



Cascade High School performances



SUBMITTED PHOTO.



Caroline Menna
CHS Staffer

On Tuesday evening, March 21, the Cascade High School (CHS) Concert Band took to the high school commons' stage to perform its winter concert. Two nights later, on the 23, it was the Kodiak Chorale's turn. Both ensembles then traveled to Wenatchee to take part in the North Central Washington Music Educators Association's Large Group Festivals.

The Band and the Choir are amid remarkably successful seasons under the direction of Jace Rowland and Isabella Garcia y Lauer, both of whom are in their first year at CHS and in the Cascade School District. Garcia, Director of Choral Music (CHS Select and Chorale Choirs; IRMS Advanced and Intermediate

Choirs; Voces Exordium, or beginning voices), holds a bachelor's degree of Music in Vocal Performance from Eastern Washington University and a master's degree in teaching from Whitworth University. Rowland, Director of Bands (CHS Concert Band; Marching Band; Jazz Band), is a graduate of Central Washington University and previously taught in Skykomish.

The CHS Concert Band's winter concert program, conducted by Rowland and performed to a full house, consisted of three pieces: Highland Legend, composed by John Moss; The Last Rose of Summer by Mark Williams; Marching Song by Gustav Holst, arranged by John Moss. Rowland felt that the band played well, modestly calling it a "very successful evening." That success was then parlayed into the highest rating grade, "Superior," at the band festival in Wenatchee the following day, a notable achievement.

"We've been practicing the pieces since January," recounted Rowland, who continued: "After the kids have the fundamental notes and rhythms down of a particular work, and then a

basic understanding of it as a whole, we move to refining and squeezing out all the nuance we can to present a polished performance."

The CHS concert served the band well as preparation for the festival. "There is a difference between practice and performing," explained Rowland, who went on to affirm that "being on stage in front of people with nerves and lights and only one shot to get it right is great training." The band and its director then had the chance the following morning to conduct a post-mortem of the performance and make adjustments before taking the festival stage.

Sophomore Reese Mathers, who has been in band since sixth grade and plays clarinet and bass clarinet feels that "the post-concert analysis of performances actually helps a lot" and might even be her "favorite part of being in band, except for the bus rides, which are chaotically fun and build community."

Fun and community are also central to Garcia's choirs, comprised of over 130 students across four ensembles at CHS and IRMS, all four of which, over two days, she brought

to the North Central Washington Large Group festivals at Wenatchee High School. "I am really happy with how our winter concert and festivals went," recalled Garcia, who went on to say that "the kids represented our school well and sang well."

Like the Band, the choirs' winter performances in the CHS commons served not only to entertain and engage the CSD community, but to prepare the groups for the festivals. "The choreography and sound balance in a larger room can be quite different than at practice in the choir room," explained Garcia.

Performing as the Kodiak Chorale, the CHS choir included both the Chorale and Select choirs, the latter of which will be renamed "Vox Vallis," or Voice of the Valley, next school year. The high school choristers' program consisted of: Shady Grove, arranged by Cristy Cary Miller with sophomore Paige Runions accompanying on fiddle; Cloths of Heaven, arranged by Z. Randall Stroope; Coast Salish Medley, arranged by Wendy Stuart

CONTINUED TO PAGE B4

The Leavenworth City Council prepares for summer



Justin Pardini
Reporter

The Leavenworth City Council met on Tuesday, April 25 for their bi-weekly meeting in City Hall at 7:00 p.m. This meeting had a large focus on public hearings and discussions surrounding code changes that needed in depth input and conversation amongst the council. Firstly, a public safety report was given by newly appointed Sheriff Morrison. This report detailed the happenings within the city in the past month and the different types of public safety calls that were made and warranted a response. There were a few critical pieces of information, but things are beginning to ramp up in preparation of incoming summer tourism. Shortly after this presentation, there was a fire safety report given by Mike Smith. He outlined all of the upcoming dangers of fire season and how to prepare for them in different ways. These reports were good insights into the coming summer season and warmer temperatures starting to become prevalent in the city. Next on the agenda was discussion of some code changes. The first revolved around the cemetery, as they wanted to conduct simple changes to things in the area. The next set of codes were connected with parking lots and Bed and Breakfasts, which hold a large amount of concern in the community. Following the announcement of these code change propositions, there were many people from the public that came to speak in opposition of the amendment. Most felt that the changes were not well thought out and were lacking explanation to the public. There was a stern feeling that codes should not be pushed through expeditiously and the council came to an agreement to reevaluate these changes in two weeks time. The council wanted to establish clarity and make a point of not blindly passing these amendments. This discussion will continue in the next meeting, May 9 in City Hall. Following the long public hearing regarding these possible code changes, the council moved on to the installation of new parking sensors in three paid parking lots. The Cleverciti aerial parking sensors would allow for detection of cars that park in paid parking spots and give ideas of lot capacity and other observations. This agreement would give two sensors to the Aasgard lot, four sensors for the Blewett lot, and one sensor for the Colchuck lot. Public Works crew will carry out this installation and the total cost of this one year program is \$31,316.

Other news was reported throughout this meeting, such as the construction of the roundabout up Icicle Road scheduled to begin in July. This project should not block traffic by any means, and will allow for smoother travels into that part of Leavenworth. There have been a reported 1,400 responses to the pool survey thus far, which has been making a fairly large impression in the community.

The survey will remain open until May 12. The Leavenworth Jazz Festival kicks off during the first weekend of May, bringing bands and artists to showcase talents throughout the weekend. This event will be fun-filled and is poised to create family fun activities.

The next Community Engagement Night is slated to be on May 2, in the Festhalle at 5 p.m. This event will showcase four major city projects and a variety of other information relevant to the general public. The council encourages attendance, as the new pool will be a topic of conversation during this event. The council will reconvene for their regular biweekly meeting on May 9, at 7:00 p.m. in City Hall.

SUBMITTED PHOTO.

New WA law will bring dental care to underserved communities

By ERIC TEGETHOFF
Washington News Service

Legislation passed in Olympia this year will provide more dental-care access to underserved communities. House Bill 1678 authorizes dental therapists to work in community health clinics or federally qualified health centers. Marcy Bowers, executive director of the Statewide Poverty Action Network, said the new law will allow more staff capacity to dental-care teams in these facilities to assist dentists.

"Those providers are able to see more patients, can get out into more community settings to provide basic care," she said, "and, I think as importantly, are able to find providers from their community to work in their communities as well."

More than two million Washingtonians have a dental-care provider shortage in their area. Bowers said the dental therapist model has been successful in tribal settings in Washington and in other states. The Washington State Dental Association

opposed the legislation, saying it could create safety issues.

Bowers noted that many of the patients at health centers are low income, and dental therapists will help reduce the cost of care. She said groups have been working for more than a decade in the state of Washington to authorize dental therapists and members of the community were overjoyed at its passage.

"To be able to hear community members say, 'Wow! Thank you so much for pushing for so long to do something that means so much to us, that maybe we can concentrate more at work. We can not feel embarrassed about our teeth. Maybe we can smile again in public,'" she said.

In another effort to increase access to dental care and address the provider-shortage issue in the state, lawmakers also passed House Bill 1466 this session. The bill will make it easier for dental hygienists who move from other states to practice sooner. Both bills are on Gov. Jay Inslee's desk, awaiting his signature.



SUBMITTED PHOTO.

Inside The ECHO this week

Section A	Section B	Inserts: Safeway Dan's Market
Sheriff Reports3	National Nurses Week1	
Bulletin Board.....3	Classifieds 2-3	
Community Calendar.....3	Outdoors Report4	
Church Guide.....4	Business Directory4	

215 14th St. • P.O. Box 39,
Leavenworth, WA 98826
Phone: 509-548-5286
www.leavenworthecho.com

Legislature approves funding and timeline for Confluence Parkway



COMMUNITY VOICES
Brad Hawkins

This year's 105-day legislative session adjourned on schedule on April 23 with the approval of all three budgets for 2023-2025. The operating budget at \$69.8 billion, transportation budget at \$13.5 billion, and capital budget at \$9 billion, were approved in the final two days of session.

Among other things, I'm very pleased to share that the final transportation budget approves the full funding and optimized scheduling of the Confluence Parkway project, which includes a second bridge across the Wenatchee River. Securing funding for this project was one of my top legislative priorities over the past several years.

As you may recall, last year's

legislative session concluded with the approval of a 16-year, \$16.9 billion transportation investment plan, known as "Move Ahead Washington."

Last session's transportation package, however, did not include the usual "aged and phased" statewide project list, which specifies each project's funding over the duration of the plan. The primary transportation goal for this session was to complete scheduling of the full statewide list. Once scheduled, the projects will receive their appropriations over the next 16 years.

Fortunately for our region, we won't have to wait like some other areas because the state's final transportation budget approved on April 22 will allocate Confluence Parkway's \$85 million over the next three budget cycles: \$28 million from 2023-2025, \$47 million from 2025-2027, and \$10 million from 2027-2029. This schedule will allow the City of Wenatchee to fully benefit from the federal INFRA grant awarded to Confluence Parkway and allow the work to be bid as one project,

streamlining construction and maximizing efficiency.

Confluence Parkway's funding and scheduling are big accomplishments considering the project was not even included in the transportation proposal first developed and approved by Democratic leaders in 2022. By working together, our community not only successfully added our \$85 million project into the plan, but this year's actions now have the project funded and scheduled among the very

first projects in the entire 16-year statewide plan.

Achieving full funding of this project and proper scheduling has required cooperation at all levels of government. A big congratulations to the City of Wenatchee, Link Transit, and Chelan-Douglas Transportation Council for their years of advocacy. Special thanks as well to Congresswoman Kim Schrier and our federal representatives for helping secure important federal funds to match our

state funds.

Thanks also to Chelan and Douglas County officials, the Regional Port, and my House seatmates, Reps. Goehner and Steele, and for their support. I'm proud of our community for working together at multiple levels of government and across political lines to take a step forward toward something so significant. As our region continues to grow, we must find creative ways to stay ahead of our transportation challenges,

especially considering the mountains and rivers that geographically constrain us.

I'd like to especially thank Mayor Frank Kuntz and the City of Wenatchee for years of leadership and hard work at the local level toward this important project. I'm honored to help solidify Confluence Parkway's funding in the mayor's final year of service because no one has worked harder to finalize this project than he has.

Planning and funding Confluence Parkway has been a decade-long process. The construction phase will take several years as well, but this project is happening! The Wenatchee Valley has a long and proud history of thinking big, working collaboratively, and getting things done. Confluence Parkway is another example of the things we can accomplish together.

Brad Hawkins is our 12th District state senator representing North Central Washington in Olympia. Contact info: 360-786-7622 or brad.hawkins@leg.wa.gov.



SUBMITTED GRAPHIC.

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 ACCREDITED | LIFETIME LIMITED WARRANTY

FINANCING AVAILABLE WITH APPROVED CREDIT

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

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.

MOTHER'S DAY IS MAY 14TH!

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

A great GIFT for mom!

Place your order today!
Call 866-940-5703 and mention this ad
or visit naturehillsdeal.com/bloom114

NatureHills.com

LEAVENWORTH JAZZ FESTIVAL

GREAT MUSIC! • FOOD TRUCKS! • LOCAL BEER & WINE!

MAY 5-6-7 2023

FRIDAY

7PM **BIG BAND SWING DANCE!**
ELLENSBURG BIG BAND + FREE DANCE CLASS

SATURDAY

9AM **WORKSHOPS & CLASSES**
1PM **UMAMI TUESDAY W/ RHIA FOSTER**
3PM **SAME TRAIN W/ SETH GARRIDO**
5PM **SERGIO CUEVAS AND THE CUEVAS CARTEL**
7PM **THE JARED HALL QUINTET**

SUNDAY

9AM **WORKSHOPS & CLASSES**

TICKETS & MORE INFO:
LEAVENWORTHJAZZFESTIVAL.ORG OR (509) 548-6347

CHILDREN 18&UNDER AND STUDENTS W/ID GET FREE ADMISSION TO ALL LEAVENWORTH JAZZ FESTIVAL EVENTS!

ICICLE CREEK CENTER FOR THE ARTS

ALL WEEKEND EVENTS AT ICICLE CREEK CENTER FOR THE ARTS | 7409 ICICLE RD., LEAVENWORTH WA

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 logo and contact information for NCW Media, Inc. including website, phone, and address details.

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 Terri 509-393-8271 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.

Leavenworth

Leavenworth Public Forum

Is being hosted by several Leavenworth area community groups at the Chelan County #3 Firehall on Monday, May 8 at 6:30 p.m. The open dialogue will center around the vision alignment between the City and its community members. Does the current City direction accurately reflect what your hopes are for the future of our town? What questions have City leaders effectively answered about their vision for Leavenworth? What questions remain unanswered?

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 want to share in this community experience, bring a lunch and chair, and visit other community members, both living and not. Donations to the Cemetery Care Fund at leavenworthmuseum.org are appreciated.

The Greater Leavenworth Museum

Expresses gratitude for the tremendous community response to our first event since 2018! The presentation with Rollie Schmitt at

Snowy Owl Theater, Icicle Creek Center for the Arts, last week was attended by over 160 people who purchased 105 of Rollie's new book, Greater Lake Wenatchee Area History. Thank you to the volunteers for their efforts in putting together this event. Most importantly, thank you to our museum members and those in our community who value and support the Museum. Donations totaled \$1,350, which included \$1,050 courtesy of David Severance. Copies of Rollie's new and previously published books about Upper Valley history can be purchased at the Museum, 735 Front Street, Leavenworth.

Leavenworth Library Programs

Join us for Storytimes, with stories, songs, and fun, at the Leavenworth Library on Fridays at 10:15 -10:45 a.m. for Baby Laptime with Amy. 11- Noon for Preschool Storytimes with Gracie. 3:15-4 p.m. for Community Storytime chapters in the Fireside Room with Gracie. Art Class for Adults including Gelli Printing. Registration is required online at www.ncwlibraries.org/Leavenworth. Tuesday, May 2, 6 - 8 p.m. If class fills, join the waiting list for a future class. Meet the Beekeeper: Hives and Swarms. Learn how to nurture bees in your backyard, how to deal with swarms, and how "No Mow May" has benefits for insect habitats with Emily Harbury. Saturday, May 6, Noon-1 p.m. in the library. Questions: 509-548-7923 or Leavenworth@ncwlibraries.org.

Alpine Star Children's Theater

Our local Alpine Star children's theater will present their production of Rumpelstiltskin at 2 p.m. on Saturday, May 20, at the Ponderosa Community Clubhouse. No reservations are required, there is a suggested \$5 donation at the door to cover costs. This is great for kids, grandkids, and family entertainment. The Childrens' theater will be also presenting The Jungle Book as their fall production on November 13 - 19. If anyone would like to be involved with that effort, the theater staff is in need of folks who like to sew, create sets or provide backstage help during the week of the performances. If interested in helping this way, please contact Theater Director Kari Novikoff at karinovikoff@gmail.com

Welcomes Indigenous Enterprise for 3 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.

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.

Table with 3 columns: Date, Incident Description, Location. Includes entries for April 21, 22, 23, 24, and 25.

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. Large pink text box.

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.

- 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.)



Positive Attitude

Driving home on a four-lane highway with Grandpa last week I almost ran over a chair. Yep, a chair. Coming around the curve; going sixty miles an hour we saw yellow flashing lights a-ways ahead. Grandpa said, "See those?" "Yep," I said wondering if it was road work lights or the lights from an incident response vehicle. We were too far away to tell. Ahead of me the work truck pulling a flatbed trailer with heavy machinery on it blocked my view of the lane ahead. I began to position my car so I could move over if I needed to but the three cars in the left lane must have seen the lights before Grandpa and I did. They had already jockeyed into position and were blocking my entry into that lane. So, I just hung tight with a wait-and-see attitude for about a minute at which time the work truck with the local excavating company's logo on the back left the road ahead, swerved right leaving the lane wide open for me to see what I was about to hit. It was a chair, a gracefully shaped, beautifully carved perfect addition to any family's kitchen table, blond wooden chair. It was lying on its side in the middle of the lane.

For a split second I contemplated swerving left into the other lane but for some reason I decided to follow the working man's truck and left the road to miss the chair. It was a good thing I did because had I tried to get into the left lane, I'd have run into the second of the three cars jockeying to pass the work truck. I glanced up and saw the white incident response truck setting atop the hill a quarter of a mile ahead of us as I reentered the right lane following behind the work truck. Grandpa glanced back over his shoulder at the chair in the middle of our lane getting smaller and smaller. "If we'd been thinking a little faster, we could have pulled over and got that chair out of traffic." I said, "I don't care enough about a chair to risk

running out in the middle of the highway." Grandpa was silent for a moment giving me time to process what I'd just said. He's good at having the patience to let a person figure it out on their own. "Oh," I said, "the chair needs moved so the cars behind us won't wreck." He nodded. "It's too late now. That chair will really make a mess if a car hits it. If we'd been a little quicker, we could have taken care of that."

About then we passed the white incident response vehicle at the crest of the hill. Just about three hundred yards further on the downhill side of the road I looked over just in time to see two strapping young fellows outside their truck tossing straps back and forth securing the furniture still in the bed of their truck. I caught a glimpse of the mate to the beautifully carved wooden chair I'd just passed. It was laying sideways across the top of the furniture pile. I wondered for a moment why one of those strapping young men wasn't running back to remove the first chair from the highway. Maybe it was too early for them to get past the lack of chair value and onto wreck potential. So, when we got home and we were eating lunch with Grandma I got to thinking about how Grandpa's first response was to clear the path for the next guy. Thinking back on following him and Grandma on my way to growing up and the way we lived, outside of town, usually in the woods in undeveloped environments; how he and Grandma together built more than one home from the ground up for us to live in. Mostly there were no incident response vehicles to respond to a chair in the middle of the road. It was up to the two of them to clear a path for themselves and us, their children, and perhaps even the few folks who might be on their way to visit. Our neighbors, at least the ones who came into our house, usually from miles away, were the same. Together

all the neighbors maintained the gravel roads we traveled on. How and when did I get to the point that the speed of travel and my urgency to get 'there' allowed me to forget that if I'm going to get anywhere, I need a road and roads need maintenance folks. And just maybe it would be good if those folks were maintained too. And that got me to thinking about how hard it is for folks to want to work when people like me forget how valuable maintenance folks are. And that led to my thinking about self-maintenance, so I asked Grandpa Truman, "What do you do to keep a positive attitude?"

Grandma Lydia looked over at me and I could see the wheels turning in her mind. Grandpa Truman made eye contact. It took a moment for him to answer then he said, "Well, it starts with a prayer in the morning." I glanced at Grandma Lydia she said, "before getting out of bed."

Grandpa Truman nodded. I grinned and thought, pretty good recipe for the beginning of a day.

Grandpa and Grandma's Recipe for a Positive Attitude

1. Say a prayer before starting the day while still in bed.
2. Invite good thoughts to the kitchen table of the mind. When negative thoughts knock on the kitchen door don't open it; just keep them out.
3. Remember, it IS legal to take a nap.

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.

When it is unsafe for children

Currently on the desk of Governor Inslee is SB5599 which will allow shelters to keep runaway children seeking an abortion or gender reassignment surgery. Moreover, in cases such as this, juvenile shelters are no longer required to give parental notification, classifying a parent's decision not to allow a child to remove their breasts or uterus as "abuse."



A WALK WITH PASTOR JOHN SMITH

According to Washington State Law, shelters are required to notify parents of their child's whereabouts within 24 to 72 hours. However, SB5599 has no such requirement; therefore, parents may never know where or what is happening to their children if they run away.

To say that this is an infringement of parental rights hardly speaks of this legislation's horrific nature and consequences. It will destroy families, mutilate children, and usher them into a state system that will prevent children from returning home. So yes, I agree with many who say that this bill is equivalent to Washington State kidnapping your children.

However, proponents of the bill say this is all about protecting children from abuse and neglect, but what is terrifying is how they determine what exactly is an unsafe environment for children. An "unsafe" environment, according to SB5599, is a household that refuses to acknowledge a teen's confusion on their gender

and maintains that the child be addressed by their biological sex. Additionally, parents who will readily accept and care for their pregnant daughters and who desire their unborn grandchildren not to be aborted are also classified as "abusive" and "unsafe."

Conflating parental responsibility and involvement in their child's life with actual physical abuse and neglect is nonsensical and irresponsible. Yet, that is precisely what Washington State has done. In doing so, the Scriptures speak of those in Olympia in Isaiah 5:20 when it says, "Woe to those who call evil good and good evil, who put darkness for light and light for darkness, who put bitter for sweet and sweet for bitter!"

As Christians and Washington State citizens, SB5599 should grieve and disturb you. Under our watch, we have allowed legislatures to undermine the most important and foundational institution—the family—and harm the most vulnerable among us. When a legislature does that, you can be assured, Biblically speaking, that God opposes them (Ps. 34:16, Prov. 17:15). God is holy, just, and is a defender of those who is afflicted. So what makes us think that God is going to sit idly by? He isn't, and he will not.

Since SB5599 will soon be signed into law in Washington State, there is great concern

about whether or not Washington is safe for families anymore. If the State can hide runaway children from their parents because they use the wrong pronouns, it isn't beyond the State to remove children from their homes for the exact same thing.

And no, I am not catastrophizing; just following the logic.

While Washington demonstrates how "unsafe" and "abusive" it is through its legislation, the question now arises where can people truly be safe? The obvious answer is Jesus, but practically speaking, it is the church. The church must equip and strengthen families through the preaching and teaching of God's Word and love communities enough to apply a Biblical worldview in how people ought to relate in every sphere of life. Furthermore, the church must recapture the concept of being a sanctuary again and open its doors to those lost, hurting and protect those who are maligned and afflicted.

In the case of SB5599, those being hurt and afflicted are families with children, and those responsible for that are our own Washington State legislators.

Note: This article is the opinion of the author and this paper neither accepts nor rejects opinions.

Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at pastorjohnsmithebc@gmail.com.

Start your day out right The Leavenworth Echo and Cashmere Valley Record present the best in local news every week!

Don't miss an issue

Subscribe by calling 1-509-293-6780

Obituary & Memorial Policies

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

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

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

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 509-782-2869
Sunday School, all ages, 9 a.m. Worship 10 a.m.
Bible Study, Wed., 6:30 p.m.
Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

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

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

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

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

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

DRYDEN

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

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

LEAVENWORTH

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

CORNERSTONE CHURCH
Leavenworth Grange Hall
621 Front St.
info@cornerstoneleavenworth.com
Sunday Worship – 10 a.m.

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

MONITOR

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

PESHASTIN

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

NEW LIFE FOURSQUARE CHURCH
7591 Hwy. 97 • 509-548-4222
Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: newlifeleavenworth
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
facebook.com/plaincommunitychurch
office@plaincommunitychurch.org

Community

Link Transit adjusts routes for Wenatchee Apple Blossom Parade

All Service is Now Zero-Fare

SUBMITTED BY ERIC WEST

Marketing and Communications Coordinator

Link Transit routes will be altered on Saturday, May 6 to accommodate the Apple Blossom parade in Wenatchee. Schedules will be adhered to as closely as traffic conditions will allow. Routes have been adjusted to avoid the parade routes, but still allow riders to and from the main areas of activity as easily and

conveniently as possible, without disrupting regular service to a great extent.

"Adjusting our service due to the parades is unavoidable, but we do everything possible to maintain the service for our regular riders, as well as make it convenient for those who may want to try our services during this time", said Eric West, Marketing Coordinator. "We invite the entire community to consider transit as an option during Apple Blossom, whether it is to go to one of the parades or

the food fair, or just to avoid traffic."

Nearly every route have some changes for the two parade days. Any route that travels on Orondo Street, Wenatchee Avenue north of Kittitas Street, Chelan Street or Mission Street as far north as Ninth Street will have a re-route in effect. Many of these buses will use Worthen Steet, Riverside Drive and Piere Street to bypass the parade routes as far as Ninth Street. Route 5 will not operate either day but there will be a shuttle

from Columbia Station to Memorial Park via Worthen and Chelan Streets.

Additionally, Routes 21 and 22 will travel from Columbia Station to Olds Station via Sunset Highway in East Wenatchee, and will not serve any bus stops in the Olds Station area because of routing limitations due to road construction. Route 28 will serve Olds Station on both days. On May 6 re-routes will remain in effect for the entire day.

For more information on the changes to Link Transit service during Apple Blossom, call Guest Services at 509-662-1155 or go online to www.linktransit.com/appleblossom.

National Nurses Week History

ANA ENTERPRISE

National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday. These permanent dates enhance planning and position National Nurses Week as an established recognition event. As of 1998, May 8 was designated as National Student Nurses Day, to be celebrated annually. And as of 2003, National School Nurse Day is celebrated on the Wednesday within National Nurses Week (May 6-12) each year.

The nursing profession has been supported and promoted by the American Nurses Association (ANA) since 1896. Each of ANA's state and territorial nurses' associations promotes the nursing profession at the state and regional levels. Each conducts celebrations on these dates to recognize the contributions that nurses and nursing make to the community.

The ANA supports and encourages National Nurses Week recognition programs through the state and district nurses' associations,

other specialty nursing organizations, educational facilities, and independent health care companies and institutions.

A Brief History of National Nurses Week

1953 Dorothy Sutherland of the U.S. Department of Health, Education, and Welfare sent a proposal to President Eisenhower to proclaim a "Nurse Day" in October of the following year. The proclamation was never made.

1954 National Nurse Week was observed from October 11 - 16. The year of the observance marked the 100th anniversary of Florence Nightingale's mission to Crimea. Representative Frances P. Bolton sponsored the bill for a nurse week. Apparently, a bill for a National Nurse Week was introduced in the 1955 Congress, but no action was taken. Congress discontinued its practice of joint resolutions for national weeks of various kinds.

1972 Again a resolution was presented by the House of Representatives for the President to proclaim,

"National Registered Nurse Day." It did not occur.

1974 In January of that year, the International Council of Nurses (ICN) proclaimed that May 12 would be "International Nurse Day." (May 12 is the birthday of Florence Nightingale.) Since 1965, the ICN has celebrated "International Nurse Day."

1974 In February of that year, a week was designated by the White House as National Nurse Week, and President Nixon issued a proclamation.

1978 New Jersey Governor Brendon Byrne declared May 6 as "Nurses Day." Edward Scanlan, of Red Bank, N.J., took up the cause to perpetuate the recognition of nurses in his state. Mr. Scanlan had this date listed in Chase's Calendar of Annual Events. He promoted the celebration on his own.

1981 ANA, along with various nursing organizations, rallied to support a resolution initiated by nurses in New Mexico, through their Congressman, Manuel Lujan, to have May 6, 1982, established as "National Recognition Day for Nurses."

1982 In February, the ANA Board of Directors formally

acknowledged May 6, 1982 as "National Nurses Day." The action affirmed a joint resolution of the United States Congress designating May 6 as "National Recognition Day for Nurses."

1982 President Ronald Reagan signed a proclamation on March 25, proclaiming "National Recognition Day for Nurses" to be May 6, 1982.

1990 The ANA Board of Directors expanded the recognition of nurses to a week-long celebration, declaring May 6 - 12, 1991, as National Nurses Week.

1993 The ANA Board of Directors designated May 6 - 12 as permanent dates to observe National Nurses Week in 1994 and in all subsequent years.

1996 The ANA initiated "National RN Recognition Day" on May 6, 1996, to honor the nation's indispensable registered nurses for their tireless commitment 365 days a year. The ANA encourages its state and territorial nurses' associations and other organizations to acknowledge May 6, 1996 as "National RN Recognition Day."

1997 The ANA Board of Directors, at the request of the National Student Nurses Association, designated May 8 as National Student Nurses Day.

How families and friends can support the nurses in their life

By CareRev

Offer a listening ear. Understand how best to celebrate your nurse hero by asking them how they're doing.

Write encouraging notes. Send them off to work with an uplifting message (You're amazing! You've got this! Have a great day!)

Cheers to the nurses. Plan a celebratory night out with friends.

Take something off their plate. This could be as small as taking on extra chores around the house, picking them up from work, or walking the dog so they can rest.

Prep a special meal. Cook a homemade meal they can take to work or order their favorite food during their break.

Plan a staycation. During their days off, take advantage of what your hometown has to offer - or maybe just binge the newest episodes of your favorite show.

How patients can give thanks

Write a thank you note. Show how much you appreciate your nurses with a handwritten card.

Give them a gift card or bring in a sweet treat. Pick up goodies from a bakery or coffee from a favorite local shop.

How nurses can celebrate each other

Be each other's cheerleader. This can be as easy as writing a quick post-it-note and leaving it on someone's desk or giving a shout out in a meeting.

Support fellow nurses while treating yourself! Show some love to one of these nurse-owned businesses.

Toast to one another. Plan a team happy hour or luncheon.

Be an ally. Connect with nurses who are new to the field to see how they are doing.

WESTERN RANCH BUILDINGS
STEEL & POST FRAME BUILDING CONTRACTORS

Your building can be customized just the way you want!

Sold and erected by an independent, locally owned builder

509-884-0555 | 1107 Walla Walla Avenue Wenatchee, WA 98801

RESIDENTIAL • COMMERCIAL • INDUSTRIAL • AGRICULTURAL

NCW MEDIA
Bringing the community to your door

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

THE LEAVENWORTH ECHO | **CASHMERE VALLEY RECORD**

PO Box 39, Leavenworth, WA • (509) 548-5286

www.leavenworthecho.com | www.cashmerevalleyrecord.com

Your Future, Planned with Care.

Investment Management
Retirement Planning
Financial Planning

Brad Blackburn, CFP® | Stephen Allen, CWS®

509-782-2600 | 121 Cottage Ave Cashmere, WA 98815

BlackburnFinancial
Registered Investment Advisor

Kodiaks Scoreboard	
SOFTBALL	
Apr. 25:	Cascade 5, Omak 16; Loss
Apr. 27:	Cascade 1, Ephrata 17; Loss
Apr. 28:	Cascade 28, Chelan 5; Win
Apr. 28:	Cascade 25, Chelan 10; Win
BASEBALL	
Apr. 25:	Cascade 1, Omak 4; Loss
Apr. 29:	Cascade 0, Chelan 7; Loss
Apr. 29:	Cascade 0, Chelan 0; Loss
BOYS SOCCER	
Apr. 25:	Cascade 0, Quincy 1; Loss
Apr. 28:	Cascade 5, Omak 0; Win

Sports Schedule

TENNIS	
May 3:	Cascade vs. Omak, Home at 4 p.m.
SOFTBALL	
May 11:	Cascade vs Quincy, Away at 3:30 p.m.
BASEBALL	
May 4:	Cascade vs. Waterville-Mansfield Away at 4:30 p.m.
GOLF	
May 4:	Cascade vs., Warden, Home at 2 p.m.
May 8:	Cascade vs. Omak, Home 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

THANK YOU to our Nurses!



In honor of National Nurses Week, Mountain Meadows Senior Living Campus would like to recognize **Amanda Ledezma, Jennifer Kruse, and Jacquie Ferrier** (pictured from left to right) for their service and dedication to our residents.

Stop by today, take a tour and experience for yourself why our residents and team love our beautiful community.

Tour today! (509) 548-4076

MOUNTAIN Meadows
Senior Living Campus

Independent Living Cottages • Assisted Living • Memory Care
320 Park Avenue | Leavenworth, WA 98826

mountainmeadowsliving.org

Place your ad online at 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

NCW MARKET.COM
CLASSIFIED ADS

BUSINESS JOURNAL

ECHO RECORD MIRROR HERALD

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

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

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

Announcements

Lost & Found

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

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

Deadline Noon on Friday for the next week's papers

Happy Ads

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

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

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

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

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

Employment

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 EOE

Help Wanted

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

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

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

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.

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 for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position.

E-mail your completed application to financehr@okanogantransit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, Suite A, Okanogan. Application Deadline: Application review will continue until the position is filled.

Okanogan County Transit Authority is an Equal Opportunity Employer.

Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley? 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

Help Wanted

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 or by contacting the district office at 509-689-3418. These positions are open until filled.



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 EOE

ACCEPTING APPLICATIONS FOR LEAVENWORTH COMMUNITY POOL LIFE GUARDS and SWIM LESSON INSTRUCTORS

The City of Leavenworth is now accepting applications for Certified Lifeguards and Swim Lesson Instructors or those willing to become certified. In addition to applicable certifications, this position is a non-union-covered position with a starting pay of \$20.40 – 22.80/ hr. Sick leave benefits are earned at 1 hr. per 40 hrs. worked.

Job seekers must possess strong public relations and communication skills, along with the ability to understand and implement all rules related to the facility. Job applications are available to download from the City's website at: <https://cityofleavenworth.com/employment-opportunities/>, or by contacting City Hall at (509)548-5275. The City of Leavenworth is an equal-opportunity employer. Applications will begin the review process on May 5, 2023.

Help Wanted

Discovery Center Tour Guide - Seasonal Immediate opening at the Rocky Reach Discovery Center. Full-time, temporary position. Greets visitors, provides information and directions, leads tours, assists with activities for students, adults, and families. Typically requires one year of customer service experience working with the public. See full job details and apply online at chelanpud.org/careers EO M/F/ Disability/ Vet Employer

For Sale

Antiques & Collectibles

Get cold hard CA\$H for your Antiques and Collectibles by placing them in our classifieds. Place your ad with pictures online 24/7 at 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 or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@leavenworthecho.com **Deadline: Noon on Friday for all papers.**

Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

Garage & Yard Sale

CLEAR SOME SPACE WITH A Garage Sale

Fill your pockets with CASH \$\$ Let others know what items you are selling!

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

Print only? **Deadline Friday at Noon for all papers**

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

Leavenworth Cashmere Call: 509-548-5286

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

General Merchandise

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

For quick sale: in Cashmere. Standard and metric wrenches, sockets, extensions. Screwdrivers. Allen wrenches. Drill with charger. Metal work bench with vice. Wooden tool box. 4" skill saw with charger. 1/2 ton Jack with stands. Car ramps. Digital Multi Meter, new. Drop Lights. Electric Sanders. Call 406-241-9461 See photos on NCWMARKET.COM

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

www.leavenworthecho.com • www.cashmerevalleyrecord.com

RUN IT 'TILL IT SELLS

Housing sales are HOT!
Is your home getting the attention it needs!

Advertise your property on NCWMarket.com for one low fee!

- \$100 fee includes:**
- Up to 5 photos of your home & property
 - Video • Unlimited description
 - Google Map to your location (you can opt out)
 - Privacy Link (interested buyers contact you through the site protecting your identity)

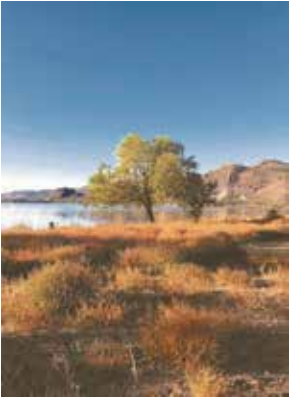
Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it



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

Homes 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 LEAVENWORTH
On the 25 day of April, 2023, the City Council of the City of Leavenworth, Washington passed the following resolution and ordinances. A summary of the contents provides as follows:

Resolution 3-2023:
A resolution of the City of Leavenworth, WA, amending rates and fees.
Ordinance 1670: An Ordinance of the City of Leavenworth, WA, amending chapter 12.28 of the LMC related to Mountainview Cemetery regulations.
Ordinance 1671:
An Ordinance of the City of Leavenworth, WA amending LMC Chapter 15.24 numbering residences and buildings. A full copy of the resolution and ordinances is available at Leavenworth City Hall or will be mailed to you upon your request to Andrea Fischer, City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/Cashmere Valley Record on May 3, 2023. # 5686

Public Notices

ADVERTISEMENT FOR BIDS

Notice is hereby given that sealed bids will be received by the City of Leavenworth, until 1:00:59 p.m. Pacific Time on May 11th, 2023, for the TIB Ski Hill Drive Sidewalk Improvements, City of Leavenworth Project No.2022-002 cc. Bid proposals will be received by the City Clerk at the Leavenworth City Hall at 700 US 2, Leavenworth, WA 98826, and will then and there be opened, read, and tabulated publicly. The Engineer's estimated range of probable cost is \$400,000 to \$635,000. Proposals received after the time fixed for opening will not be considered. The major items of work include constructing new cement concrete curb and gutter, sidewalk, curb ramps, driveway entrances, water service connection replacement and installation, and traffic control. All work shall be completed in accordance with the contract plans, special provisions, and the 2023 WSDOT/APWA Standard Specifications. Time for completion of the work is limited to *35* working days. All work performed on the project will be subject to State prevailing wage rates. Complete digital project bidding documents are available at www.questcdn.com and the City of Leavenworth's Website at: https://cityofleavenworth.com/documents/category/requests-for-bids-proposals/

Bidders may download the digital plan set for \$22.00 by entering **Quest Project #8421623** on the website's Project Search page. Please contact QuestCDN.com at (952) 233-1632 or info@questcdn.com for assistance in free membership registration, downloading, and working with this digital information. A review set will be at the Leavenworth City Hall, 700 US 2, Leavenworth, WA 98826. 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 the bid proposal. Checks shall be made payable to The City of Leavenworth. 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 Leavenworth. The City of Leavenworth reserves the right to reject any or all bids and to waive irregularities in the bid or in the bidding.

The City of Leavenworth, in accordance with the provisions of Title VI of the Civil Rights Act of 1964 (78 Stat. 252, 42 U.S.C. 2000d to 2000d-4) and the Regulations, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full and fair opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, or national origin in consideration for an award.

The Contractor shall assure to City of Leavenworth that all services provided through this contract shall be completed in full compliance with the Americans with Disabilities Act ("ADA"). No bidder may withdraw his proposal after the hours set for the opening thereof, or before award of contract, unless said award is delayed for a period exceeding forty-five (45) days. Published in The Leavenworth Echo/Cashmere Valley Record on April 26, and May 3, 2023.

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 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.

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

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

Published in The Cashmere Valley Record/Leavenworth Echo on May 3, 10, 2023. #5703

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 11.40.070 by serving on or mailing to the Administrator or the Administrator's attorney at the address stated below a copy of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of (1) thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c) or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate and nonprobate assets.
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

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



Upgrading your 'ride'? we can help you sell your old one

- Place your ad 24/7 at **ncwmarket.com**
- Email: **classifieds@leavenworthecho.com**
- Call **509-548-5286**

How to take an iron supplement



Seventy-eight-year-old Mabel became anemic after being hospitalized with a bleeding ulcer. She was discharged home on medicine to heal her ulcer, plus an iron supplement. Three months later, Mabel's blood tests showed she was still significantly low in iron.

When I asked about her iron supplement, she showed me a bottle of 300mg sustained-release capsules of ferrous gluconate. "The iron tablets they gave me from the hospital upset my stomach, so I found this one instead."

Iron supplements have been used in medicine since ancient times. Greek physicians treated people who were pale and tired with drinking water enriched with iron. They left swords in water to rust or drank the water used by blacksmiths for cooling hot iron.

Iron is a critical part of hemoglobin, a protein that carries oxygen throughout the body. Your body needs four iron atoms to make each hemoglobin molecule, giving blood its distinctive red color. Without enough iron for hemoglobin, your blood can't carry as much oxygen, and you'll become pale and tired.

The most common cause of iron deficiency is blood loss. You can lose blood from a bleeding ulcer in your stomach, heavy menstrual periods, or from your intestines through ulcers, hemorrhoids, or diverticulitis. Other causes include a poor diet, gastric bypass surgery, kidney disease, pregnancy, or breastfeeding.

We treat iron deficiency anemia with iron supplements. They provide iron for hemoglobin in your blood and help replenish iron stored in your bone marrow. Most people need 100mg to 200mg of elemental iron daily over several months to accomplish this.

The most common side effect of iron is stomach or intestinal irritation. Stomach pain, constipation, nausea, vomiting, and even diarrhea can occur. Iron can also make your stools dark and cause a metallic taste.

The three most common iron supplements are ferrous sulfate, ferrous gluconate, and ferrous fumarate. Ferrous fumarate contains 33% elemental iron, ferrous sulfate has 20% elemental iron, and ferrous gluconate has only 12% elemental iron.

Iron needs an acidic environment for the best absorption. Vitamin C (ascorbic acid) improves iron absorption by converting some of it from its less soluble ferric form to a more soluble ferrous version. A six-ounce glass of orange juice can improve iron absorption by 10%.

Enteric-coated and sustained release forms of iron dissolve in your intestine instead of your stomach. Your intestines are much less acidic than your stomach, so less iron is converted to the ferrous form, resulting in you absorbing less iron from each pill.

Take iron supplements on an empty stomach, either 30 minutes before or 2-3 hours after eating, to increase iron absorption. Unfortunately, this also increases stomach irritation.

Despite taking an iron supplement for 3 months, Mabel was still quite low in iron, so I asked her to bring her iron supplement. She had ferrous gluconate 300mg sustained release capsules instead of the ferrous sulfate 300mg tablets initially prescribed for her.

"Those tablets tore up my stomach, so I switched to these because they don't bother me," explained Mabel. Ferrous gluconate has about half the elemental iron of ferrous sulfate tablets. I suggested she take 2 capsules of the ferrous gluconate every day instead of one daily since she was taking it without stomach discomfort.

Here are 7 Tips for Taking Iron Supplements Successfully:

1. Check the elemental iron in iron tablets when comparing iron supplements. Ferrous gluconate 300mg has only 36mg of elemental iron, compared to 65mg in 300mg of ferrous sulfate.
2. For the most comfort, take iron with meals. For faster results, take iron without food. If taking your iron supplement on an empty stomach causes stomach irritation, take it with food instead of skipping doses.
3. Avoid sustained release or enteric-coated iron supplements. Sustained release, delayed release, and enteric-coated iron supplements cause less stomach upset but also have much less iron for your body to absorb.
4. Start with one tablet daily. Start with one tablet daily of iron supplement, either with or without a meal. Take your iron supplement more frequently only if instructed to by your doctor. Higher doses of iron are not absorbed as well.
5. Consider cooking with cast iron skillets and pans. Cooking with cast iron increases the iron content of your food and can treat mild iron deficiency.
6. Add vitamin C to your diet. One small glass of orange juice or a vitamin C supplement can improve iron absorption.
7. Keep iron tablets out of the reach of children. Ferrous gluconate and sulfate tablets have shiny, colorful coatings identical to chocolate M&M candies.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2023 Louise Achey

CROSSWORD PUZZLE

- THEME: THE 1950s ACROSS**
1. a.k.a. vampire
 9. Type of tide
 13. Make more attractive
 14. Lawyers' grp.
 15. China grass
 16. "West Side Story's" Tony and ___
 17. Mourner's acronym
 18. Utilizing
 19. "a.k.a. "The King"
 21. "Kitschy art movement begun in '50s (2 words)
 23. Mortar carrier
 24. Back of the neck
 25. "Kelly or Chanel 2.55, e.g.
 28. Hurtful remark
 30. "___ Margery Daw," nursery rhyme
 35. Paper unit
 37. Duds
 39. Eurasian antelope
 40. Guesstimate phrase (2 words)
 41. Unaccompanied
 43. Disgust with sweetness excess
 44. Brandish
 46. Track competition, e.g.
 47. Frustrated driver's recourse
 48. Legendary King of Pylos
 50. Tsar, czar or ___
 52. Greek letters on campus
 53. Deprivation
 55. Greek R
 57. "A Streetcar Named Desire" star
 60. "Popular type of 1950s restaurant
 64. Pro athletes' move
 65. Sea in Spain
 67. Narcotics agent
 68. Stringed instrument of India
 69. Brewpub offering
 70. Shakespearean "ergo"
 71. "Gwendolyn Brooks' "Annie Allen" entry, e.g.
 72. "Doris of "Que Sera, Sera" fame

73. Disinfectant brand
- DOWN
1. Statue of Liberty: "I lift my ___ beside the golden door"
2. Sixth month of civil year
3. Encore!
4. "Like Maureen O'Hara and Samuel Beckett
5. Not digital
6. On one's guard
7. "___Wan of "Star Wars"
8. Fraternity K
9. "Space program established in 1958
10. Arabian chieftain
11. Are not
12. Margaret, for short
15. Raja's money, pl.
20. Changes to a manuscript
22. Military moves
24. Fail to care
25. ___ v. Board of Education
26. Eagle's nest
27. Kr and Xe on the periodic table, e.g.
29. "Postwar prosperity
31. Per person
32. Farm structures
33. Ancient market
34. "Rio Grande" and "Rio Bravo" star
36. Lose skin
38. "Egypt's disputed canal
42. Sir Richard Starkey of the Beatles
45. Like certain Debbie
49. Unit of absorbed radiation
51. Relating to nose
54. Frances McDormand's Oscar-winning 2020 role
56. Estrogen producer
57. Spiritedness
58. Equal to distance divided by time
59. Actor Driver
60. Squirrel's nest
61. Units of work
62. International Civil Aviation Org.
63. Hall of Fame Steelers coach
64. Cooking meas.
66. Fla. neighbor

SUDOKU PUZZLE

GRAND ALASKAN CRUISE & TOUR
12 days, departs May - Sep 2022
FROM ~~1,949~~ \$1,699
1-855-208-9533
promo code N7017

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

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.

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

WASHINGTON OUTDOORS REPORT

The lowland lake opener

By John Kruse

Steve Caromile, the Inland Fish Program Manager for the Washington Department of Fish and Wildlife said, "The lowland lake trout season, Washington's single biggest fishing season, opened April 22 with decent weather and catch rates. It is still one of the best bargains in local family recreation. April 22 was also the first day of our annual trout derby, and we are already seeing catches of tagged trout!"

Caromile continued saying, "With typical springtime weather, angler catch and effort at our lakes was comparable to prior seasons, with catch averaging just about three fish per angler. The air temperatures weren't bad, but water temperatures are still on the cool side but with better weather in the forecast, the catch will be heating up as well."

If you are wondering how Central and Eastern Washington lakes fished on opening day here are reports from WDFW staff who visited various waters in the region:

Klickitat County

Horsethief Lake was fishing pretty slow on the opener where individuals averaged two trout each. However, things were very different at Rowland Lake. 29 anglers were checked and although there were not many people fishing, creel checkers noted they harvested a lot of fish. Eight

trout were caught per angler and on average they kept 3.24 fish. The largest trout seen? A 21-incher!

Chelan County

Clear Lake was frozen over and Beehive Reservoir was not accessible to vehicular traffic due to snow at this lake located near the Mission Ridge Ski Area south of Wenatchee. However, Wapato Lake near Manson was open for fishing and anglers caught and kept around 3.5 trout a piece.

Douglas County

The crowds were out at Jameson Lake on opening morning. Creel checkers counted 234 anglers fishing for trout at 8 a.m. Just under three trout per angler was caught here, the average fish measuring 11-inches long. The largest fish seen by WDFW staff was a 16-inch rainbow.

Grant County

The crowds were also out for the opener at Blue Lake with nearly 300 individuals counted and a lot of these anglers were kids. The average catch was only 1.5 trout each but the size of the trout was a healthy 14 inches. Park Lake south of Coulee City was also crowded and the catching was about the same as Blue Lake. There was far better fishing at nearby Deep Lake in Sun Lakes State Park. Anglers there were catching five fish limits of rainbow trout averaging 13 inches.

Okanogan County

Okanogan County is a popular destination for the lowland lakes opener and for good reason, the fishing can be very good here and the

scenery is nice. Creel checkers did not make it out to any of the lakes here for the opener but calling Liars Cove Resort, Gene Bussell said fishing wise anglers did pretty good for both bass and trout. However, the lake is really low right now and according to Bussell, "It's not easy to launch boats at the moment." The good news is the lake is starting to fill and boat access is getting better. Check with Bussell for exactly where to launch so you don't get stuck in the mud.

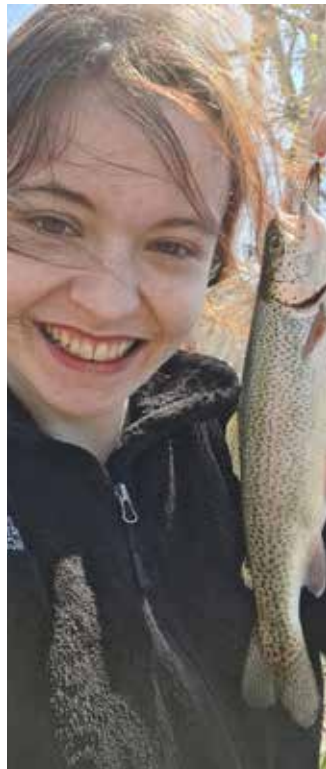


PHOTO BY JOHN KRUSE
Faith Kruse with a lowland lakes opener trout caught in Kittitas County

Pend Oreille County

At Diamond Lake the crowds were low and the fishing was slow, due primarily to cold water temperatures. Of the anglers checked, on average they only harvested a rainbow a piece though most of them were 13-inches long and the largest checked was a respectable 19-inch trout.

Stevens County

Waitts Lake had more anglers than any other body of water in Stevens County on opening day. Creel checkers noted the fishing was best in the morning before the winds kicked up. The anglers checked averaged 2.4 trout apiece, but the fish were large with the rainbows going nearly 14 inches and the brown trout at 16 inches.

There were not many anglers seen at the other Stevens County lakes. At Starvation Lake anglers were indeed starving for trout and the fishing was slow. The same scenario played out at Rocky and Mudgett Lake. The few trout checked averaged 12 inches in length.

Last but not least, if you catch a trout with a blue tag on it don't throw it back. That's a WDFW trout derby fish and it's worth a prize. Go to <https://wdfw.wa.gov/fishing/contests/trout-derby> for details about where these fish have been stocked and how to claim your prize if you catch one.

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



Gas Safety

Submitted by Washington State Fire Marshal's Office

Olympia - Many Washington homes rely on liquid petroleum gas (LPG) and natural gas for heating, warm water, and to cook food. In Washington State between the years of 2019 and 2021 fire agencies reported 6,924 incidents involving gas leaks, which makes it important to know what to do in case you have a gas leak. These odorless, colorless gases have additives that give them a smell.

Follow these safety steps in the event of a gas leak:

- If you smell natural gas leave the area immediately and call 911.
- Do not turn any electric

- switches on or off.
- Do not smoke.
- Don't light a match or use a lighter.
- When dialing 911, call from outside a building and away from any gas leak.
- Other indications that you could have a natural gas leak is blowing dirt or bubbles rising out of the ground. Again, leave the area immediately and call 911.
- Call 811 at least two days before digging so that gas lines can be located, and always use a hand tool when digging within two feet of buried gas lines.

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

We Can Help Make a Difference

Submitted by Judy Kelts and Susie Schell-Dietsch

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. Our 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. Judy Kelts, 509-884-7218

Cascade High School

Continued from page A1

with Coal Fiano and Gretchen Leach accompanying on the hand drum and djembe, respectively. Of note, the latter piece was also choreographed with rhythmic chest thumps and each chorister moving about the stage to hit their marks.

"I like taking on new styles to convey different messages,"

said Runions about the concert. Continuing, she revealed that "while I play violin, I don't usually perform on it. So, that was a new experience for me and fun."

The production was the third this year under the direction of Garcia, who is very quickly and auspiciously growing into the position: "Each concert has been different, of course, but I think I have a good feel for how to get the best out of the kids every time. And it goes

beyond just the actual singing. It's the whole thing that goes into a successful concert: from the choreography to the preparing the accompanists, ensuring proper concert attire to the proper stage setting, and everything in between."

The future of the Bands and Choirs at CHS is bright under Rowland and Garcia. As Rowland put it: "The program has a lot of potential and a lot of room to grow and be more involved with the community.

Good students, good staff, good facilities, good community - all the components for a successful program are here. Instinct told me, after interviewing and being offered the job, that this was a good place to be, and I've been having a blast ever since."

The Choir and Band are already back at work preparing for their spring concerts in May, for which Garcia asserted that she is "excited to once again to show off my students."



Leavenworth Rotary Community Project

Service Above Self is the motto for all Rotarians, pictured here are in front row left to right John Fishburne, Kiffen Fishburne, Denise Ruether, and Bill Motsenbocker. Back row: Sondra Wildman, Joel Walinski, Gary Schuster, 5060 District Governor Karl Ruether, Karen Haire, Mahala Murphy-Martin and David Haire. On Wednesday, April 26, these Rotarians cleaned, rototilled and planted new Pollinator plants to help beautify and sustain the natural floral for the birds and bees, in the Trooper James Saunders Memorial Park on Hwy. 2.

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.
Ct. Reg #TUMWADP943RR

509-548-5361

www.tumwaterdrilling.com • email 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

STUMP REMOVAL

Quick 'n Easy Residential Stump Removal

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 House

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

REDUCE REUSE RECYCLE