



A Weekend of Celebrating Indigenous Culture thanks to the intersecting efforts of Icicle Creek, IRRF and WRI



Marlene Farrell
Correspondent

Icicle Creek Center for the Arts (ICCA) hosted Indigenous Enterprise (IE), an acclaimed Indigenous dance and storytelling company with representatives from multiple western tribes, for five days of performance and engagement, reaching over 1200 students and 500 community members.

The weekend performances in Snowy Owl Theater, showcasing champion dancers performing the grass dance, jingle dance, hoop dance and more, were stunning and ended with standing ovations. Another, quieter but equally important part of the weekend was the collaboration of Icicle Creek with the nonprofits Wenatchee River Institute (WRI) and Indigenous Roots and Reparation Foundation (IRRF).

Tina Polzin, ICCA Director of Artistic Engagement, helped create an opportunity for ticket holders to deepen their experience. Close to twenty people showed up before

each IE performance to attend a pre-show talk and walk with WRI naturalist Kyra Ballas and IRRF representatives.

On Friday evening, Mary Big Bull Lewis, the chair of IRRF, shared about the history, issues, and cultural resurgence of Indigenous people (many of whom are p'squosa or Wenatchi) in north central Washington. IRRF is an Indigenous-led nonprofit, established in 2021 to "preserve history, culture, traditions and language through education and advocacy," and to work toward "providing a space on the ancestral homelands for all tribes to practice cultural traditions, ceremony and fellowship."

IRRF has been hosting events that connect people to traditions, stories, and places. In the fall, over one hundred adults and children attended an annual huckleberry camp, there have been spring camas harvesting trips, and an online nxa?amxcín language class will occur this summer.

Next, the group of patrons ambled in the afternoon warmth as Ballas identified native plants like arrowleaf balsamroot, serviceberry, thimbleberry, fireweed, and yarrow on the Icicle Creek campus. She shared edible or other uses for every single plant, many of which could be



Young audience members like Avery Polzin were enthralled with the hoop dance of world champion Nanabah Kadeniñiih, an Indigenous Enterprise dancer.



Numerica PAC announces nominees for Apple Awards

SUBMITTED BY ALEX HALEY

Wenatchee - The Numerica Performing Arts Center proudly presents the 3rd Annual Apple Awards on May 25 at 7 p.m., a live ceremony recognizing outstanding achievements in high school theatre arts. This event celebrates the remarkable achievements of individuals and programs, showcasing the talent and creativity thriving within our communities.

2022-2023 Apple Awards Nominees

- Best Lead Performer in a Musical:**
- Lexine Forsyth as Ariel Moore in "Footloose" at Eastmont High School
 - Lilia Gebers as Marmee in "Little Women, the Musical" at Cashmere High School
 - Lily Erdmann as Jo in "Little Women, the Musical" at Cashmere High School
 - Oscar LaVergne/Seleah Hisey as Spongebob in "The Spongebob Musical" at Wenatchee
 - Rowan Kappler as Ren McCormack in "Footloose" at Eastmont High School

- Best Supporting Performing in a Musical:**
- Ali Moran as Beth in "Little Women, the Musical" at Cashmere High School
 - Allie Manly as Lefou in "Beauty and the Beast" at Quincy High School
 - Grant Chisholm as Willard Hewitt in "Footloose" at Eastmont High School
 - Kade Devereaux as Squidward in "The Spongebob Musical" at Wenatchee High School
 - Liam Schmidt as Mr. Krabs in "The Spongebob Musical" at Wenatchee High School

- Best Lead Performer in a Play**
- Alicia Lasley as Lucy in "The Lion, The Witch, and the Wardrobe" at Quincy High School
 - Coal Fiano as Anthony (Tony) J. Lefcourt in "The Butler Did It" at Cascade High School
 - Gabe Kimmel as Wadsworth in "Clue" at Wenatchee High School
 - Lauren Haiduc as Angela Butler in "The Butler Did It" at Cascade High School
 - Luke Simmons as General Phil in "The Granite Park Rangers" at Chelan High School
 - Spencer Boyd as Juror #8 in "Twelve Angry Jurors" at Cashmere High School
 - Violet Madson as Mrs. Peacock in "Clue" at Wenatchee High School

- Best Supporting Performer in a Play:**
- Ali Moran as Juror #4 in "Twelve Angry Jurors" at Cashmere High School
 - Breanna Loomis as Vicky Butler in "The Butler Did It" at Cascade High School
 - David Kelly as Jr Ranger in "The Granite Park Rangers" at Chelan High School
 - Emma Foley as Mrs. Beaver in "The Lion, The Witch, and the Wardrobe" at Quincy High School
 - Kalli Miller as Juror #12 in "Twelve Angry Jurors" at Cashmere High School
 - Liam Schmidt as Colonel Mustard in "Clue" at Wenatchee High School
 - Oscar LaVergne as Mr. Green in "Clue" at Wenatchee High School
- Best Ensemble in a Musical:**
- "Beauty & the Beast" at Quincy High School
 - "Footloose" at Eastmont High School
 - "Little Women, the Musical" at Cashmere High School

Hawkins' statement on passage of bipartisan drug possession bill

OLYMPIA - Sen. Brad Hawkins issued the following statement on the passage of the bipartisan drug possession legislation, Senate Bill 5536.

"I'm thankful to Governor Inslee for calling this special session because Washington needed to establish a statewide framework for drug possession. Clarifying our drug possession law was one of the most important issues of the year for lawmakers, so I'm grateful that we found a way to achieve a bipartisan compromise, even if it required a special session.

"As it relates to the special session process, I would have preferred a 48-hour waiting period between the time the compromise proposal was made public and any legislative vote. This would have provided the public more opportunities to review the proposal and provide comments. While I have been receiving briefings, I struggled with the push to bring this latest version to a vote so quickly, but I can appreciate the need to secure final passage before a compromise potentially unravels.



SUBMITTED PHOTO

"I had been undecided on the compromise, but have come to appreciate its similarities to what the Senate approved in March. I supported that version of the bill, and this version is similar in structure. After much thought and consideration, I came to realize that not passing this bill could lead to less desirable options, which include legislators extending the temporary law beyond July 1 or having no statewide framework for

drug possession. Neither of those is a good option.

"What is most important for us all to realize is that people across our state are struggling with personal drug use. In many cases, they are not only endangering themselves but also destroying their families and impacting others. We need to reverse this harmful trend. Having compassionate options as well as necessary penalties are important to getting people the help they need.

"The bill approved attempts to balance compassion and accountability while providing funding supports in a variety of areas. I hope it is successful."

Background

A 2021 State Supreme Court ruling struck down Washington's felony drug possession statute as unconstitutional. Legislators approved a temporary measure later that year to classify drug possession as a misdemeanor while working toward a more comprehensive

solution. On March 3, the Washington State Senate approved Senate Bill 5536.

It represented the first major step this year to address a temporary drug possession law that expires July 1, 2023. Sen. Hawkins voted in favor of the proposal, but that version of the bill was not supported in the House, primarily due to opposition by progressive House Democrats opposed to strong penalties for personal drug use. The 105-day Legislative session adjourned April 23 without a bill to replace the short-term fix, established in 2021.

Governor Inslee called a Special Session of the Legislature to begin May 16. Bipartisan legislators in both the House and Senate continued their communications over the past several days with their colleagues and key stakeholder groups, leading to the Budget, Blake, Trueblood, EV chargers bills now fixed and signed by Gov. Inslee and he said, "I signed the budget out of necessity, but no one should interpret my signature as an endorsement".

Wenatchee Valley Veterans Hall Open House

By LINDSAY TIMMERMANS

The honored veterans of the Wenatchee Valley Veterans Hall invited the community to their Open House May 19-21 in their new building at 1206 N. Wenatchee Ave., the former banquet room in the Fraternal Order of the Eagles in Wenatchee. The local veteran organizers have pounded the pavement since 2020, receiving countless donations of time and effort, in-kind donations of building materials, luxurious kitchen top slabs and new carpet in the 3000 square foot space. There were also donations of carpentry skill, including the Honor Board taking up the full west wall, housing plaquettes of donor names, officers, and honorees like The Bunker, another local veterans' group, giving them their second

donation.

This was an opportunity for the community to see the new Wenatchee Valley Veterans Hall made possible by City of Wenatchee Mayor Frank Kuntz who leased the Hall for the benefits of the veterans in the area, and for community members, and veterans who donated time, services, and financial support.

"We hope people come to visit and see the legacy they helped build at the Vet Hall," said Bob Ashford, a Board Member.

Banner flags of fallen soldiers donated by the Wenatchee Downtown Association line the hall leading in and proudly surround the space with local faces of patriotism. Respectfully hung by the local Thomas A Biddle



PHOTO BY LINDSAY TIMMERMANS

Banners of fallen soldiers line every wall with the flags of every branch of the military.

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Dan's Market



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Michelle's Kitchen Table Strategies

By Michelle Priddy

PANCAKES

When I was small, even before preteen, Grandpa would make pancakes on the weekend so Grandma could sleep in. It didn't work because he always had to wake her up to ask her what ingredients to make them out of. She'd stay in bed anyway and we'd make pancakes (and a mess) in the kitchen. Grandpa, then Dad, mostly made 'beaver pelt' shaped pancakes (beaver pelt pancakes are round, just like the beaver hides he harvested as a married

college student for income to pay bills. Landowners would get in touch with him when a beaver flooded their fields. It's hard to grow crops on flooded fields. So, he'd trap the beaver, stretch the hide, salt it really good, and hope the day would come when he could afford to get it tanned, but sometimes he'd make other animal shaped pancakes. All the animals looked alike with a round center, a smaller round head, four stumpy stick legs and a curved tail. Sometimes he put a drizzle of batter on the neck and call it a horse;

sometimes he put two pointy almost triangles on the head and called it a cat; sometimes the points became too long and floppy; those pancakes were 'dogs.' Whatever he called the shape I could always see it in those pancakes.

Sometimes we'd pick berries, mostly blueberries and he'd drop them onto the pancakes once they'd been shaped in the hot skillet then he'd drop the berries one at a time into the pancake batter just as the batter formed bubbles. As the bubbles began to burst, he'd turn the pancake; let it cook until golden brown on the underside then serve it to us hot.

Sometimes we didn't have berries, so he'd add whatever was available, usually leftover canned veggies from the night before. Grandma (then Mom) wasn't very enamored with his additions to the pancakes other than berries. Every now and again he'd sprinkle the pancakes with whole kernel corn. Those were my favorite. I don't know why; they just were. I even liked them better than the pancakes sprinkled with berries.

Pancakes

- 1 cup flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 Tablespoon sugar (optional)
- 1 egg
- ¾ cup water or milk
- Skillet or griddle
- Oil for the skillet or griddle
- Pouring cup
- Pancake turner
- Berries or corn (optional)
- 2 mixing bowls

Turn the heat on under the skillet to low to get the cooking surface ready. One of the keys to pancakes is to have a hot surface to cook them on so start heating up the skillet on low as the pancakes are mixed then ramp up the heat later.

Mix the dry ingredients, flour, baking powder, salt, and sugar (if sugar is to be used) together in a smaller bowl. In the larger second bowl beat egg and water or milk together until they are frothy. Add dry ingredients to frothy egg and water. Mix well. The batter should be about the consistency of a milk shake or thin spaghetti sauce so it will be able to be poured.

Dump some of the batter into a pouring cup with a spout. (I use my old-fashioned glass measuring cups. I mix the egg and water in the four-cup size and the dry ingredients in the two-cup size then mix and pour from the one-cup size that has a perfect, for me, spout. Turn the heat up under the skillet to medium or medium high and add a bit of oil, not too much oil, just enough to coat the bottom of the pan. Heat until a few drops of water flicked from the fingers (the kind of flicking we used to do as kids to irritate each other as we did dishes in the sink after dinner) until the water drops sizzle, pop, and skittle across the bottom of the skillet. Pour batter into the skillet, add berries or corn if desired. Heat until bubbles start to form, then heat a little longer until the bubbles are all over the pancake and start to burst open. Turn the pancake and cook on the other side. When the bottom side is golden brown (lift edge of pancake to check) serve hot with maple syrup or fruit

jam or left over frosting or wrapped around link sausage or anyway that's delicious.

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.

Washington Trust, National Park Service seeking teens to attend Free Summer Camp

SUBMITTED BY HUY PHAM

Washington Trust for Historic Preservation

The Youth Heritage Project (YHP) has been organizing camps in state national parks, historic districts, and other locations since 2014. This year's camp will take place at the Manhattan Project National Historical Park, also known as Hanford Nuclear Site, where participants will not only learn about history but also engage with science,

ethics, tribal relations, site cleanup, and environmental stewardship.

The Washington Trust for Historic Preservation, a state-wide nonprofit organization, and the National Park Service have designed to promote collaboration and diverse perspectives to historic and cultural preservation of the nation's most important places. Clara Moore, a high school sophomore from Mercer Island who attended last year's camp in Port Townsend at Fort

Worden State Historical Park, emphasizes the importance of collaboration between students and local organizations and is looking forward to participating in the Hanford camp. While the camp organizers acknowledge the devastating impact of plutonium production at the site on Hiroshima and Nagasaki, they believe it is crucial to understand and recognize the implications of American history, both domestically and overseas.

The Hanford Site was

originally inhabited by multiple Tribal nations and communities, and the camp organizers ask students to reflect on how the land has been stewarded and used for such a grim purpose. They also ask difficult questions about how to reconcile the history of labor force especially with African American and Latinx communities of the past and

present Tri-Cities, recognizing the impact of this history and finding solutions to current issues that impact the community around the site.

The Youth Heritage Project is a free program for selected high school students (including incoming freshman to graduating seniors) and is managed through a partnership with the National Park

Service, the Washington State Department of Archeology and Historic Preservation, the Department of Energy, Tribal Nations, and local community partners. The overnight camp is will run from July 18 to July 21 and the deadline for student applications has been extended to May 31, 2023. For more information, visit preservewa.org/yhp.

11 agencies awarded lodging tax grants for capital projects

SUBMITTED BY JILL FITZSIMMONS

PIO

WENATCHEE - Chelan County commissioners awarded \$776,436 in lodging tax dollars to a variety of local agencies that will use the money for capital projects that support tourist-related activities.

The decision comes at the recommendation of the Chelan County Lodging Tax Advisory Committee, which reviewed 17 applications and narrowed those down to 11 projects.

"The county awards grant dollars from its lodging tax collections twice a year. This spring grant round, which focuses on capital projects, is always exciting because of the potential long-lasting impacts the dollars will have on our local tourist industry," said Commissioner Tiffany Gering, who is chairwoman of the committee. "We heard from several great projects this year that will not only build upon our economy but also be enjoyed by local residents in the future."

The advisory committee

originally set aside \$560,000 for the capital awards; however, that was raised an additional \$216,000 because of the caliber of the projects, Gering said. The recipients are:

- Cascade Community Markets: \$15,000 to expand and invest in equipment upgrades for the Leavenworth and Cashmere community farmers markets.
- Chelan County Natural Resources: \$50,000 for improvements to the Cashmere Riverside Park boat ramp.
- Chelan County Natural Resources: \$15,000 to develop capital facilities for river recreation in the Leavenworth area on Icicle Creek and the Wenatchee River.
- Chelan-Douglas Land Trust: \$30,000 for trail improvements and trail-related infrastructure in the Wenatchee Foothills Trail System.
- Icicle Creek Center for the Arts: \$87,500 for capital improvements related to parking.
- Lake Chelan Ski Club: \$70,000 to build a ski rental shop.
- Manson Chamber of Commerce: \$68,000 toward irrigation and sidewalk repairs in the downtown core.
- Plain Valley Ski Trails:

\$111,610 for the purchase of a utility groomer for its trails system. • Pybus Public Market: \$150,000 toward its Westside Revitalization Project. • Wenatchee Valley Museum and Cultural Center: \$150,000 toward its expansion and re-design project. • Wenatchee Youth Baseball Club: \$29,326 for purchase of portable pitching mounds and an infield groomer for tournaments.

Lodging tax dollars are generated by local lodging establishments. In Chelan County, about half the money generated in a year is allocated to six local chambers as well as the Cascade Loop and TREAD. Another portion is used to operate the county's Visit Chelan County campaign.

Additional dollars are offered twice a year annually in the form of grants to tourist-related organizations, such as festivals and museums. A call for marketing and promotional grants is typically made each fall and a call for capital projects is typically made each spring. For more information, visit the LTAC webpage or Visit Chelan County webpage.

- **Downtown Steering Committee**, 10 a.m., meet in the Council Chambers and Zoom. (4th Tues.)
- **Housing Committee, Public Safety Committee, Finance Committee: No meetings**, reports are in Council packets. police and fire representatives speak at the beginning of the meeting. (4th Tues.)



- **City Council Study Session**: 5:30 p.m. City Hall Council Chambers, (2nd Floor) and Zoom. (2nd & 4th Tues.)
- **City Council Evening Meeting**: 7 p.m., City Hall in Council Chambers, and Zoom. (2nd & 4th Tues.)
- **Planning Commission**: 7 p.m., Council Chambers and Zoom. (1st Wed.)

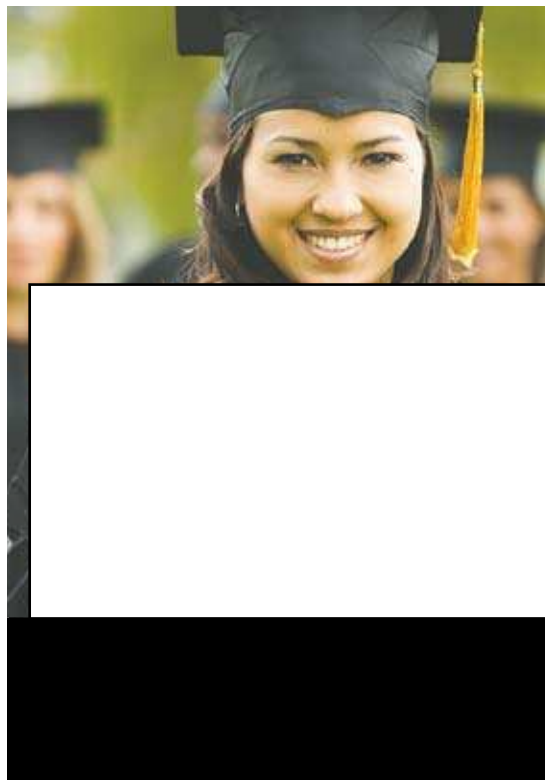
- **PRSA Meetings**: 3 p.m., City Hall Conference Room (Upstairs) (2nd Wed.), every other month (May, July, Sept., Nov., Jan., and Mar.).
- **Design Review Board**: 3 p.m., meets in the Council Chambers and on Zoom. (2nd & 4th Wed.)
- **Parking Advisory Committee**: 4 p.m., meet in the City Hall Conference Room and on Zoom. (3rd Thurs.)

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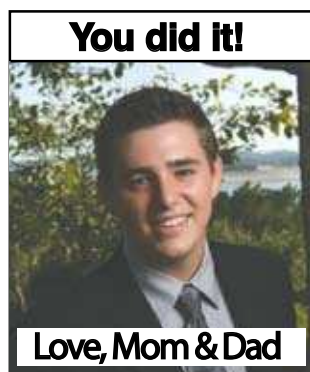
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Sample ad sizes



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- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
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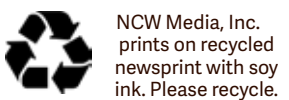
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Letters policy

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.)
Senior Center: Exercise: 11 a.m.- noon. 509-548-6666. Music, call Steve, 509-548-7048. 1 p.m., (1st & 3rd Thurs.)

Friday

Veteran Service Office: For information contact Tony Sandoval, 509-664-6801 or email: Tony.Sandoval@co.chelan.wa.us
Leavenworth Rotary Club, In person at Kristalls at Noon, email wordenmike@yahoo.com or call 509-238-3925 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@nw.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.leavenworthmasons.org. (1st Tues.)
Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.)
The Chelan County Cemetery District #2 (Peshastin) meets monthly at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)
Senior Center: Exercise, 11 a.m.-Noon. Tues & Thurs. 509-548-6666. Facebook & Website: Leavenworthseniors@gmail.com

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.

MEETINGS 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

Chumstick Wildfire Stewardship Coalition Town Hall

Thursday, May 25 at 5:30 p.m.

Are you prepared for wildfire? Come learn preparedness strategies from professionals. Join Chumstick Wildfire Stewardship Coalition for their annual Town Hall meeting where representatives from USFS, DNR, Chelan County Fire District 3, and others will share tips.

Save the Date: Nutcracker Day is June 1

The annual 'Nutcracker Day' at the Leavenworth Nutcracker Museum—a day when we invite the local residents to come to the Museum to see what is here that entices visitors to come

from all over the world. Guests can crack nuts with antique nutcrackers, watch a video of the history of nutcrackers, go on a nutcracker hunt, verify the Guinness record of 9103 nutcrackers, enjoy the music of the Bavarian Drehorgel, and have a chance to win one of the hourly prizes. For this special day, the hours will be 11:00 a.m. to 6:00 p.m., and entrance on this day is free for everyone.

The Leavenworth Lions Club

Serving breakfast in The Park each 2nd (May 27), and 4th Saturdays, May through September. Come enjoy hearty all you can eat breakfast of pancakes, eggs, and sausage from 7 a.m.-11 a.m. in Lions Club Park.

Stage Kids Summer Theatre Camp Comes to Icicle Creek

On July 17-21, join Stage Kids

WA for camp in Leavenworth, campers' grades K-5, they will spend the week putting together a show focused on some of Disney's most beloved sidekicks. Students will sing, dance, and act to scenes centered around Olaf, Genie, and others. This high-energy camp is a great introduction to musical theater filled with games and crafts while growing a love for theatre.

Regional

Ohme Gardens Benefit Concert

To raise money for the preservation of the Ox Yoke Shelter sponsored by the Ohme Gardens Friends Society on July 9, 6 -8 p.m. Wine and beer for purchase. Tickets are \$35. Food included in purchase price and Gladsong will perform a 90-minute concert. OhmeGardens.org for more information or Bonnie Orr 509-884-5069.

Peshastin-Dryden Elementary School is wanting to teach kids how to ride a bike in PE Class

SUBMITTED BY ALL KIDS BIKE

All Kids Bike is on a mission to teach every child in America how to ride a bike in kindergarten PE class.

The All Kids Bike Kindergarten Learn-to-Ride Program is a 24-fleet of bikes, pedal conversion kits, helmets, one teacher instruction bike, and certified curriculum teacher training, which is everything they will need to teach kids how to progress from balance to riding a bike in 8 lessons at Peshastin-Dryden Elementary School.

Lisa Weyer, Executive Director of the Strider Education Foundation explains, "The ability to ride a bike develops physical and mental well-being and instills confidence which can lead to better focus in the classroom. Kindergarten is the perfect age to teach kids to ride a bike focusing on gross motor skills, balance, and coordination. By teaching bike riding at the entry level in a public school system, we are providing the knowledge and a positive foundation of a lifelong skill."

At Peshastin-Dryden Elementary School this program will teach approximately 68 kindergarten students how to ride a bike on an annual basis. With the equipment lifespan of 7-10 years, this will impact up to 680 kids over the next decade. To learn more about the program or make a donation, please visit: https://stridereducationfoundation-bloom.kindful.com/peshastin-dryden-elementary-school-2023/peshastin-dryden-elementary.

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.

<p>May 12</p> <p>08:35 Juvenile Problem, 10195 Titus Rd., IRMS</p> <p>11:50 Suspicious Circumstance, 12720 Ranger Rd.</p> <p>13:14 Public Assist, 100 Ward Strasse</p> <p>14:38 Public Assist, 289 Whitman St.</p> <p>13:39 Property, 520 Pine St.</p> <p>14:00 Assault, 7375 Icicle Rd., Sleeping Lady</p> <p>15:18 Harassment/ Threat, 8891 Derby Canyon Rd., Peshastin</p> <p>18:01 Public Assist, 8801 Derby Canyon Rd., Peshastin</p> <p>18:21 Traffic Offense, 9400 block E. Leavenworth Rd.</p> <p>20:09 Welfare Check, 12800 block Ranger Rd.</p> <p>20:21 Domestic Disturbance, 10144 Main St., Peshastin</p> <p>21:30 Harassment/ Threat, 321 Park Ave.</p> <p>21:59 Traffic Offense, 8200 block E. Leavenworth Rd.</p> <p>22:03 Alarm, 960 US Hwy. 2</p>	<p>21:46 Fireworks, 9722 Dye Rd.</p> <p>23:50 Diversion, US Hwy. 2 and Chumstick Hwy.</p> <p>May 14</p> <p>09:15 Civil Dispute, 315 Benton St.</p> <p>09:17 Non-injury Accident, River Bend Dr., and US Hwy. 2</p> <p>13:39 Civil Dispute, 10425 Titus Rd.</p> <p>17:35 Traffic Offense, 7201 N. Dryden Rd., Peshastin</p> <p>18:01 Public Assist, 21325 SR 207, Lake Wenatchee</p> <p>18:15 Animal Problem, 1111 Commercial St.</p> <p>18:27 Agency Assist, Lions Club Park</p> <p>18:54 Attempt to Locate/ Contact, Mount Stuart area, Peshastin</p> <p>22:08 Domestic Disturbance, 3845 Old Blewett Rd., Peshastin</p> <p>23:49 Public Assist, 1000 Front St.</p> <p>May 15</p> <p>01:36 Suspicious Circumstance, 8590 Pine St., Peshastin</p> <p>10:03 Public Assist, Enchantments area</p> <p>10:27 Public Assist, 12484 Bergstrasse Rd.</p> <p>11:24 911-call, 309 8th St., Post Hotel</p> <p>12:42 Public Assist, 8894 Stage Rd., Peshastin</p> <p>14:54 Sex Offense, Jeske Rd., Peshastin</p> <p>15:37 Theft, 9630 Marson Dr.</p> <p>17:06 Injury Accident, Chumstick Hwy. MP 12</p> <p>21:25 Welfare Check, 321 Park Ave.</p> <p>May 16</p> <p>06:17 Suspicious Circumstance, 8912 Motel Rd.</p> <p>09:35 Civil Dispute, 3863 Old Blewett Rd., Peshastin</p> <p>09:50 Fraud/ Forgery, 19475 Evergreen Ave., Lake Wenatchee</p> <p>10:15 Scam, 11775 US Hwy. 2</p> <p>11:45 Civil Dispute, 5538 Camp-</p>	<p>bell Rd., Peshastin</p> <p>11:52 911-call, 309 8th St., Post Hotel</p> <p>12:13 Parking/ Abandoned Vehicle, 408 Ash St.</p> <p>13:27 Agency Assist, Tumwater Penstock Trail</p> <p>14:00 Graffiti, 817 Commercial St.</p> <p>16:20 Public Assist, 24601 Spur St., Plain</p> <p>17:15 Civil Dispute, 3261 Hansel Ln., Peshastin</p> <p>21:11 Extra Patrols, 12484 Bergstrasse Rd.</p> <p>23:48 Welfare Check, 116 River Bend Dr., Safeway</p> <p>May 17</p> <p>09:16 CPS/ APS Referral, 320 Park Ave., Mountain Meadows</p> <p>09:40 Juvenile Problem, 330 Prospect St.</p> <p>10:04 Welfare Check, 11114 Merry Canyon Rd.</p> <p>13:55 Domestic Disturbance, 24601 Spur St., Plain</p> <p>14:36 Welfare Check, 280 US Hwy. 2, Kristall's</p> <p>20:10 Animal Problem, 89 Anglers Creek Ln., Peshastin</p> <p>May 18</p> <p>03:12 Agency Assist, US Hwy. 2 MP 77, Lake Wenatchee</p> <p>11:47 Public Assist, 10737 Titus Rd.</p> <p>14:05 CPS/ APS Referral, 11869 Shugart Flats Rd., Plain</p> <p>14:15 Drugs, 10190 Chumstick Hwy.</p> <p>15:16 Juvenile Problem, 10195 Titus Rd., Icicle River Middle School</p> <p>16:58 Public Assist, 231 Whitman St.</p> <p>17:50 911-call, 7375 Icicle Rd., Sleeping Lady</p> <p>18:51 Alarm, 11734 US Hwy. 2, Safe Havens</p> <p>19:48 Animal Problem, 160 Anglers Creek Ln., Peshastin</p> <p>20:01 Attempt to Locate/ Contact, Colchuck Lake area.</p> <p>22:50 Animal Problem, 9630 Marson Dr.</p>
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Bringing the community to your door

‘Bringing the community to your door’ isn’t just our slogan... It’s our purpose

OBITUARY

Maria Lak

December 31, 1929 -
May 5, 2023

Maria M. Lak born December 31, 1929, in Budapest Hungary to George & Magdaloena Hahl.

Maria passed away Friday, May 5, 2023, in Leavenworth, WA. Maria is survived by her husband George Lak; sons Joseph, George, Tibor, and Thomas, her six grandchildren and eight great grandchildren. Maria was a joy and faith-filled person, she loved spending time with her family at any opportunity. A celebration of life service



was held on Thursday, May 18, 2023, at 11:30 a.m. at Christ Center, 5800 Kimber Rd., Cashmere, WA.

CELEBRATION OF LIFE

David Severance

Leavenworth's Father Christmas, David Severance, passed away on April 11, 2023. A community Celebration of Life for David will be held on Wednesday, June 14th, at 6:30 p.m. at the Festhalle. Please join us with stories of David to share. Street parking is free after 5 p.m.



Committee on Geographic Names approves three tribal proposals to replace derogatory names

SUBMITTED BY DNR

OLYMPIA - The Washington State Committee on Geographic Names approved five names, including new names submitted by tribes for three places that previously bore a term derogatory to Native American women, during a meeting Monday, May 1 at the Natural Resources Building.

The five names include a name for a reopened Puget Sound passage in Jefferson County, an official name for a ditch in Thurston County, and proposals from tribes for new names for a ridge in Okanogan County and lakes in Kittitas and Chelan counties. After their approval, the proposals will now be presented to the Board of Natural Resources for adoption. The proposals from tribes came in the wake of the U.S. Department of the Interior's orders in November 2021 to rename geographic features throughout the country that have derogatory names.

Lake Wenatchee would be named Masawii Lake, a name proposed by a Wenatchi elder and submitted by the Confederated Tribes of the Colville Reservation.

OKANOGAN COUNTY

Once the Committee approves proposals that are up for final consideration, it forwards its recommendations to the Board of Natural Resources, acting as the Washington State Board on Geographic Names. If the board approves these recommendations, the approved names are added to the Washington Administrative Code and the Board passes them along to the United States Board on Geographic Names for federal review. Detailed information on all initial and final proposals, including maps, historical information, and supporting documentation can be found on the Board of Natural Resources page under the About tab on the DNR website. Information on the policies and procedures of the Committee can be found in the same location.

CHELAN COUNTY

The 5-acre lake west of

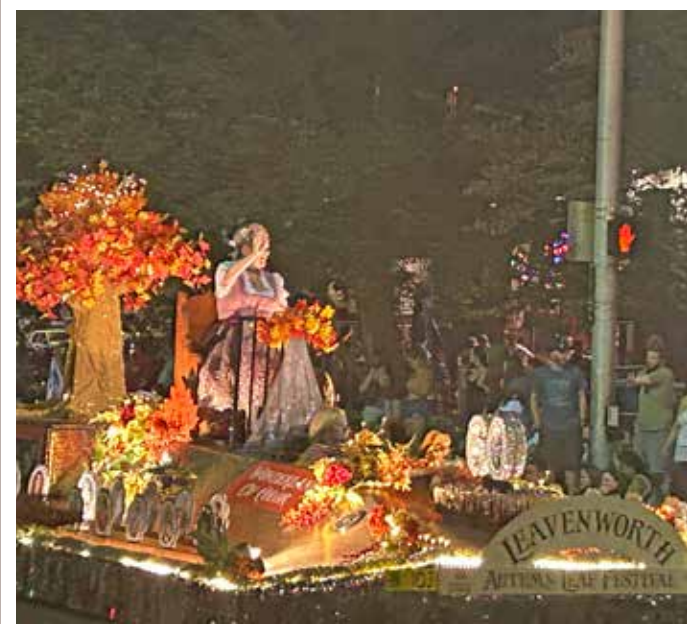


PHOTO COURTESY KATHY PITTMAN.

The Leavenworth Autumn Leaf Association Float at the Spokane Lilac Festival lighted parade, Saturday, May 20.

PART TO FULL-TIME REPORTER NEEDED

NCW Media Newspapers is looking for a Part to full-time reporter to join their team in Leavenworth.
Can work from home
This would be an great opportunity for anyone wanting to get a foothold into journalism or wanting to strengthen their resume.
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, 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
 - May include 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 interview 509-548-5286. 10-5 p.m. weekdays. EOE

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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

CHRIST CENTER
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.

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

SPIRIT LIFE CENTER
210 Benton Street • 509-548-7138
Sunday Worship 10 a.m., Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 509-782-2601
In-person service, Sunday, 9 a.m.
Pastor Lilia Felicitas-Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street
Sunday Worship 10 a.m. • Pastor John Romine
www.lightinthevalley.org

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

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office@plaincommunitychurch.org

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

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
10170 Titus Rd. (across from middle school)
Church: 509-548-7667
Meetings: Sunday - 10 a.m.

FAITH LUTHERAN CHURCH - ELCA
"Reconciling Works Congregation"
224 Benton Street • 509-548-7010
Worship 9:30 a.m. w/coffee following
Eva Jensen, Pastor
<https://www.flcleavenworth.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 Derossett
Worship Pastor-Jacob Mitchell
www.LCN.org

Derek “Buster” Richardson nominated to the United States Cross-Country Ski Team



Isabel Menna
CHS Staffer



SUBMITTED PHOTO.

Leavenworth native, and Cascade High School and Plain Valley Nordic Team alumnus, Derek “Buster” Richardson has been nominated to the United States Cross-Country Ski Team for the 2023-24 season.

ranked of their sports; he works hard; he loves skiing; he’s smart; he has great natural abilities. Those things are hard to teach. When you have an athlete with those characteristics, a coach mostly just facilitates and provides some guidance. I’m very happy for him and proud of him. He aimed high, but it was always realistic and achievable.” When asked what Richardson making the U.S. Team means for PVNT, Niess said that “it’s nice to see that our programs can provide a platform that includes pathways ranging from exposure [to the sport of cross-country ski racing] all the way to the national team.”

PVNT founder Rob Whitten agreed with Niess averring that “Buster being named to the U.S. Team is not only a huge step forward for our team, but incredibly important to our young, aspiring skiers, some of whom have trained alongside and watched Buster race. Because PVNT maintains all manner of performance data on our racers, our up-and-

comers can check to see how they are doing as compared to Buster. What if they find out they are close or already beating some of his results? Making it to the U.S. Team is no longer just a pipe dream, but rather something very much attainable for some our kids. Buster has demonstrated that.”

Cross-country skiing is often called the world’s hardest sport, in part because attaining its highest levels requires extraordinary physical endurance and strength, together with great technical acumen. Despite Richardson’s meteoric rise to the U.S. Team, only one year out of high school, the sport is known to require patience, persistence, and a love of the outdoors, qualities that Richardson holds in abundance.

“I definitely worked hard to be where I am today, and this is a validation of that work. But hopefully this is just one step of many in my ski career,” stated Richardson. “I knew my world rank at the end of the race season, of course, and that

it meant that I should make the team. But when I got the official email and phone call, it was pretty exciting. I was also relieved that I actually did make it, and grateful for all the people who helped to get me here: parents, coaches, teammates, friends, and teachers.”

That first step into the ranks of professional skiing for Richardson is on to the U.S. Development squad, a steppingstone to the higher A and B levels of the national team. The “D-team” is designed to develop younger athletes into senior racers who often spend a majority of their race season on the World Cup tour.

“Other than invites to national camps, nothing is guaranteed on the D-team, let alone a World Cup start,” informs Richardson, “but a start in Minneapolis or Canmore, though still unlikely, is not out of the question.” Next February, the International Ski and Snowboard Federation is bringing World Cup races to North America for the first time in over two decades. “Skiing on the World Cup, making World Championships, and maybe even the Olympics” are longer term goals for Buster. In the meantime, he hopes “to qualify for World Juniors in Planica, Slovenia next season, keep my spot on the U.S. Team, grab a couple of top 10s on the Super Tour, [the U.S. Domestic Professional Tour], and have a good year of training.” Even though the new Alaskan resident has not stopped skiing this season due to the 49th state’s extended winters, the U.S. Team’s training year kicks off next month at Mt. Bachelor, Oregon, which retains its snow long enough to groom cross country trails through Memorial Day. So, Richardson, who has plans to remain at APU next season, will venture with his new U.S. teammates down to Bend in a couple of weeks, where he just might meet up with his former CHS classmates and PVNT teammates, who will also be there for their own camp, some hoping one day to follow in Buster’s ski tracks.



Memorial Day HONORING ALL VETERANS

SUBMITTED BY LINDA INGRAHAM
American Legion Auxiliary,
President

of poppies in exchange for contributions to assist military veterans and their families.

Memorial Day, the annual event pays tribute to those veterans who have willingly served their country for decades. Memorial Day, originally called Decoration Day, is a day on which Americans remember and pay tribute to their ancestral family members. It is sometimes easy to forget the true significance of this solemn day.

Where did the poppy tradition originate? The poppy comes from the poem “In Flanders Fields” written by Lt. Col. John McCrae. The poem refers to the poppies that grew out of newly dug soldiers’ graves during World War I in Europe.

The American Legion Auxiliary adopted the poppy as its memorial flower in 1921 and started the Poppy Program in 1924. Today Auxiliary members distribute millions

The distribution of poppies is only by donation, never sold. You should look at the poppy and see what it represents. It’s not just a flower with a label on it. Try to remember what the poppy stands for and what the meaning of Memorial Day is. Please take the time to set aside this one day of the year to remember, reflect, and honor those who have given their all-in service to our country.

Everyone should be able to say, “I know why I am free”. Proudly wear a poppy for Memorial Day. In addition, our auxiliary will be putting 1077 small flags on all veteran and auxiliary member’s graves at the Cashmere Cemetery on Saturday, May 27 starting at 9 a.m. Cashmere American Legion Post #64 is planning their Memorial Day Ceremony Monday, May 29 at 11 a.m. with 474 big flags out this year.

In Flanders Fields

a 1919 collection of Lt. Col John McCrae

In Flanders Fields, the poppies blow (grow)

Between the crosses, row on row,

That mark our place; and in the sky

The larks, still bravely singing, fly

Scarce heard amid the guns below.

We are the dead. Short days ago

We lived, felt dawn, saw sunset glow,

Loved and were loved, and now we lie,

In Flanders fields

Take up our quarrel with the foe:

To you from failing hands we throw

The torch; be yours to hold it high.

If ye break faith with us who die

We shall not sleep, though poppies grow

In Flanders fields.



The Power of Plums

May reminds me of my mother, and not just because of Mother’s Day. May is National Osteoporosis Awareness and Prevention Month. During the last ten years of her life, my mother suffered significant disability from complications of osteoporosis.

People with low bone density have bones that are more likely to break. Nearly 54 million Americans have low bone mass, according to the National Osteoporosis Foundation (NOF), a health organization dedicated to preventing osteoporosis and broken bones through awareness, education, and research.

This silent but devastating disease affects women more than men. Women have a 50% chance of suffering a hip, spine, or wrist fracture during their lifetime, while nearly 30% of men will also experience a broken bone related to low bone mass. If you are female, the likelihood of breaking a bone from osteoporosis is equal to your risk of having breast, uterine, or ovarian cancer.

Osteoporosis-related fractures aren’t just painful; they can be deadly. One in four women and one in three men will die within one year of experiencing a broken hip.

My mother broke her left wrist when she was 74, tripping on a curb while trying to catch a bus in downtown Seattle.

Four years later, she broke her left hip when getting out of bed in the middle of the night.

She walked on it for 2 weeks before the pain drove her to see a doctor. By then, the bone edges had slipped out of place, leaving her with one leg an inch shorter than the other for the last 10 years of her life.

Although its complications appear in old age, osteoporosis can start in childhood. The thinner your bones are when young, the more likely you’ll experience a fracture later.

We build nearly 90 percent of our peak bone mass before turning 20. In middle age, that process begins to reverse. Women lose 1% of their bone mass yearly, doubling to 2% per year during the first few years of menopause.

Last year I turned 65 and had my first bone density scan. It showed I had already lost bone density. If this bone loss continues at the same rate, I will eventually lose enough bone to put me at risk of hip, spine, or other fractures.

To counteract that, I have faithfully eaten 50 grams of dried plums daily. At a visit with my family doctor last week, I described my 5 dried plums a day regimen. He told me he had never heard of dried plums for bone health.

“The evidence for plums is remarkably compelling,” I told him. “Eating 50 grams of dried

plums daily stops bone loss in men and postmenopausal women.”

Earlier research proved that 100 grams daily of dried plums stopped the process of losing bone mass in postmenopausal women. That sounds great until you realize 100 grams represents 10-12 dried plums EVERY DAY. Yikes!

Recent studies, like the Prune Study, have proven that 50 grams of dried plum are as effective in preserving bone mass as 100 grams daily.

For more information about bone health, check out the National Osteoporosis Foundation website at www.nof.org.

Here are 4 Tips to Keep Your Bones Strong:

1. Eat 50 grams of dried plums (prunes) daily.

Eating dried plums daily supports bone mass in both men and postmenopausal women by changing the balance of bone remodeling to favor keeping more bone cells.

Since dried plums can have a laxative effect, I suggest starting with 2 plums daily. Increase the amount by 2 dried plums weekly until you get to 5 large or 6 small dried plums daily. I have found the size of dried plums can vary, so whenever I start a fresh bag, I use my kitchen scale to measure out 50 grams. My favorite dried plums are the ones carried by Costco.

2. Do weight-bearing activities.



Walking, cycling, dancing, and gardening are activities that keep your bones strong. Exercises like tai chi and strength training like bodyweight exercises and lifting weights strengthen your thigh muscles. It improves your balance, which helps prevent falls.

3. Don’t smoke. If you do, quit.

Smoking cigarettes accelerates bone loss. My mother smoked for 68 years, starting at age 18. Stopping smoking could have helped her avoid the fractures which plagued her later years.

4. Track your bone density.

My mother had no idea how thin her bones were until she fell and broke her wrist. Earlier intervention could have prevented her hip fracture and subsequent disability. Talk to your doctor about your bone health.

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

Indigenous Culture

CONTINUED FROM PAGE A1

derived from how Indigenous people in the past drew from the bounty of the land.

On Saturday, patrons had the treat of hearing Randy Lewis speak. Lewis is an elder and IRRF board member, and a storyteller, teacher, civil rights organizer, and historian.

He explained how the land in the Wenatchee River watershed home was for thousands of years to a mixture of people from eastern Plateau tribes and coastal Salish tribes. Geography caused pockets of distinct groups and

dialects, but through trade and intermarriage, bonds solidified between peoples spread from Montana to the Pacific Ocean. Along the Columbia south of Wenatchee were summer camps of tens of thousands of people. Later, due to cumulative oppression and hardship, those numbers shrank to about 150 tribe members in the 50’s.

Lewis spoke of the sacred hoop, which has been broken. To heal it requires deep listening and remembering. He and Big Bull Lewis both spoke of the importance of connecting to the land and the cycles of nature, like knowing the

right time to harvest camas. The attendees absorbed the knowledge shared by Big Bull Lewis, Lewis and Ballas, for its practical and spiritual benefit. It was a great preface to the powerful IE dances, which are also rooted in nature. The hoop dance, for instance, shares the perspective of a long-lived willow tree, with the eight hoops, originally made from willow, transforming as the dancer manipulates them into shapes of a flower, bird, rabbit, and butterfly.

ICCA hopes to continue collaborations like these to educate and enrich our community. Ballas said, “It was

a beautiful experience having all these different people, from locals to international visitors, come together and connect through their own relationship with nature and learn from IRRF about the P’squosa and their deep heritage connection to the lands we are on.”

And Polzin explained, that, for Icicle Creek, “Fostering local artists and organizations doing important work continues the legacy of Harriet Bullitt and the sleeping lady who overlooks us, reminding us that the planet and people are intertwined and, through helping each other, we thrive.”

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Kodiaks Scoreboard

TENNIS	
May 16:	No scores available
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Leavenworth/Cashmere
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or
Quad City Herald
509-689-2507
or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

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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.

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The Leavenworth Echo or Cashmere Valley Record
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or
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Liberty Orchards Company, Inc.
Seeks two Program Managers in Cashmere, WA. to be responsible for scale up of new products from bench top to the manufacturing floor. This position works closely with cross- functional areas within the organization to ensure that all parties understand pertinent requirements as well as ensuring compliance to product and process specifications is maintained. This role is also responsible for improving all aspects of the quality manufacturing process of confectionary products in the manufacturing plant. **REQ:** 5 years of experience in the job offered or Project Management plus 5 years of experience with product creation; identifying and selecting suitable equipment, equipment suppliers, and communicating with cross functional teams; assessing promotion of products within the market; and providing organization for the manufacturing of products. Requires less than 20% travel outside of normal commuting distance. Offered annual salary 69,930 – 75,000. Mail CV to Human Resources, 1 Walnut Street, Perth Amboy, NJ 08861. Reference Job Code LO-PM-10042022.

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.



School District is seeking qualified applicants for the following position:

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Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. These positions are open until filled.

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

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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.

Help Wanted

The City of Chelan's Public Works Department is accepting applications for the position of Manager Position.

The annual salary range for this position depending on experience is \$83,268 to \$101,220. Application materials and a summary of benefits are located on the City's website: <https://cityofchelan.us/Job.bs.aspx>. Benefits include medical, dental, and vision insurance in addition to paid vacation, holidays, and sick leave. Please submit a complete application including a resume and cover letter through the City's website. First review of applications will be Wednesday May 31, 2023. The position will remain open until filled.

The City of Chelan is accepting applications for the position of Utility Worker.

The monthly pay range for this position depending on experience is \$4,677 - \$5,685. Application materials and a summary of benefits are located on the City's website: <https://cityofchelan.us/Job.bs.aspx>. Benefits include medical, dental, and vision insurance in addition to paid vacation, holidays, and sick leave. First review of applications will be Wednesday June 2, 2023. The position will remain open until filled.

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The Leavenworth Echo Cashmere Valley Record 509-548-5286 classifieds@leavenworthecho.com
Deadline: Noon on Friday for all papers.

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Legals

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate NO. 22-4-00595-04 AMENDED PROBATE NOTICE TO CREDITORS GREGORY ALAN KEMP, SR., Deceased. RCW 11.40.030

The Personal Representative named below has been appointed and has qualified 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. 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(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the probate assets and nonprobate assets of the decedent.

DATE OF FIRST PUBLICATION: May 24, 2023

Personal Representative: Leigh Evan Toland Attorney for Personal Representative: James P. Hurley Address for Mailing of Service: 411 N. 2nd Street, Yakima, WA 98901

Dated: May 17, 2023.
/s/ Leigh Evan Toland LEIGH EVAN TOLAND Personal Representative Attorney for Personal Representative: HURLEY & LARA By: /s/ James P. Hurley JAMES P. HURLEY WSBA #6615 411 North 2nd Street Yakima, WA 98901
Published in The Cashmere Valley Record/Leavenworth Echo on May 24, 31, and June 7, 2023. #5761

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of ANGUS DUNCAN CAMPBELL, Deceased. NO. 23-4-00171-04 PROBATE NOTICE TO CREDITORS The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: May 17, 2023

PERSONAL REPRESENTATIVE: Suzan Dickinson ATTORNEY FOR PERSONAL REPRESENTATIVE: David Visser ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES 23 South Wenatchee Avenue Suite 320 Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 23-4-00171-04

OVERCAST LAW OFFICES By: /s/ David Visser, WSBA No. 41546 Attorney for Personal Representative. Published in The Leavenworth Echo/ Cashmere on May 17, 24, and 31, 2023. #5739

Public Notices

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

In the Matter of the Estate of ROLLAND QUINN AKA ROLAND WILLIAM QUINN, Deceased CAUSE NO. 23-4-00905-31 NOTICE TO CREDITORS (RCW 11.40.020).

The person named below has been appointed Administrator 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 provided in RCW 11.40.070 by serving on or mailing to the Administrator or the Administrator'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 Administrator 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: May 17, 2023

ADMINISTRATOR Ruby Avalos 16100 Tatty Ave SE Monroe, WA 98272 ATTORNEY FOR ADMINISTRATOR Amber L. Hunt Woodinville Law 13901 NE 175th St, Ste G Woodinville, WA 98072 (425)485-6600

Published in The Leavenworth Echo/Cashmere Valley Record on May 17, 24, and 31, 2023. #5735.

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of RICHARD MANSKI, Deceased. No. 23-4-00204-04 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 RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: May 24, 2023

Personal Representative: Kristen Distasio Attorney for the Personal Representative Russell J. Speidel Address for Mailing or Service Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881

Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00201-04 KRISTEN DISTASIO Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: RUSSELL J. SPEIDEL WSBA No. 12838 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807

Published in The Leavenworth Echo/ Cashmere Valley Record on May, 24 31 and June 7, 2023. #5763

Public Notices

NOTICE PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the Hearing Examiner for the City of Leavenworth will hold a Public Hearing to consider and make decision on a Major Cluster Subdivision Application, known as Alpenglow Village 3. Hearing will be held at 10:00 am, Friday, June 9, 2023, at the City Hall Council Chambers, 700 US Hwy 2, Leavenworth, WA 98826, with the option to join via Zoom, Meeting ID: 932 6069 3777, Passcode: 890196; Or the call-in phone number: 1-253-215-8782.

MS (LUA) 2022-045: The proposal is for a 70-lot major cluster subdivision on 28.11 acres with three open space "park" tracts, two open space tracts "entrance" and one utility tract. The residential lots range in size from 4,230 to 10,217 square feet. Three lots, identified as Phase 6, 7 and 8, are intended for future development. The proposal includes development and dedication of road extending Cascade Street and Central Street, developing a new Alpenglow Drive (from Central to Ski Hill), and providing land to the north for a potential future road. The project is located at 10175 Ski Hill Drive, within the Residential Low Density 6,000 and Residential 8 Zoning Districts; Assessor's Parcel Numbers 241701320064, 241701320060, 241701320062 and 241701320050.

The public is encouraged to attend and to submit written comments prior to the hearing. It is the right of any person to comment on the application, receive notice, and participate in any hearings, and request a copy of the decision, once made, and a statement of any appeal rights. Materials may be viewed by appointment only at City Hall, or on the City's Public Portal at https://lvnworth_wa.permittax.com/Citizen/; Search LUA2022-045, address, or use the interactive map. Questions may be directed to Maggie Boles, Senior Planner, phone 509-548-5275 or email mboles@cityofleavenworth.com

Published in The Leavenworth Echo/Cashmere Valley Record on May 24, 2023. #5766

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of RITA M. CLARK, Deceased No. 23-4-00115-04 AMENDED PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of:

(1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: May 24, 2023

Personal Representative: Sandra M. Weaver Attorney for the Personal Representative: Russell J. Speidel Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881

Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00115-04 SANDRA M. WEAVER Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: RUSSELL J. SPEIDEL WSBA No. 12838 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807

Published in The Leavenworth Echo/ Cashmere Valley Record on May 24, 31, and June 7, 2023. #5764

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 - Smart, pl.
 - Pilaf grain
 - Close in proximity
 - "The Green"
 - Don't waste
 - Risque
- DOWN**
- Catchall abbr.
 - St. Louis tourist attraction
 - Displeasure on one's face
 - Rainbow color
 - Root of nihilism
 - Set right
 - "Stand _____," film based on "The Body"
 - "Rita _____ and the Shawshank Redemption"
 - Bibliographical abbr. (2 words)
 - Risky business, pl.
 - "Is" in Paris
 - Hispanic American
 - Boss, in Swahili
 - Rides the waves
 - "Auld Lang Syne" poet
 - "Children of the Corn" cult leader
 - Chroner
 - Subsection of a poem
 - "Rhinesone Cowboy" singer
 - Kind of change
 - Mistake
 - Oceanic trenches
 - "Rabid Saint Bernard in Stephen King book
 - Mogul rider
 - Nicholson in "The Shining"
 - Foolish
 - Not bright
 - Subtlety
 - Plumber's concern, pl.
 - Crying like crow
 - Type of cap, pl.
 - Chilled (2 words)
 - Same as solos
 - Yuletide
 - Paddington Bear's homeland
 - Beginning of a story?
 - Grand
 - "Like a Stephen King story
 - "Platoon" setting

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WASHINGTON OUTDOORS REPORT

Tournament Bass Fishing, Part Two

By JOHN KRUSE

Last week I wrote about the Pro-Am bass fishing tournament I participated in at Potholes Reservoir where I personally didn't catch many bass fishing with two pros over two days, but I certainly learned a lot.

The experience prepared me well for the tournament that took place the next two days, May 6 and 7. This was the Limit Out Marine Big Bass Tournament, also at Potholes Reservoir and hosted by MarDon Resort. A total of 86 boats with one or two anglers in each one signed up to fish the event.

These tournaments are really fun. There are hourly weigh-ins and the biggest bass weighed in is worth \$550 to the angler or team that caught it. Meanwhile, the biggest bass caught during the weekend is worth \$7500 along with whatever hourly winnings the angler or team of anglers earned.

Two things I enjoy about Big Bass tournaments is that even a blind squirrel like me can occasionally find a nut or in this case, a big fish. Second, I believe a big bass tournament is good for the sport because there is less mortality to the fish. During a typical bass tournament, you have five fish in your live-well and may have them there all day. If you are fishing a stormy day and making a long run back to the weigh in site or are fishing on a hot day you run the risk of killing some of these fish, and the longer the fish are in your live well the worse it often is for the health of the fish.

In a big bass tournament though, you generally have



PHOTO BY JOHN KRUSE.

Rusty Johnston with a quality bass caught during the tournament

the fish in the live well for an hour or less before weighing it in and releasing it. This is a much better way to reduce mortality. The other nice thing about a big bass tournament is that you immediately catch and release the fish you catch if you don't think they are big enough to win an hourly weigh-in.

I fished in the tournament with my best friend and longtime fishing partner Rusty Johnston. Like everyone else, we headed back into the sand dunes, looking for bass in the shallows on spawning beds or near them. We were lucky enough to find a spot nobody else was at and fished it all morning. We had a great day, catching fish after fish with wacky rigged Senkos, (a plastic work hooked in the middle with little to no weight).

The vast majority of the fish weighed two pounds, but

we also caught a three-pound bass and one that was close to three and a half pounds. This fish was just an ounce or two shy of being a winning fish the first morning when a 3.6- and 3.7-pound bass both took home hourly cash winnings. By the end of the day, we had caught 25 to 30 bass and were confident about the next day.

Unfortunately, the weather cooled overnight, and the bite cooled as well for just about everybody fishing this tournament. We caught some fifteen bass the second day fishing the same area and trying a couple of others as well. Unfortunately, the biggest bass we caught that Sunday was only a 2 1/2 pound fish.

As for the winners? That was Josh Lucas and Ryan Williams who both live in Pierce County. This was actually Williams first tournament fishing experience. Like me, he fished

the Pro-Am and Big Bass tournaments as a co-angler. The two won two hourly prizes over two days. On day one they weighed in a bass under four pounds to win and the second day they got the big one next to a flooded tree where Josh had caught big bass in the past. When Lucas cast his Senko next to the tree, it was grabbed by a 6.15-pound largemouth bass and that fish earned the two a total paycheck of \$8600.

If you want to fish at next year's event or find out more about tournament bass fishing at Potholes Reservoir, contact Russ Baker at Limit Out Performance Marine in Spokane Valley or just go to his tournament series website at www.bigbasstrail.com.

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



Personal use firewood cutting program now open

SUBMITTED BY ROBIN DEMARIO
US Forest Service

Wenatchee - Woodcutters are now able to obtain a free permit to cut firewood on the Okanogan-Wenatchee National Forest. Those who receive free use firewood permits may use the firewood for cutting, manufacturing, or other processing, but not for resale.

"This is the second year we have participated in this free permit program which benefits people who rely on firewood as their primary heat source. It not only benefits local woodcutters, but also allows us to dispose of material that otherwise would have a cost to burn or remove," said Forest Supervisor Kristin Bail.

Woodcutters need to obtain a free permit, firewood tags, a map, and also have a copy of the regulations on hand when cutting and transporting firewood. The free use firewood permits and tags will be available at Okanogan-Wenatchee National Forest Ranger District offices which began on May 1 and are valid through December 31. Permits will also be available at local vendors in the Methow Valley and Ellensburg; vendors will charge a \$2 administrative fee per permit.

Procedures for issuing free personal-use or commercial use permits will vary by office, so please check to verify hours and permit purchase options for each location. People will need to provide their driver's license to obtain a permit and the permit holder must be present during firewood gathering in the National Forest.

Free personal use firewood collection is allowed in all designated areas authorized for firewood collection in the forest which are marked on the woodcutting map, which will be provided when firewood tags are distributed.

Generally, woodcutters may cut wood lying on the forest floor and standing dead trees, except wildlife habitat trees. Be aware that western larch, also known as tamarack, drops its needles and may look dead, but isn't. No woodcutting is allowed in Congressionally designated Wilderness areas.

Firewood permit requirements for the Naches Ranger District are different from the rest of the forest. Special rules and conditions exist which limit the dates of the firewood cutting season in the Naches Ranger District. Please visit the Naches Firewood information page for details: www.fs.usa.gov

Numerica PAC

CONTINUED FROM PAGE A1

- "The Spongebob Musical" at Wenatchee High School
- Best Ensemble in a Play
- "Clue" at Wenatchee High School
- "The Butler Did It" at Cascade High School
- "The Granite Park Rangers" at Chelan High School
- "The Lion, The Witch, and the Wardrobe" at Quincy High School
- "Twelve Angry Jurors" at Cashmere High School
- Best Overall Musical:
- "Beauty & the Beast" at Quincy High School
- "Footloose" at Eastmont High School
- "Little Women, the Musical" at Cashmere High School

- "The Spongebob Musical" at Wenatchee High School
- Best Ensemble Overall Play:
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- "Twelve Angry Jurors" at Cashmere High School

The 3rd Annual Apple Awards Ceremony at the Numerica Performing Arts Center will be held Thursday, May 25, 7 p.m. Tickets: \$20 Adults and \$15 Students. Ticketing Information: 509-663-ARTS, www.numericapac.org. Box Office: Mon-Fri, 10-5:30 p.m.

Veterans Hall

CONTINUED FROM PAGE A1

Foundation, are two flags around the banner of Thomas "Allen" Biddle, a fallen active-duty military soldier fallen to suicide. The blue star flag was presented to mothers of active-duty military soldiers and the yellow star with blue outline flag was given to mothers of fallen military soldiers in active-duty.

The Vet Hall is a place for veterans to gather, a location for veterans to use, and is a resource for connecting veterans with additional veteran service organizations in the community. "The most rewarding part of this is seeing vets helping other vets," said Army vet George Turner, crediting help from Douglas County Veterans Service Officer and Air Force veteran Sarah Simonson.

The Vet Hall is also home to a certified DAV Service

Officer, Marine and Army vet Ron Bruno, who supports local veterans with disability claims and enrolling veterans in benefits, and he is there on Tuesday mornings and by contacting 509-679-2359 or ron.bruno@frontier.com.

The Wenatchee Valley Vet Hall was proudly "built by veterans for veterans" and is here to support the greater region of North Central Washington. The Wenatchee Valley Veterans Hall is a 501(c)(3) tax deductible corporation, and the facility is available for meetings at no cost for veterans or to the community via a veteran by donations which are saved to use for future maintenance. It can accommodate 250 people and they even have the chairs and tables on site. For more information visit www.facebook.com/WenValleyVetsHall or they welcome vets weekly at the Vet Hall on Tuesday mornings for coffee and camaraderie from 8-11 a.m.

The Contract

Unveiling the healing power of forgiveness

A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel García Márquez was quoted as saying, "All human beings have three lives, public, private and secret."

In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least expect it.

Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his family, his congregation and the impacts of that secret life is inspirational. How McCarthy discloses the news of his college indiscretion requires him to take everyone involved on a journey of confession. That journey forces him to deal with issues of homosexuality, judgementalism, divorce and pride.

His pastoring skills and the depth of support from his wife help him bring forgiveness and restoration to many broken relationships.

The bonds of three families are ultimately restored through celebrations of life experiences including fishing, holiday gatherings, the discovery of unknown family connections and a wedding.

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple iBook. The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Carol@leavenworthecho.com. Mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo/Record office, call for details, 509-548-5286.

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