



## CHS hosts annual blood drive



ASB and Sports Medicine Club Advisor Jon Betz and students Mackenzie McLeod, Trenton Holland, Teagan Sauer, Grace Redman, Teyva Dillon, and Connor Schoenwald gather together during CHS's annual blood drive.

PHOTO BY MADDY BLACK



**Madeline Black**  
CHS Staffer

Cascade High School hosted its annual blood drive connected by the Red Cross. CHS ASB students and advisors collaborated with the Red Cross volunteers to put on the annual blood drive. The blood drive was held in the CHS wrestling room on Monday, May 1 during school hours.

ASB advisor Ms. Robison worked alongside JayAnn Chacon, an organizer for the Red Cross, to provide the well-planned event at Cascade High School. Chacon and the Red Cross have "partnered with the school for many years. It helps students to engage with their community, knowing the importance of what it means to donate blood and volunteering," she said.

ASB students, Breanna Loomis (11) and Grace Redman (10), were in

charge of managing the sign-up table in front of the CHS cafeteria during lunch and flex periods. "I coordinated with our two advisors, Ms. Robison, and Mr. Betz, so we can meet with the Red Cross representative, and get everything to set it up to help it run this year," said Redman. Both students wanted as many of their classmates as possible to participate in the blood drive and even donated themselves. "I donated last year and I wanted to do something to help the community," said Loomis, who continued, "Grace mostly planned it, but I was helping her whenever she would need me to help with the name tags for the passes," that the students received when it was time for them to donate blood.

Not only did Cascade students and staff donate blood, but community members from all over Leavenworth took the time out of their day to come to the high school and donate. Later in the day, some running start students also showed up to donate.

ASB and Red Cross volunteers oversaw the blood drive while it was happening to assure that donors are safe and taken care of afterwards. Donors were rewarded with bottled water and their choice of treats to

prevent feeling dizzy or fainting. Amongst the table of snacks was a tray of butterscotch cookies made by Carl Haberberger's culinary class and were a big hit with the donors. The Red Cross's top priority is for donors to be informed and keeping them safe through the process. Before donors get ready to donate blood, they go through a check up with a Red Cross volunteer and make sure that their blood is clean, and they are healthy to donate. This checkup included a temperature check and a questionnaire about recent travel or health concerns that could negatively affect a blood donation.

Students who are under eighteen years of age were required to have a parent permission slip signed to make sure that there are no health problems that could endanger them while donating blood. Seniors who are eighteen don't need a permission slip to donate blood. "My mom has always [donated] so I've always wanted to do it," said Zienna Erickson (12), who had donated last year. Staff were also willing to participate in the blood drive this year, including one of the organizers, Jon Betz, who is the sports medicine and health teacher at CHS. "I know kind of what

the [safety] requirements for giving blood are and I know some of the background on what it does, impact-wise," said Betz, who continued, "and just giving blood in the past helps too." The blood drive ran very smoothly, however, some CHS students were upset because they signed up, but were never put on the schedule. Community members and CHS staff were prioritized since they have jobs to get back to. This made the wait time for donating surprisingly long. CHS Interact Club held a meeting the following Tuesday and presented their feedback of the blood drive, debating whether or not the school should make the blood drive a two-day event for next year so that everyone who signs up will actually have a chance to donate.

The blood drive held at Cascade High School this year was successful and was widely talked about throughout the school. It is important for students to understand what donating blood means for the community and how they can help make an impact. CHS students were well prepared to take part in their community and contribute to making the world a better place by participating in the event.

## Weekend Backpack Program feeds many students



**Marlene Farrell**  
Correspondent

Every Wednesday, a team of dedicated volunteers gather in the basement of the Leavenworth Community United Methodist Church. It doesn't take long—less than half an hour—to assemble 72 bags with thirteen food items, but it is critical work. These food bags are destined for the backpacks of Cascade School District students each Friday afternoon.

They will provide food items to stretch a family's pantry, a food buffer for the weekend, so to speak, when the children are not receiving free and reduced lunch and breakfast at school. The foods are nonperishable and require little or no prep.

Recent items in the food bags included mac and cheese, instant rice, instant oatmeal, chili, canned fruit, pudding, milk boxes and microwave popcorn.

Individuals from the Methodist Church congregation and other friends have been coordinating this Weekend Backpack program for over a decade, and they deliver food bags to three schools, Peshastin Dryden Elementary, Icicle River Middle School and Cascade High School. The Leavenworth Church of the Nazarene has assumed responsibility for Alpine Lakes Elementary, and the Plain Community Church recently started providing similar aid to Beaver Valley School.

Of course, there's more to it than just assembling the bags. Dean Groby has been leading up the logistics for years. "It has been seven years since I first started helping with the program," Groby said. "I just volunteered to start with, then took over running the program."

"The biggest challenge is planning the menus and then buying all the groceries. We do this every two weeks during the school year. We usually give the kids extra food before winter, mid-winter and spring breaks." This means every two weeks, Groby makes a run to Wenatchee and fills his car to the ceiling, Tetris-style, with boxes purchased at Costco and Winco. This load would be transported via an elevator to a spacious closet in the church basement.

And then on Tuesdays, a few people get everything organized. They set up tables with the exact number of bags on them, and lay out an exact count of all the items on the front tables.

Since late winter, Groby has had to take a break from his role while he's recovering from a medical procedure.

CONTINUED TO PAGE A3

## Annual Bavarian Maifest weekend



Maipole dancers

FILE PHOTO.



Bernese Mountain pup.

FILE PHOTO.

### May 13-14 Downtown Leavenworth starting at 11 a.m.

Entertainment lineup for Maifest weekend includes:

- Bavarian-inspired "Festzug" (or Grand March) at Noon on Saturday
- Enzian Schuhplattler Dancers for the traditional Maipole dance.
- Folk dancing, Horses, Wagons, and Carriages, High school marching bands.
- Bernese Mountain Dogs, Art displays, Flower crowns and other giveaways.
- Families and individuals dressed in their Bavarian best including The Royal Ladies of the Autumn Leaves and Bavarian music all weekend long.

2023 Leavenworth Mother's Day 5k fun run/walk, Sunday, May 14, to raise money for charity. The course starts in picturesque downtown Leavenworth, goes through beautiful Waterfront Park, across Blackbird Island, and around Enchantment Park before finishing back where you started in downtown.

All proceeds go directly to Cascade Medical Foundation's fundraising efforts to create a Cardiac Rehabilitation Center.

Individuals 13 years or older can purchase an adult ticket for \$20 (kids ages 12 and under are free). Families of 2-5 people can purchase a family ticket for \$30. And teams of 10 or more can purchase a team ticket for \$100. All participants (including kids ages 12 and under) must check in at the registration booth between 9 a.m. and 10 a.m. the day of the race to receive their bib number. The check-in booth will be located at the Gazebo in Front Street Park, the race starts promptly at 10 a.m.

Included: An official race t-shirt, while supplies last. Light snacks and refreshments, prizes.

Bib numbers will be chosen at random to receive gift cards from Leavenworth businesses.

Online ticket sales end Friday, May 12 at 5 p.m. Walk-up tickets can be purchased at 9 a.m. on Sunday, the day of the race at the registration booth located at the Gazebo on Front Street Park, 820 Front Street.



SUBMITTED PHOTO.

Each bag is filled with a variety of food items, most of which children can prepare for themselves if needed.

### Inside The ECHO this week

#### Section A

Bulletin Board.....	3
Community Calendar.....	3
Michelle's Kitchen Table.....	4
Church Guide.....	4

#### Section B

Sheriff Reports .....	1
Kodiaks Scoreboard .....	1
Classifieds .....	2-3
Business Directory .....	4

Inserts: Safeway  
Dan's Market



8 08805 93175 4

P.O. Box 39,  
Leavenworth, WA 98826  
Phone: 509-548-5286  
www.leavenworthecho.com





## An open letter to our Cascade Medical team members during Healthcare Week 2023

### *Thank you.*

**A**t Cascade Medical, our team members - whether providing direct patient care, or supporting those who do - play a critically important role in helping ensure our patients receive the best possible care. This National Healthcare Week, May 7-13, we want to pay special tribute to all our talented, compassionate, and hard-working team members who work together each day to ensure our community is a healthy one.

**T**o our Patient Services Representatives, you are often the first face our patients see when they walk through our doors, and the first voice they hear when they dial our number. Thank you for answering all the questions, for listening, and for setting our teams up for success.

**T**o our Laboratory and Radiology teams, who pair attention to detail with an uncommon human touch to ensure our patients receive correct results - we are grateful.

**T**o all our providers, in all their forms... physicians, nurses, medical assistants, patient care techs and more, you truly put the "care" in health care.

**T**o all our Clinic and Behavioral Health team members, who every day offer support and advice, celebrating big victories and engaging in challenging conversations, who honor every patient with the individual stories each one carries through our doors...we can't thank you enough.

**T**o our Emergency and Ambulance teams, you offer care often when our patients are at their most vulnerable, when every second counts. Your commitment is inspiring.

**T**o our Rehabilitation Services and Inpatient/Acute Care team members - you offer our patients nothing short of an opportunity to restore quality of life and movement. You help our patients reimagine how life really can be lived. We salute you.

**T**o our Facilities, Environmental Services, Supply Chain, and Dietary teams - you are some of our unsung heroes. Thank you for so much...for making our spaces safe ones to walk into when patients need care, for making sure things actually work, for creating food that is as delicious as it is nutritious, and ensuring we have the right tools, at the right time, in just the right amount.

**T**o our Administrative, HR, Informatics, Quality, Utilization Management, Education, Business, Accounting, Health Information Management, and IT members - thank you all for your leadership and support. For helping us when that one thing on the computer just doesn't do that one thing we need it to do. For all your efforts ensuring all those dollars and cents actually make sense. For all this and more, our caregivers could not give care without your expertise. You are appreciated.

**E**veryone who works at Cascade Medical plays a special role in serving our community, regardless of the role they play. Your expertise, your kindness, your care, and your commitment to every patient, every time, every day shines through. Every role is essential, every job is critical, and every one of you are valued beyond measure.

**In short - we are so grateful.  
Again - thank you.**



**CASCADE MEDICAL**  
PARTNERS IN YOUR HEALTH

## COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- Garage and Yard Sale Ads are paid events, please email: classifieds@leavenworthecho.com or place online at NCWMARKET.COM
- For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com
- Cashmere: 509-782-3781, email: reporter@leavenworthecho.com

## THE LEAVENWORTH ECHO

© 2023 NCW Media, Inc.  
PO Box 39  
Leavenworth, WA 98826-0039  
Phone: 509-548-5286

website:  
www.ncwmarket.com  
www.leavenworthecho.com  
e-mail:  
Reporter@leavenworthecho.com

**Publisher**  
Carol Forhan • 509-548-5286  
publisher@leavenworthecho.com  
Bill Forhan publisher ex officio

**Reporter/Photographer**  
Justin Pardini  
Justinpardini@gmail.com  
Reporter@leavenworthecho.com  
Reporter@cashmerevalleyrecord.com

**Advertising Sales Manager**  
Carol Forhan  
509-548-5286  
carol@leavenworthecho.com

**Creative Services**  
Carol@leavenworthecho.com

**Front Office**  
**Classified / Legal Notices**

**Obituaries/Memorials**  
Classifieds@leavenworthecho.com  
Online ads at NCWMARKET.COM

**Circulation for all NCW Media, Inc. newspapers.**  
1-509-293-6780  
circulation@lakechelanmirror.com

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

**SUBSCRIPTIONS:**  
In Chelan County (yearly) \$40.<sup>00</sup>  
\$5.<sup>00</sup> to include online subscription  
In State-Out of County (yearly) \$50.<sup>00</sup>  
Online E-edition only \$40.<sup>00</sup>

The Leavenworth Echo does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization. 1-509-293-6780

**SERVICES:**  
Back issues are available up to one year after publication for a fee.

The Leavenworth Echo (USPS 308 160) is published every Wednesday by NCW Media, Inc. P.O. Box 39, Leavenworth, WA 98826. Telephone: 509-548-5286. Periodical postage paid at Leavenworth, Wash. (and additional mailing offices) Postmaster: Send address corrections to: The Leavenworth Echo, P.O. Box, 39, Leavenworth, WA 98826-0039



### 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

### “Getting Your Life Together Checklist” Workshop

How should we organize our estate? What documents should we have in a safe place? What decisions should we make ahead of time in case we are unable to make healthcare decisions. How do we ensure that our estate is settled in the way we wish? A Free workshop will be held on May 10, 6:30 p.m. at the Leavenworth Community Methodist Church that will focus on answering these and many other questions. Judy Weaver 509-885-2990

### The Leavenworth Lions Club

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

### Leavenworth Library Event

The Cascade High School Advanced and AP Artists will have an art show at the Leavenworth Public Library in the Fireside Room from now through May 19. There will be a wide variety of media-painting, drawing, sculpture, photography, and digital art. The student artists are in grades 9-12 and have been exploring styles, cultures, and history through visual imagery. Some artwork will be for sale

### Cemetery's 'Rake the Spring Twigs' Community Event

The Upper Valley Historical Society and Greater Leavenworth Museum are hosting the semi-annual cleanup at the Old Leavenworth Cemetery on North Road, directly across from the Amtrak station. Join us on Saturday, May 13, 10 a.m.-noon. Please arrive before 10:15 a.m. to place your complimentary Dan's Food Market sandwich order. We will be picking up leaves and pine needles, among other tasks. Bring your favorite gloves, rakes, loppers, etc. The event is rain or shine. If you cannot help with the cleanup but

### Icicle Creek Center for the Arts

Welcomes Indigenous Enterprise for three amazing performances on May 12, 7:30

p.m. and May 13, 2 p.m. and 7:30 p.m. Indigenous Enterprise, with their award-winning dancers of international acclaim, will wow audiences with a dance, storytelling and multimedia performance representing many Indigenous tribes and celebrating their deep history and Indigenous cultural identity. Indigenous Enterprise is a part of Icicle Creek's Visiting Artist Series, and they will be giving interactive performances with students in multiple school districts in prior days. There are preshow bonus nature/ Indigenous history walks beginning 90 minutes prior to each show, thanks to our partners at Wenatchee River Institute and Indigenous Roots and Reparations Fund. Tickets for all shows available at: www.icicle.org.

### 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 George's 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 5:00 p.m., and entrance on this day is free for everyone.

## Regional

### Cultivate joy and wellness at our Women's Retreat

Empower yourself with practical skills for creating and sustaining joy and wellness at our Ease into Spring Women's Retreat for cancer survivors May 12-14 at Sleeping Lady Mountain Resort. Most of us live braced mentally, emotionally, and physically against constant signals of stress in our day-to-day lives. It is essential to periodically retreat from the rigors of daily life to allow ourselves to rest, reset, and learn new skills that will support resilience and create a more peaceful, healthy, and joyful life. Neuroscience research suggests that feeling happy and joyful will create and strengthen neural pathways that support a positive outlook on life. This three-day retreat at

Leavenworth's Sleeping Lady Mountain Resort empowers women who have received a cancer diagnosis to embrace survivorship as a life practice by teaching practical skills for cultivating joy, health, and whole-person wellness in day-to-day life. Through journaling, creative expression, gentle movement, and educational talks, EASE Cancer Foundation's faculty will guide each participant in creating their own personalized, sustainable wellness plan.

Registration is open online now and includes dinner on Friday and Saturday, breakfast on Saturday and Sunday, and all supplies. Email info@easecancer.org for more information.

### The Cascadia Conservation District

Regular Board meeting will be an in person and call-in / Zoom meeting, held on Friday, May 19, 1:30 p.m. If you wish to attend in person, please call the office as space is limited. More information and instructions will be available on our website at cascadiacd.org or by calling the District office, 509-436-1601.

### We Can Help Make a Difference

On Sunday May 21, 2 p.m., Wenatchee First United Methodist Church is sponsoring and hosting a special concert called Music For the Refugees. It will feature The Wenatchee Big Band, The Apollo Club, The Applearies, a combined church choir, and other solo artists. The concert will directly benefit Ukrainian refugee families in Chelan, Douglas, and Grant counties, through the Friends of Ukrainian Refugees (FOUR). Admission is free, and a free-will offering will be taken. Did you know today there are around fifty Ukrainian refugee families in North Central Washington? They're quietly living among us, practicing, and learning English, going to school, finding their way around new neighborhoods; studying to get a driver's license, finding jobs, paying their rent, and trying to make new friends and new lives. We watch the news and read the paper, shocked by devastating pictures of the war in Ukraine. Many of us are feeling called to do more, and our words can only go so far. When words fail music speaks. Let's show our compassion and caring, and truly make a difference for the Ukrainian families in our area. Please join us and bring your extended family, friends, and neighbors. Call Judy Kelts, 509-884-7218.

## 2023 Senior Farmers Market Nutrition Program

SUBMITTED BY KATHY WRIGHT

### Aging & Adult Care

To apply to the Senior Farmers Market Nutrition Program (SFMNP), please go to: www.aaccw.org or you can email us at: aaccw.fm@dshs.wa.gov.

To request an application by mail please call: 509-886-0700 x 235

\*Applications must be received in our office by June 14, 2023.

Each qualified senior who resides in Adams, Chelan, Douglas, Grant, Lincoln, and Okanogan counties will have the opportunity to receive an \$80 benefit card which

replaces the paper vouchers to use at approved Farmers Markets and Farm Stores in Washington State for fresh fruit, vegetables, honey, and herbs starting Effective June 1, 2023, through October 31, 2023.

### Qualifications:

To be eligible for the SFMNP, you must meet all of the following:

- You must be 60 years old or older (or 55+ if you are Native American /Alaska Native)
- Your income must be below 185% of Federal Poverty Level. That means:
  - \$26,973 Annual or \$2,248 Monthly Income for 1 person
  - \$36,482 Annual or \$3,040

Monthly Income for 2 people
 

- For larger households, add \$792 for each additional person. You must be a resident of Washington State.

This program is sponsored by the U.S. Department of Agriculture, the Washington State Department of Health, Office of Nutrition Services, the Washington State Department of Social and Health Services, and Aging and Long-Term Supports Administration Aging & Adult Care of Central Washington (AACCW). 509-886-0700, www.aaccw.org, 240 9th Street NE, Ste 100 East Wenatchee, WA 98802.

### Backpack Program

CONTINUED FROM PAGE A1

“Dean would do it all. He did more than we were aware of,” said Judy Weaver, a longtime volunteer. With his absence, Weaver added, “The last couple of months have been quite the adventure! Donna Whalen and I trying to piece things together.”

Coordinating with the schools takes effort too. “Every August I contact the counselors at IRMS, PD and Cascade,” said Groby. “The students in the program are on the free/reduced lunch program and we don't know who they are. The school counselors take care of identifying the students and handling the paperwork involved.”

In the beginning of the school year, this volunteer team prepared 35 bags for the three schools. It's steadily grown to

its current 72, as families get involved. Thus, the volunteers must always be ready for a change in numbers.

Not knowing the recipients, the volunteers are perfectly content to know that the food bags are well received. The counselors say that some children ask eagerly for them midweek.

Other volunteers, Strobe Weaver and Eileen Groby, apply for local grants, but the program is not financially secure from year to year. “We can always use monetary donations,” said Dean Groby. “It costs around \$20,000 to run the program for one year.”

Donations can be sent to the Leavenworth Community United Methodist Church, and marked for the Backpack Program. The address is 418 Evans St, Leavenworth.

Another way to support this worthwhile cause is to attend the Gadsong concert on July 23rd at 7 p.m. in the Snowy Owl Theater at Icicle Creek Center for the Arts. Gadsong is a local choir that sings a variety of classic, pop and inspirational songs and dedicates all the proceeds of their concerts to local nonprofits. In the case of this concert, the Weekend Backpack program is also grateful to Morgan Stanley, and local affiliate Dan Becraft, who is sponsoring the concert to cover the rental expenses.

The Weekend Backpack program will continue, week after week, year after year, because there will always be a need. One volunteer said, “Unless you have a kid in the school district, you don't know about this program.” It runs quietly because these volunteers are tireless in their dedication.

# Michelle's Kitchen Table Strategies

By Michelle Priddy

## Busy Betty

I was standing in line at a hospital cafeteria last week during Spring Break when I overheard a couple of nurses ahead of me in line talking. They were a few customers ahead of me. I wasn't trying to overhear but the distress in the small nurse's tone over leaving her eleven-year-old daughter at home alone while she was at work caused her voice to carry and because she was ahead of her friend in line her head was turned my direction.

I heard her say, "She's only eleven, I've never left her home alone while I'm working before. I've left her when I take her brother to soccer but that's not all day." I heard her friend murmur something. I couldn't make it out because she was facing away from me. Then the small nurse answered, "Yeah, I told her no cooking, don't open the door, just stay in and play on her phone all day." My mind did a loop-de-do... by nine I was

babysitting across our small town and earning pocket change. That was back when phones were attached to the wall and moms left a list of contact numbers on an index card (we called them recipe cards) pasted to the wall beside the phone. I'm way old school. Then I thought about when I was eleven.

When I was eleven Grandpa (then Dad) needed to fetch a piece of equipment and Grandma (then Mom) wanted to go too but there was a cow to milk, steers to water, chickens to feed, things that just couldn't be left unattended. I remember the conversation at the dinner table before they left and how the two of them discussed leaving us kids alone on the farm for a few days so they could fetch whatever it was a piece of equipment. In the end they took a few days break from us kids. We stayed home; got the Datsun truck stuck after running up to the country store; did I mention I'm the oldest child

in the family? Of course, the truck didn't get stuck where it had been parked when Mom and Dad left so we started the tractor; pulled the truck out of the sand; parked both the tractor and the Datsun back where they had been. We thought we were so slick getting away with it. Years later I found out Mom and Dad knew all along because they saw the marks in the sand where the Datsun was stuck. I thought about Muana's hubby who at ten taught himself to drive a tractor; how she would catch a bus across town to fetch groceries alone; how my late husband rebuilt his first transmission and Aunt Cece climbed trees at ten years old; how Grandpa wrote 'Mavis' in red, black, white, blue and all kinds of colors on a piece of paper making a 'pretty-pretty' to give to the girl named Mavis when he was nine years old; how Grandma at six years picked asparagus on the ditch banks with a paring knife and a paper bag. In real time this took less than a second. As I was considering these things in less than a second the silver-haired customer just in front of the two nurses with a tray in her hand turned towards them (and me) as she reached for silverware. Facing me, I heard her say, "When did we become helicopter moms?"

Her silver-topped head had tipped downwards looking at the silverware until words came out of her mouth. Then she looked up at the two nurses and all of us behind them. I saw the look

on her face, and it held the, "I can't believe I said that. Did I actually say what I was thinking out loud?" look. The nurses behind her in line got quiet. A contrite look passed across silver hair's features because let's face it; it's OK to overhear conversations held in public and have opinions in mind, but it's flat out rude to interject into a private conversation held in a public space unless invited in.

For a moment the distraught nurse froze and didn't say a thing. Then she must have seen what I saw and had kindness in her heart because I heard her murmur something to which silver hair replied, "my mom just kicked us outside and said go play."

I saw small nurse's body relax, her back to me I heard her murmur again then saw silver hair's face relaxed and she said, "I think it's because we've forgotten to make friends with our neighbors," she smiled contritely; finished picking up her silverware; dipped her head slightly; turned away to pay her tab at the cashier's counter then made her way to a cafeteria table. The two nurses paid for their trays of food and headed down the hall to parts unknown. I quietly followed through the food line and took my turn paying the cashier all the while thinking of my own children. I tried hard not to become a helicopter mom, still, I know there were times when I was one. I thought of the things I did to be a good mom. Not sure I was the best at the job, but I am sure I did my best. My kids didn't get any sugar the first year of their lives (on their first birthday Grandpa remedied that!) and I made my own baby food...

I could blend in two thirds water just as easily as any corporation could. However, I had one solid rule: food older than 48 hours wasn't fed to my babies and all food had to be refrigerated. I was very careful about what my babies ate. That's just me.

**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.



## Donate Your Vehicle

Call (844) 889-8170 to donate your car, truck, boat, RV, and more today!

### How it Works:

- 1. Contact Us**  
Call (844) 889-8170
- 2. Schedule Pickup**  
We'll pick up your vehicle for FREE - at a time and place convenient for you.
- 3. Receive Top Tax Deduction**  
You may qualify for a tax deduction.



- Support Veteran Nonprofits.
- Free Pickup & Towing.
- Top Tax Deduction.

Donate Your Vehicle Today  
**844-889-8170**



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



PHOTO BY HEATHER JOHNSTON

National Day of Prayer around the flag on May 4, at the Upper Valley Christian School.

## Homemade Peas for Baby Food

- Electric blender
- 1/2 cup frozen peas
- Water

Put frozen peas in the blender with a splash of water. Turn on the blender, let blend for a bit, add water until peas are all chopped. Put in small dish and serve baby with a baby spoon.

Note: Baby food isn't hard to make. A blender, water and food are all that's needed. I followed a 'food introduction chart'. A doctor can supply a chart of what and when to introduce the foods. Quite frankly when it came to food for my babies, I figured

**MOTHER'S DAY IS MAY 14TH!**

A great GIFT for mom!

**FRENCH MANICURE™ PANICLE HYDRANGEA**  
NOW JUST \$24.60+ SHIPPING!

Place your order today!  
Call 866-940-5703 and mention this ad  
or visit [naturehillsdeal.com/bloom114](http://naturehillsdeal.com/bloom114)

**NatureHills.com**  
America's Largest Online Plant Store

## 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](mailto: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](http://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](mailto:cashmerecommunitychurch@gmail.com)



**CHRIST CENTER**  
Sunday Worship Service at 10 am  
Lead Pastor Steve Haney  
5800 Kimber Rd., Cashmere  
509-295-8006  
[christcentercashmere.com](http://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](http://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](mailto:info@cornerstoneleavenworth.com)  
Sunday Worship - 10 a.m.



**LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH**  
418 Evans Street • 509-548-5619  
10 a.m. Sunday Service, Pastor Jo Dene Romeijn-Stout  
[leavenworthumc.org](http://leavenworthumc.org)  
[leavenworthumc@outlook.com](mailto: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](http://www.leavenworthbaptist.com)  
Email: [info@leavenworthbaptist.com](mailto: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](http://www.LCN.org)

**SEVENTH DAY ADVENTIST CHURCH**  
10600 Ski Hill Drive • 509-548-4345  
Saturday Services • Bible Study 9:30 a.m.  
Worship 11 a.m. • Fred Smith • 509-860-3997  
**SPIRIT LIFE CENTER**  
210 Benton Street • 509-548-7138  
Sunday Worship 10 a.m., Prayer 6 p.m.  
Wednesday Bible Study 6:30 p.m.  
Pastor Russell Esparza

### MONITOR

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

### PESHASTIN

**LIGHT IN THE VALLEY COMMUNITY CHURCH**  
8455 Main Street  
Sunday Worship 10 a.m. • Pastor John Romine  
[www.lightinthevalley.org](http://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](mailto:newlifeleavenworth@gmail.com)  
FB page: [newlifeleavenworth.com](http://newlifeleavenworth.com)  
[www.newlifeleavenworth.com](http://www.newlifeleavenworth.com)

### PLAIN

**PLAIN COMMUNITY CHURCH**  
Serving Our Valley Since 1941  
12565 Chapel Dr. 509-763-3621  
Looking for you at 10:30 this Sunday!  
[plaincommunitychurch.org](http://plaincommunitychurch.org)  
[facebook.com/plaincommunitychurch](https://facebook.com/plaincommunitychurch)  
[office@plaincommunitychurch.org](mailto:office@plaincommunitychurch.org)

# Rieke Invitational



PHOTO BY KEVIN FARRELL

Freshman Ezra Week is a talented sprinter and long jumper, and at the Rieke Invitational on April 28, he won the long jump with a PR of 20' 8.5"



PHOTO BY KEVIN FARRELL

Sophomore Maysy Groff is the anchor of the 4x400m team. The team won at the Rieke Invitational by over 10 seconds in a time of 4:23.64.



PHOTO BY KEVIN FARRELL

Sophomore Teyva Dillon is a strong starter, so leads off the 4x400m relay team.



PHOTO BY KEVIN FARRELL

Sophomore Cruz Martinez is a versatile distance runner and has been improving his times in all distances between the 400m and the 3200m.

## Leavenworth ALFA float at Wenatchee Apple Blossom



PHOTO BY LINDSAY TIMMERMANS

Leavenworth's Autumn Leaf Festival float this year honors its 60th Anniversary, with portraits of each of their past Royal Ladies running down both sides. 2023 Royal Lady April Watson was at her first parade of the season in Wenatchee for Apple Blossom and was busy doing the Chicken Dance with her attendants.

# Rivers extremely dangerous, 1 local rafter dies in Dryden area

SUBMITTED BY SGT. JASON REINFELD

CC Sheriff's Office

Sheriff Mike Morrison reported on Thursday, May 4 at approximately 4:15 p.m. an overturned raft was reported on the Wenatchee River near Dryden. It was reported four subjects were floating downstream separated from the raft.

At the same time a separate report was made that CPR was in progress for a male

who had flipped out of a raft. Chelan County Sheriff's Office Deputies, Fire Personnel from Chelan County Fire Districts 6 and 3, and ambulance crews from Cascade Medical Center responded to the scene.

It was determined both incidents were related. A raft with seven occupants had overturned near Shark's Tooth, a location on the Wenatchee River near Dryden. Some of the occupants noticed one, a 46-year-old Cashmere man, Robert M.

"Mike" Spurrell, was not doing well, they swam him to shore and he was not responsive. They began performing CPR on him on the shore.

When fire and medic crews arrived at approximately 4:25 p.m., they continued CPR until 5:18 p.m. when he was pronounced dead.

The other rescuers were stationed along the river in several locations until it was

confirmed the remainder of the raft occupants made it out of the water, all in the Dryden area. The water flow in the Wenatchee River is at or near record levels.

The Sheriff's Office is reminding the public to use caution when near any rivers and always use a personal flotation device. The rivers are expected to be extremely dangerous throughout the next several days.



## 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.

### April 28

- 08:06 Civil Dispute, 24 Alder Bach Ln.
- 10:19 Theft, 200 Joseph St.
- 10:41 Fraud/ Forgery, 9315 E. Leavenworth Rd.
- 12:15 Parking/ Abandoned Vehicle, 12704 Prowell St.
- 15:25 Runaway, 25806 Bridle Ln., Plain
- 19:28 Agency Assist, US Hwy. 2 MP 95
- 19:38 Domestic Disturbance, 15255 US Hwy. 2, Coles Corner
- 21:43 Trespassing, 9556 E. Leavenworth Rd.
- 23:16 Domestic Disturbance, 21560 Lake Wenatchee Hwy.

### April 29

- 00:04 Domestic Disturbance, 3261 Hansel Ln., Peshastin
- 00:13 Disturbance, Commercial and 8th Streets
- 00:14 Juvenile Problem, 10001 School St., Peshastin
- 02:32 Traffic Offense, US Hwy. 2, and Duncan Rd.
- 07:47 Theft, 185 US Hwy. 2, Fairbridge Inn
- 13:17 Non-injury Accident, 280 US Hwy. 2, Krustall's Restaurant
- 13:45 Parking/ Abandoned Vehicle, Anderson Canyon, and North Roads, Peshastin
- 16:22 Traffic Offense, US Hwy. 2 MP 87, Lake Wenatchee
- 16:44 Search and Rescue, Dirty Face Mountain Trailhead, Lake Wenatchee
- 18:05 Alarm, 10461 Stermm Rd., Smallwood's, Peshastin
- 20:33 911-call, 590 US Hwy. 2, Enzian Motor Inn
- 20:42 Trespassing, 11645 North Rd., Amtrak Icicle Station
- 22:22 Suicide Threat, 505 US Hwy. 2, Icicle Village

### April 30

- 00:17 911-call, 10194 Main St., Peshastin
- 08:07 Malicious Mischief, 204 River St.
- 09:14 Agency Assist, 18183 Winton Rd., Lake Wenatchee
- 09:42 Trespassing, 315 Timber Ridge Canyon Rd.
- 13:49 Public Assist, Leavenworth area
- 20:11 Suspicious Circumstance, 7546 Saunders Rd., Big Y Cafe, Peshastin

### May 1

- 00:56 Sex Offense, Prospect St.
- 07:21 Non-injury Accident, Icicle Rd. MP 8
- 09:48 Suspicious Circumstance, 645 Front St.
- 10:33 Diversion, 6410 Campbell Rd., Peshastin
- 10:37 Property, Leavenworth area
- 10:49 Disturbance, 2200 block Pine Tree Rd. area
- 10:50 Disturbance, 100 Ward Strasse
- 12:05 911-call, 585 US Hwy. 2, Icicle Quick Stop
- 12:41 Warrant Arrest, 10190 Chumstick Hwy.
- 14:36 Public Assist, 3261 Hansel Ln., Peshastin
- 14:40 Weapons Violation, 12688 Maple St.
- 15:50 Public Assist, 22744 Lake Wenatchee Hwy.
- 15:52 Domestic Disturbance, 8572 Pine St., Peshastin
- 20:52 Welfare Check, 817 Commercial St.
- 21:07 Weapons Violation, 9900 block Derby Canyon Rd., Peshastin

### May 2

- 08:25 Hazard, Chiwawa Loop Rd. and Pine Tree St., Lake

### May 3

- 02:46 Trespassing, 829 Front St.
- 05:53 Trespassing, 18455 US Hwy. 2, Lake Wenatchee
- 11:23 Property, 11168 North Rd.
- 12:28 Hazard, Icicle Rd. MP 8
- 12:56 Theft, 116 River Bend Dr., Safeway
- 17:21 Non-injury Accident, US Hwy. 2, and River Bend Dr.

### May 4

- 09:02 Parking/ Abandoned Vehicle, Icicle Rd. MP 11 area
- 11:37 Public Assist, 9825 Duncan Rd.
- 12:41 Trespassing, 12790 Fish Hatchery Rd.
- 12:46 Theft, 143 Amas Pl., Peshastin
- 12:56 Harassment/ Threat, 427 Birch St.
- 14:23 Harassment/ Threat, 2201 Salal Dr., Lake Wenatchee
- 19:09 911-call, 590 US Hwy. 2, Enzian Motor Inn
- 19:58 Trespassing, 12386 Shore St.
- 21:04 Harassment/ Threat, East Leavenworth Rd. bridge
- 23:27 Trespassing, 207 West St.



- **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.)

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

**SAFE STEP WALK-IN TUB**

**1-888-920-4109**

With purchase of a new Safe Step Walk-In-Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

EASE OF USE CERTIFIED | MADE IN TENNESSEE | BBB | LIFETIME LIMITED WARRANTY

FINANCING AVAILABLE WITH APPROVED CREDIT

**SPEIDEL BENTSEN LLP**  
ATTORNEYS AT LAW | EST. 1986

**Wills**

(509) 662-1211

7 North Wenatchee Avenue, Wenatchee  
www.SpeidelBentsen.com

Russell J. Speidel | David J. Bentsen

We provide excellent legal services in assisting our clients with the preparation and completion of their Wills.

**RICARDO LLC** | LSM1539142 WA# RICARL\*784LB  
METAL BUILDINGS

**RICARDO CAMPOS**

Ricardollcdelivery@gmail.com

**If you can dream it we can build it!**

Shops, lean-tos, horse barns, greenhouses, deer stands, RV covers and more!

**541-667-7723**

SOFTBALL	
May 2:	Cascade 4, Cashmere 20; Loss
BASEBALL	
May 2:	Cascade 0, Cashmere 20; Loss
May 4:	Cascade 5, Waterville 7; Loss
TENNIS	
May 2:	Girls: Cascade 0, Cashmere 5; Loss
May 2:	Boys: Cascade 4, Cashmere 1; Win
May 3:	Cascade, Omak, N/A

## Sports Schedule

TENNIS	
May 11:	CTL Championships at Quincy at 1 p.m.
May 13:	CTL Championships at Quincy at 10 a.m.
May 16:	CTL Championships at Chelan at 2 p.m.
SOFTBALL	
May 11:	Cascade vs. Quincy, Away at 3:30 p.m. and 5 p.m.
SOCCER	
May 10:	CTL Championship at Wenatchee at 8 p.m.
GOLF	
May 16:	CTL Championships at Omak at 2 p.m.
TRACK	
May 10:	CTL Championship Meet, At Quincy at 4 p.m.

**KODIAK SPORTS SPONSOR OF THE YEAR**

**Dan's Food Market** Best of Luck Kodiak Athletes

From your fresh, friendly LOCAL grocer. **509-548-5611**



Place your ad online at [NCWMARKET.COM](http://NCWMARKET.COM) or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record 509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

# CLASSIFIEDS

**PUBLISHER'S NOTICE**  
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.

**CORRECTIONS:** NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



**Administrative**

**Puzzle Solution**

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

S	P	L	A	T	F	E	D	D	R	A	G	
H	E	A	T	H	L	E	I	P	R	I	D	E
A	R	M	O	R	E	N	S	R	I	V	A	L
D	I	P	L	O	M	A	C	O	O	P	E	R
L	A	O	C	O	L	T						
M	A	O	T	U	F	A	D	E	G	R	E	E
A	L	L	Y	T	E	N	D	M	E	A	N	T
R	O	D	E	H	E	A	R	T	A	M	A	H
C	H	E	A	P	T	S	A	R	I	T	E	
H	A	R	R	I	S	T	W	I	T	E	E	R
G	A	G	A	T	E	E						
T	A	S	S	E	L	P	E	N	C	I	L	S
Y	A	C	H	T	O	C	A	U	L	N	A	E
A	R	R	A	Y	O	A	T	T	A	S	T	E
P	O	E	M		M	P	H	O	T	T	E	R

**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](mailto:classifieds@leavenworthecho.com) or **Lake Chelan Mirror**  
509-682-2213 or **Quad City Herald**  
509-689-2507 or email [mirrorads@lakechelanmirror.com](mailto: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](http://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](mailto:mirrorads@lakechelanmirror.com) For

**The Leavenworth Echo or Cashmere Valley Record**  
Call 509-548-5286 or email [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

**Commercial**

**Business Equipment**

**Commercial Large Baumfolder**

**Model 1320F.3.P.3 paper folding machine.**

Worth over \$8000. Selling for \$5000.

or MAKE OFFER!

Call 509-548-5286 See photos on [NCWMARKET.COM](http://NCWMARKET.COM)

**Employment**

**Help Wanted**

  
Douglas PUD has an opening for: **Contract Coordinator**  
Details at [www.douglaspud.org](http://www.douglaspud.org) or [p://www.douglaspud.org](http://p://www.douglaspud.org)

**Advertise in the Classifieds**  
**509-548-5286** or **509-782-3781**

**Help Wanted**



School District is seeking qualified applicants for the following position:

- Alpine Lakes Elementary School Resource Room Teacher 23-24

Fast Track application process and information can be found on our website at [www.cascadesed.org](http://www.cascadesed.org) EOE

**Chelan Valley Skin Care, self-motivated receptionist/ salesperson wanted.**

Part-time mornings, Monday- Friday. Could become full-time. Send or drop by resume: 131 S. Apple Blossom Drive, #107, Chelan, WA 98816.

**Brewster School District is Hiring!**

- HS Art Teacher
- HS Special Education Teacher
- HS Math
- HS Spanish

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

**City of Cashmere Lifeguards and Cashiers/ Job Announcement**

The City of Cashmere is now accepting applications for full and part-time seasonal Lifeguards, Swim Instructors, and Cashiers to work at the city pool from June through August 2023.

Lifeguards must be certified in American Red Cross Lifeguard and CPR for the Professional Rescuer; or be willing to gain certification before employment.

Lifeguard duties include strong communication skills, patron safety, cleaning, maintenance, paperwork and water chemical testing. Cashier duties include cash register operation /balancing, answering phone, cleaning, maintenance, and paperwork. Must have cash handling experience.

Application and job descriptions are available at <https://www.cityofcashmere.org/government/human-resources> For inquiries contact Christie, Pool Manager at [poolmgr.christie@gmail.com](mailto:poolmgr.christie@gmail.com) or 509-782-3513

 **Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists**

**Looking for real estate in the Upper Valley? Give us a call today!**

Robyn Bodajla - 617-462-3402  
Momi Palmieri - 509-433-2211  
Geordie Romer - 509-679-8958  
Allyson Romer - 509-630-9898

See all available properties at [windermereleavenworth.com](http://windermereleavenworth.com)

**Help Wanted**

**Looking for a great local employee?**

It is easy to place your ad online 24/7 at [www.NCWMarket.com](http://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](mailto:mirrorads@lakechelanmirror.com) OR **Leavenworth Echo Cashmere Record**  
509-548-5286 or send email to [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

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

**Facilities Maintenance/ Custodian – Full-time Organization – Okanogan County Transit Authority (TranGO)**

TranGO IS HIRING A FACILITIES MAINTENANCE/ CUSTODIAN.

Full-time (36 plus hours per week), schedule may vary, position available now; hourly non-exempt. Compensation is \$18.62-\$20.14 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, (see website for benefit details) sick leave and vacation.

Commercial Driver's License with Passenger Endorsement preferred. Please visit [www.okanogantransit.com](http://www.okanogantransit.com) for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position.

E-mail your completed application to [financehr@okanogantransit.com](mailto:financehr@okanogantransit.com), mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, Suite A, Okanogan. Application Deadline: Application review will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.



**Help Wanted**



School District is seeking qualified applicants for the following position:

- Alpine Lakes Elementary School Life Skills Teacher

Fast Track application process and information can be found on our website at [www.cascadesed.org](http://www.cascadesed.org) EOE

**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](http://www.okanogantransit.com) for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to

[financehr@okanogantransit.com](mailto:financehr@okanogantransit.com), mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S 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.



**Looking for a home for your Furry friend?**  
Try the pet section on [NCWMarket.com](http://NCWMarket.com)

**For Sale**

**Antiques & Collectibles**

**Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds.** Place your ad with pictures online 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com) Register and pay on our secure site.

**Want Print Only? Call Lake Chelan Mirror Quad City Herald**  
509-682-2213 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) or call

**The Leavenworth Echo Cashmere Valley Record**  
509-548-5286 [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

**Deadline: Noon on Friday for all papers.**

**Garage & Yard Sale**

CLEAR SOME SPACE WITH A



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](http://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**

**For Sale: AMEREX** Carbon dioxide commercial fire extinguisher. \$50/ Sells for \$108+ Call 509-670-1723 or 509-548-5286.



**AMBUSH AUTOMOTIVE BUYERS**

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it



Don't just 'park' your car on the side of the road with a 'For Sale' sign on it! **'Park it' on NCWMarket.com** for one low **\$25** fee!

**Fee includes:**

- Up to 3 photos of your vehicle
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

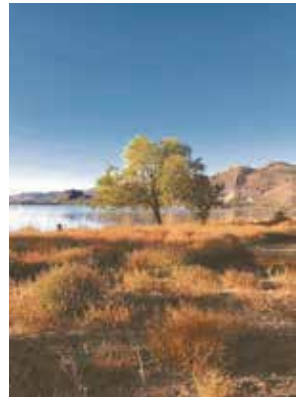
**General Merchandise**

Great for a small business that needs to strap bundles.  
**Ovalstrapping Inc. "Mini-Max" strapping machine.**  
 with one large roll of strapping wire. Selling for \$500  
 Or  
 Make offer!  
 509-548-5286  
 See photos on **NCWMARKET.COM**

**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](http://verandabeach.com)

**Boat Slip For Sale**



**\$161,500**  
 Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking.  
**808-298-1031**  
 Seller is licensed Realtor Maui, HI

**Legals**

**Public Notices**

City of Cashmere  
 101 Woodring Avenue  
 Cashmere, WA 98815  
 ADVERTISEMENT FOR BIDS  
 Notice is hereby given that sealed bids will be received by the City of Cashmere for construction of the City SCADA Improvements project. Work to be performed includes providing and installing telemetry panels, radios and instrumentation upgrades for improved automated control of the City's systems.  
 A voluntary pre-bid walkthrough is scheduled for 10:00am on May 18th, 2023 meeting at the City Wastewater Treatment Plant at 2 Riverfront Drive, Cashmere, WA. Potential bidders are encouraged to attend.

Bid proposals will be received only at, 101 Woodring Ave., Cashmere, WA 98815 by 2:00 pm on June 6, 2023, at which time they will be opened, read, and tabulated publicly. Proposals received after the time fixed for opening will not be considered. Contract documents may be purchased on [www.questcdn.com](http://www.questcdn.com) for \$22.00, nonrefundable, under project #8481145. Addenda will be published only through the online bidding service. Bidders that do not purchase a bid set will not automatically be notified of addenda and will need to periodically check the on-line plan room for addenda. An informational copy of the contract documents is on file for inspection at the City of Cashmere. Direct questions regarding the contract documents to Clayton Anderson, RH2 Engineering, Inc. 509-886-6781, [canderson@rh2.com](mailto:canderson@rh2.com). The City of Cashmere hereby notifies all bidders that it will affirmatively ensure that in any contract entered into, pursuant to this advertisement, minority and women's business enterprises will be afforded full opportunity to submit bids in response to the invitation and will not be discriminated against on the grounds of race, color, national origin, or sex in consideration for an award. The City of Cashmere is an equal opportunity and affirmative action employer. All work performed on the project will be subject to state prevailing wage rates. Each bid proposal shall be accompanied by a bid proposal deposit in cash, certified check, cashier's check, postal money order, or surety bond in an amount equal to at least 5 percent of the amount of such bid proposal. Make checks payable to the City of Cashmere. Should the successful bidder fail to enter into such contract and furnish satisfactory performance and payment bond within the time stated in the Specifications, the bid proposal deposit shall be forfeited to the City of Cashmere. The City of Cashmere reserves the right to reject any or all bids and to waive irregularities in the bid or the bidding. No bidder may withdraw their proposal after the hours set for the opening thereof, or before award of contract, unless said award is delayed for a period exceeding 60 calendar days. Published in The Cashmere Valley Record/Leavenworth Echo on May 3, 10, 2023. #5703

**Public Notices**

LEAVENWORTH CITY COUNCIL ANNUAL RETREAT MEETING  
 NOTICE IS HEREBY GIVEN that the Leavenworth City Council will hold an Annual Retreat meeting on Friday, May 19, 2023 at the Bavarian Lodge - Montifon Room, located at 810 US Highway 2, Leavenworth, Washington, from 8:00 AM until approximately 5:00 PM. The public is invited to attend the Annual Retreat meeting. Andrea Fischer, City Clerk  
 City of Leavenworth  
 700 US Highway 2/PO Box 287  
 Leavenworth, WA 98826  
 Published in The Leavenworth Echo /Cashmere Valley Record on May 10, and May 17, 2023. #5721

**Public Notices**

**PUBLIC NOTICE:**  
 City of Leavenworth, Andi Zontek-Backstrum, PO Box 287 Leavenworth, WA. 98826, is seeking coverage under the Washington State Department of Ecology's Construction Stormwater NPDES and State Waste Discharge General Permit. The proposed project, Glacier (P6) Parking Lot, is located at 170 US HWY 2 in Leavenworth in Chelan county. This project involves 1.7 acres of soil disturbance for Highway or Road, Commercial, Utilities construction activities. The receiving waterbody is Wenatchee River. Any persons desiring to present their views to the Washington State Department of Ecology regarding this Application, or interested in Ecology's action on this Application, may notify Ecology in writing no later than 30 days of the last date of publication of this notice. Ecology reviews public comments and considers whether discharges from this project would cause a measurable change in receiving water quality, and, if so, whether the project is necessary and in the overriding public interest according to Tier II anti-degradation requirements under WAC 173-201A-320. Comments can be submitted to: [ecyreviewqianoi@ecy.wa.gov](mailto:ecyreviewqianoi@ecy.wa.gov), or ATTN: Water Quality Program, Construction Stormwater Washington State Department of Ecology P.O. Box 47696 Olympia, WA 98504-7696  
 Published in The Leavenworth Echo/Cashmere Valley Record on May 10, and 17, 2023. #5717

**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: JIMMIE LEE BEAVERS, Deceased. 23-4-00301-31  
 PROBATE NOTICE TO CREDITORS NO. RCW 11.40.030  
 The Administrator named below has been appointed as 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 as provided in 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.  
 ADMINISTRATOR: Brian Dean Beavers  
 DATE OF FIRST PUBLICATION: April 26, 2023  
 DATED this 9th day of February, 2023.  
 /s/ Brian Dean Beavers  
 Brian Dean Beavers, Administrator for Estate of Jimmie Lee Beavers c/o Lawrence P. Dolan, Attorney at Law 7009 212th St. SW, Suite 203 Edmonds WA 98026  
 Presented by: /s/ Lawrence P. Dolan, LAWRENCE P. DOLAN, WSBA 13110  
 Attorney for Administrator  
 Published in The Leavenworth Echo/Cashmere Valley Record on April 26, and May 3, and 10, 2023. #5634

**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**  
 In the Matter of the Estate of GLENN ROBIN HOEY, Deceased. No. 22-4-00406-04  
 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's Resident Agent who is also 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 10, 2023.  
 Personal Representative: AUBREE POTTORFF Attorneys for the Personal Representative: David A. Kazemba, WSBA# 48049 Address for Mailing or Service Overcast Law Offices Attn: David A. Kazemba 23 S Wenatchee Ave, Suite 320 Wenatchee, WA 98801 (509)663-5588 Court of probate proceeding and cause number: Chelan County Superior Court Cause Number: 22-4-00406-04 Presented by: OVERCAST LAW OFFICES By: David A. Kazemba, WSBA No. 48049  
 Attorney for the Personal Representative.  
 Published in The Leavenworth Echo/Cashmere Valley Record on May 10, 17, and 24, 2023. #5707

**Junk today. Treasure tomorrow.**  
 Need some CASH? Place a For Sale ad and turn your 'junk' into someone else's treasure!  
 • Place your ad 24/7 at [ncwmarket.com](http://ncwmarket.com)  
 • Email: [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)  
 • Call 548-5286

[www.leavenworthecho.com](http://www.leavenworthecho.com)  
[www.cashmerevalleyrecord.com](http://www.cashmerevalleyrecord.com)

**SUDOKU PUZZLE**  
 GRAND ALASKAN CRUISE & TOUR  
 12 days, departs May - Sep 2022  
 VACATIONS promo code N7017  
 1-855-208-9533  
 FROM \$1,949 \$1,699  
 FREE ONBOARD CREDIT

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

© StatePoint Media  
 Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

**CROSSWORD PUZZLE**

1	2	3	4	5	6	7	8	9	10	11	12
13								15			
16								18			
19								21			
								22			
25	26	27						30		31	32
35								38		39	
40								42		43	
44								45		46	
48								49		50	
								53		54	
								57		58	
								60		61	
64								65		66	
68								69		70	
71								72		73	

**THEME: GRADUATION**  
 ACROSS  
 1. Like a bug on windshield noise  
 6. G-man  
 9. Type of race  
 13. Late actor Ledger  
 14. Waikiki necklace  
 15. Group of lions  
 16. Knight's shiny garb  
 17. Ensign, for short  
 18. One to beat  
 19. Graduation proof  
 21. "School's Out" singer  
 23. An indigenous person in Laos  
 24. G-shooter  
 25. Founder of People's Republic of China  
 28. Porous rock  
 30. "MFA or BA  
 35. Comrade in arms  
 37. Be inclined  
 39. Had in mind  
 40. Was a passenger  
 41. Ventricular beater  
 43. Same as ayah  
 44. Trick, rock band  
 46. Nicholas II, e.g.  
 47. Initiation ceremony, e.g.  
 48. "Pollock" actor Ed  
 50. Foolish one  
 52. Ever, to a poet  
 53. "House of Gucci" star  
 55. Masters Tournament peg  
 57. "Mortarboard attachment  
 60. "No more \_\_\_\_\_, no more books"  
 64. Fancy boat  
 65. Mozart's "L' \_\_\_\_\_ del Cairo"  
 67. Arm bones  
 68. Orderly arrangement  
 69. Granola grain  
 70. Gustatory sensation  
 71. Lord Byron's composition  
 72. Dashboard unit  
 73. Weasel's aquatic cousin

**DOWN**  
 1. Herring's cousin  
 2. "Frasier" actress Gilpin  
 3. Bulb holder  
 4. Coral reef island  
 5. Neck cavity  
 6. Pestilence pest  
 7. Even, to a poet  
 8. "Saturday Night Fever" music genre  
 9. Type of coffee maker  
 10. Gauche or Droite in Paris  
 11. Month of Purim  
 12. Styling product  
 15. For the time being, Latin (2 words)  
 20. Cave opening  
 22. Like Hemingway's certain man on sea  
 24. Type of rummy  
 25. "One in "Pomp and Circumstance" series  
 26. Hello to Israel Kamakawiwo'ole  
 27. Ahead in years  
 29. "You have brains in your head, you have \_\_\_\_\_ in your shoes"  
 31. Cleats to soccer player  
 32. China grass  
 33. Related on mother's side  
 34. Olden days anesthetic  
 36. "School \_\_\_\_\_, which is about 180 days  
 38. No-win situation  
 42. Old-hat  
 45. Wilbur's home  
 49. "Famous frat house  
 51. Adjective in sheet music  
 54. Low light  
 56. Enthusiastic approval  
 57. Tropical edible root  
 58. Land measure  
 59. A fake  
 60. Beaten by walkers  
 61. Research facility  
 62. It's better than never?  
 63. Tiresias in "Oedipus Rex"  
 64. Small dog's bark  
 66. Gown's companion

**dish BRING EVERYTHING YOU LOVE TOGETHER!**  
 Blazing Fast Internet! \$19.99  
 2-YEAR TV PRICE GUARANTEE \$69.99 MO. 190 CHANNELS  
 CALL TODAY - For \$100 Gift Card 1-888-416-7103

**How long do you need to take a bone-building medicine?**

**Q: My doctor wants me to start taking a particular medication once a week to strengthen my bones. How long do I have to take it?**  
 Our bones can lose strength as we age, making them thinner and more likely to break.  
 How long do you need to take a bone-building medicine? That depends on how thin your bones are and if you have a history of a fracture due to thin bones.  
 May is National Osteoporosis Awareness and Prevention Month. Osteoporosis is a disease that causes your bones to become thinner. When you have osteoporosis, a simple fall can shatter a bone, causing months of painful rehabilitation and, for some, permanent disability and loss of independence.  
 Sometimes, bones are so weak that they break spontaneously. A hip fracture can cause a fall instead of being the result of one. The vertebrae of your spine can become so frail that they collapse. This can pinch nerves and twist muscles out of position, causing deformity and pain.  
 When heavy equipment resurfaces a highway lane, it removes the top layer of the road surface, mixes it with hot tar, then pours it back onto the road surface.  
 Our bones follow a similar pattern, continuously recycling the calcium, phosphorus, and other minerals they contain. Like the machines that chew up the top layer of roadway, then lay it down as a new surface, we continuously take up bone cells, then lay them back down.  
 Until age 35, this process increases our bone density. As our body recycles bone cells, it puts back a few more bone cells than it takes out, which makes our bones stronger. But around age 35, that balance starts to shift. Eventually, our bone cell recycling process no longer returns all the cells it takes out. Over time, our bones become thinner.  
 Luckily, there is a way to discover the density and "strength" of your bones, the DXA scan, also called a DEXA scan. DXA scans measure bone thickness in several critical areas to determine bone mineral density.  
 During this painless procedure, two low-dose X-rays are sent into the pelvis, hip, and lower spine bones. The results are used to calculate the bone mineral density of each area. The lower the density of those bones, the greater your fracture risk.  
 If your bone density is low, further bone loss can be slowed with treatment. You may be at an increased risk of thin bones if you are post-menopausal or have taken certain drugs frequently, especially prednisone.  
 Certain conditions accelerate the process of losing bone cells. Taking prednisone for months to years de-

**Ask... Dr. Louise**  
 creases bone density, and smoking cigarettes can accelerate bone loss. Menopause also triggers a doubling of the rate of bone loss.  
 About half of repeat fractures from osteoporosis can be prevented with appropriate treatment.  
 Bone-building drugs like alendronate (Fosamax®), risedronate (Actonel®), and Boniva®, called bisphosphonates, are the first choice for boosting thin bones. These powerful medicines have complicated directions and are easier to take in the once-a-week or once of monthly formulations. They must be taken with a full glass of water on a completely empty stomach, and you must sit upright for at least 30 minutes afterward.  
 Keeping yourself upright and drinking a full glass of water helps avoid irritating your esophagus. An empty stomach is essential because only 2-3% of the medicine in each tablet will be absorbed into your body.  
 What does get into your bones stays there. These drugs become part of your bone cells and help build bone for you even years after you stop these medications.  
 Another form of bisphosphonate is a yearly infusion. This is particularly helpful if you cannot take the pills because of problems with your stomach or esophagus.  
 So how long do you have to take Fosamax® or Actonel®? That depends; you and your doctor should decide together.  
 Five years of treatment should be enough if you have not yet had a fracture, and take them only as prevention. Both alendronate (Fosamax®) and risedronate (Actonel®) help to prevent hip and vertebral fractures for up to ten years, even after you stop taking them.  
 Beyond five years, there is more risk of having a dental emergency called osteonecrosis of the jaw.  
 Bone-building medications include bisphosphonates you take once weekly, once monthly, or once yearly. Another type of bone building medication available requires twice yearly injections.  
 Getting adequate calcium and vitamin D, plus weight-bearing exercises also helps strengthen your bones. Check with your doctor about your risk of osteoporosis and your options for treatment.  
 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](http://TheMedicationInsider.com). ©2023 Louise Achey

# Teen Short Fiction Writing Contest

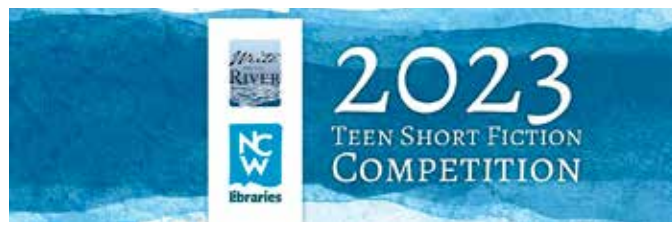
NCW Libraries is once again partnering with Write on the River to sponsor a short fiction contest for NCW teens. This annual competition gives teens the opportunity to share their original creative work with our great community, and the chance to earn cash prizes provided by Write on the River.

All students in the libraries' service areas, Chelan, Douglas, Okanogan, Grant and Ferry counties, and in grades 9 to 12, including private and home

school students, are encouraged to submit their original short fiction writing. Submissions can be a complete short story or the first chapter of a novel but must be between 500-2000 words. The writing must be the student's own original, unpublished work written by them without the assistance of artificial intelligence chatbots. Students may submit one piece of writing per year. The submission deadline is May 15, 2023. All entries will be judged by

representatives from Write on the River (WOTR) and NCW Libraries, on the fiction's development, expression, central theme or plot, and adherence to grammatical conventions.

\$200 in cash prizes will be distributed among the top three winning students, sponsored by Write on the River & New York Times best-selling author Chelsea Cain. For questions email [info@ncwlibraries.org](mailto:info@ncwlibraries.org).



# Community leaders encouraged to get involved in digital equity

Feedback needed by May 10

SUBMITTED BY SUMMER HESS  
*Digital Equity Project Manager, NCW Tech Alliance*

**WENATCHEE** - The NCW Digital Access and Equity Coalition, along with the Digital Equity Plan Work Group for Chelan, Douglas, and Grant counties, invites community-based organizations to get involved in upcoming efforts to achieve digital equity in North Central Washington. "The pandemic created broader awareness, urgency, along with State and Federal resources for bridging the digital divide. We have a key opportunity to work collectively to identify local needs and open up access for regional funding in the future", Jenny Rojanasthien, Executive Director of NCW Tech Alliance. Adding, "We are asking community leaders to provide their input or time, especially with the survey by May 12."

These teams are working together and have identified several ways for stakeholders to contribute to digital equity work in the region over the next weeks and months:

1. Complete the Digital Equity Asset Survey in English or Spanish by May 12, to

help inform regional Digital Equity Plans and offer a framework for planning and implementing projects to expand broadband infrastructure and promote digital equity for everyone in our communities. Counties will become more competitive for several large-scale funding opportunities after submitting these inventories to the Broadband Action Office. Any and all organizations completing digital equity work in Chelan, Douglas, and Grant counties are invited and encouraged to complete this survey.

2. Participate in NCW Tech Help and learn about the Digital Navigator Program. Through the end of June, Community Health Plan of Washington is offering training for community-based organizations to become digital navigators. Qualified organizations can receive a \$500 grant per employee who enrolls in a four-hour Digital Navigator training.
3. Join the Digital Equity Plan Work Group to help review the region's submission to the State Digital Equity Plan and provide valuable insights on local assets and areas of concern regarding

digital equity. To learn more, email [techhelp@ncwtech.org](mailto:techhelp@ncwtech.org). Participants are expected to give 1 hour per week to the review process, and all feedback is due on May 30 by 5 p.m.

The NCW Digital Access and Equity Coalition is led by NCW Tech Alliance, in partnership with Community Health Network of Washington, Thriving Together NCW (formerly North Central Accountable Community of Health), and Bigfoot Telecommunications of the Confederated Tribes of the Colville Reservation. Broadly, the group's initiatives are labeled NCW Tech Help

**NCW TECH ALLIANCE**

to ensure the general public can easily understand the initiative's goals. The coalition is still in its early stage of development with a plan to fully launch Fall 2023. The initiative serves Chelan, Douglas, Grant, and Okanogan counties and is funded by the Washington State Department of Commerce, Office of Broadband.

NCW Tech Alliance is taking the lead in building the Digital Equity Plan Work Groups for

Chelan, Douglas, and Grant counties. NCW Tech Alliance has subcontracted with Our Valley Our Future to provide additional leadership and expertise. Chelan County PUD is taking the lead in developing a Broadband Infrastructure Plan for Chelan County.

NCW Digital Access and Equity Coalition along with the Digital Equity Plan Work Group emphasized that achieving digital equity requires a coordinated, regional approach, and it will take all of us to address the digital divide in North Central Washington. They urge organizations to participate in the above initiatives to make a meaningful impact on the region's digital equity.

"We are grateful for the community's support and interest in digital equity. We encourage all stakeholders to get involved in the initiatives outlined above to help us achieve digital equity in our region," said Gerardo Perez, Steering Committee Member and Regional Manager of the Community Health Plan of Washington. For more information about ongoing digital equity initiatives in North Central Washington, please contact Summer Hess at [techhelp@ncwtech.org](mailto:techhelp@ncwtech.org) or visit [www.ncwtech.org/techhelp](http://www.ncwtech.org/techhelp).

# Rep. Mike Steele Legislative Update

The 2023 legislative session adjourned April 23. Along with some high and low points, it's been a busy few months. I'd like to start this end-of-session update by thanking everyone that contacted my office by phone, email, or came to Olympia to visit throughout the 105-day session. Hearing from you enables me to do my job effectively. It's an honor to represent your interests, values, and priorities in Olympia.

## Newly elected deputy leader

During a recent House reorganizational meeting, my caucus colleagues elected me as their new deputy leader, succeeding Rep. Joel Kretz, R-Wauconda, a long-time member of the leadership team. Rep. Drew Stokesbary was elected as Leader, taking over for Rep. J.T. Wilcox, R-Yelm, who recently stepped down. I'm extremely humbled and honored to be chosen to take on this leadership role and look forward to supporting Rep. Stokesbary and the caucus team as we continue to prioritize the top concerns of the communities and people we represent.

## The final 2023-25 Capital Budget

During the last few days of the session, the state's budgets are typically the final hurdles before we adjourn. This year was no different. Negotiations on all three biennial budgets, operating, transportation, and capital, were approved in the final two days of the session. This update focuses on the capital budget, for which I'm the primary House Republican negotiator. If you did not know already, the capital budget funds a broad range of construction, infrastructure, and repair projects in communities across the state. It's by far the most bipartisan budget produced in Olympia, which says a lot about the kind of teamwork that goes into producing the plan.

At its best, the capital budget supports community development, encourages economic growth, and funds

key state priorities. For example, not only does the 2023-25 capital budget fund community projects in every district in the state, but we've also made enormous investments in a variety of top public policy areas, like mental and behavioral health facilities, affordable housing including homeownership opportunities for first-time, low-income buyers and assistance for the growing number of unsheltered individuals and families. Other sizeable allocations were made in youth and family services, higher education, natural resources, and big impact investments in K-12 school construction, including modernization projects for small, rural schools in need of updating and repair. In the end, the final, unanimously approved capital budget (Senate Bill 5200) appropriates a total of \$8.98 billion in funding, \$4.18 billion of which comes from the sale of newly authorized bonds under House Bill 1148.

## More than \$170 million in 12th District projects

For the 12th District, a historic \$170 million in district-funded projects is included in this budget. I'm really pleased to see this level of funding for our district — including several of our newly redistricted communities like Monroe and Index — and look forward to the monumental opportunities these projects will produce.

- 12th District-funded project highlights include:
- Center for Alcohol and Drug Treatment (Wenatchee): \$19,600,000
- Community Center at Lake Chelan: \$1,723,000
- Fall City Business District septic project: \$1,550,000.
- Lake Chelan Food Bank: \$2,000,000
- Monroe Therapeutic Facility: \$1,100,000
- Index Water Line Repair & Replacement: \$628,000
- Sultan Basin Park: \$500,000
- North Fork Skykomish River 911 extension project (Index): \$420,000
- King County Area Readiness Center: \$6,000,000
- Chelan Valley EMS: \$11,000,000

- Columbia Valley Community Health East Wenatchee Dental Clinic: \$1,850,000
- Leavenworth affordable workforce rental housing: \$1,000,000
- Wenatchee Valley Museum expansion and redesign: \$1,000,000
- Wenatchee Valley YMCA: \$1,030,000
- Forest to Farm Biochar Pilot Plant (Leavenworth): \$1,425,000
- Wenatchee Valley College: Paul Thomas Sr. Field: \$700,000
- Wenatchee Center for Technical Education and Innovation: \$46,471,000
- Wallace River Hatchery, replace intakes and ponds: \$17,228,000.
- Manson School District: \$262,000
- Manson Fire Station: \$206,000

## Approved bills in 2023

More than 2,100 bills were introduced between the House and Senate and about 480 passed both chambers. I was extremely pleased three of my bills made it to the governor's desk. Here's a quick look at each one:

**House Bill 1501:** A local resident who tragically lost her husband in a hit-and-run, asked me to sponsor this proposal that helps the family members of murder victims. The bill provides up to 12 counseling sessions for the immediate family members of a homicide victim.

**House Bill 1804:** A local resident came to me with a request for this bill. Without it, dozens of retirees would lose access to their health benefits. As the primary sponsor of this measure, it's gratifying to know the positive impact it will have on retired employees of counties, municipalities, and other governmental entities. My bill allows retirees back into the Public Employee Benefits Board system if they choose to do so. House Bill 1250: This measure converts the Low-Income Home Rehabilitation Revolving Loan Program into a grant program. Established in 2017, the program provides deferred loans to rural, low-income households needing

repairs and improvements on their primary residence for health, safety, or durability. The program prioritizes homeowners who are senior citizens, persons with disabilities, families with children aged five years or younger, and veterans. Since the 2021 Supreme Court's State v Blake ruling effectively decriminalized the possession of hard drugs like heroin, methamphetamines, and others—House Republicans have advocated for bipartisan, meaningful policy that helps individuals break the cycle of addiction and keeps our communities safe. Unfortunately, after months of work on a solution, the majority party could not pass their own bill—with several of their members voting "no." Senate Bill 5536, also known as the "Blake fix," was brought to the floor for a vote just prior to the conclusion of session. The bill failed to pass the House with a vote of 43-55. Two things need to be present to make this policy effective: adequate criminal penalties and robust, sensible rehabilitation services. This bill had neither. SB 5536 sought to legalize drug paraphernalia and equipment, allowing for a "gross misdemeanor" with no real teeth if the case was deferred. That lack of a credible diversion program and robust mental health support would lead to a revolving door, with plenty of room for people to game the system and not get the real help they need. Even worse, the bill gave local governments less control over this public safety problem than they have now. Because the majority party let this issue go until the final few hours of the session, they ran out of time for fixes. Now that we've adjourned, the only way a bill can be approved is if the governor calls a special session. With the all-too-obvious impacts drugs continue to have on individuals, families, and communities, let's hope that happens. We all want a solution in place that strikes a balance between compassion and accountability. Although the session is over, I work for you year-round. Contact me if you have questions about state-government-related policies or issues.

**BUSINESS & SERVICE Directory**  
Add your business or service to this directory: 509-548-5286

DRILLING  
**Tumwater Drilling and Pump Inc.**  
"Water Treatment Systems Built to Your Individual Problem"  
**Free Water Analysis/Estimates**  
Conveniently located on Hwy 2 across from the Big Y Cafe in Dryden @ 9290 Hwy 2  
**Tumwater Drilling & Pump, Inc.**  
509-548-5361  
[www.tumwaterdrilling.com](http://www.tumwaterdrilling.com) • email [info@tumwaterdrilling.com](mailto:info@tumwaterdrilling.com)  
WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE, SALT SALES

EXCAVATION  
**Complete Excavating Service**  
Power & Water Systems  
Dump Truck & Dozer  
Drainfield Repair  
Free Estimates  
Septic Systems  
Road Grading  
**Upper Valley EXCAVATING**  
(509) 548-3489  
Leavenworth, WA  
Licensed - Bonded - Insured

STORAGE  
Have spare room in your facility? Advertise on [NCWMarket.com](http://NCWMarket.com)

STUMP REMOVAL  
**Quick 'n Easy Residential Stump Removal**  
STUMPS  
UNLIMITED  
10817 North Road, Leavenworth • (509) 548-8222  
Kim & Rosalie Kozelisky  
Licensed, Bonded, Insured • Cont. #UPPERVE200PI

**Community Cupboard**  
A Program Of Upper Valley MEND  
219-14th St.  
Please help us meet our needs by donating the following items:  
• Cereal • Juice • Canned Fruit • Cooking Oil • Eggs • Meats • Chili • Soups  
Open: Monday through Saturday 11 a.m. - 5 p.m.  
509-548-6727  
211-14th St.  
**Das Thrift Haus**  
Open: Monday-Sunday, 10:30 am-5 p.m.  
Kindly bring donations to our sorting center.  
509-888-9990  
This announcement sponsored by The Leavenworth Echo

**JOE BROWN**  
**J.C. BROWN LAW OFFICE**  
200 APLETS WAY, CASHMERE  
782-1111  
BUSINESS, REAL ESTATE, ESTATE PLANNING, AND PROBATE