID DEFENDANTS: UNKNOWN HEIRS of JOHN R. WERST and VIRGINIA WERST, the UNKNOWN HEIRS of ALBERT DIEDE and BERNICE DIEDE, and ALL UNKNOWN PERSONS CLAIMING AN INTEREST IN THE PROPERTY You are hereby summoned to appear within sixty (60) days after the date of the first publication of this summons, to wit, within sixty (60) days after the 5th day of July, 2023, and defend the above-entitled action in the above-entitled court, and answer the complaint of the Plaintiff, FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman, and serve a copy of your answer upon the undersigned attorneys for Plaintiff, FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court.

The object of Plaintiff's action is to quiet title in and to Grant County Parcel No. 15-0956-000, which is more particularly described as follows:

Those portions of the Southwest quarter and the West half of the Southeast quarter of Section 4, Township 17 North, Range 24, E.W.M., Grant County, Washington, not included within the boundaries of Irrigation Block 79, Columbia Basin Project, Grant County, Washington, according to the plat thereof filed April 17, 1956.

DATED this 29th day of June, 2023.

STW LAW, PLLC
 By: Stephen W. Reagan,
 WSBA #41328
 Attorney for Plaintiff
 Published in The Leavenworth Echo/Cashmere Valley Record on July 5, 12, 19, and 26, and Aug. 2, and 6, 2023. # 5959

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of KENNETH KOHNHORST, Deceased. No. 23-4-00238-04
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: July 19, 2023
 PERSONAL REPRESENTATIVE: Heidi Boynton
 ATTORNEY FOR ADMINISTRATOR: Kera Dexter
 ADDRESS FOR MAILING OR SERVICE: Overcast Law Offices
 Attn: Kera Dexter
 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801
 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER:

Chelan County Superior Court, Cause No. 23-4-00238-04
 Overcast Law Offices
 By: /s/Kera Dexter,
 WSBA No. 58486
 Attorney for Personal Representative
 Published In The Leavenworth Echo/Cashmere Valley Record on July 19, 26, and August 2, 2023 #6029

Q: What's the difference between enriched and fortified foods, and how did they get that way?

Starting in the 1920s, the federal government addressed several diseases caused by nutritional deficiencies by encouraging manufacturers to add certain nutrients to specific foods.

The earliest example of adding something to a food product to address a public health issue was adding iodine to table salt.

In the late 1890s, a significant percentage, between 26%-70% of children living in the Great Lakes, Appalachian, and the Pacific Northwest regions, suffered from enlarged thyroid glands due to goiter, a disease caused by iodine deficiency. Called the "Goiter Belt," the soils of these regions contain little or no natural iodine, and livestock in these areas also showed evidence of goiter.

In the 1830s, a French chemist observed that goiter was less prevalent in areas in France that consumed salts that naturally contained iodine. This led to the discovery that iodine could both treat and prevent goiter. Doctors first tried giving iodine as drops given to children. Unfortunately, the dosing was complicated and caused accidental overdoses. A simpler and safer approach was needed. What if they could find a way to add iodine to salt?

In 1922, the Michigan



Medical Society set up a committee to implement the addition of a form of iodine called iodide to table salt, working with salt suppliers to create a market for the "iodized" version. By 1924, iodized salt became available at groceries across the country, and over the next decade, the incidence of goiter plummeted.

Today, table salt is still available on your grocery shelf in both iodized and non-iodized versions. Boxes of iodized salt can be identified by the statement, "This salt contains iodide, a necessary nutrient." Curiously, iodine is also present in today's cow milk and dairy products due to the use of sterilizing agents containing iodine.

Cow's milk is another food fortified to address a nutritional deficiency. In the 1930s, many children suffered from rickets, a shortage of vitamin D. Rickets will cause bones to become soft, causing leg deformities in children and broken bones in adults. Because most children drank cow's milk, it was decided to try adding vitamin D to it.

One approach was to add cod liver oil to milk, which made it taste "fishy." Another method was irradiating the milk, converting an inactive form of vitamin D present in the milk into its active

form. Eventually, a more straightforward process of adding vitamin D concentrate to milk prevailed, creating today's "fortified" milk.

In the 1930s and 1940s, nearly 7,000 people died yearly in the United States from pellagra, a niacin deficiency. Both pellagra and beriberi, a lack of thiamine, became common after new techniques in milling stripped off the tough outer covering of wheat, corn, and rice. This process produced white rice from brown rice and a finer wheat flour which became preferred by bakers and consumers for bread and other baked goods.

The outer coverings of grains are good sources of vitamins B1 (thiamine), B2 (riboflavin), B3 (niacin), and iron. Removing them from grains during milling contributed to an alarming rise in nutritional deficiency diseases. In 1940, there was a disturbing incidence of poor nutritional status among young men enlisting for service during World War II. In May 1941, President Roosevelt's National Nutrition Conference for Defense recommended that flour and bread be enriched with vitamins B1, B2, B3, and iron. Within 1 year, 75% of white bread in the United States used the new "enriched" flour.

Today, most foods made from grains are made with enriched flour. Breakfast cereals, corn, corn chips,

bread, noodles, macaroni, and other pasta contain enriched flour. The B vitamin folic acid (folate) was added to the official description of enriched flour in 1998 due to concerns that inadequate folic acid intake during early pregnancy can cause severe birth defects like spina bifida. In 2016 the FDA approved the addition of folic acid to the corn masa flour used in tortillas, tortilla chips, and tamales.

2 Final Facts About Food Fortification in the United States:

1. It's not universal.
 The Food and Drug Administration (FDA) does not require all foods to be fortified. Non-fortified versions can also be sold but cannot be labeled as fortified or enriched.

2. Calcium fortification of food is not standardized.
 You will find differing amounts of extra calcium added to calcium-fortified orange juice and several types of milk, such as dairy, almond, and soy. No consensus exists on just how much calcium should be added to food.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-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

It's BBQ season: Do you know where your beef came from?

STATEPOINT- As barbecue season heats up, you may be wondering how to square your love for T-bone steaks and spareribs with your concern



PHOTO SOURCE: (c) MagicBones / iStock via Getty Images Plus

Typical beef production uses an extraordinary amount of water, particularly from crops for feed.

for the environment. The good news? Science is delivering new, game-changing solutions to tackle the environmental footprint of the beef and livestock industries.

The Problem
 Approximately 9 million dairy cows, 90 million beef cattle, 60 million swine and billions of poultry in the United States produce more than 100 times more organic

waste than humans; but where human waste makes its way to a septic tank or sewage treatment plant, livestock waste is usually spread untreated on the ground as fertilizer.

While this practice has short-term agricultural benefits, it's ultimately a major contributor to a number of environmental and health issues. Phosphorous, nitrogen (mostly as ammonia), pathogens and bacteria from manure run off the soil and pollute waterways. This nutrient runoff fuels increasingly toxic algae blooms in fresh, estuary and coastal salt waters, creating areas where most aquatic species can't survive. What's more, the highly mobile and volatile nitrogen from ammonia in animal waste can become airborne, a difficult and expensive to control problem that poses significant health risks to humans.

Finally, the 1.5 billion tons of manure generated in the United States annually also plays a major role in climate change. Manure emits carbon dioxide, methane and nitrous oxide, all of which are potent greenhouse gases.

New Solutions
 An advanced livestock waste collection, treatment and recycling system from Bion Environmental Technologies Inc. is transforming manure from a liability to an asset. It starts with an innovative barn design that houses the livestock, collects waste, and

feeds the treatment system on a continual basis. This patented technology not only provides comprehensive waste treatment that neutralizes pathogens, bacteria and ammonia and minimizes greenhouse gas emissions, but also produces superior organic, and climate- and water-smart, fertilizers with a low carbon footprint, as well as generates clean water and renewable natural gas.

Typical beef production uses an extraordinary amount of water, particularly from crops for feed. With Bion, 30% of the waste stream is processed into recycled, clean water. And, thanks to precise application of organic and climate-smart fertilizers produced by the system, the resulting soil is healthier with a better balance of nutrients. In short, more abundant crops are produced, less water is used, and greenhouse gas emissions are reduced.

Along with environmental stewardship and resource efficiency at the forefront of the technology's design, experts have been retained to ensure that animal accommodations, hygiene, care and feeding are all optimized for animal health and welfare. To learn more, visit bionenviro.com. "Today's consumers want sustainable, transparent and 'better for you' food," says Bill O'Neill, Bion's CEO. "Through innovation, we are bringing real beef to tables that is both sustainable and ethical."

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- THEME: THE 1970s
- ACROSS**
- Come clean, with "up"
 - * ____-a-Soup, launched in 1972
 - Hefty volume
 - Detective's assignment
 - One that insists
 - Dull pain
 - *Francis Ford Coppola's "The ____"
 - Part of an eye
 - H. pylori consequence
 - Labor org.
 - **"Feathered" 1970s icon
 - One who delivers coal
 - *1978's "Night Fever" spent 8 weeks in this Billboard slot
 - Fire-breathing monster, Greek mythology
 - Type of list
 - Open-mouthed
 - Acorn producer
 - Glossy fabric
 - Denim innovator
 - Enlist or talk into (2 words)
 - Golf accessory
 - Gracefully thin
 - Meat and vegetable stew
 - Stumblebum
 - One way to prepare an egg
 - Chicken pox mark
 - *Type of 1970s shoes
 - Top dog
 - Laughing on the inside, in a text
 - Bye, to Sophia Lauren
 - *1971's "Sooner or ____" by the Grass Roots
 - **Beneath the Planet of the ____"
 - Very light brown
 - Research facil.
 - *Progressive rock band of "Round-about" fame
- DOWN**
- Capture the ____
 - Continental capital
 - Aforementioned
 - Substance with rotten egg smell
 - Secret stash
 - Theater employee
 - Jury member
 - *Olivia Newton-John's 1978 co-star
 - Eye amorously
 - Table hill
 - Before, to a bard
 - Can't-get-it-off-one's-mind kind
 - Throat dangler
 - Winged
 - Charge carrier
 - Young horses
 - *One of three 1970s TV crime-fighting women
 - Plunder
 - **"I'd like to buy the world a ____"
 - "Semper Fidelis" to U.S. Marines, e.g.
 - Bye, to Edith Piaf
 - Group of nine singers
 - **"Rich Man, ____ Man" miniseries
 - As opposed to mishap
 - *Salvador Allende successor
 - Chow down
 - Game official, for short
 - Inflammation of iris
 - Capital of Senegal
 - Footstuffs merchant
 - North face, e.g.
 - Intensely dislikes
 - Architectural drawing
 51. Prefers
 - *Neil Simon's "The Sunshine Boys," e.g.
 - **"Interview with the Vampire" author
 - Kate Winslet as ____ of Easttown
 55. ** "Train"
 - **"Thrilla in Manila" winner

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The Washington Outdoors Report



Josie Regula with her big salmon.

PHOTO BY JOHN KRUSE.



Sportsman's Cove Lodge

PHOTO BY JOHN KRUSE.

Check out Washington State Parks this summer



SUBMITTED BY WA STATE PARKS

Washington's state parks are some of the most iconic in the country. Now, more families will be able to experience the beauty in their backyard thanks to the expanded Check Out Washington program.

This year, Check Out Washington will provide 500 Adventure Packs with Discover passes, up from 400 in 2022, to local libraries around the state.

Adventure Pack contents include a Discover Pass, which provides families with free parking at public lands managed by Parks, Washington Department of Natural Resources and Washington Department of Fish and Wildlife, along with educational materials; a set of three laminated pocket guides about Washington trees, wildlife, and birds; and a high-quality set of binoculars.

Paddle Safe Week July 21-27

Six years ago, the Recreational Boating Safety Program at State Parks created Paddle Safe Week to promote safety while out on the water. Paddle sports such as kayaking and stand-up paddleboarding (SUP) are popular pastimes in our state, but they are not without risks. Please watch for safety messages on our social media.

As always:

- Wear your life jacket. You are required by law to carry a well-fitting life jacket on board with you, even in a SUP. Wearing it is the best way to stay safe.
- Be a role model in your community: know and demonstrate the best safety practices. Help normalize paddling safely

and encourage those around you to do the same. Help share the message.

- Share safety tips with friends and family. Use hashtag #PaddleSafeWeek on all social media posts, and direct people to learn more.

RVers love State Parks

We want you to have a great experience with us. We know afternoon traffic is bad, and an early start is a great way to beat it. But early check-ins cause traffic jams in one-way campground loops, and no one wants to start their leisure time with a "clash of the titans." We're asking all campers to arrive at or after the designated check-in time. Check-out time is 1 p.m. for all campsites. Up to that time, cars and RVs will be leaving their sites. Our park aides will then clean them and trim branches that might otherwise scratch up your rig. Check-in time is 2:30 p.m. for all campsites. At that time traffic should be going one way. Campsites will be clean and ready for use. Please watch for pedestrians in the campground loops. Please check in with the park office before driving to the campsites. Early arrivals do have some options. Call the park, or the local visitors' bureau, ahead of time to learn about day parking and tourism activities.

World music, woolly mammoths and more

Our Folk and Traditional Arts Program is bringing the hills to life with the second annual Mountain Melodies concert series at Lake Wenatchee State Park. From the Balkans to the Appalachian, you'll be regaled by world music accompanied by birdsong and mountain breezes.

Josie and the Tomcats go to Alaska

By JOHN KRUSE

The first time I met Josie Regula was when she boarded our charter boat, the Mystic Lady, at Sportsman's Cove Lodge on Prince of Wales Island in Southeast Alaska. The 50-something year-old woman was accompanied by her husband, Max. The two had come here from San Diego, California to fish for salmon, halibut, cod and more during a three-day stay at this luxury Alaska fishing lodge.

It turns out Josie isn't shy. As she boarded the boat for an orientation prior to the next morning of fishing, Josie let us know this was her very first fishing trip. She then told all of us with much bravado she intended to catch the biggest fish on the boat and probably the most as well.

Her husband Max looked shyly downward but the rest of us did not. Her shipmates

were myself, my best friend Rusty Johnston, well known Pacific Northwest outdoors writer Terry Sheeley, Frank Skipworth (a veterinarian from Kentucky), and the Captain of the Mystic Lady, Steve Helton. I think Josie was expecting a chorus of loud guffaws and snorts from us but several of us nodded in agreement and said there was a good chance she would do just that.

Josie looked momentarily confused until I explained first time anglers, especially women, tended to out fish their male shipmates because they had not formed a lifetime of bad habits like the rest of us had. Add to that, first time women anglers tend to not only pay attention to the fishing advice dispensed by the captain, but actually follow it. Several of us went on to say we had indeed seen women with no experience catch the biggest fish or the most fish because of this.

I'm not sure Josie believed what she was telling us but we all knew her prediction could well come true.

When I asked Josie her name, she said it was "Josie, like Josie and the Pussycats." Being all over 50 years of age on the boat, we all recognized the reference to the old television cartoon show featuring Josie, the star of a female rock band, and her supporting cast the Pussycats. With all of us being men Terry Sheeley said we wouldn't be the Pussycats as her band members, but we would be willing to be the Tomcats. And with that, the fishing band was formed.

On our first morning we fished a large sandy bottom flat that was about 260 feet deep, a non-descript part of the ocean some 35-minutes away from the lodge by boat. Dropping down our bait of herring with 12-ounce lead weights on a short leader we began to jig for halibut and wouldn't you know it, Josie caught the first fish of the day, a healthy five-pound true cod. Josie's luck, and learning curve, increased over the next three days of fishing and she reeled in more than her share of cod, halibut and salmon but it was our third day of fishing that Josie played her greatest hit.

The weather the first two days was mild but our final day on the water was a rough one. We endured a steady drizzle most of the day and rough seas that had Josie feeling under the weather.

In fact, despite the fact she took Dramamine to combat motion sickness, she became sea sick. I'll give her credit though; she stuck it out on deck as we jigged for halibut during a slow morning of fishing that only yielded a few smaller halibut and true cod.

Then, Josie's rod tip bent

down in a big way. She set the hook and the fight was on. The fish Josie hooked was definitely no small halibut; oh no, it was a very big one. Josie, who was not above using colorful language, used it in abundance during the fight that followed with this Goliath of a fish. Having never battled a big fish before, she decided to kneel down on the deck on one knee and brace her fishing rod against the deck rail as she reeled. It was an unorthodox way to fight a fish but it worked. The fish made several runs towards the bottom, robbing Josie of line as it did, and each time the fish made a run Josie would loudly express her dismay. However, Josie stuck it out, kept reeling and eventually, after a long fight, got that halibut to the surface.

The fish was brought on board and it measured well over the 40 inches where non-resident charter anglers are allowed to keep a halibut in this part of Alaska. In fact, that fish measured a whopping four-foot and weighed an estimated

53 pounds. After snapping a few photos, that halibut was released back into the sea unharmed to grow even bigger and Josie's day one prediction of catching the biggest fish on the boat came true.

After taking a short break to deal with fatigue from both the fight and sea sickness she was right back on the rail for the final afternoon of fishing, reeling in half a dozen salmon in the process. In the end it just goes to show first time female anglers really can out fish all the experienced men on board, and Josie's Tomcats were more than happy to be her supportive band as she performed her greatest hit.

If you would like to find out more about the first-class fishing adventures available at Sportsman's Cove Lodge for anglers of any experience level, go to their website at www.alaskasbestlodge.com.

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

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Fishing open on Lake Wenatchee

By WSWF

Washington State Fish and Wildlife announced that sockeye fishing will be open on Lake Wenatchee on Wednesday, July 26. One hour before official sunrise July 26, to one hour after official sunset Aug. 31, 2023. Species, Sockeye salmon, (Catch Record Card Code 670). Regulations in effect:

- Daily limit 4 sockeye. Minimum size 12 inches.

Release all Bull Trout, steelhead, and Chinook salmon unharmed, and without removing the fish from the water.

- Selective gear rules are in effect (up to three single barbless hooks per line, no bait or scent allowed, knotless nets required).
- Two-pole fishing is allowed with a valid two-pole endorsement.
- Night closure in effect.

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