



Leavenworth Winter Sports Club Recognized with "Friend of Children" Award



PHOTO SUBMITTED BY BECCA FREIMUTH, NCESD.

From left is North Central ESD Superintendent Dr. Michelle Price and Cascade School District Superintendent Dr. Tracey Edou, who nominated the Ski Club.



Marlene Farrell
Correspondent

At the May 22 Cascade School Board meeting, Superintendent Tracey Edou recognized Leavenworth Winter Sports Club (LWSC) with a "Friend of Children Award" from the North Central Educational Service District for LWSC's service and commitment to students, and most notably, their Afterschool Ski and Snowboard Program. Callie Baker, LWSC Director of Marketing and Guest Relations, was in attendance to receive the award.

The program runs for 6-8 weeks, depending on the snow, every winter, and enables over 50 3rd through 8th graders a chance to experience snow sports at Ski Hill at no cost. Lessons, equipment, passes and transportation are included. A beneficial change occurred during the pandemic allowing the students to check the equipment out for the whole season with a season's pass.

Funding comes from many sources. Brett Johnson, CSD Special Education Director and organizer of the Afterschool Ski and Snowboard Program, explained some of the recent ones. "We secured a huge Cascade Education Foundation grant in January 2022 that allowed us to get all new equipment for the program. The PTO for Alpine Lakes and Peshastin Dryden Elementaries



LEAVENWORTH WINTER SPORTS CLUB

paid for new helmets. "Lib-Tech/GNU donated six snowboards with bindings since we needed some additional ones that were the appropriate size. This was thanks to one of our parents who works for Lib-Tech. NW Foundation for Youth Provided us with a \$900 grant this year that covered operating expenses, and paid for an end of the year pizza party for students on our last Wednesday."

Baker added, "Funds from the LWSC Sponsor A Skier fund cover some of the passes for the students and coaches and LWSC donates the remainder. When anyone buys an LWSC season's pass, there is a donation option that allows the donor to choose where the donation lands; Sponsor A Skier is one of the options. Nearly \$2500 landed in that bucket from 2022-2023 season pass sales." The Sponsor A Skier program can also cover the costs of skiers who want to participate in the Junior Nordic or Downhill Ski teams, or skiers who have special needs, including members of Ice Trackers.

The partnership and mission alignment are strong between CSD and LWSC. "The Board of Directors and our General Manager are on board with getting all of the youth in our community outside and on skis if they want to be," said Baker.

"The Leavenworth Winter Sports Club rocks," added Johnson. "Between their efforts on this program, their support of the Discovery School students skiing at the Icicle River Trail, and the grooming of the tracks at our school buildings, our kids are out on the snow multiple times each year learning the freedom of the snow and hills, and how to glide in style!"



PHOTO: P2X STUDIO

Medical Foundation's 20th annual Marson and Marson Cascade Golf Classic will be June 19.

Cascade Golf Classic continues two decades of fun, philanthropy

BY NEVONNE MCDANIELS

Cascade Medical Foundation Administrator

LAKE WENATCHEE - Fun, festivities and philanthropy are all part of the Marson and Marson Cascade Golf Classic June 19 at Kahler Mountain Club.

Where else can a pipe cleaner help sink a shot or duffers get a do-over and help the team stay in the running for a spectacular prize? Those who don't need an extra edge can test their skills to win everything from cash and wine to steaks or new golf clubs. Those feeling lucky can purchase raffle tickets for fun getaways and more. And, of course, there's the mystery wine table, where every bottle purchased is a sure thing, but still a surprise. And it's all for a worthy cause. Proceeds from this year's event will help Cascade Medical Foundation develop a Cardiac Rehabilitation Center at the Leavenworth hospital. The equipment and training will offer Upper Valley cardiac patients with life-extending rehabilitation closer to home.

Now in its 20th year, the golf tourney is the Foundation's largest annual fundraising event. It is made possible with generous support of local businesses, including naming sponsor Marson & Marson Lumber and host Kahler Mountain Club. Other long-time sponsors include Louws Truss and Dan's Food Market. In all, more than 70 businesses and a host of volunteers chip in to help make the Cascade Golf Classic a success.

The event is designed to provide a solid six hours of entertainment for golfers of all levels, from those who aren't sure what a handicap is to those well-versed in swinging and putting. "We will be awarding team awards for both low gross and low net scores, as well as exciting skill contest prizes" Foundation Golf Co-Chair Rich Adamson said.

The day starts at 9:30 a.m. with pre-tournament putting and chipping contests, and a chance to warm up at the driving range, followed by the shotgun start at 11 a.m. on Kahler's beautiful 18-hole course near Lake Wenatchee.

Participants will enjoy a bagged lunch during the round and a taco bar dinner — and awards ceremony — after play is complete.

Golfers (singles or teams) interested in registering can go to cascademedical.org to get the details or call 509-548-2523 for information. Entry is \$125 per golfer. Don't delay, sign up now as a limited number of playing spots are still available.

"This is an opportunity to play an outstanding golf course in a scenic surrounding, while enjoying the camaraderie of a tournament of this type offers," Adamson said. "Most importantly, golfer participation allows us to continue the great work of Cascade Medical Foundation, whose mission is to enhance and financially support Cascade Medical's ability to deliver quality healthcare to our

CONTINUED TO PAGE A3

Alphorn enthusiasts have retreat in Leavenworth this past weekend



PHOTO BY BARBARA WASHBURN

Dr. Natalie Douglass Grana, a hornist and educator based in Chicago, Illinois, was one of the instructors for this year's Leavenworth Alphorn Retreat weekend. She is currently on faculty at Lake Forest College, and DePaul University in Chicago. She has played in backup ensembles for musicians such as Josh Groban, Idina Menzel, and the Mannheim Steamroller. Her book, "A Singing Approach to Horn Playing", is forthcoming from Oxford University Press.



PHOTO BY BARBARA WASHBURN

Pictured is Kevin Rieke, President of Leavenworth Chamber of Commerce, Kevin is one of the newer players of the Leavenworth Alphorn Team. He has been playing the horn for about two months and is pictured during this year's Alphorn Retreat performance at the gazebo, Kevin is also the owner of our local Hat Shop/Woodshop.

Leavenworth City Council moves forward with Ski Hill Sidewalk Project



Justin Pardini
Reporter

The Leavenworth City Council met for their regular biweekly meeting at 7 p.m. on Tuesday, May 23 in City Hall. During this meeting, there were multiple presentations and reports from city representatives and departments that were to update the council on current issues and occurrences within the town.

The first report was on public safety and detailed the number of arrests, citations, patrol hours, etc. There was not much activity this past month, however, 971 patrol hours were logged which is around 100 more hours than the monthly average this year thus far.

The next report was from the fire marshal, discussing river rescues and the start of the river season upcoming. There was an unfortunate accident a few weeks back which marked the first death of this season, and the fire marshal reiterated the dangers associated with journeying through the river during this time of year. As the year progresses, the fire department will be responding to these river rescues and will continue to assist in keeping the people of Leavenworth safe.

Next was an update on Link Transit and the number of passengers and use it has been getting. There was also an update for the Chelan County solid waste and hazardous waste management plan which delved into garbage and waste, along with recycling and how much our city compares to others within the county and the state. There was a survey with nine other random counties within the state that found Chelan County to be in the top of the groups in waste management.

The council moved on to pass the plan that needs to be renewed in the city every five years. Details of the plan include current collections and operations of solid waste throughout the county. The meeting progressed with discussion of the Ski Hill Drive sidewalk improvement bid award. The project will construct ADA-compliant sidewalks on the west side of Ski Hill Drive and will include a bike lane as well. The City received four total bids for this project ranging from \$450,000 to \$620,000. The council passed this project, and the city is eager to move forward in constructing these sidewalks.

Lastly, the community pool opens on June 6 with an extremely tentative schedule. The schedule, as of now, stands at swim team prep and lap swim from 4 p.m. to 6 p.m. and open swim from 6 p.m. to 7:30 p.m. The pool is not open on weekends per the current schedule; however, the city council urged the public to keep an eye out for the schedule to change course and develop new times. The next meeting will take place on Tuesday, June 6 at 7 p.m. in City Hall.

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Workers eligible for WA Cares exemptions must apply by June 1 to avoid paycheck deductions starting in July

200,000 workers may be eligible, but still haven't applied

SUBMITTED BY WASHINGTON STATE EMPLOYMENT SECURITY DEPARTMENT

OLYMPIA, WA — Starting July 1, employers will begin deducting premiums from Washington workers' paychecks for the WA Cares Fund, the state's new long-term care insurance program. While almost all working Washingtonians will contribute to WA Cares, exemptions are available for certain categories of workers who are unlikely to be able to use the benefits — but eligible workers must apply to receive the exemption.

To date, more than 10,000 workers who meet specific criteria have submitted exemption applications to the Employment Security Department (ESD) since the criteria became available on Jan. 1, 2023. ESD estimates that more than 200,000 workers may still be eligible to apply.

Workers eligible for exemption

Private insurance exemptions are no longer available, but four new types of WA Cares exemptions are available on an ongoing basis. Veterans with a 70% or higher service-connected disability can apply for a permanent exemption from WA Cares.

Other workers are eligible for exemptions based on their circumstances. Those circumstances must continue to exist for them to remain exempt. These workers must notify their employer and ESD within 90 days if they no longer qualify. This includes:

- Workers who are a spouse/registered domestic partner

of an active-duty U.S. armed forces member.

- Workers who work in Washington but live out of state.
- Workers who have a temporary non-immigrant visa, including H-2A and H-1B visas.

Workers must apply to ESD for an exemption

Workers who want to apply for one of the ongoing exemption types but have not yet submitted their application should do so as soon as possible. ESD will process all exemption applications submitted on or before June 1, 2023, before premiums take effect in July.

ESD will continue to process applications received after June 1 as quickly as possible. Applications approved on or after July 1 will not be effective until Oct. 1, 2023, at the earliest because premiums are collected on a quarterly basis.

"We're encouraging eligible workers who want to apply for an exemption to continue sending in their applications after June 1," said ESD Commissioner Cami Feek. "Our goal is to process as many applications as possible before workers see their first paycheck deductions in July."

Exemption application available online

Workers can apply online for an exemption from WA Cares. Visit the WA Cares website for instructions and a link to the application: wacaresfund.wa.gov/exemptions.

Once a worker's application has been approved, ESD will send an email informing them that their status has changed. Within 48 hours of ESD approving their application, workers will be able to access

a copy of their approval letter on their WA Cares exemption online account. They will be able to print and save the letter for their records.

Workers should make sure to provide their exemption letter to their current employer and any future employers as soon as possible to ensure premiums are not deducted from their paycheck. It is the worker's responsibility to provide their letter to their employer. Refunds will not be available for workers who do not submit their letter in time.

Employers can help by sharing exemption information with employees and reminding them to apply.

ESD has resources to help employers inform their workers. Visit the employers page on the WA Cares website to access the employer toolkit, view webinar recordings and more.

About WA Cares: WA Cares is a new program designed to ensure working Washingtonians can access long-term care — including paid family caregivers and in-home care — when they need it. "The majority of us will need long-term care at some point in our lives, but most don't have a way to pay for it," said WA Cares Fund Director Ben Veghte, Ph.D. "WA Cares offers a modest benefit at an affordable cost to keep people living independently in their own homes as long as possible." WA Cares is self-funded by worker contributions and investment earnings on those contributions. Working Washingtonians earn \$36,500 in lifetime long-term care insurance coverage (adjusted up to inflation) by contributing 0.58% of their wages during their working years. Learn more on the WA Cares Fund website.

Annual Washington wolf population report shows growth in wolf packs

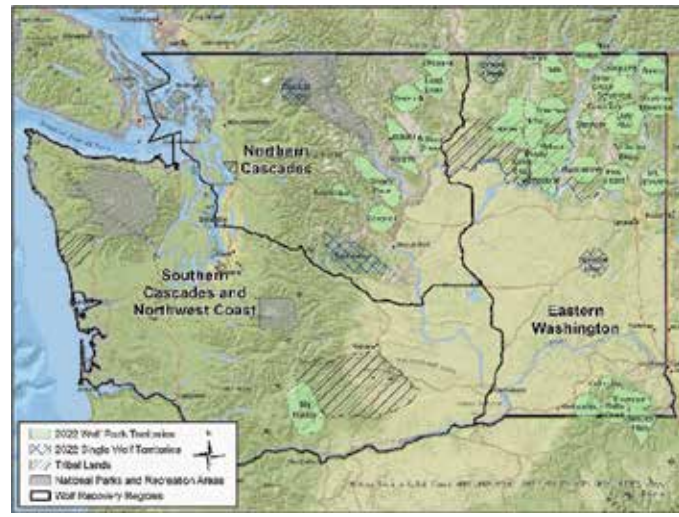


PHOTO COURTESY WASHINGTON DEPT. FISH & WILDLIFE

SUBMITTED BY WASHINGTON DEPARTMENT OF FISH AND WILDLIFE

OLYMPIA - Washington's wolf population continued to grow in 2022 for the 14th consecutive year. The Washington Gray Wolf Conservation and Management 2022 Annual Report was released on April 7 by the Washington Department of Fish and Wildlife (WDFW) and shows a 5% increase in wolf population growth from the previous count in 2021. WDFW also documented Washington's first pack to recolonize the south Cascades this winter. The growth we're observing in the North Cascades continues to be encouraging and having a pack become established in the South Cascades is a big step toward recovery of wolves in Washington," said WDFW Director Kelly Susewind. "The goal has been for wolves to spread into all three recovery zones, and we are pleased to see their progress in recolonizing their former range. "As of Dec. 31, 2022, WDFW and Tribes counted 216 wolves in 37 packs in Washington. Twenty-six of these packs were successful breeding pairs. These numbers compare with the previous year's count of 206 wolves in 33 packs and 19 breeding pairs.

Eight new packs formed in 2022 including the Big Muddy pack in Klickitat County, the Napeequa and Maverick packs in Chelan County, the Chopaka and Chewuch packs in Okanogan County, the Wilmont pack on the Confederated Tribes of the Colville Reservation (CTCR) in Ferry County, the Five Sisters pack in Stevens County, and the Mt. Spokane pack in Spokane County. Wolves are counted annually through activities like track, aerial, and camera surveys. As in past years, survey results represent minimum counts of wolves in the state due to the difficulty of accounting for every animal — especially lone wolves without a pack. Because this is a minimum count, the actual number of wolves in Washington is higher. Since the first WDFW survey in 2008, the state's wolf population has grown by an average of 23% per year.

Most wolf packs were not involved in documented livestock depredation in 2022. 81% were not involved in any known or probable livestock depredations, while 19% of known wolf packs were involved in at least one confirmed depredation. Only three packs were involved in two or more depredations. Fifteen cattle and two sheep

were confirmed killed by wolves, and one was likely killed by wolves. Also, nine cattle were confirmed as injured and two were likely injured by wolves in 2022 by seven packs.

"Implementation of proactive, nonlethal deterrence efforts by livestock producers, community partners, range riders, and WDFW staff has minimized documented livestock depredation and removal of wolves, all while our wolf population continues to grow," said WDFW Wolf Policy Lead Julia Smith. Since 1980, gray wolves have been listed under state law as endangered throughout Washington. In January of 2021, wolves were federally delisted from federal Endangered Species Act protection and WDFW resumed statewide management of the species. On February 10, 2022, wolves were federally re-listed in the western two-thirds of the state and U.S. Fish and Wildlife Service (USFWS) once again has the lead role in the recovery of wolves in the North Cascades and the Southern Cascades and Northwest Coast recovery regions. Contributors to WDFW's annual wolf report include the US Fish and Wildlife Service, the National Park Service, the Spokane Tribe of Indians, Swinomish Tribe, Yakama Nation, and the Confederated Tribes of the Colville Reservation. The Washington Gray Wolf Conservation and Management 2022 Annual Report is available on the Department's website at wdfw.wa.gov. A recording of the April 7 presentation of the report to the Fish and Wildlife Commission is available on the website. The Washington Department of Fish and Wildlife works to preserve, protect, and perpetuate fish, wildlife and ecosystems while providing sustainable fish, wildlife, and recreational and commercial opportunities.

Northwest Public Power Association honored a former PUD commissioner for her commitment and hard work during her 18-year tenure on the board

SUBMITTED BY RACHEL HANSEN

WENATCHEE, WA — Former Chelan PUD Commissioner Ann Congdon has been honored with the Life Member Award from the Northwest Public Power Association for her many contributions to public power. She completed her final term in 2022, after 18 years on the PUD's Board of

Commissioners.

"Ann has embodied public power values and local control, supporting the idea that PUDs are created by the people to serve the people," said Chelan PUD Board President Randy Smith. During Congdon's tenure, she worked alongside staff to reduce the utility's debt by hundreds of millions of dollars and position the PUD

as one of the most financially stable utilities in the United States. She joined other PUD commissioners in adopting the vision of providing the best value for the most people for the longest time.

Congdon reinforced the need for active community engagement, evidenced by her work on several PUD strategic plans, which promoted a highly inclusive community process that sought input from thousands of local customers. The plan guides critical decisions on utility infrastructure investments, safety, public power benefits, and economic development.

A former math/science teacher and alternative high school director, Congdon has been active in public power and the community, serving on the board of Energy Northwest and supporting local organizations such as the Chelan-Douglas Land Trust. She also has supported Lake Chelan water quality issues, including an effort to reduce milfoil and Asian clams in one of the deepest lakes in the country.

The PUD Commission and staff congratulate Ann Congdon for this significant honor and her many years of service to the public power community.



Kim Schrier votes against patients with rare diseases

SUBMITTED BY BEN PETERSEN
Western Press Secretary NRCC



On Wednesday, May 24 Kim Schrier voted to block a bill that would have let vulnerable Americans who suffer from rare diseases have greater access to care that could save their lives. The bipartisan bill, H.R. 2666, aims to allow vulnerable patients with rare

diseases to receive greater access to care without financial worry.

"Kim Schrier took her loyalty to extreme House Democrats to a new level, siding with more red tape over access to life-saving treatment for the most vulnerable. Schrier's extremism knows no limits." — NRCC Spokesperson Ben Petersen



SUBMITTED PHOTO.

Cali Baker, LWSC Director of Marketing and Guest Relations, left, and James Munly, LWSC General Manager, and their colleagues, have contributed significant efforts to increasing snowsport access for local children.

CONGRATULATIONS TO THE UPPER VALLEY CHRISTIAN SCHOOL GRADUATES



SUBMITTED PHOTO.



SUBMITTED PHOTO.

Name of Graduate: Gabrielle Pflugrath
Parent/Guardian: Mike & Monique Pflugrath
Plans after school: Gabi plans to attend Northwest Nazarene University in the fall. She is also interested in pursuing her certification in American Sign Language Interpretation.

Name of Graduate: Ava Pflugrath
Parent/Guardian: Troy Pflugrath & Samantha Crowder.
Plans after school: Ava plans to work full-time at her job while she evaluates her next step.

CASCADE GOLF CLASSIC

June 19 at Kahler Mountain Club

REGISTER TODAY!

Info & registration: cascademedicalfoundation.org

Proceeds benefit a new **Cardiac Rehabilitation Center at Cascade Medical**

Playing spots are filling up quickly

It's Kitten Season!

WVHS Shares Ways Community Can Support Local Kittens

SUBMITTED BY NEIL NEROUTSOS
WVHS

WENATCHEE - With warmer spring weather, it's the time of year that the Wenatchee Valley Humane Society (WVHS) sees an influx of kittens in its shelters. It's prime breeding season for un-fixed cats in our community. "The community can help in several ways, for example by observing and only intervening when necessary so mom and kittens remain together. The community can also help to foster or adopt orphaned kittens that require sheltering at the Wenatchee Valley

Humane Society," says WVHS Executive Director James Pumphrey. "People also can help by giving kitten supplies to support our community's kittens." Cat and kitten needs – such as dry and canned food, powdered milk and litter – are listed on the WVHS website at www.wenatcheehumane.org/wishlist. People also can make monetary donations online to support the local kitten population. Pumphrey reinforces that we all can help support kittens by donating toward Trap, Neuter, Vaccinate, Return. Spaying/neutering and vaccinating ensures that cats can no longer reproduce and are immune from critical diseases thus reducing overpopulation over a period of time. Kittens are

best supported by our entire community. Wenatchee Valley Humane Society is here to help support the community in our shared efforts to help kittens thrive. **Found a Kitten?** Often our natural instinct is to take kittens into our homes when we see them in our neighborhood. However, it's most likely that mom is away for an extended period – and she's commonly hunting for food. It's best to stay at least 35 feet away to allow time for mom to feel safe to return to the kittens. It is critical for the kittens' welfare and survival to keep them with their mother. Kittens' mothers provide care, and her milk provides vital nutrients needed to boost their immune systems during their first 4-6 weeks of life. Only intervene if a kitten is sick or injured, and look for

these signs: Thin stomach, pale gums, diarrhea or vomiting, struggling to breathe, limping, or visibly injured. For more information go to: <https://www.wenatcheehumane.org/adopt-a-kitten> "We're so appreciative of all the support from the public – not only during kitten season, but throughout the year," says Pumphrey. "We're committed to being proactive in our work and to guaranteeing the highest standards of humane care. Our purpose is to bring pets and people together and keep pets and people together." *Wenatchee Valley Humane Society builds a community of responsible animal owners by providing education and outreach, animal care and control for protection, and rescue and adoption services.*

Link Transit Drivers Celebrated for Safety Record

SUBMITTED BY SALINA DANKO
Link Transit

Since first getting behind the wheel of a Link bus more than 30 years ago, veteran Link Transit coach operators Jose and Roberto Torres have each accumulated about 1 million miles on the road—equal to going to the moon and back a couple of times. Even more impressive, together the pair have more than 60 years of accident-free driving. In late 2022, Jose was the first Link Transit operator to reach the 30-year accident-free milestone. Roberto reached his 30-year mark just a few days ago, on May 14. "These two gentlemen set the highest standard for Link operators," said Link Transit General Manager Richard DeRock. "In addition to their incredible safety records, the Torres brothers provide welcoming, friendly faces to our guests. We are extremely fortunate and could not be prouder to have these two outstanding individuals representing us to the public every day."

The secret to their success behind the wheel? Basic driver's education—stay focused and drive defensively. "When I am driving, I am always expecting the unexpected," Jose said. "I always follow at a safe distance and never hurry to get where I am going." "There is a lot going on our streets and roads, a lot more than there was 30 years ago," Roberto said. "Paying attention to what other drivers are doing, being alert, and knowing where the trouble spots are is what keeps us safe."

When the Torres brothers started driving for Link Transit

more than 30 years ago, Link was new to the community. "That was a long time ago," Roberto said. "It was fun in those early days getting people brand new to transit and seeing them excited about it. Most of us at Link were all new to transit too." "For over 30 years, Link has been providing an important service to our community, and we are proud to be a part of that," Jose said. The importance of having time with family and predictable schedules is what brought the Torres brothers to Link Transit in the early 1990s. Before that, Roberto and Jose were working

as hotshot firefighters for the Entiat Ranger District. "We were traveling all around, even out of state, fighting fires. I wanted to be home with my family," Jose said. The stability of the job is important to them and always has been. Raising families and being able to support them and spend time with them has always been a priority for both men. Both Jose and Roberto agree, "these have been really good jobs, and Link has always taken good care of their employees." "The Torres brothers bring priceless experience to the safety culture here at Link Transit," said Safety Officer Shawn Larson. "The industry average for an at-fault vehicle accident is about \$9,000, plus the intangible costs of investigation, bus down time, service disruption and the trust and confidence of our guests. Having two highly competent drivers like Roberto and Jose is a huge positive for all our coach operators to look up to, and a great benefit for Link Transit, and our guests."



TWO BROTHERS COMBINE FOR 60 YEARS OF PERFECT DRIVING.

Spring Sports CTL All-League Team Selections

SUBMITTED BY SAM GILSTRAP

- Golf**
- Team Sportsmanship:** Cascade High School
- Tennis**
- CTL Girls Tennis Player of the Year:** Faith Kert, Cashmere
- Girls Tennis Team Sportsmanship Award:** Cashmere
- Boys Tennis Team Sportsmanship Award:** Cashmere

- Softball**
- Coach of the Year:** Steve Mongeon, Cashmere
- Team Sportsmanship:** Cashmere
- Player of the Year:** Jenna Reeder, Cashmere
- Track**
- CTL Coach of the Year Award:** Jeff Kenoyer, Cashmere
- Boys Track Event:** Athlete of the Year: Kaden Miller, Cashmere
- Girls Track Event:**

- Athlete of the Year:** Molly Smith, Cashmere
- Boys Field Event:** Athlete of the Year: Colby Diaz, Cashmere
- Girls Field Event:** Athlete of the Year: Raquel Pedraza, Cashmere
- Baseball**
- Player of the Year:** Jack Croci, Cashmere
- Coach of the Year:** Colton Loomis, Cashmere
- Sportsmanship:** Cascade Kodiaks

- Soccer**
 - Team Sportsmanship:** Cashmere
-

Newhouse Launches Central Washington Fentanyl Task Force

SUBMITTED BY MIKE MARINELLA

WASHINGTON, D.C. - On May 24, Rep. Dan Newhouse (R-WA) launched the Central Washington Fentanyl Task Force, a vital initiative aimed at combatting the escalating fentanyl crisis plaguing communities across Central Washington and the United States. The Task Force is a working group led by Rep. Newhouse consisting of groups and individuals on the local and state levels who are on the frontlines fighting the fentanyl crisis throughout Central Washington. Task Force members include law enforcement, addiction treatment groups, medical professionals, drug court officials, school resource officers, tribal leaders, elected officials, and community leaders. "Today, we take a bold step forward in our unwavering fight against the fentanyl crisis that has inflicted immeasurable pain on our families and friends in Central Washington and the United States," said Rep. Newhouse. "We cannot stand idly by while this deadly drug ravages our communities, claiming lives and tearing families apart. The Central Washington Fentanyl Task Force will be a powerful force for change, bringing together the best minds and resources to tackle the growing threat of fentanyl in our region. The devastating impact of the fentanyl crisis requires an all-hands-on-deck approach, and I thank all the dedicated groups and individuals who will join forces to combat this crisis. I am confident that this group will help protect and build a stronger Central Washington."

Below are the members of Rep. Newhouse's Central Washington Fentanyl Task Force:

- Kimberly Bershing, RN**, BSN, Chief Nursing Officer, MultiCare Yakima Memorial
- Joseph Brusic**, Prosecuting Attorney, Yakima County
- Jered Carter**, Clinical Supervisor, Sundown M Ranch & Substance Abuse
- Judge **David Elofson** (Retired), Yakima County Superior Court
- Jarred-Michael Erickson**, Chairman, Confederated Tribes of the Colville Reservation
- Sergeant **Chris Foreman**, Chelan County Sheriff's Office & President, WA State Narcotics Investigators Association (WSNIA)
- Chief **Kevin Fuhr**, Moses Lake Police Department
- Dr. **Raul Garcia**, Medical Director, Astria Toppenish Hospital
- Chief **Chris Guerrero**, Kennewick Police Department
- Detective **Erik Horbatko**, Yakima Police Department
- Ana Johnson**, Program Manager, Chelan County Behavioral Health Unit
- Chief **Rob Layman**, Sunnyside Police Department
- Amanda McKinney**, District 1 Commissioner, Yakima County
- Rep. **Gina Mosbrucker**, Washington's 14th Legislative District
- Sergeant **Rafael Sanchez**, Yakima Police Department
- Chief **James Shike**, Yakama Nation Tribal Police
- Alicia Stromme Tobin**, Executive Director, Safe Yakima Valley
- Megan Tweedy**, Community Member
- Sheriff **Robert Udell**,

Yakima County

- Andrew Wonacott**, Community Member

"Treatment is an effective intervention for the opiate crisis, but it takes the efforts of everyone to help encourage people to seek recovery." – Jered Carter, Clinical Supervisor, Sundown M Ranch

"I applaud Congressman Newhouse for leading the fight in Washington state in regards to the Fentanyl epidemic. One life lost to Fentanyl abuse is too many. Our community and our children's future are in grave danger if we do not come together and work towards combating this poison from continuing to be pushed into our community. The way this Fentanyl is being marketed, distributed and mixed in with other drugs make no mistake the Cartels are targeting our youth and the next generation of our loved ones. I am excited to see what we can do with Federal Government support to fight against those that are bringing this into our homes and work diligently to hopefully solve this issue." – Sergeant Chris Foreman, Chelan County Sheriff's Office & President, Washington State Narcotics Investigators Association (WSNIA)

"The proliferation of Fentanyl into our schools, homes and public spaces is a danger that strikes constant fear in the hearts of parents who worry about their children's safety. As a mother to young children, I share in the frustration over the lack of action to eliminate this deadly outbreak from crossing our borders and entering into our communities. I am passionately committed to finding new ways to educate all ages about the extreme risk

of Fentanyl and to proactively craft legislation and policies that will prevent Fentanyl from plaguing our communities." – Amanda McKinney, District 1 Commissioner, Yakima County

"I look forward to engaging in conversation addressing the overdose epidemic. Saving lives through evidence-based treatment, like medications for opioid use disorder, is paramount to changing the upward trajectory of deaths that devastate our communities." – Megan Tweedy, Community Member

"If fentanyl has not touched you yet, it will; it is an indiscriminate killer. I am 100% in support of this task force. As a father who has lost two sons to this crisis, we have to do something now! I applaud the leadership Dan Newhouse is taking to identify this crisis and lead efforts to get something in place. As noted, this is a multi-faceted problem that will take everyone's contribution to make a difference from stopping the supply, giving our first responders the tools necessary, educating the public on the crisis, and providing support for those who are impacted or need assistance. I look forward to working with Dan and the Task Force to assist in addressing this crisis head on." – Andrew Wonacott, Community Member

Background: The Central Washington Fentanyl Task Force will address the entire spectrum of issues tied to the fentanyl crisis, focusing on enforcement, education, prevention, and treatment. The group will plan to meet on a quarterly basis. The goal of the group will be to research, discuss, and execute well-informed initiatives that

will do the following to address the fentanyl crisis in Central Washington:

- Compile data from federal, state, and local communities to be able to accurately assess trends in the fentanyl crisis.
- Assess current resources available to the public and frontline workers, and where potential shortcomings may exist.
- Discuss potential legislative action on the federal, state, and local levels.
- Help organizations and local leaders educate the public about the dangers of fentanyl and opportunities for treatment.



Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
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All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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Administrative

Puzzle Solution

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

Advertise in the Classifieds
509-548-5286
OR
509-782-3781

Announcements

Lost & Found

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.

Leavenworth/Cashmere
509-548-5286
or email classifieds@leavenworthecho.com
or
Lake Chelan Mirror
509-682-2213
or
Quad City Herald
509-689-2507
or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

Happy Ads

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

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

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

CASCADE SCHOOL DISTRICT
School District is seeking qualified applicants for the following position:

•Substitute Bus Drivers

Starting wage \$22.68. Paid training including CDL License and CDL physical. Contact Cascade Transportation Director, Lori Duncan, at (509) 548-6039.

Part-time receptionist with computer skills. Flexible hours. Spa benefits. Pay DOE. Send or drop by resumes at: Chelan Valley Skin Care, 131 S. Apple Blossom Drive, #107, Chelan, WA 98816.



Douglas PUD has an opening for: On-Call Seasonal Fish Counter, Details at www.douglaspubd.org or p://www.douglaspubd.org

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

Log Church Christian School is Hiring!

We are looking for new teachers to join our team! Open Positions: 3/4 grade teacher (part-time) 5/6 grade teacher School Principal (part-time) Contact us for more information and an application. school@lccsbrewster.org

Bus Driver/Operator – Full Time Organization:

Okanogan County Transit Authority (TranGO)
TranGO IS HIRING DRIVERS; Full-time (36+ hours per week) positions available now; hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement (see website for benefit details), sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit www.okanogantransit.com 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@okanogantransit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S 2nd Avenue, S, Suite A, Okanogan. Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists
Looking for real estate in the Upper Valley? Robyn Bodajla - 617-462-3402 Momi Palmieri - 509-433-2211 Geordie Romer - 509-679-8958 Allyson Romer - 509-630-9898
Give us a call today!
See all available properties at windermereleavenworth.com

Help Wanted

NCW Media Newspapers is looking for a part to full-time reporter to join their team. This would be an great opportunity for anyone wanting to get a foothold into journalism, or wanting to strengthen their resume. This office is based in Leavenworth. But you can work from home. Applicants would be covering Leavenworth and the surrounding area for the Leavenworth Echo and Cashmere Valley Record each week, and for the Wenatchee Business Journal that is published monthly Responsibilities would include: Writing about local events. Can use a camera to take photos of local events including schools and sports. Uploading content once a week to the web.

For the Wenatchee Business Journal: Compiling a list of new businesses/bankruptcies and property listings each month. Keeping up with people, interviewing local businesses and community members and other assigned duties. Candidate would need to have reliable transportation. Pay will be based on experience. Email your resume and writing examples to publisher@leavenworthecho.com or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

Positions start immediately at Darnell's Lake Resort: Front Desk/Office position.

Day/Night shifts available. \$16.50 per hour plus end of season bonus. Season runs Memorial Day through Labor Day. **Cabana Food Service position.** Day/Night shifts available. \$17.00 per hour plus end of season bonus. **Night Security position.** Friday and Saturday nights. \$20 per hour. For more information, please call 509-682-2015 or email groups@darnellsresort.com

Work Wanted

Asphalt Installation and Maintenance
SIMPLE SOLUTIONS
Asphalt paving, asphalt sealcoat, asphalt crackseal, asphalt patch repair, traffic painting, and demolition services. 509-322-5073 ndnbear76@yahoo.com License #SIMPLS*797L3

For Sale

Appliances

For sale: great for the office or apartment
1 Rival brand small microwave, \$25. Magic Chef Model MCBR360S small refrigerator \$70. Keurig coffee machine, \$20. 509-548-5286 or Carol, 509-670-1723.

Garage & Yard Sale

CLEAR SOME SPACE WITH A **Garage Sale**
Fill your pockets with CASH \$\$ Let others know what items you are selling!

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

Print only? **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 !

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 size cloth chairs \$25 each.
2 misc. wood tables make offer.
Call Carol 509-670-1723 to see.

For Sale: AMEREX Carbon dioxide commercial fire extinguisher. \$50/ Sells for \$108+ Call 509-670-1723

Pets

KC Tri-Colored English Springer Spaniels, 10 weeks old, vet checked, 1st shots, dewormed, Black white tri (tan). 2 females left, ready to go, need room to run. \$1200.00 Rick 509-679-9492.

Real Estate

Acreage

Beachfront bargain

Highly sought after waterfront homesite. Quiet waters in a picturesque bay. Ideal southern exposure, sandy beach, adjacent to new marina and steps to the village center, pools, diner, and general store. Fabulous resort community on the shores of Lake Osoyoos in Oroville, Washington. Four-bedroom cottage plans included \$659,900 verandabeach.com



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WASHINGTON OUTDOORS REPORT

Outdoors Roundup

By JOHN KRUSE

Spring Chinook fishing improves

After a very slow start for the Columbia River spring Chinook salmon run things turned around in a big way. As of May 24, over 101,000 springers had crossed Bonneville Dam, which matches the ten-year long-term average. Because of this, fisheries managers have reopened Chinook salmon fishing on the lower Columbia River below Bonneville Dam to June 4 and it may be extended again after that. Boat anglers can fish from the mouth to Beacon Rock while bank anglers can fish right up to the deadline below Bonneville Dam.

The Icicle River near Leavenworth and portions of the Yakima River are also open for hatchery raised spring Chinook and large returns of fish are expected up both streams. The Icicle River is best fished from a drift or pontoon boat though bank anglers do have some access to the river below the Leavenworth National Fish Hatchery and at a marked pullout on East Leavenworth Road. Catch rates have been relatively low thus far due to high waters and spring runoff but the waters have been receding and there should be good fishing in the week ahead.

One angler who has had a lot of success fishing the Columbia River in recent days is Jarod Higginbotham with Yakima Bait Company. He has been catching springers using a 2.5-inch Spinfish plug with either Northwest Scent's Graybill's sand shrimp formula or Pro-Cure's bloody tuna scent. The hot plug color for Higginbotham, something called "Touchdown", a mixed pattern of chrome, chartreuse and blue.



Jarod Higginbotham and Kiana Wilson with a spring Chinook caught out of the Columbia River.

PHOTO COURTESY JAROD HIGGINBOTHAM

Swakane Shooting Range closing for renovations

The Washington Department of Fish and Wildlife closed the Swakane Shooting Range on the Chelan Wildlife Area north of Wenatchee at dusk May 30. It will reopen in the Fall following a standard fire restriction summer closure.

While the range is closed WDFW will be upgrading the site to National Rifle Association range standards. A 25-yard pistol range will be added, completely separated from the rifle ranges. The pistol and rifle ranges will have amenities added including shed-style covers over the firing lines, shooting benches and tables, a kiosk and additional signage. There will also be an improved pistol range back stop and better drainage in the area.

Lake Roosevelt walleye fishing in on fire

Steve Morris, the owner of SJM Guide Service posted a photo this week of five anglers at Lake Roosevelt who all had limits of eater-sized walleye. According to Morris, "The fishing doesn't get any better than it is right now!". Morris has just a few openings available over the next few weeks. Go to www.sjmguideservice.com if you want to book a trip with him.

Time for morel mushroom rooms

Several of my friends have reported having good success hunting for morel mushrooms. If you are wondering where to find them, start off in forested areas that have been burned by wildfire in the last couple of years. These mushrooms are prized for their taste and can be fried, roasted, or sautéed. If you are looking for recipes here is a good place to start: www.allrecipes.com/gallery/best-morel-mushroom-recipes/.

Leave the babies be

With a late winter in much of the Northwest, now is the time you may run across young fawns, calves along with other animals or birds that appear to be abandoned. Ninety-nine percent of the time these animals are not orphaned, and the mother is foraging or hunting for food nearby. So don't make the mistake of removing the animal to save it.

Such an act occurred last week in Yellowstone National Park where a man decided to lift a bison calf out of a river so it could rejoin its herd. Unfortunately, the herd rejected the bison calf after human interference and park officials had to euthanize the animal.

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

It's Allergy Season

Yesterday morning I woke up feeling under the weather. Stuffy nose? Check. Runny nose? Check. Sinus pressure? Check. Sneezing? Check. Is it a cold? That's not likely, since I have allergies to some of the plants blooming right now.

Airborne pollens can stick to the inside of your nose and throat, triggering an allergic reaction. This used to be called "hay fever" because doctors associated it with plant pollens like hay. Another name for it is allergic rhinitis, which is inflammation of the nose from an allergy.

Allergic rhinitis can be either seasonal or perennial (year-round). Seasonal allergic rhinitis is usually triggered by plant-based pollens, usually identified by the time of year your symptoms flare. Year-round allergic symptoms are often from molds or pet dander.

Grasses and trees like birch, oak, elm, and maple release their pollens in the spring and early summer, while weeds like ragweed produce their pollen in mid to late summer into early fall. I'm not alone in my allergy to ragweed. Ragweed is one of the most common seasonal allergies. Related to marigolds, chrysanthemums, and daisies, ragweed creates fine powdery pollen that can be carried for hundreds of miles on the wind.

I treat my allergy by the symptoms which are most bothering me. Sometimes, only my eyes are affected, becoming

itchy and watery. My nose is the most severely affected. Allergies cause it to run constantly, called rhinorrhea, and be congested. This year, I'm experiencing sneezing, nasal congestion, and rhinorrhea.

Allergic rhinitis is triggered by a chemical called histamine. Your body stores histamine in special cells called mast cells. When your body recognizes a particular pollen or pet dander as something you are allergic to, the mast cells in your nose open up and release histamine, creating the misery of an allergic reaction.

Medicines called mast cell stabilizers can BLOCK this chain reaction by keeping histamine safely locked inside your mast cells. If my eyes are itchy and watery, my favorite remedy is prescription-strength over-the-counter (OTC) ketotifen eye drops.

Ketotifen works not only as a mast cell stabilizer but also as an antihistamine, allowing it to prevent and relieve allergic reactions. Once sold as the prescription drug Zatorol®, ketotifen is available both as generic and Alaway® eye drops.

Steroid nose sprays decrease inflammation and are the most effective way to treat allergic symptoms affecting your nose, like sneezing, sniffing, and stuffiness. There are several products available without a prescription, like Nasacort® and Flonase®.

Oral antihistamines can be used with or without eye

drops and steroid nasal spray to relieve allergic rhinitis symptoms. Diphenhydramine (Benadryl®) is one of the most effective antihistamines available OTC (over the counter). It has to be taken every 6 hours and causes drowsiness in most people. If you need a medicine that won't cause drowsiness, try loratadine (Claritin®) or cetirizine (Zyrtec®), which lasts all day.

Because my nose can be both running and congested simultaneously, I prefer an older combination of antihistamine and decongestant called Actifed®. Actifed® contains triprolidine plus pseudoephedrine (the original formulation of Sudafed®) and has been available as a generic. Triprolidine dries up my watery eyes and runny nose without causing drowsiness, and pseudoephedrine eases my stuffy nose.

5 Tips on Taking Allergy Medicine:

1. Try an OTC steroid nose spray first.

Nasacort Allergy 24-Hr® (triamcinolone), Flonase Allergy Relief® (fluticasone), and Rhinocort® (budesonide) help relieve runny nose, stuffy nose, and sneezing. Be patient because it may take several days to get complete relief. Until then, try taking an oral antihistamine along with the nasal spray.

2. Ketotifen or olopatadine eye drops relieve itchy or watery eyes.

Ketotifen (Alaway®, Zatorol®) and olopatadine (Patanol®) work as antihistamines



and mast cell stabilizers. They are available without a prescription and can be used safely in children as young as 2 or 3.

3. If you have a runny nose, avoid oral decongestants.

A decongestant relieves a stuffy nose but often makes a runny nose worse. Instead, use an antihistamine, combination antihistamine/decongestant purchased from the pharmacy counter, or steroid nasal spray.

4. Don't waste your money on phenylephrine.

Phenylephrine has only 1/3 the effectiveness of pseudoephedrine. That's due to having severe side effects, like stroke at an equivalent dose. Pseudoephedrine is only available from the pharmacy counter.

5. Use decongestant nose spray sparingly.

Avoid using any decongestant nasal sprays like Afrin® for more than 2-3 days at a time to avoid triggering rebound (worsening of your stuffy nose) symptoms.

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*

345 acres of critical habitat added to Wild Sky Wilderness

The Wilderness Land Trust removes 10th private inholding in the wilderness area

SUBMITTED BY MARGOSIA JADKOWSKI

The Wilderness Land Trust

Almost 60 years ago The Wilderness Act set forward the strongest set of protections for our public lands with a vision of maintaining our wildest places for future generations. But today, across the West, there are still over 180,000 acres of privately owned property within federally designated wilderness areas known as inholdings, ranging from a few

acres to thousands of acres. Each one represents a hole in the fabric of wilderness protection—a threat to the wild character and ecological integrity of the lands surrounding them. Each one carries the possibility of development and resource extraction in the heart of some of the grandest landscapes in the American West.

On May 24, the Wilderness Land Trust transferred a 354-acre property straddling the Wild Sky and Henry M. Jackson Wilderness Areas to public ownership, adding it to the designated wilderness areas. The Trust has now successfully purchased and transferred five private

inholding properties to public ownership in the Wild Sky Wilderness and has acquired another five which are pending transfer. Almost all of these properties lie within the Silver Creek drainage, which is riddled with privately owned properties and old mining claims. This one drainage contains almost all of the Wild Sky's private inholdings, and one-third of the private inholdings left in Washington State, making it a high priority for our work in the North Cascades Ecosystem.

In addition to the ecological importance of its temperate rainforests, salmon spawning grounds, and alpine habitat,

the Wild Sky Wilderness is only an hour or so away for Seattle's 4 million residents. The Trust has also completed projects in the Glacier Peaks, Mount Baker, Stephen Mather, and Juniper Dunes Wilderness areas of Washington.

In the organization's 31-year history, The Wilderness Land Trust has worked to keep the promise of wilderness by acquiring these private inholdings from willing landowners and transferring them to federal ownership to become designated wilderness. In this time, we have purchased and transferred 540 properties totaling over 55,500 acres from Arizona to

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Kindly bring donations to our sorting center.
509-888-9990
This announcement sponsored by The Leavenworth Echo

Alaska. Along the way, we've completed 17 wilderness areas by removing their last remaining private inholdings. With each transfer, we come one step closer to completing the vision of the Wilderness Act. Each project we work on carries the story of a place that has inspired countless people and communities, a family that has chosen to give up what is theirs to protect its future, and a vibrant, and often breathtaking, landscape supporting rich biodiversity.