



Washington Outdoors Report See Page B4

Technology Student Association competitors give great performances at State – Seven go on to Nationals



SUBMITTED PHOTO.

TSA IRMS students and teachers From left to right, front row: teacher Jodie Tremberth, Georgia Holm, Sully Fischer, Kate Smith, Kyrianna Ross, teacher Jacob Carvitto. Back row: teacher Kim Gilreath, Ryder Wintermeier, Ford Walker, Amelia Leach, Zora Gilleland, Isabel Davelaar, Owen Schoenwald, Grant Burrill, Elliana Thomas, Addison Weaver, Lily Renner-Singer, Aliya Coronado, Nola Strand, Cosimo Terranella, Miles Smith, Elliot Tiegel, Ridley Foley, Xareny Guzman-Perez, and Jaden Parker. Not pictured: Gabe Payne, Piper Copson and Allie Ward.



Marlene Farrell
Correspondent

Technology Student Association (TSA) is an increasingly popular club at Icicle River Middle School (IRMS) and Cascade High School (CHS). Twenty-five middle schoolers and 21 high schoolers prepared all year for competitions that were held as part of the recent four-day TSA conference in Seattle.

TSA members select competition categories (out of 46 choices) in which they combine creativity and inventiveness with technical knowhow and problem solving. Most students compete in multiple categories based on their passions

and also to stretch themselves to learn something new, for instance, in forensic science or transportation modeling.

For categories like music production, audio podcasting and fashion design, students turn in an entry that is judged along with their presentation. Other categories are competed live at the conference, such as VEX robotics, technology problem solving, on demand video and coding.

Competitions are just one aspect of TSA, which is also about personal development, leadership and introduction to STEM related career opportunities. At the conference, students are held to a professional standard in dress and behavior, and through the competitions and workshops, students have opportunities to hone leadership skills including collaboration, problem solving, critical thinking, creativity, dependability, communication and grit.

Eighth grader Georgia Holm and

her partner Allie Ward, also in eighth grade, competed in community service video, inventions and innovations, and technology problem solving, and they earned a spot on the podium in all three!

Their first-place-winning two-minute community service video centered on environmental awareness, and they included footage from a Climate March they organized and an upcycling project that turned fertilizer bags into sturdy reusable grocery bags. Both contributed to the filming and narration. While Holm and Ward waited to be interviewed by the judges about their video, they took turns role-playing the potential questions and the answers they would give. Holm admitted the wait was nerve-racking but they presented well.

Technological problem solving always has fierce competition. This year the pairs of students were given two hours to build the longest possible horizontal structure out of popsicle

sticks, straws, two paper plates and tape. The structure wasn't allowed to touch the ground except at its base.

"We sketched a design and then started building," said Holm. "We had to make corrections when it started leaning toward the ground. We also practiced picking it up and placing it back down." This final strategy was smart, because when time was up, Ward and Holm had to carry the structure to the judging station. Their structure was still sound when it was judged, and they could see theirs was one of the longest. They came away with third place.

Holm and Ward worked together last year too and won recognition for a silent movie. Speaking about their successful partnership, Holm said, "We're both strong leaders. Allie has a lot of good ideas, and they're different than mine. Because we're friends, we can argue but get beyond that to do our best work together."

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City Council looks to move into Phase III of Wastewater Collection Project



Justin Pardini
Reporter

The Leavenworth City Council met for their biweekly regular meeting on Tuesday, March 28 in City Hall. The meeting opened with some comments from public citizens voicing concerns about changes in housing policies and prices. The concept of a moratorium for bed and breakfasts has come into conversation a few times within some of these meetings, and some of the residents in Leavenworth are strongly opposed to this suggestion. The main discussion point in this meeting was phase III of the wastewater collection and treatment facility improvements project. This project has been ongoing and funded by a 19.5-million-dollar grant loan package for the USDA rural development program. As a critical response to a constant increase in visitors coming to Leavenworth, public works is working actively to maintain the cleanliness and functionality of the wastewater treatment process. Phase I for this project was the overall upgrade of the facility and specifically removing phosphorus during the water treatment. Phase II continued with the south interceptor and phase III, the current ongoing project, has been separated into three specific responsibilities. This meeting discusses lining 12,000 feet of sewer in need of rehabilitation, which is critical to the overall ability to treat water within the city. Engineers for this project have estimated a total cost of 1.7 million dollars, however, the city received a bid from Allied Trenchless for 2.2 million dollars. This process is set to be non-evasive and should not disrupt any flow of day-to-day activity for the public. With this being a top priority for the city, the proposal was passed, and the project will move forward with the appropriate funding needed. The city also approved the purchase of a Nissan Frontier for the Parking Department. This new truck will help transport parking materials such as cones, meters, barriers, etc. The Council was also reminded to begin thinking of transitioning into purchasing electric vehicles for city use, rather than continuing to buy fuel cars. Leavenworth is capable of being electric-friendly, therefore the Council acknowledges the need for more electric cars in the city and will think forwardly of upcoming purchases for this reason. All parking meters on Front Street have been removed to accommodate for a continuous effort to make the street a non-vehicle zone. This is one of the many steps that is necessary in creating a more European feel within the town and on Front Street. The Council has decided to add retractable bollards at the ends of Front Street, as opposed to the large orange barriers that currently reside in these spots. This will allow for easier access to emergency vehicles and delivery trucks that need to reach business on the street but will also create a more aesthetically pleasing scenery for the street. There is no current timetable for this addition, however, there was

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Confluence Parkway scheduled for funding in transportation budgets



COMMUNITY VOICES

Brad Hawkins

Last year's legislative session concluded with the approval of a 16-year, \$16.9 billion transportation investment plan, known as "Move Ahead Washington." The long-term plan primarily funded preservation and maintenance of our existing transportation system as well as new, large-scale construction projects. Despite being a 16-year plan with numerous projects funded, the legislation did not include its typical "aged and phased" project list, which itemizes each project's funding over the duration of the plan.

The primary goal of the House and Senate transportation committees

during this year's legislative session is to schedule each of the projects approved in the 16-year "Move Ahead Washington" plan. Once scheduled in the 2023-25 transportation budget, the projects approved during the 2022 legislative session will be slated to receive their funding appropriations over the next several biennial transportation budgets. The 2022 approved plan combines federal infrastructure funds, climate revenues approved during a previous session, transfers from the operating budget, and license plate and driver license fees to fund the new 16-year investments.

Wenatchee's Confluence Parkway Project

I am pleased to share that the \$85 million identified in 2022 for Wenatchee's Confluence Parkway is now proposed for funding in accordance with the city and

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SUBMITTED PHOTO.

The proposed Confluence Parkway would provide a much-needed second bridge across the Wenatchee River, a widened pedestrian bridge, and a roadway with a direct connection to the U.S. 97A/US 2 Interchange and Odabashian Bridge.

Inside The ECHO this week

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Dan's Market



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House-proposed capital budget, my bills, and the capital gains (income) tax



Mike Steele

REP.

Capital Budget

The House-proposed 2023-25 capital budget, a truly bipartisan effort, took several weeks of hard work and

three weeks to go in April, the state's three main budgets—operating, transportation, and capital—are in the crosshairs of many debates taking place in Olympia.

tough negotiations. As the lead House negotiator and ranking member of the Capital Budget Committee, it's my job to ensure the plan meets the needs of the entire state.

This session's House-proposed budget makes several meaningful allocations, including \$400 million for the Housing Trust Fund and \$893 million for behavioral health. Other sizeable investments

include those for community infrastructure projects, K-12 school construction, and small school modernization funding.

Overall, House Bill 1147 appropriates \$8.34 billion, \$4.18 billion of which is from the sale of newly authorized, general obligation bonds. The remaining \$4.15 billion is comprised of a combination of the reversion of previously authorized bonds, other

dedicated funding sources, and federal funds. It also leaves \$160 million in bond capacity for next year's 2024 supplemental capital budget.

Current status: HB 1147 is scheduled for a vote in the House Capital Budget Committee this week. After approval, it will go to the Rules Committee to be scheduled for a vote by the House.

More than \$175 million in 12th District capital budget funding is included in the proposed spending plan. It's gratifying to see projects across our region, including newly redistricted areas, receive significant proposed allocations.

Overall, mental, and behavioral health remain top priorities for our district. Other investments include emergency response services, community resource centers, and K-12 school modernization funding. If approved by the Legislature, this plan will serve our communities well, encourage continued economic growth, and allow our district to thrive.

12th District projects in the proposal include:

- The Center for Technical Education and Innovation (Wenatchee): \$45 million;
- Chelan Valley EMS: \$11 million;
- The Center for Alcohol and Drug Treatment (Wenatchee): \$19.6 million;
- King County Area Readiness Center: \$6 million;
- Lake Chelan Food Bank Building Remodel & Addition: \$2 million;
- Community Center at Lake Chelan: \$1.7 million;
- Affordable Workforce Rental Housing (Leavenworth): \$1 million;
- Fall City Business District Septic: \$1.5 million;
- Wenatchee Valley YMCA: \$1.03 million;
- Wenatchee Valley Museum Expansion and Redesign: \$1 million;
- Snoqualmie Valley Youth Center Barn with Storage (North Bend): \$231,000;
- Water Line Repair (Index): \$628,000;
- North Fork Skykomish River 911 Extension: \$420,000;
- Manson Fire Station: \$206,000;
- Manson School District: \$262,000; and
- Skykomish School District: \$25,000.

Capital Gains (income) Tax

The Washington State Supreme Court recently broke with nearly a century of legal precedent by upholding the state's capital gains income tax. In the 7-2 ruling, the court asserted the capital gains tax is an excise tax, not a property tax, which the state constitution limits to 1% annually.

The 7% capital gains (income) tax, approved by the

majority party as a new tax in 2021, will impact the sale of stocks, bonds, and other high-end assets of more than \$250,000.

In my opinion, this ruling is regrettable and, frankly, an unconstitutional conclusion on the part of the court. Although celebrated by many as a "tax on the rich," the reality is letting this tax stand could (and probably will) open the door to future state income taxes. That possibility will cost the average taxpayer, like you and me, not simply those with higher incomes.

My Bills

Here's an update on my bills that are moving through the legislative process and are now in the Senate for consideration.

House Bill 1250 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.

Status: The bill had a public hearing in the Ways and Means Committee the week of March 29. It now awaits scheduling for a vote by committee members.

House Bill 1501 is a constituent request bill. After a local resident's husband was killed in a tragic hit-and-run, she asked me to sponsor a bill that would help the family members of murder victims. My proposal seeks to provide 12 counseling sessions to the immediate family members of a homicide victim.

Status: Approved by the Human Services Committee, the bill has now been passed to the Rules Committee, where it awaits scheduling for a vote by the Senate.

House Bill 1804 permits the participation in the public employees' benefits board for retired or disabled employees of counties, municipalities, and other political subdivisions.

Status: Approved by the Ways and Means Committee, the bill has been passed to the Rules Committee, where it awaits scheduling for a vote by the Senate.

I'd like to close this update with a big "thank you" to everyone who took part in my recent 12th District Virtual Town Hall, co-hosted with my seatmate, Rep. Keith Goehner. We share a diverse, beautiful, and economically strong district. By working together, we can ensure the future of our communities is bright.

Please contact me if you have questions about the legislative process or other state government-related issues. It's an honor to serve you.

TSA

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And at the end of the day, we're still amazing friends."

The students were accompanied by teacher-advisors Jodie Tremberth, Kim Gilreath and Jake Carvitto from IRMS and Teara Dillon and David Harvill from CHS. The advisors help students navigate their schedules going from one competition to the next, answer questions and calm nerves, and they also attend workshops tailored to teachers.

About her advisors, Holm said, "I love Mrs. Tremberth as a teacher and a mentor; she's always able to answer questions. Mrs. Gilreath is my favorite teacher, and she kept our spirits high when we were nervous. This was Mr.

Carvitto's first year, and it was great he was there because Mrs. Tremberth had other responsibilities [being on the board for the Washington State TSA.]"

Jodie Tremberth considered the trip a huge success. "They were a fun, determined, and committed group of students. Of the 25 students, eighteen participated for the first time. As we left, I heard many comments about what they want to compete in next year. Which is always one of our goals; let them leave stoked for more!"

Dillon similarly praised her group of CHS students, saying "Our Kodiak TSA State competitors worked hard outside their classrooms, work and extracurriculars to create top notch entries. The events required high

standards and a professional level of presentation. I am proud of our competitors and the dedication to make it to TSA State and beyond."

Four IRMS students and three CHS students qualified to attend TSA Nationals in June in Louisville, Kentucky. "I'm excited to represent our school, travel to another state and meet new people," said Holm. The other students who qualified to go to Nationals are IRMS students Allie Ward, Kate Smith and Sully Fischer and CHS students Haakon Scheibler, Quentin Farrell and Anthony Villalobos.

The middle school finisher results include: 1st place fashion design - Kate Smith, Sully Fischer and Gabe Payne; 1st place community service video - Allie Ward, Georgia Holm; 2nd place forensic

technology - Kate Smith, Sully Fischer; 3rd place inventions and innovations - Georgia Holm, Allie Ward; 3rd place technology problem solving - Allie Ward, Georgia Holm; top 5 finalist, silent film - Elliot Tiegel, Kyrianna Ross, Grant Burrill, Nola Strand; top 5 finalist, technical design - Zora Gilland, Piper Copson; top 5 finalist, on demand video - Kate Smith, Elliot Tiegel, Jaden Parker, Cosimo Terrenella.

The high school finisher results include: 3rd place tech bowl - Haakon Scheibler, Quentin Farrell and Anthony Villalobos; top 5 finalist, audio podcast - Cordelia Freeland, Jewel Leroy; top 5 finalist, senior solar sprint - Olivia Melton, Avery Houghton; top 5 finalist, children's story - Mia Dreis.



TSA Cascade High School students and teachers From left to right, front row: teacher David Harvill, Antonio Aurilio, Vincent Slette, Danielle Totman, Olivia Melton, Cyrus McKee, Caden Peterson, teacher Teara Dillon. Back row: Madison Fish, Leif Stockman, Haakon Scheibler, Anthony Villalobos, Ethan Flansburg, Kikkan Brine, Rhone Goodfellow, Anja Lundgren, Mia Dreis, Jewel Leroy, Napiqua Gibbs, Savanna Rowles, Avery Houghton, Quentin Farrell, Cordelia Freeland.



Little Black Lamb

Spent the weekend with Jake, Caren their two roommates and the five dogs. Jake's been looking for a church for a while and it just so happened they decided on a church to visit while Sonny and I were there. I think with all the churches open now and Easter coming up he got serious about taking his family. Plus Caren found out that a friend had decided to get baptized on Easter Sunday at this particular church and she wanted to check it out so she could lend her support on Easter Sunday.

The four of us loaded up in Caren's car leaving the roommates behind, found ourselves a seat in the sanctuary and listened to a sermon given by the youth pastor (the senior pastor was out of town) out of his King James Bible, on salt. It was a very good sermon on how the church is and needs to continue to be the salt of the Earth.

As he was preaching, I got to thinking of a little black auction lamb a friend of mine and Caren brought home one day. Our friend carefully bottle fed the little fellow and for a little while all was well but then it wasn't. His little legs wouldn't work; he couldn't get up; he was in obvious pain. She tried everything and nothing worked. This went on for a couple of weeks with our friend doing all kinds of

research but still not finding an answer. The little black lamb was dying.

About then Caren was heading into town getting sheep salt for her small flock of sheep and our friend asked her to pick some salt up for her as well so she wouldn't have to make the trip. Caren did and she got the type of salt she always bought for her own flock. She gave some to our friend for the little black lamb. Our friend added the salt to his diet and that little fellow was up and about in two days as if nothing was ever wrong. Last I heard that little black lamb named Hemmingway was growing and doing just fine. Salt is so important; without it our bodies will not function. It is also a very good preservative when it is used in abundance (too little salt allows for spoilage wasting the salt). Below is a simple way to preserve egg yolks. At Easter we usually get enough eggs with a few left over so I like to preserve some in salt to grate over pasta, morning oatmeal, salads and such after they are cured.

Salted Egg Yolks

- One box of Kosher or canning salt (no iodine)
- Fresh egg yolks
- Container large enough to accommodate.

Get the salt and the container large enough to accommodate ready by putting a thick layer of salt

(about 3/8 to 1/2 inch) on the bottom of the container then make little depressions with a spoon back in the salt to accommodate the yolks being sure to space the depression so the yolks won't be touching each other and there is enough room for surrounding salt to dry out the egg yolks (about 1/4 to 3/8 inch apart).

Separate one yolk from its white in whatever method is easiest. (I use my fingers, some folks like to use spoons, there's even fancy gadgets to help with the process but I always come back to my own fingers; the egg whites can be fried and used in stir fried rice) then lay the yolk in the first depression making sure it STAYS in the depression this way if the yolk breaks it is contained and will still dry out and be useful. Continue separating and putting the yolks in the Container Large Enough to Accommodate until the container has what it needs for one layer (don't double stack or the top yolk can leak into the bottom yolk interfering with the drying process) or there aren't any more eggs.

Cover the yolks with enough salt so that the salt is white to look at and the eye can't decipher yellow in the container. (I used half of one three-pound box of kosher salt for 8 banty eggs; that's about 5-6 regular sized chicken eggs) Put a lid on the container and store in a cool dry cupboard or counter for 7 to 14 days. Take out of the container, brush off the salt; save the salt for the next

round of salted eggs our use for other types of cooking (I use mine to season soups and stews or to salt raw meat). Grate over pasta; salads; morning oatmeal.

Note: I've heard salted egg yolk is used in place of parmesan cheese. When I have parmesan cheese, I use it. Same with salted egg yolk, when I have salted egg yolks, I use them. Egg yolks have their own flavor and nutrition profile, so I figure I don't need to be using them as a substitute for anything.

About the author: In 2000 Michele Priddy left the work force to become a stay-at-home mother and wife. Being a one-income family in today's society meant she had to learn to budget quickly. Food became a priority early because she wanted the children to have the best nutrition she could offer them even on a budget. She taught cooking classes at various churches in her community on "How to stretch the food dollar with simple ingredients". Michelle has put her kitchen strategies, stories and recipes in booklets, her church newsletter and in her hometown newspaper, *The Goldendale Sentinel*. We hope you will enjoy her strategies, stories, and recipes. You can contact the Leavenworth Echo at Reporter@leavenworthecho.com or Michelle's email: mykitchenstrategies@gmail.com if you have any questions or comments.



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MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

AA Meetings:
Call for the Zoom link to Leavenworth AA meetings: 541-480-8946
Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939
509-548-1627, 548-4522, 664-6469, 206-719-3379
Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.
Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.
Alanon Meetings, Call 509-548-7939
Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene, 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509-596-1510.

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



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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 Terri 509-393-8271 for more information.
Leavenworth Mosquito District board meeting on, 1st and 3rd Mondays, 7 p.m. via ZOOM link posted at https://leavenworthmosquitocontrol.org/activity-calendar.html or contact Jenny 509-548-5904
Cascade School board meetings, 7 p.m., Agenda can be found at https://www.cascadesd.org/Page/166. (2nd & 4th Mon.)
Chelan Douglas Republican Women, Monthly meeting and luncheon 1st Monday of the month (unless it's a holiday). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Convention Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (1st Mon.)

Tuesday

Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)
Icicle & Peshastin Irrigation Districts Meeting Current meeting time is 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi.net (2nd Tues.)
Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 509-548-5815. (4th Tues.)
Cascade Education Foundation. Contact: CEF@cascade.org
LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st Tues.)
Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.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.

- **Downtown Steering Committee, 10:00 a.m. (4th Tues.)**
 - **Parking Advisory Committee, meets 3 p.m., at City Hall in the conference room and on zoom. (1st Thurs.)**
 - **Housing Committee, 3:30 p.m. (4th Tues.)**
 - **Public Safety Committee, 4:30 p.m. (4th Tues.)**
 - **Finance Committee, 5:15 p.m. (4th Tues.)**
 - **City Council Evening Meeting, 2nd & 4th Tuesdays of the month at 7 p.m. At City Hall in Council Chambers (1st Floor) and via zoom.**
 - **Design Review Board 2nd & 4th Wednesdays of the month at 3 p.m.**
 - **City Council Study Session 2nd & 4th Tuesdays of the month at 5:30 p.m.**
- ALL are at City Hall in the Conference Room (2nd Floor) and via zoom.

Leavenworth

Festhalle Walking

This season's winter walking exercise program will continue into April. The Festhalle will be open Mondays, Tuesdays, Wednesdays, and Thursdays from 7:15- 9 a.m. for those interested in walking a few laps. There is no charge for this program. Please enter through the second set of doors on Front Street. Unfortunately, we cannot accommodate children at this time. For further information please call Sharon Waters, 509-548-7939.

The Greater Leavenworth Museum

Now open daily from 11 a.m.-4 p.m. Located on the corner of 8th and Front Street, on the second floor (lift available). Learn about the town's beginnings as a railroad and lumber town, and our unique transition to a Bavarian village. New hands-on kids' activities. Check website or Facebook page for upcoming events.

Who will be the next Mr. Kodiak?

Come to the event at Cascade High School on Monday, April 17. Doors open at 6:15 p.m. with a silent auction. All proceeds go to support the Class of 2023 graduation activities. There will also be a dessert auction and a lot of laughs. The 10 contestants will battle it out with a group fitness routine, talent showcase, best pick up line, poise and impromptu. This year's 2023 Mr. Kodiak Contestants are Kai Lewman, Antonio Aurilio, Jones Duncan, Quentin Farrell, Alden Brooks, Kaston Dillon, Aiden Tuttle, Vincent Slette, Braeden Parton and Jesse Gunter.

NCW Libraries have family passes

NCW Libraries is now offering family passes to the Greater Leavenworth Museum for checkout. The passes will be part of the library district's Library of Things, which already includes family passes to the Wenatchee Valley Museum & Cultural Center, Cashmere Museum & Pioneer Village, and historic Ohme Gardens in Wenatchee.

The Leavenworth Museum passes can now be reserved and checked out from the Cashmere, Leavenworth, Peshastin, and Wenatchee libraries. They are available for a two-week checkout period and grant entry to two adults and all children who accompany them. Reserve a pass online at www.ncwlibraries.org or inquire in person at one of the participating libraries.

The Greater Leavenworth Museum showcases the unique history of Leavenworth and the Upper Valley from the Wenatchi First Peoples to present. The museum is located in the heart of downtown at 735 Front St., right above the Leavenworth Nutcracker Museum. Starting in April, the museum is open daily from 11 a.m. to 4 p.m.

Book Launch for Local Author, Jacqueline Haskins

Help A Book for All Seasons celebrate the book launch for local author, Jacqueline Haskins. Join us at the Leavenworth Public Library on Thursday, April 13 from 6:30-8p.m. for an author meet and greet, book presentation, and book signing. A few years ago, Jacqueline was misdiagnosed with type 2 diabetes—but, encouraged by a friend to keep asking questions, she finally received a true diagnosis. A simple blood test showed antibodies in her blood... the footprints of an autoimmune disease. The true name of the disease is LADA. Even after the correct diagnosis, Jacqueline wasn't finding good answers to her most important question: how to be healthy and happy with LADA. She spent three years researching, talking with doctors, reading hundreds of scientific journal articles, and learning from patients across the US. She compiled all her findings into her new book, Kickass Healthy LADA: How to Thrive with Latent Autoimmune Diabetes in Adults. The first book for the general public on LADA (Latent Autoimmune Diabetes in Adults) aka Diabetes 1.5, Kickass Healthy LADA offers the most up to date information, with practical strategies and tips for healthy living. Jacqueline Haskins calls Leavenworth her home. She received her Masters in Biostatistics from the University of Washington and her Masters in Creative Writing

from Northwest Institute of Literary Arts. Her work appears in dozens of publications, and she has been nominated for a Pushcart Prize. After 30 years as a field biologist, she now – to her wonder and delight – gets paid to hang out in a local bookstore, A Book for All Seasons. Learn more about the event and the book at: https://www.abookforallseasons.com/.

Wenatchee Area Genealogical Society

For all Genealogy Enthusiasts, the Wenatchee Area Genealogical Society (WAGS), presents an in-person meeting: What I Learned at Roots Tech! by WAGS Members and Guests. RootsTech, the huge and amazing annual genealogy conference in Salt Lake City, was held March 2-4 this year if you were at the library or watched from your home computer (or maybe even attended in SLC) join us for a good discussion, Monday, April 10, 2- 4 p.m. In-Person Meeting at Douglas County PUD Auditorium, 1151 Valley Mall Parkway, East Wenatchee. For more information call 509-782-4046.

Easter services

Christ Center 5800 Kimber Road, 509-295-8006
April 8, Family Easter Journey to the Cross on Saturday, 3-5 p.m. April 9, Easter Sunday service, 10 a.m.
Leavenworth Church of the Nazarene 111 Ski Hill Dr., 509-548-5292
April 7, Good Friday Service, 7 p.m. and April 9, Easter Sunday service, 9 a.m.
Cornerstone Church Leavenworth Grange Hall, 621 Front St. - info@cornerstoneleavenworth.com
Sunday Worship, 10 a.m.
April 9, Easter Sunday service same time and location.
Faith Lutheran Church 224 Benton Street, Leavenworth
Pastor Eva Jensen, 509-548-7010
April 6 Maundy Thursday 7 p.m.
April 7 Good Friday Services 7 p.m.
April 8 Easter Vigil Service 8 p.m.
April 9 Easter Sunday (two Services with a potluck Easter Brunch between them). Services at 8:30 a.m. and 11 a.m.

Sheriff/Fire/EMS

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

<p>March 24</p> <p>06:15 Noise Complaint, Commercial and 9th Streets</p> <p>07:07 Traffic Offense, 9255 Foster Rd., BJ's Shell, Peshastin</p> <p>13:16 Non-injury Accident, 7546 Saunders Rd., Big Y Cafe, Peshastin</p> <p>17:16 Alarm, 10461 Stemm Rd., Smallwood's, Peshastin</p> <p>17:25 Harassment/ Threat, 10233 US Hwy. 2, Peshastin</p> <p>19:17 Theft, 932 Front St., Twisted Couture</p> <p>19:45 Suspicious Circumstance, Red Bridge</p> <p>20:02 Public Assist, 200 Ward Strasse</p>	<p>11:48 Public Assist, 18610 US Hwy. 2, Lake Wenatchee</p> <p>21:56 Weapons Violation, Titus Rd. and Ski Blick Strasse</p> <p>23:02 Welfare Check, Ski Hill Dr., and Center St.</p>	<p>19:18 Animal Problem, US Hwy. 97 MP 176, Peshastin</p> <p>22:50 Diversion, 87 Headwater Ln., Lake Wenatchee</p>	
<p>March 25</p> <p>01:06 Domestic Disturbance, 600 block Commercial St.</p> <p>01:11 Suspicious Circumstance, 505 US Hwy. 2</p> <p>02:54 Noise Complaint, 68 Misty Meadow Ln.</p> <p>05:24 Malicious Mischief, Chumstick Hwy. MP 4</p> <p>08:52 Suspicious Circumstance, 7944 Eagle Creek Rd.</p> <p>10:53 Civil Dispute, 8825 Derby Canyon Rd., Peshastin</p> <p>11:32 Weapons Violation, 16675 Chumstick Hwy.</p> <p>12:52 911-call, 16575 Chumstick Hwy.</p> <p>13:28 Civil Dispute, 263 Mine St.</p> <p>15:24 911-call, 505 US Hwy. 2</p> <p>16:10 Public Assist, 15251 US Hwy. 2, Squirrel Tree, Lake Wenatchee</p> <p>17:28 Suspicious Circumstance, 590 US Hwy. 2, Enzian Motor Inn</p> <p>17:30 Trespassing, 8891 Derby Canyon Rd., Peshastin</p> <p>20:48 Traffic Offense, Commercial and 10th Streets</p> <p>23:36 Traffic Offense, US Hwy. 2, and Main St., Peshastin</p>	<p>March 27</p> <p>00:16 Vehicle Prowl, 3106 Allen Ln., Peshastin</p> <p>07:54 Vehicle Prowl, 12160 Detillion Rd.</p> <p>08:43 Vehicle Prowl, 105 Pine St.</p> <p>09:38 Parking/ Abandoned Vehicle, 200 block Peshastin Mill Rd., Peshastin</p> <p>11:22 Animal Problem, 323 Pinegrass St.</p> <p>14:56 911-call, 16575 Chumstick Hwy.</p> <p>15:19 Parking/ Abandoned Vehicle, Mine and Prospect Streets</p> <p>16:12 Theft, 323 Pinegrass St.</p> <p>16:21 Public Assist, 800 block Commercial St.</p> <p>18:47 Domestic Disturbance, 905 Commercial St.</p> <p>23:23 Noise Complaint, 330 Prospect St.</p>	<p>March 28</p> <p>07:01 Weapons Violation, 16000 block Chumstick Hwy.</p> <p>07:14 Weapons Violation, 16575 Chumstick Hwy.</p> <p>07:54 Animal Problem, 9630 Marson Dr.</p> <p>13:55 Malicious Mischief, 10001 School St., Peshastin</p> <p>14:39 Civil Dispute, 9680 Dye Rd.</p> <p>14:52 Fraud/ Forgery, 3625 Allen Ln., Peshastin</p> <p>16:13 Harassment/ Threat, 700 US Hwy. 2, City of Leavenworth</p> <p>17:08 Traffic Offense, US Hwy. 2, and E. Leavenworth Rd.</p> <p>17:16 Hazard, Beaver Valley Rd. MP 16, Plain</p>	<p>March 29</p> <p>02:38 Animal Problem, 10415 Titus Rd. area</p> <p>04:35 Drugs, 817 Commercial St.</p> <p>04:49 Vehicle Theft, 6932 US Hwy. 97, Peshastin</p> <p>08:15 Agency Assist, 0 block Duncan Rd.</p> <p>12:36 Agency Assist, US Hwy. 97 MP 176, Peshastin</p> <p>13:07 Traffic Offense, 1329 US Hwy. 2, Dan's Food Market</p> <p>15:10 Alarm, 423 Evans St.</p> <p>15:18 CPS/ APS Referral, 320 Park Ave., Mountain Meadows</p> <p>15:23 CPS/ APS Referral, 320 Park Ave., Mountain Meadows</p> <p>16:06 911-call, 505 US Hwy. 2, Icicle Village</p> <p>16:50 Public Assist, 76 Willet Ln., Plain</p> <p>18:46 Welfare Check, 14905 Chumstick Hwy.</p> <p>18:48 Trespassing, 185 US Hwy. 2, Fairbridge Inn</p> <p>20:13 911-call, 309 8th St., Post Hotel</p>
<p>March 26</p> <p>10:20 Burglary, 19600 SR 207, Lake Wenatchee</p>	<p>March 29</p> <p>02:38 Animal Problem, 10415 Titus Rd. area</p> <p>04:35 Drugs, 817 Commercial St.</p> <p>04:49 Vehicle Theft, 6932 US Hwy. 97, Peshastin</p> <p>08:15 Agency Assist, 0 block Duncan Rd.</p> <p>12:36 Agency Assist, US Hwy. 97 MP 176, Peshastin</p> <p>13:07 Traffic Offense, 1329 US Hwy. 2, Dan's Food Market</p> <p>15:10 Alarm, 423 Evans St.</p> <p>15:18 CPS/ APS Referral, 320 Park Ave., Mountain Meadows</p> <p>15:23 CPS/ APS Referral, 320 Park Ave., Mountain Meadows</p> <p>16:06 911-call, 505 US Hwy. 2, Icicle Village</p> <p>16:50 Public Assist, 76 Willet Ln., Plain</p> <p>18:46 Welfare Check, 14905 Chumstick Hwy.</p> <p>18:48 Trespassing, 185 US Hwy. 2, Fairbridge Inn</p> <p>20:13 911-call, 309 8th St., Post Hotel</p>	<p>March 30</p> <p>01:19 Public Assist, Front and 9th Streets</p> <p>01:55 Disturbance, 405 US Hwy. 2, Howard Johnson</p> <p>08:32 Property, 1117 Front St., Wanderlust</p> <p>09:16 Property, 800 block Front St.</p> <p>11:45 Property, 12790 Fish Hatchery Rd.</p> <p>14:11 Parking/ Abandoned Vehicle, 10200 block Peshastin Mill Rd., Peshastin</p> <p>14:23 Traffic Offense, US Hwy. 2 and Chumstick Hwy.</p> <p>18:18 Agency Assist, 280 US Hwy. 2, Kristalls Restaurant</p>	

OBITUARY

Mark David Judy

July 7, 1947-March 25, 2023

Mark David Judy beloved husband, father, grandfather, son, brother, and friend died peacefully at his Snohomish residence on March 25, 2023. He was 75 years old. Mark was a long-time resident and deeply respected member of both the Snohomish and Plain, Washington communities. Born in 1947 to James Judy and Harriet Judy, Mark was the second son of seven children and is survived by five siblings. Mark was a proud 5th generation Californian raised in Palo Alto from age five through graduating Palo Alto High School Class of 1965. He continued with his undergraduate education at the University of Redlands and received a Masters of Hospital Administration from the Medical College of Virginia. Mark's life had a far-reaching and powerful impact. Mark worked in healthcare administration in various locations, including as the Chief Executive Officer of Everett General Hospital from 1983-1994 of Valley General Hospital from 2000-2009, and of Cascade Medical Center in Leavenworth from 2009-2011. Mark was a well-respected member of the Washington State Hospital Association for decades, serving on the Board of Trustees from 2001-2011 and being awarded the Joe Hopkins Memorial Award in 1996. Mark was known and valued for his lasting influence on positively



shaping a culture of dignity and respect within every context that he worked. Mark dedicated several years of his life and all of his heart to mission work, operating in various roles for the Africa Inland Mission in Kenya, East Africa. In his retirement, Mark was an integral part of multiple foundations and mission boards, including Bethany of the Northwest and Cascade Medical Foundation. He was an active member of the Plain Community Church. He was, and is, abundantly loved by his wife of 54 years, Terri Judy, and their children: Jeff and Amy Judy, Jonathan and Rebecca Judy, Jonelle and Aaron Johnson, and Joanna and Caleb Swart. Eighteen grandchildren called him their own. He will be profoundly missed. Celebration of Life services were held at Crossview Church in Snohomish, Washington and at Plain Community Church in Plain, Washington. In honor of Mark, donations are being received at Plain Community Church or Cascade Medical Foundation where Mark and Terri have been actively involved.

Patients, Perspectives, and Partners – Cascade Medical Looks for Members in Advisory Council

BY CLINT STRAND

Cascade Medical have let our community known for years that they are "partners in your health." Now, they are looking for community members to partner in a different way.

Cascade Medical is looking for volunteers to be part of their new Patient and Family Advisory Council (PFAC).

The purpose of the PFAC is to provide a voice representing all patients, and families of patients, who receive care at Cascade Medical. These folks will partner with staff to help improve quality of care for all who walk through Cascade Medical's doors.

"As a public hospital district, we have a particularly special tie with our community, and I am thrilled we're moving forward with the Patient and Family Advisory Council," Cascade Medical CEO Diane Blake said. "This is one more way to hear directly from the people we serve to understand how we continue to hone our services and processes to



FILE PHOTO.

best meet our patients', their families', and our communities' needs. So much is changing in healthcare right now. The voice of PFAC will be essential to how we optimally adapt and move forward successfully."

"Every person is unique, and so is each person's experience receiving health care. We want to hear those perspectives and experiences, so we have the clearest view possible about what we're doing great, and what our opportunities for improvement are," said Director of Public Relations

Clint Strand. Community Resource Coordinator Jade Wolfe added "Our community members shouldn't feel like they need any special qualifications to be part of the PFAC – the fact they receive care, have a perspective about that, and are willing to listen to others' perspectives are exactly we're looking for."

What makes a great Patient and Family Advisor? "We want folks who are equally comfortable sharing their story and listening to others' experiences," Strand said. "We are looking for perspectives as varied and passionate as the people we serve. We're looking for people comfortable with their critical thinking skills, who can listen to and process others' opinions, even if your personal experience is different. And finally, an ability to approach difficult conversations in a spirit of curiosity rather than judgement with an eye towards finding opportunities for improvement is essential."

PFAC members will also have the opportunity to review or help create educational or informational materials, receive updates on Cascade Medical initiatives to improve care, and provide constructive feedback to CM leadership and providers on a number of topics.

If people are interested in learning more but concerned about the time commitment, they shouldn't be. Strand said to expect meetings every other month, with each meeting lasting around an hour or so.

There are multiple ways to apply by the April 30 deadline. Folks who are interested can Google "Cascade Medical Patient and Family Advisor Application" and click on the first link they see or enter "cascademedical.org/form/patient-family-advisor-form" into their web browser. Once on the web page, they can fill out the form, and simply click "submit". Those interested in requesting a paper form to apply and turn in, or those with further questions, may also email clints@cascademedical.org.

After the April 30 deadline, Cascade Medical will contact candidates for further interviews, with an eye towards convening the first PFAC meeting in Summer 2023. "We are so fortunate to serve such a passionate, informed, involved community," Strand said. "It's going to be a fantastic opportunity to create a space for us all to listen to each other."

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Sat. April 15 9 am- 5pm
Sun. April 16 9 am- 4pm
Metal Detecting Hunt
10 am - 2 pm
Cashmere Fairgrounds, Cashmere, WA
Food Concessions Available.

City Council

CONTINUED FROM PAGE A1

an understanding that this will take place in the very near future. The Hotel/Motel tax for the city in December was found to be a record breaking high for Leavenworth. The previous highest grossing December was a total of \$473,000, but this last December brought in \$552,000. A large increase was also shown to take place in January, beating that month's previous record as well. This data only solidifies the knowledge of Leavenworth receiving more visitors, but it also gives a sense of the economic value the city has been able to generate during these winter months. Retail stores have also received an

uptick in sales lately, which has allowed businesses to flourish here in town. The Ski Hill Drive sidewalk project will reportedly have an impact on the amount of street parking available in the area. This project will eliminate about 40 street parking spots that were mostly used by people visiting the city and create larger sidewalks and bike lanes for people in Leavenworth. Residents of this area were asked about their use of the parking spots, and mostly all of them were not occupying any space on the street. This made the project idea one that can move forward without worry or doubt. The meeting adjourned after these discussion points and the Council will reconvene on April 11.

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
5800 Kimber Rd., Cashmere
509-295-8006
christcentercashmere.com

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

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

DRYDEN

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

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

LEAVENWORTH

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

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



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

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.flcavenworth.com

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC
429 Evans Street, 509- 470-7745
Sunday Worship: 11 a.m.
Website: www.leavenworthbaptist.com
Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 509-548-5292
Sunday Worship 9 a.m.
Lead Pastor: Greg Appleby
Youth Pastor Paige Derosssett
Worship Pastor-Jacob Mitchell
www.LCN.org

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

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

MONITOR

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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
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

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office@plaincommunitychurch.org





PHOTO BY ENGMAN PHOTOGRAPHY.
Caroline Menna in Fairbanks, Alaska

Plain Ski winners



Isabel Menna
CHS Staffer

Every March, the future of American cross-country ski racing gathers to determine who among them are the very best. Individual female and male title holders across three different teenage age groups are crowned in each of three different events: an individual distance race, a sprint tournament, and a mass start distance race. This year, during the second week of March in Fairbanks, Alaska at its Birch Hill Recreation Area, the U.S. Ski Team held its annual Junior National Championships.

Plain Valley Nordic Team (PVNT), Wenatchee Valley's senior race lineup, qualified eleven of its skiers to participate in the Championships: Kian Reid, Olaf Saugen, Addie Loewen, Michah Saugen, Caroline Menna, Silas D'Atre, Serenity Saugen, Quinten Koch, Kirsten Jarmin, Peter Norby, and Isabel Menna. Unlike last year, when ten of the eleven who qualified for Nationals in Minnesota were attending their first Championships, the 2023 PVNT edition included eight veterans.

The cadre of PVNT skiers traveled with their coaches, Pierre Niess and Gabe Norby, and parental chaperones, to compete under the greater banner of their division, the Pacific Northwest Ski Association (PNSA). PNSA was among the nation's ten Nordic ski racing divisions participating in the week-long program.

Fairbanks's brutally cold, arctic air was at the center of the championship week story. Sub-zero temperatures and gusty winds required race officials to push start times to later in the day, skiers to adorn face tape and buffs to help fight off frostbite, and volunteers to wrap the thinly suited racers in blankets as they awaited their specific start times. Despite those efforts, the unsympathetic, bone-chilling cold took its toll, causing several entrants to either not take their start or abandon a race. Nonetheless, most competitors made it through what was an exciting week of racing.

After finishing an impressive fifth in the classical technique

distance race, Wenatchee native and Cascade High School freshman Quinten Koch upped his game by qualifying in second place for the under-16 boys freestyle sprint tournament that afternoon. Even though the top two finishers in each of the heats advanced to the next round in the sprints, second place never again entered the mind of Koch, who skated across the line first in each of the quarter and semifinals. "I was feeling good enough to push it and didn't want to take any chances of not making the next round," said Koch.

When it came time for the finals, PVNT had put not only Koch in the field of six, but also Plain native Silas D'Atre who won his quarterfinal heat and skied fast enough in the semis to join the group. The roughly two-minute contest, over just a bit more than a kilometer, saw Koch move up from third to challenge Fairbanks's hometown favorite, Wells Wappett, for the lead as they approached the final turn into the stretch. It was at that turn that Koch made his move and stormed down the final meters to a convincing win and the U16 boys national sprinting title, the first national title for Niess and his upstart team. "I gave it everything I had in the last 200 and am thrilled it was enough to win," recounted Koch. D'Atre completed a stirring day for PVNT in fifth.

The Koch/D'Atre duo went on to ski to fourth and seventh places, respectively, in the finale of the week on Thursday, a distance, mass start, freestyle fixture. Both boys were named three-time All-Americans, having finished in the top ten of each event and accounted for all six of PVNT podiums. (D'Atre was sixth on Monday.) Other notes from the race for PVNT include Caroline Menna finishing in the top twenty all three race days and D'Atre being recognized as the PNSA's nominee for the Dave Quinn award for the attendee who best exemplifies the sportsmanship ideals of cross-country skiing.

Of note is that PVNT alumnus and Leavenworth native Derek Richardson, skiing under the banner of his new college home in Alaska, also won, in his age group, a national championship in sprints. PVNT's sprinting prowess, which requires explosive brawn in addition to adept skiing skills, is likely due to the expertise in technique and motivation of head coach Pierre Niess complimented by the team's volunteer strength

coach, Nate Koch, a physical therapist, athletic trainer, and father to Quinten.

With the pomp and circumstance of the 2023 Junior National opening ceremonies and parade, the intensity of race week, and circumspection of the closing ceremonies and banquet now in the rear-view mirror, PVNT athletes are in the midst of a few weeks off before training begins for next season, which will once again take them to venues throughout the Western United States and Canada before concluding with the 2024 Junior Nationals

in Lake Placid, New York, home of the 1932 and 1980 Winter Olympic games.

Returning all eleven of its national skiers next year and capitalizing on the Junior National success of Koch and D'Atre this year, and in 2022, when Loewen and Menna (Caroline) were named All-Americans, PVNT hopes to elevate its national prominence even further in the coming years where any winter day its racers are not at competitions, you can find them swiftly gliding by on the Nordic trails of Plain and Leavenworth.



SUBMITTED PHOTO.

In 2021, the \$134 million Confluence Parkway project received a \$49 million federal "Infrastructure for Rebuilding America" (Infra) grant but was \$85 million short of funding. The final "Move Ahead Washington" bill included \$85 million for "Infra Grant Match."

Brad Hawkins

CONTINUED FROM PAGE A1

stakeholders' preferred allocation timeline. Securing and scheduling the Confluence Parkway funding is one of my top legislative priorities this session. The House proposal released March 27 and the Senate proposal released March 29 are aligned with the governor's proposed transportation budget for Confluence Parkway. This is terrific news for the project because it not only proposes to fully fund Confluence Parkway, but its funding would also begin this year.

The proposals would allocate Confluence Parkway's \$85 million over the next three transportation budget cycles: \$28 million (2023-25), \$47 million (2025-27), and \$10 million (2027-29), aligning with both the Governor and Department of Transportation's suggestions. This proposed funding would allow the City of Wenatchee to fully benefit from the federal grant dollars identified for Confluence Parkway and allow the project to be bid and contracted as one project, streamlining construction, and maximizing efficiency.

Cooperation at all levels of government

Achieving full funding of this project has required cooperation at all levels of government. Congratulations to the City of Wenatchee, Link Transit, and Chelan-Douglas Transportation Council for their advocacy in recent years along with their efforts to secure significant INFRA grant funding at the federal level. Thanks also to my House seatmates and local officials for their efforts. 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. The Wenatchee Valley has a long and proud history of thinking big, working together, and getting things done.

Wenatchee surrounded by mountains and rivers

Thank you, Mayor Frank Kuntz

Wenatchee Mayor Frank Kuntz and city officials past and present have been working for several years to secure funding and complete the Confluence Parkway project. I have worked closely with the city along with several other community organizations and local, state, and federal elected officials. This has been a multi-year process, and I'd like to personally thank the city of Wenatchee for their years of leadership and hard work toward this important project.

Honored to serve you

My position as State Senator exists to serve you. If you have any questions about transportation issues, state budgets, or other topics, please contact me at senatorbradhawkins.org. Please call our Legislative Hotline at 1-800-562-6000 if you need immediate assistance at any time. Be sure to like and follow me on Facebook @ SenatorBradHawkins for my latest updates. Thank you for the opportunity to serve as your state senator.

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.

Kodiaks Scoreboard

BOYS SOCCER	
Mar. 28:	Cascade 1, Chelan 3; Loss
Mar. 30:	Cascade 1, Quincy 3; Loss

SOFTBALL	
Mar. 28:	Cascade 35, Chelan 5; Win
Mar. 29:	Cascade 5, Tonasket 22; Loss
Mar. 29:	Cascade 6, Tonasket 19; Loss
Apr. 1:	Cascade 4, Omak 15; Loss

BASEBALL	
Mar. 28:	Cascade 0, Chelan 22; Loss
Apr. 1:	Cascade 8, Omak; 10; Loss

Sports Schedule

TENNIS	
Apr. 11:	Cascade vs. Omak, Home at 4 p.m.

BOYS SOCCER	
Apr. 10:	Cascade vs. Omak, Home at 6 p.m.

SOFTBALL	
Apr. 7:	Cascade vs. Mt Baker, Home at 2 p.m.

BASEBALL	
Apr. 7:	Cascade vs. Mt. Baker, Home at 2 p.m.
Apr. 11:	Cascade vs. Moses Lk., Home at 5:30 p.m.

GOLF	
Apr. 11:	Gamble Sands Invite, Away at 1 p.m.

TRACK	
Apr. 15:	Cashmere Invitational, Away at 11 a.m.



PHOTO BY ENGMAN PHOTOGRAPHY

Quinten Koch stands atop the sprint podium at Junior Nationals in Alaska, with teammate Silas D'Atre on the right in the fifth slot.

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----Administrative

Puzzle Solution

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

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

Announcements

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

Leavenworth/Cashmere
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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

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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

General Interest

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Employment

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Douglas PUD has an opening for: Hatchery Specialists Details at www.douglaspu.org-htp://www.douglaspu.org

Village Art in the Park seeks Park Manager. Full time, seasonal. May - October. Downtown Leavenworth. Oversee operations of the weekly art show. For job description, questions, or to apply: director@villageartinthepar.com or 509.548.5809.

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



School District is seeking qualified applicants for the following positions:

- Cascade High School Fall Cheer Advisor
- Cascade High School Winter Cheer Advisor

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

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Help Wanted



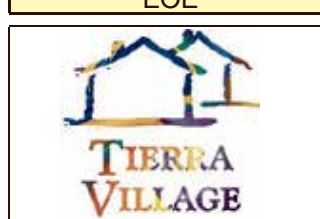
is looking for a part-time reporter to join their team. This is a great opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume. This office is based in Chelan.

Applicants would be covering meetings and events in the Chelan and Manson and surrounding area for the Lake Chelan Mirror each week.

Responsibilities would include: Use a camera to take photos of local events including schools and sports.

Applicant needs to have reliable transportation. Pay will be based on experience.

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Framed full color Leavenworth Map
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Call to make an appointment to see 509-670-1723

Ovalstrapping Inc. "Mini-Max" Newspaper and Magazine strapping machine with one large roll of strapping. Make offer! See at The Leavenworth Echo 215-14th St. 509-548-5286 Need to move before end of April. See photos on NCWMARKET.COM

Real Estate

Boat Slip For Sale

\$169,500



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.
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www.leavenworthecho.com
www.cashmerevalleyrecord.com

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY
In the Matter of the Estate of MARILYN J. COURTNEY, Deceased. No. 23-4-00088-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030
The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of:
(1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
Date of First Publication: **March 22, 2023**
Personal Representative: JILL COURTNEY
Attorney for the Personal Representative: DAVID J. BENTSEN
Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00088-04
JILL COURTNEY
Personal Representative
Attorneys for Personal Representative: SPEIDEL BENTSEN LLP BY DAVID J. BENTSEN WSBA No. 42107 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807
Published in The Leavenworth Echo/Cashmere Valley Record on March 22, 29, and April 5, 2023. #5457.

Public Notices

Superior Court of Washington For Chelan County
In the matter of the estate of Donna B. Olson Clark, Deceased. No. 22-4-00480-04 Notice To Creditors (RCW 11.40.030)
The person named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or her 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 this 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: **March 22, 2023.**
Kristine Ringsrud, Personal Representative
Attorney for the Personal Representative: Joseph C. Brown, Jr., WSBA# 17991
Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509) 782-1111
Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 22-4-00480-04
Published in the Cashmere Valley Record/Leavenworth Echo on March 22, 29, and April 5, 2023 # 5467.

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of CARL M. LARSON, Deceased. No. 23-4-00113-04 PROBATE NOTICE TO CREDITORS The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
DATE OF FIRST PUBLICATION: **March 29, 2023**
PERSONAL REPRESENTATIVE: Teresa A. Larson
ATTORNEY FOR PERSONAL REPRESENTATIVE: David Visser
ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES 23 South Wenatchee Avenue Suite 320 Wenatchee, WA 98801 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 23-4-00113-04 OVERCAST LAW OFFICES
By: /s/ David Visser.
WSBA No. 41546 Attorney for Personal Representative
Published in The Leavenworth Echo/Cashmere Valley Record on March 29, and April 5, 12, 2023 #5487



Vitamin B3: How did one vitamin get so many names?

Q: Why are nicotinamide, niacinamide, niacin and nicotinic acid names for the same thing, vitamin B3? It's confusing

How did one vitamin get so many names? Vitamin B3 is two closely related compounds, niacin and niacinamide, with each version having two different official titles.

When vitamin B was first discovered, it was thought to be only one compound. Over time, 11 separate compounds were isolated and identified, often called B complex vitamins. One B-complex vitamin, vitamin B3, was initially made synthetically by adding nitric acid to nicotine, resulting in a nicotinic acid molecule.

When vitamins began to be marketed to the general public in the 1940s, the name nicotinic acid confused consumers because it was similar to nicotine. To solve this, the Food and Drug Administration (FDA) allowed nicotinic acid to have a second name: niacin.

The original name for the other form of vitamin B3 is nicotinamide. To minimize confusion, the FDA allowed it to be called niacinamide. Today, niacin and nicotinic acid refer to one form of vitamin B3; its other form is called nicotinamide or niacinamide. Vitamin formulas containing vitamin B3 may use any of these 4 names to describe its vitamin B3 component.

Niacin and niacinamide are very similar in shape and work identically in your body to protect you from pellagra, a disease caused by a diet with inadequate amounts of vitamin B3. Pellagra became common in Asia and the United States in the early 1900s after new milling



techniques created a whiter wheat flour and white rice.

This new technology removed the outer husk or germ from wheat, corn, and rice, creating a more refined flour. These new flours, cereals and white rice were tastier than whole-grain foods, and consumers overwhelmingly preferred them.

Diseases from deficiencies of B vitamins like pellagra started showing up. Stripping the outer husks or germ from cereal grains and rice removed small but vital amounts of vitamins B1, B2, and B3, folic acid, and iron.

In the United States, pellagra became very common, causing over 7,000 deaths annually for over 2 decades, until vitamin B3 was added to flour, bread, cereal, and corn. Today it's rare to be deficient in Vitamin B3 because of the mandatory addition of B vitamins and iron to refined grains, flours, and pasta.

Niacin and its close cousin, niacinamide, are identical in how they work inside your body. In fact, if you get more niacin than your body needs, your body converts the excess into niacinamide. Many multivitamin formulas use the niacinamide version of vitamin B3 instead of niacin.

Niacin has a very different effect on cholesterol and blood vessels than its close cousin, niacinamide. Niacin is used therapeutically to lower triglycerides, lower LDL (bad cholesterol), and increase HDL (good cholesterol), unlike niacinamide, which has no effect on cholesterol or triglyceride levels.

1000-2000 of niacin per day is used medically to lower LDL ("bad" cholesterol) cholesterol and increase HDL (the "good" cholesterol), while the amount in your diet needed to prevent pellagra is only 16mg of niacin equivalent (NE) for men and 14mg of NE for women. Your body can transform 60mg of tryptophan, an amino acid in meats, into 1 mg of niacin or

niacin equivalent (NE). Niacin can cause rapid heart rate, palpitations, and hypothyroidism. In contrast, large doses of niacin can cause liver problems, trigger gout or stomach ulcers, or exacerbate asthma or gall bladder disease. Niacin can also cause insulin resistance and has been shown to increase the risk of becoming diabetic.

The most common and annoying side effects of niacin are dose-related flushing, low blood pressure, and headaches. Flushing is less of a problem with slow-release niacin. Still, doses over 2 grams daily have been associated with liver problems. "No-flush" niacin is actually niacinamide, which does not affect cholesterol.

Here Are 5 Key Facts About Niacin:
1. Limit niacin to 2 grams daily.
The risk of liver problems increases in doses of more than 2 grams, especially with slow-release or long-acting formulas of niacin.

2. Avoid taking niacin with hot beverages or foods.
To minimize flushing when taking niacin, take it with food but avoid hot drinks or soup.

3. Avoid adding niacin to "statin" cholesterol drugs.
Taking prescription "statin" medication and concentrated niacin increases your risk of muscle pain and weakness.

4. Avoid taking niacin with tryptophan or 5-HT.
Tryptophan is converted to niacin in the body and can increase the risk of flushing.
5. Avoid "No-Flush" niacin (niacinamide).
Niacinamide has no effect on cholesterol or triglycerides. Stick with nicotinic acid.

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

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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

THEME: WHICH SPORT?
ACROSS

1	2	3	4	5	6	7	8	9	10	11	12
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DOWN

1. Synagogue read
6. One in King's sematary
9. Cabinet div.
13. Grind down
14. Aloha State's welcome
15. Soup server
16. Bikini ____, Marshall Islands
17. Final, abbr.
18. Donor's loss
19. *Vonn and Miller Olympic sport
21. *Ovechkin and Gretzky sport
23. Alternative to trade
24. Secret disclosure
25. Computer-generated imagery, acr.
28. Wise Men
30. Remnant of the past
35. Egg-layers
37. Urban dwelling
39. Printer contents
40. Volcano in Sicily
41. Poetic although
43. Paella pot
44. Dictation taker
46. Like April 1st target
47. Locker room supply
48. Dirty or sleazy
50. Fuddy-duddies, for short
52. Stir fry pan
53. Bread portion
55. Mad King George's number
57. *PelE and Ronaldo sport
60. *Sampras and Williams sport
63. Luau greeting
64. "____ my party, and I'll cry if I want to..."
66. Sack fabric
68. Cheat or trick
69. Davy Jones' Locker locale
70. Bert's buddy
71. Coral barrier
72. Poetic "ever"
73. "The defense ____"
2. Crumbs
4. Off-the-cuff
6. Socket insert
8. Tax of one tenth
9. Like Darth Vader's side
10. Drop-off spot
11. Eugene O'Neill's piece
12. One less than jack
15. Hair holder
20. African antelope
22. Boat propeller
24. Depart from the ground (2 words)
25. *Fischer and Kasparov sport
26. Reach a goal (2 words)
27. Private
29. *Palmer and Nicklaus sport
31. Dirty money
32. Wife's dad, e.g.
33. Large violin family member
34. *Bolt and Owens sport
36. *A trap in #29 down
38. Biblical pronoun
42. Blast from the past
45. Tin Man's prop
48. Bamb's mom
51. Sewing machine brand
54. Do like phoenix
56. Accustom
57. Like gin in fiz
58. Do like goo
59. Kitchen head
60. Russian autocrat
61. Overnight lodgings
62. Hissy fit
63. What acronym and acrylic have in common
65. #29 Down prop
67. Oui in English

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Recreation/Community

WASHINGTON OUTDOORS REPORT

Outdoors Roundup

By JOHN KRUSE

YOUTH TURKEY SEASON OPENS

The youth turkey season runs from April 1 through 7 this year and this is a great time to introduce a kid under the age of 16 to all the fun turkey hunting has to offer in a non-crowded environment. The best region of the state to hunt for turkey is in the northeast, specifically Ferry, Stevens, Pend Oreille and Spokane Counties which has a healthy population and mix of both Merriam's and Rio Grande turkey. In fact, over 5,000 turkeys were harvested in this region in 2021 and hunters had a 59 percent success rate during their outings.

Huntible populations of Merriam's turkey can also be found in the Southeastern Washington counties around the Blue Mountains as well as Klickitat and Chelan Counties in Central Washington. Another place to go turkey hunting is on U.S. Forest Service land near Conconully or in the Sinlahekin Wildlife Area in Okanogan County. According to Sara Youngblood, who works for the Conconully Chamber of Commerce, "Turkey are everywhere" in this area.

If you don't have a kid to take hunting this is a great weekend for adults to scout out where those turkeys are before the general season opens April 15 and with any luck, secure permission to hunt private land from landowners. Patterning or sighting in your shotgun to get used to firing it again and practicing a bit with that turkey call are also good preseason bets.

EARLY APRIL LAKE OPENERS

For years there was an April 1 opener for trout anglers at the Seep Lakes around the Columbia National Wildlife Refuge as well as at Dry Falls Lake near Coulee City which is a quality, selective regulation lake for big trout favored by fly fishing enthusiasts, fishing



Richard Mann (left) on a successful mentored youth hunt



Rachel Voss on a recent goose hunt

from float tubes or pontoon boats.

That has changed and Dry Falls Lake was moved to a March 1 opener while most of the other lakes now open the fourth Saturday of April, which is the lowland lakes opener around the state.

There is one lake that has maintained its early opening date in April. That would be Spectacle Lake in Okanogan County which is open from April 1 thru September 30.

This scenic lake boasts two resorts and a WDFW public access launch. Sara Youngblood told me she loves to take her family there in April to catch trout, bass and bluegill.

Another fish you will find in Spectacle Lake are kokanee salmon. WDFW started stocking them in 2014 and they have done well. Last year anglers posting on the Northwest Fishing Reports website reported catching kokanee averaging 14-inches in size.

Spectacle Lake used to be stocked with rainbow trout but in recent years WDFW has stocked the lake with a mix of brown trout in the fall and tiger trout in late March so fishing should be very good

this month.

If you plan to stay, there is a small public campground at the north end of the lake. The resorts to stay at are the Spectacle Lake Resort on the east end of the lake or the Spectacle Falls Resort on the west end.

EASTERN WASHINGTON VOLUNTEERS HONORED

Two longtime Yakima County hunters, mentors and conservationists have been recognized by major non-profit organizations recently. One of them is Rich Mann, who served a career as an enforcement officer for the Washington Department of Fish and Wildlife, retiring as a Captain. Rich is an avid turkey hunter who loves to introduce others, especially kids, to the sport and spent 30 years working with the National Wild Turkey Federation working on mentored hunts and more. In February at the NWTf's annual convention in Tennessee, Mann was honored as the 2022 Mentor of the Year by the organization.

Meanwhile, Rachel Voss, a longtime volunteer for the Mule Deer Foundation and the Washington Department of Fish and Wildlife, has

had a one-woman mission of introducing other women to the sport of hunting. She started with one-on-one mentored hunts and soon, she was taking groups of women on guided goose hunts in the Columbia Basin. This year, she went with a group of women to Texas for a guided hog hunt.

Voss's work caught the eye of the First Hunt Foundation, a national organization dedicated toward introducing new hunters to the sport with the help of mentors. Last week, Voss was hired as the new National Share the HERitage Director, heading up the non-profits programs to get more women afield as hunters. Voss plans to do this by recruiting experienced women huntresses into the organization to mentor new potential hunters on everything they need to know (from scouting to harvesting to cleaning to cooking) so they can enjoy a lifetime of hunting. You can find out more about these organizations at www.firshuntfoundation.org and www.nwtf.org.

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

Confluence Health announces changes to masking policy for patients and visitors

SUBMITTED BY ADAM McDONALD

Confluence Health

Wenatchee - Confluence Health announced updates to its masking policy as of April 3, masking will now be optional for patients and visitors while in Confluence Health facilities. Patients and visitors will still be recommended to mask to help protect the most vulnerable patients, but this will no longer be a requirement for entry. However, Confluence Health will not be making changes to its masking requirements for staff and providers at this time. Masking will continue to be required in clinical areas and areas generally accessible to the public, including common hallways, for all Confluence Health employees.

"This policy update considers the changes to the Washington State Department of Health masking requirement, discussions with many

health systems throughout the state, and guidance from our regional health districts," remarked Dr. Jason Lake, chief medical officer for Confluence Health. "Through this, we are taking into account both the changing needs of the post-pandemic world and continued protection of our patients."

The updates announced by Confluence Health come as a response to several COVID-19 and masking policy changes at various government levels which are scheduled to occur starting next week. The Washington State Department of Health (DOH) announced mask requirement changes in healthcare facilities April 3, 2023. The Centers for Disease

Control and Prevention (CDC) announced that, due to the federal government's decision to the end the COVID-19 Public Health Emergency (PHE) on May 11, 2023, the CDC will be issuing additional guidance at that time.

Finally, the Washington State Department of Labor and Industries announced plans to expire the requirements for the Public Health Emergency Reporting and Notification (HELSA) and Voluntary Use of PPE on the same day.

"Over the course of the next few weeks between now and May 11, 2023, we expect to receive additional guidance which the Confluence Health leadership team will use to further tailor masking policy as needed," continued Lake. "Until that time, we will proceed in a way that protects our most vulnerable patients. We are pleased, however, to be at a point in our efforts

surrounding the COVID-19 pandemic where we are able to make this important update to our policies for our patients and their families."

About Confluence Health: Confluence Health serves the largest geographic region of any healthcare system in Washington State, covering over 12,000 square miles of Okanogan, Grant, Douglas, and Chelan counties. Confluence is one of only two locally-lead healthcare systems in the state with the purpose of maintaining availability and access to high-quality, cost-effective healthcare services for North Central Washington. The Confluence Health Board of Directors provides governance for Confluence Health, the Clinic, Central Washington Hospital, and Wenatchee Valley Hospital, and includes nine community board members and six physician board members.



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