

## CHS art students gain access to a professional printer, thanks to local artist



**Marlene Farrell**  
Correspondent

Cascade High School and the art department recently received a generous windfall in the form of an Epson SureColor P8000 professional grade printer. Marshall Mahler, a local professional photographer, decided it was time to upgrade his printer and donated this printer, and lots of printing supplies, to CHS. The total donation is valued in the thousands.

The programs that will utilize the printer the most will be photography and advanced photography. Printing is reserved only for certain projects, and now it's not only easier, but also of much higher quality.

"Before we got the Epson SureColor printer donated, we were printing on single sheet photo paper on a standard color LaserJet printer," said Teara Dillon, CHS art teacher. "We were limited to a max size of 8.5" x 11" and limited media—card stock, photo paper, paper. The other option was to send images to a remote lab to be printed and shipped back. With the new printer, we can print up to 44" wide. We can print on canvas, vinyl posters, art paper, photo paper, and even metal."

Dillon and Mahler have known each other for years, so the donation reflects one way that local artists are supporting each other and



SUBMITTED PHOTO.

Marshall Mahler and Teara Dillon stand outside CHS with the donated printer. After successfully getting the large printer in the building and upstairs to where it's housed in a spacious storage closet, the printer is now able to print professional grade photos of many sizes on demand.

future artists. Dillon said, "Marshall and I worked together at Parsons Photography Studio in Wenatchee a long time ago before he started his own nature photography business, and I became a teacher. He is also on my advisory board as a photographer advisor. He has been in as a guest artist to talk to our budding photographers." Art classes fall under the umbrella

of Career and Technical Education (CTE), which means there's a focus on career readiness skills and applications. Thus, the art classes emphasize more than creation of art. Specific to photography, Dillon explained, "Since we are working in digital photography and design, it is important to see the whole process unfold from creation to presenting the art. Presenting is one of our

standards. This includes printing, matting, framing, and curating exhibitions. The printing process is very technical with color balance, ink, and media use."

The technical aspects of printing were clear when Dillon printed a first test photo with the printer and the color balance was off. Together

CONTINUED TO PAGE B1

## Leavenworth City Council discusses plans and ideas for the new year



**Justin Pardini**  
Reporter

The Leavenworth City Council met for their bi-weekly meeting at City Hall on January 24. Drawing a larger attendance than last week's meeting, the main focus of this gathering was to discuss with the Planning Committee about the year 2023. The Planning Committee introduced several items on which they would like to work with the council on improving and solving in this upcoming year. This new year signifies a new beginning to issues that can be solved with an adhesive plan. The committee was determined to find 5 specific items that they could tackle this year, having them prove beneficial for the community. They spoke of the time spent diligently during the last six months making progress and compiling a docket of what's to come this year. During the presentation, there were many items that the council and committee did not hold in similar importance, however the meeting was set to discover a set of five or six items that could be realistically completed within the year. One of the main points of discussion the council brought up involved ramifications of items attempted to be solved. There was slight concern about being careful and trying to complete items that do not have a high potential of causing unintended consequences. There was an understanding that some of these discussion points and issues within the town would not be solved within the next decade, however the council and committee were determined to view things in a future tense, in order to support a city for more generations to enjoy. The joint discussion allowed for the two groups to relay information and ideas about this year and what can be prioritized, and it was decided that five main items would be in focus: cottage housing, inclusionary zoning, density of bed and breakfasts, parking, condominiums, and triplexes/townhomes were the main topics that were found to be of the most importance for this year. Although this does not mean there will not be focus in any other areas, the committee wanted to convey where their work will be focused in 2023, and the council was able to aid this discussion and create a list that benefits the entirety of the community.

The second half of the meeting was set for a presentation by Brice Maryman, discussing the future of Front Street and the continuation of the closure that has been present for a couple years now. The presenter went into detail of many different statistics and data points that outlined certain changes that could be introduced to this street, with most of the surveys leading to positive reactions within the community. He opened the idea of continuing this nonvehicle street, and maintaining the European brand that it brings along with the architecture. Many streets in Europe are fitted for walking only, which makes this idea of turning Front Street into a permanent nonvehicle area to be extremely authentic. One of the larger focus points is the need for a parking garage downtown, as

CONTINUED TO PAGE B1

## Rep. Goehner's Legislative Update: 2023 session, a new 12th District, and upcoming Virtual Town Hall



COMMUNITY VOICES  
**Rep. Keith Goehner**

After two years of virtual legislative sessions, legislators returned to Olympia on Monday, Jan. 9 for opening ceremonies. It was great to see the galleries filled with family, friends, and staff. Allowing the public to visit in person with state lawmakers and testify in committee is important to our legislative process. It improves transparency and provides accountability.

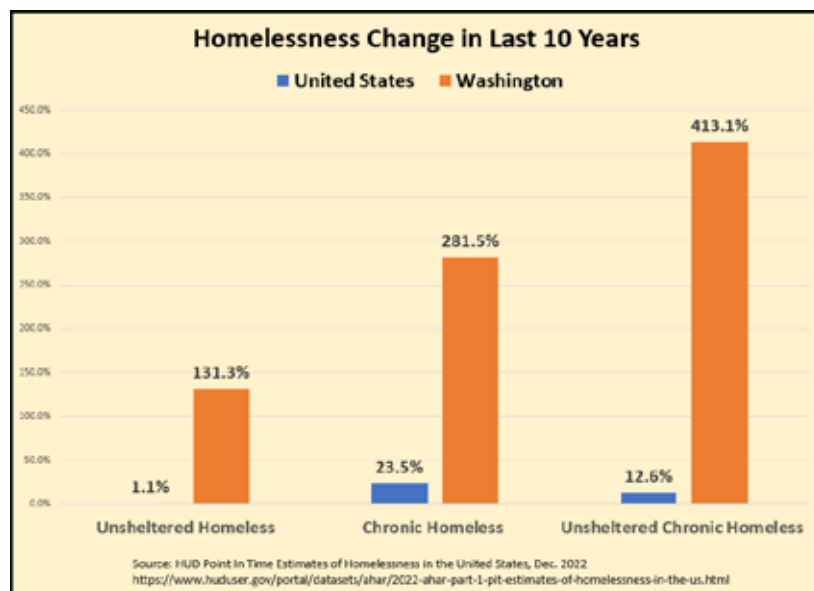
On Tuesday, Gov. Inslee addressed the Legislature with his State of the State address. Rep. Peter Abbarno provided the Republican perspective. Since then, we have been busy with committee work and public hearings on bills.

This is my first update since election-year restrictions last May. I will continue to provide you with updates throughout the session and interim. Please feel free to share this update with others who may be interested. Each update also offers you a user-friendly option to unsubscribe.

### 12<sup>th</sup> District Virtual Town Hall

My seatmate, Rep. Mike Steele, R-Chelan, and I want to give you the

CONTINUED TO PAGE A2



## Science in our valley spring seminar series announced

SUBMITTED BY SUE KANE

Co-Director Apple STEM Network

The Apple STEM Network is proud to announce the full line-up for the Science in Our Valley Spring Seminar Series. The seminar series is open to the public and will kick off in February at WSU Tree Fruit Research & Extension Center located at 1100 N. Western Ave., Wenatchee, WA.

The seminar series is cross-disciplinary and provides the community an opportunity to gather insight about local research and innovation in a variety of topics including agriculture practices, anthropology, ecology and forest health, impacts of climate change,

material science, and hydrogen hubs. Don't miss this spring's Science in Our Valley line-up:

**Feb. 8** - Antimicrobial peptides: novel products for plant disease control? Researcher: Dr. Aina Baró Sabé, Post-Doctoral Research Associate, Washington State University

**Feb. 15** - Forests at the Fringes: Detecting shifts in tree species habitat. Researcher: Dr. Tara Barrett, Research Scientist, USDA Forest Service

**Feb. 22** - Family Poultry Systems on the Southern Pacific Coast of Guatemala: Gender, Livelihoods, and Food Security. Researcher: Dr. Amy Snively-Martinez, Anthropology Professor, Wenatchee Valley College

**Mar. 1** - Something to Wine About: Spittlebugs and Pierce's Disease in the California North Coast, Researcher: Dr. Dylan Beal, Entomologist, Washington State University

All Science in Our Valley events are free and open to the public at the WSU Tree Fruit Research & Extension Center from 4 to 5 p.m. Prior registration is not required to attend these events.

The seminar presentations are intended for a 'science-based' audience, including researchers, postdoctoral scientists, teachers, graduate students, undergraduate scientists, and science enthusiasts.

K-12 educators are also encouraged to attend the seminar series to learn about local career connections and

research efforts that they can bring back to their students. Clock hours are available through the North Central Educational Service District for attending the series. Details for each event can be found online at: [www.applestemnetwork.org/science-in-our-valley/](http://www.applestemnetwork.org/science-in-our-valley/).

CONTINUED TO PAGE A2



Inside The ECHO this week	
<b>Section A</b>	<b>Section B</b>
Bulletin Board.....3	Keeping up with people....1
Sheriff Reports.....3	Classifieds..... 2-3
Kitchen Table Strategies....4	Outdoors Report.....4
Church Guide.....4	Letters to Editor.....4

Inserts: Safeway Dan's Market



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## Rep. Goehner

CONTINUED FROM PAGE A1

opportunity to discuss any legislative or state issues you may have early in the session, so we are holding a Virtual Town Hall on Wednesday, Feb. 1, 6 – 7 p.m. You can register online on the [house.wa.gov](https://www.house.wa.gov) website. I encourage you to register early as space is limited to the first 500 attendees. You can also submit questions ahead of time when you register. I look forward to our visit.

### A new 12th District

Every 10 years after the census information is updated by the federal government, Washington state redraws its congressional and legislative boundaries. The new 12th District is unique as it crosses the Cascade Mountains. It was a surprise to both sides of the mountains and those who follow the redistricting process. The district includes all of Chelan County, most of East Wenatchee, but

has relinquished the rest of Douglas County to the 7th District and picked up portions of Snohomish and King counties.

The district includes nine school districts on the eastside of the mountains and eight on the westside. The split on cities is similar as well. I can assure you my seatmates and I have been committed to learning the new portions of the district in order to represent both sides of the mountains. I spent a lot of time during the interim meeting with school districts, local government officials and many other organizations on the west side to familiarize myself with their issues.

### Committee assignments

House Local Government Committee: I have again been selected as the lead Republican on this committee. My 16 years as a Chelan County Commissioner gives me a strong perspective on how our local entities view issues such as state agency rulemaking, performance

audits and elections at the local level. Changes to the Growth Management Act have come before us and could have a significant impact on local planning responsibilities.

House Environment and Energy Committee: With the abundant, low-cost power we have in North Central Washington and new renewable standards continually being considered, I look forward to being part of the policy discussions coming out of the Legislature. This committee covers a wide array of issues including climate concerns, statewide recycling standards, and chemical issues in consumer products.

Transportation Committee: The new district gives us an opportunity to work with communities on both sides of the mountains to address important transportation needs. The state continues to fall behind on maintenance and preservation while we deal with congestion issues that plague different areas of the 12th District. We are working diligently to elevate

the priority of some of these projects in our District.

### Legislative priorities

No matter where you reside, most of the challenges facing our state are similar. Legislators need to work together to find common ground and embrace solutions that address our most pressing issues.

### Housing

Washington is producing fewer housing units per household than any state in the country due to a variety of factors. We need to look at regulatory fees and costs, permit delays, restrictive zoning laws, and the antiquated Growth Management Act so more people can find affordable homes.

### Affordability

The state has seen record tax collections, massive increases in budget spending, but no tax relief has been provided for our citizens. As the cost of goods and services have also

increased, tax relief should be considered to reduce your cost of living.

### Public safety

Crime continues to increase in Washington with chronic homelessness, substance abuse, and untreated mental health conditions exacerbating the issue. We need to ensure our families, communities, and law enforcement are safe. We need to be stronger on crime, restore vehicular pursuit (bipartisan legislation has been introduced House Bill 1363), address drug addiction, and put more officers on the street. Washington ranks last in the nation of officers per capita.

### Transportation

While the majority party did pass a transportation plan last session, it did not provide much for our region. I am hoping we can take a more proactive approach to creating a sustainable and resilient transportation spending plan.

### Homelessness

The increase in homelessness over the last ten years in Washington state is staggering. (see chart on front page) This is tied to our housing crisis, but also mental health and substance abuse issues. We need to consider all aspects of this issue. Spending enormous amounts of money on it has not solved the problem.

### Follow the Legislature

I encourage you to stay engaged and follow the Legislature. I look forward to hearing from those new to the 12th District. It is important you provide input on issues that matter to you, our district and Washington state. Please contact me with any questions, concerns, or comments you have. I appreciate the feedback as it helps me better represent you in the Legislature. It is an honor to serve the 12th District in the state House of Representatives.

[Keith.Goehner@leg.wa.gov](mailto:Keith.Goehner@leg.wa.gov)

# New school nurses filling important role at Cascade School District

By MARLENE FARRELL

This year, Cascade School District has two new school nurses, Crystal Clabaugh and Samantha Jerome. Both arrived with a wealth of experience from hospital settings. “My background includes emergency room, endoscopy, COVID response and nursing leadership,” said Jerome. As a longtime local with children in the district, she was excited to make the switch to school nursing because, as she said, “Adding value and contributing to my community are two things that are very important to me. Working in the schools is a great way to engage with and give back to my community.”

Clabaugh, who had worked for a decade in adult critical and acute care, explained, “I was exploring my job options when I saw the district was looking for a nurse. I knew that was exactly what I was looking for. A job that allows me to be engaged in our community, support the health of our youth, and gives me the opportunity to make a difference in people’s lives. I have two small children of my own that are just now entering



PHOTO COURTESY OF CASCADE SCHOOL DISTRICT  
Samantha Jerome

school, and I have become very passionate about being involved in their school community as much as I can.”

As two nurses in a district of four major schools, each splits their time at two of them, with Clabaugh starting her day at Alpine Lakes Elementary (ALP) and ending at Cascade High School (CHS), while Jerome splits her time between Peshastin Dryden Elementary (PD) and Icicle River Middle School (IRMS). Additionally, Jerome attends to any needs of the Kodiak Cubs Preschool and Home Link and Clabaugh oversees health needs at Beaver Valley School and Discovery School.

COVID-related mandates



PHOTO COURTESY OF CASCADE SCHOOL DISTRICT  
Crystal Clabaugh

may be a thing of the past, but COVID testing, and protocols are still a part of the nurses’ every day. “It is still highly infectious and can make some individuals seriously ill,” said Jerome, “We are dealing with it on a daily basis, but it has become part of the fabric of our infectious disease response, and we know what we need to do to deal with it. It has become second nature after nearly three years.”

Clabaugh added, “We are responsible for reporting outbreaks to our local health department and implementing plans to mitigate further spread of the illness. We offer in-school COVID testing and run a drive through the testing site daily.

We have a Medical Specialist, Chloe, that helps to run our COVID-19 program.”

Earlier this winter, sickness ramped up, not so much due to COVID, but due to the flu. “This year’s flu season was very rough,” said Clabaugh. “We had upwards of 20-25% of our schools sick during the peak of the outbreak.

“The illness came on so quick for some, they were fine when they left home in the morning and ended up with temperatures as high as 104° by lunch. Our biggest worry was dehydration and febrile seizures in some of our very little kids. But as quickly as the flu season came, it was gone just as quickly.”

Being the medical personnel in a school means the nurses have to be ready at all times of the school day to assess and care for a range of student needs. A large part of their job is to lead the other school staff on issues around health and safety, sharing their expertise so other staff have the tools and knowledge to support students.

“Collaboration with the front office admin assistant team is a huge part of our day,” Jerome said. “When a nurse is not in

the building, the admin teams step in to help students with a variety of healthcare needs. The relationship nursing has with the main office is important for many reasons that all relate to student success, health and safety.”

Miriam Rodriguez, secretary at PD, concurred on the importance of their partnership, saying, “We are very fortunate to have Sam and Crystal. Their collaboration with all schools and teamwork is impressive! Their caring, empathetic and fun personalities are reflected in the relationships they are creating with the students and their families.”

Teamwork doesn’t stop there. As Clabaugh explained, “We work with teachers very closely when they have students with acute and chronic illness, injuries, or other health concerns. When we create health plans, this involves a team including the principal, the special education director, the teacher, the counselor, and the parent(s). We work with the transportation department to keep kids with health concerns safe on our buses. We collaborate with the kitchen supervisor to help

set up accommodations for students with specialized food needs. We collaborate with Tracey [Beckendorf-Edou], the superintendent, with things such as policies and health guidelines for the district.”

Counselors take the lead on mental health and substance abuse issues, but the nurses also play a role, especially if a student has physical symptoms. And in regard to drug or alcohol issues, Clabaugh said, “Our approach is to educate, support and find help for any students who struggle with substance abuse. I work with a fantastic team that helps to surround students with support as much as we can.”

“How to Spot a School Nurse” is a picture that ALP secretary Sonia Davenport has shared with the nurses. It depicts someone with a “head full of knowledge, ears ready to listen, a concerned and caring heart, helping, healing hands, a big friendly smile, band aids, and tissues for drying tears and blowing noses, and sensible shoes for running around all day.” It’s a sweet and honest tribute to the work and leadership of Clabaugh and Jerome.

# Leavenworth Nutcracker Museum - another sort of man cave

Executive Director Arlene Wagner, executive director of the Leavenworth Nutcracker Museum recently announced that more and more men are visiting the museum.

“It used to be that many ladies drag in their husbands or boyfriends, and I can see the reluctance of looking at nutcrackers on their faces as they first come into the door,” Wagner laughs. “After all, they

had felt it is sort of like looking at dolls. Now, ironically, when the couples leave, it is the men that are raving about what they saw.” Let’s face it: nutcrackers really are tools – not toys.

Personally, those are the nutcrackers I grew up with, and I do remember them looking like tools. They were laying around my grandparents and great-grandparents kitchens.

You will see displays of these practical nut cracking devices and sometimes it can be thought provoking to figure them out. One such visitor is Leon Perquin, a Dutch National who lives and works in Redmond in the tech trade. “My wife gets scared every time we come to Leavenworth, and I tell her I want to spend some extensive time inside the museum,” he laughs. “Our house and garages more than likely cannot hold any additional nutcrackers which have become a huge hobby of mine”. Perquin himself owns over one hundred Petersen nutcrackers. The bearded nutcrackers were created by Paul Petersen who made his first one while being stationed in Norway in the German Army.

Little men as young as age 4 and 5 are very excited about Nutcrackers just as the little girls are. And as they get older, they too will be found eyeing the tool section. One first grade youngster visiting from Marysville was Easton Harper. He was so excited about how they worked that the staff found some hazelnuts for him

to give it a shot. Of course, he had a cracking good time!

The museum houses around 7,000 nutcrackers from over 50 countries dating back to the 1500s, including the types that are nutcracker screws and levers. Some areas look like a tool display of nutcrackers, and it can be thought-provoking to figure them out. Others are not exactly the type to publish in this article since they might be a bit too erotic in nature, at least for the younger visitors. There are nutcrackers displaying various occupations, sports, political figures and just about every hobby you can think of.

The Nutcracker Museum is a fun place to visit all the way around. None-the-less, please give yourself plenty of time to visit. The two-story air-conditioned building can be a great escape from the summer heat, or to get out of the cold in the winter days. It is a nice stopover while being in Leavenworth, and an educational, colorful experience all the way around. The museum also has a small gift shop at the entrance area. They sell beautiful holiday

décor and ornaments in different price ranges.

In conclusion: yes, nutcrackers are not toys. If you have questions about them, Frau Wagner and her staff are most certainly your perfect

guides.

Each year, on the Annual Nutcracker Day, every visitor will be able to crack a few nuts with old fashioned tools. This year’s Nutcracker Day will be on June 1.



PHOTO BY BARBARA WASHBURN.  
Six-year-old Easton Harper of Marysville enjoys checking out the newest and oldest nutcracker tools every time he comes to visit his grandma in Leavenworth. Easton is fascinated with tools and has a very technical mind already at his young age. He was a joy for visitors to watch.



PHOTO BY BARBARA WASHBURN.  
Boys and their toys. Leon Perquin had to try some of the nutcracker tool gadgets at the museum. Arlene Wagner, Executive Director always has a few nuts on hand to let her visitors give it a try.

## Apple STEM

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**About Science in Our Valley:** The Science in Our Valley seminar series began in October 2017 as a way for local scientists and science educators to bring their research to the community and as a way to engage and connect with one another. The series features presentations by local scientists and science educators as well as guests from outside the region. Science in Our Valley is a collaborative effort with support from Apple STEM Network, Washington State University Tree Fruit Research & Extension Center, U.S. Department of Agriculture Research Station, Wenatchee Valley College, the North

Central Educational Service District and the Our Valley Our Future Bridge Research and Innovation District.

**About Apple STEM Network:** The Apple STEM Network is a regional alliance of K-12, Higher Ed, and community partners in North Central Washington. We represent a diverse region with tremendous potential for STEM industry in agriculture, energy, and innovation. With our collective effort, we intend to: provide a constructive support system for educators who aim to meet the rising challenge for all students to develop 21st-century skills and STEM literacy, integrate community mentorship, and promote authentic project-based learning and field experiences for all levels of education, and

engage students in exploring the world of opportunities on the horizon through STEM. For more information visit [www.applestemnetwork.org](http://www.applestemnetwork.org).

**About North Central Educational Service District:** The North Central Educational Service District provides a wide array of programs, services and support to the 29 public school districts in the North Central Washington region of Chelan, Douglas, Grant and Okanogan counties. The service district provides professional and timely service to meet the needs of individual schools and districts, and a reliable point of education-related information for the communities served. The NCESD is one of nine respected educational service districts in Washington state.

## Dean’s List from Fall 2022 Term at Eastern Washington University

**Leavenworth:**  
Emily Bowen, Jaqueline Olguin Ramos, Sarah Paulson, Lori Wylie  
**Peshastin:**  
Vanessa Rodriguez-Herrera  
**Cashmere**  
Ellie Gear, Renee Gear, Jorge Rodriguez

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**Letters policy**

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a day-time phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to Publisher@leavenworthecho.com or Reporter@leavenworthecho.com

**Corrections**

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

**Contact the listed organizations or events for updates.**

**COMMUNITY CALENDAR**

**Wednesday**

**Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.**  
**Alpine Water District: meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.**  
**Senior Center: Lunch, noon, \$8 per meal. RSVP 509-548-6666.**

**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. email President Anita Wilkie at 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 wardenmike@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.**  
**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, Meetings now at Highlander Golf Club, 2920 Eighth St. S. E. East Wenatchee. Please, RSVP if you want to have lunch. Check-in begins at 11 a.m., and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon.,monthly).**

**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 8 a.m. at 5594 Wescott Drive. Call Tony Jantz, cell, 509-433-4064, or 509-782-2561 or tony.iid.pid@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. 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, 7:00 p.m. (2nd & 4th Tues.)** At City Hall in Council Chambers (1st Floor) and via zoom.
- ALL are at City Hall in the Conference Room (2nd Floor) and via zoom.



**Leavenworth**

**Upper Valley Scholarship for Women Returning to Higher Education**

Applications are now being accepted for the Upper Valley Scholarship supported by P.E.O. Chapter JF, Leavenworth WA. The purpose of the scholarship is to assist women in need of financial help in returning to higher education at an accredited university, college, or technical school in the State of Washington. This needs-based scholarship must be used for school expenses and will be paid directly to the school. Applications must be received for consideration by April 30, 2023. Scholarship funds will be available by the Fall of 2023 and be sent directly to the school financial department upon confirmation of enrollment. Women applicants must be seeking further higher education at either the undergraduate or graduate level and meet the following criteria:

- Applicant must be age 30 or above and reside in Chelan or Douglas County, WA.
- Applicants must be currently enrolled in or returning to a higher education program after a two-year or more absence. The colleges, universities, or technical schools where applicants have been accepted must be fully accredited and within the State of Washington, however, out-of-state on-line accredited schools, are acceptable. Applicants may re-submit applications each year until they complete their programs of study.
- Women interested in applying for the scholarship may receive more detailed information concerning the application process, as well as request the application forms by sending an email to the Scholarship Committee at the following address: peoleavenworth@nwi.net

**LST Auditions Announcement**

Leavenworth Summer Theater is pleased to announce February auditions for their 2023 summer season. The Sound of Music, Rodgers and Hammerstein's Cinderella, and The Drowsy Chaperone. Last summer, LST welcomed more than 70 local and traveling performers to create theater magic under the stars, including 20 local children. This will be Leavenworth Summer Theater's 29th season offering family-friendly outdoor music theater in the foothills surrounding Leavenworth. They welcome more than 20,000 locals and visitors annually to performances at Ski Hill and the Hatchery Stage. Audition information will be posted at www.leavenworthsummertheater.org/auditions on Feb. 1, and auditions will take place in Leavenworth Feb. 18-26. See website for detailed dates, times, and locations.

**The Leavenworth Women's Exchange**

Monthly luncheon meeting will be held on Wednesday, February 8, 12 p.m. at the Icicle Inn Restaurant, 505 Highway 2. The cost is \$20 per person for members. Cash or check only. Lunch buffet, beverage, tax, and gratuity are included. West Mathison of Stemilt, World Famous Fruit Company, will present a program titled "The History of the Apple and Fruit Industry". Since this is a catered event, any cancellations after Feb. 2 will be responsible for the cost of the lunch. Reservations, contact Claire Burlingame, 509-548-7142 by Thursday, February 2.

**Cashmere**

**Cashmere Teen Poetry Slam 2023**

All teens 14 to 19 years old are invited to enter a work of

their own poetry under the theme: "My Future Me" at the Cashmere Library on Friday, February 10 at 3:30 p.m. to have a chance to present at our Cashmere Teen Poetry Slam. The Poetry Slam will be on Thursday, February 16 at the Riverside Center- BSA Fireplace Room, from 7-8:30 p.m. Prizes will be awarded to all contestants including a \$100 Grand Prize. Please call or email us with any questions. The library thanks the community and invites them to come support local teens. Enjoy an evening of poetry by Cashmere students who will perform their original compositions. Vote for your favorites and help the panel of judges' award prizes to contestants. Sponsored by the Friends of the Cashmere Public Library and local businesses.

**Regional**

**Community Foundation of NCW: Creating a Positive Workplace Culture**

We've partnered with the North Central Accountable Community of Health (NCACH) and Nash Consulting to help organizations create and build more positive workplace cultures. During this two-part workshop, Nash consultants will cover a variety of topics including emotional IQ, giving, and receiving feedback, decision-making styles, and more. The cost of this workshop is \$5 to cover the cost of materials being sent to each participant. If you are unable to pay, please contact info@ncach.org so they can work with you to offer solutions. Please note that this workshop takes place over the course of two sessions: February 9 from 8:30 a.m.-12:30 p.m. and February 16 from 8:30 a.m.-12:30 p.m. Please only register if you are able to attend both sessions.

**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><b>Jan. 20</b></p> <p>09:49 Property, 690 US Hwy. 2, Linderhof                  11:42 911-call, 505 US Hwy. 2, Icicle Village                  12:42 Diversion, 10425 Titus Rd.                  16:08 Graffiti, 0 block Front St.                  16:11 Graffiti, 8th, and Commercial Streets                  16:53 Juvenile Problem, 10190 Chumstick Hwy.                  17:47 Public Assist, 617 US Hwy. 2, Gustav's                  18:44 Non-injury Accident, 636 Front St., Visconti's                  19:31 Trespassing, 9255 Foster Rd., BJ's Shell, Peshastin                  20:32 Welfare Check, 10425 Titus Rd.                  22:06 Suspicious Circumstance, 925 Commercial St.                  22:46 911-call, 301 Ward Strasse, Hampton Inn &amp; Suites</p>	<p>Wenatchee</p> <p>22:09 Welfare Check, Division and Commercial Streets                  22:26 Disturbance, Ski Hill Dr., and Benton St.                  23:31 Disturbance, 505 US Hwy. 2, Icicle Village Resort                  23:46 DUI Arrest, 10210 County Shop Rd.</p>	<p>Trails, Plain</p> <p>18:51 Disturbance, 263 Mine St., Berg Rose Apartments                  19:45 Vehicle Prowl, 935 Front St., Icicle Brewing                  21:02 Traffic Offense, 116 River Bend Dr., Safeway</p>
<p><b>Jan. 21</b></p> <p>00:06 911-call, 9411 Lone Pine Orchards Rd.                  01:33 Public Assist, 214 13th St.                  02:41 Property, Sherbourne and Evans Streets                  08:02 Graffiti, 820 Front St., Gazebo Park                  10:38 Agency Assist, Leavenworth area                  10:42 Disturbance, 633 Front St., Bavarian Ritz                  13:17 911-call, 11540 River Bend Dr.                  15:01 Animal Problem, US Hwy. 2, and 12th St.                  15:43 Parking/ Abandoned Vehicle, 990 US Hwy. 2 park n' ride.                  16:17 Suicide Threat, 10425 Titus Rd.                  19:25 Harassment/ Threat, 20752 Chiwawa Loop Rd., Thousand Trails, Plain                  20:06 Fireworks, 100 block Big Jim Ln., Plain                  21:59 Public Assist, 15251 US Hwy. 2, Squirrel Tree, Lake</p>	<p><b>Jan. 22</b></p> <p>00:25 Domestic Disturbance, 10174 Main St., Old Mill Tavern                  03:38 Welfare Check, US Hwy. 2 MP 103, Peshastin                  07:02 Traffic Offense, 980 US Hwy. 2, Cashmere Valley Bank                  09:53 Agency Assist, 12449 Ingalls Creek Rd., Peshastin                  11:20 Property, 100 Enchantment Park Way                  11:25 Off Road Vehicle, Icicle FS Rd. 7600- and Eight-Mile area                  12:42 Parking/ Abandoned Vehicle, 700 US Hwy. 2, City of Leavenworth                  14:11 911-call, 309 8th St., Post Hotel                  14:53 911-call, 21514 Camp 12 Rd., Plain                  15:47 Disturbance, Mill and Mine Streets                  16:04 Property, Leavenworth area                  19:05 Harassment/ Threat, 261 Mine St.</p>	<p><b>Jan. 24</b></p> <p>07:02 Suspicious Circumstance, 7500 Icicle Rd.                  11:51 Civil Dispute, 3676 Allen Ln., Peshastin                  14:27 Non-injury Accident, 6000 block Icicle Rd.                  21:27 Non-injury Accident, 820 Commercial St.</p>
<p><b>Jan. 23</b></p> <p>06:25 Domestic Disturbance, 100 Ward Strasse                  11:24 Non-injury Accident, US Hwy. 2, and Mill St.                  13:50 Fraud/ Forgery, 412 Cascade St.                  14:01 Hazard, Chiwawa Loop Rd. and Sumac Ln., Plain                  15:05 Sex Offense, US Hwy. 97, Peshastin                  16:15 Traffic Offense, US Hwy. 2 MP 99                  16:29 Suspicious Circumstance, 16555 Chumstick Hwy.                  17:00 Extra Patrol, 20752 Chiwawa Loop Rd., and Thousand</p>	<p><b>Jan. 25</b></p> <p>15:18 Burglary, 200 block Peshastin Mill Rd., Peshastin                  15:19 911-call, 15361 US Hwy. 2, near 59er Diner, Lake Wenatchee                  16:52 Traffic Offense, US Hwy. 2, and 9th St.                  18:09 Traffic Offense, US Hwy. 2, and Mill St.</p>	<p><b>Jan. 26</b></p> <p>07:59 Civil Dispute, 12585 Chumstick Hwy.                  08:27 Property, Pine St., and Titus Rd.                  10:49 Public Assist, 103 W. Commercial St.                  12:36 Public Assist, 9495 Anderson Canyon Rd., Peshastin                  13:34 Theft, 9660 Merry Canyon Rd.                  15:43 Hazard, Chiwawa Loop Rd. MP 6, Lake Wenatchee                  16:42 Trespassing, 103 W. Commercial St.                  18:40 Weapons Violation, 3005 Memory Ln., Lake Wenatchee                  19:40 Disturbance, 14045 Braeburn Rd., Lake Wenatchee                  21:02 Welfare Check, 116 River Bend Dr., Safeway                  21:28 Suspicious Circumstance, Ski Hill Dr., and Village View St.</p>

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# Community



## Good Air

It's cold outside; the doors and windows are shut tight; we're inside keeping warm day and night; the air we breathe gets stale; I woke up with a scratchy throat.

Setting on Jenny, Grandma's little orange snow blower, I got chilled. I know it's important to get off that seat when it's freezing, move the feet, arms, and torso. Grandpa told me long ago that a lack of movement causes the body to get chilled; getting chilled causes sickness and how as a kid growing up in the Rocky Mountains traveling and working on horseback, he got off the horse and walked to keep from getting chilled, then sick, then unable to do work. I know but I forgot.

Snow removal at Grandpa and Grandma's is an ongoing affair; it drains my energy; it stresses my body's immune system and keeping my immune system healthy so I can work is important to me. Usually by this time of the season I've already pulled out my bottle of essential oil, dripped drops from the bottle onto cotton balls and spread the cotton balls around our living quarters to combat air borne disease. This year I forgot.

It was Sonny who found the eucalyptus oil. When I saw him tilting the bottle to smell it, I started to grin. How could I forget something so easy; so effective; so sweet smelling?

When my body gets run down, I am grateful I have essential oils in my arsenal to fight the side effects of late nights (due to access to 24 hour light and digital entertainment) fast food (convenience food gives more time to plow snow)

and comfortable seats. I know Jenny's seat may not be considered comfortable by others but once in it for a bit, it gets comfy and warmish as I run Jenny's levers. I get preoccupied blowing snow out of the driveway; I forget to pay attention to the chill that starts in the toes and finger; I forget to move enough muscles to keep my back and belly warm; I wake up with a scratchy throat that hurts when I breathe.

For some reason this year my respiratory system is at its most vulnerable. I'm taking my vitamins as always but I'd kind of forgotten about essential oils until Sonny picked up that bottle and gave it a whiff. So now, I'm busy dripping drops of eucalyptus oil on cotton balls, setting the cotton in glass containers or metal lids and placing them around the apartment. The place smells better and my sore throat is just about gone. It probably doesn't hurt that I'm eating healthy food and getting eight hours of sleep as well.

### Recipe for Better Air Quality When It's Too Cold to Open the Windows:

- 4 cotton balls (per room)
- 12 - 16 drops essential oil (3-4 drops per cotton ball)
- Eucalyptus oil, Lavender oil, Camphor oil, Tea Tree oil, Your Favorite Essential oil.
- 4 dishes for cotton balls to rest in that won't be dissolved by oil.

Place dishes (metal disks from used mason jar canning lids) in four places around the room where folks will be gathering. Keep the dishes out of reach of children and animals. The Essential Oils I

use and recommend are safe. All essential oils need to be handled with respect. It is important to me to error on the side of safety by having respectful habits from the beginning, so people are set up for success. To do that I keep in mind the curiousness of cats and kids when I use essential oils. Put 3 to 4 drops of oil on each cotton ball and lay the cotton balls on the dishes then let the aroma disperse into the room. Repeat adding the oil to the cotton balls as needed. Note 1: Make sure the essential oil in use is not synthetic essential oil. I recommend now essential oils, or any pure essential oil recommended by a knowledgeable health food store (preferably local) as being pure. Note 2: Paint, plastics, and some fabrics are susceptible to melting with repeated essential oil contact. This is because paint, plastics and some fabrics are made from Petro-chemicals that are oil based and then the essential oil mixes with oil in the paint, plastics and some fabrics on a molecular level dissolving them. I don't like it when I take the paint off the dresser top because I wasn't paying attention... so now I use the metal disks from used mason jar canning lids. Until next time.

**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.

## DEATH NOTICE

*Amy Elizabeth "Beth" Davelaar*

63 of Peshastin, Washington passed away on Monday, January 9, 2023. Arrangements are in the care of Heritage Memorial Chapel, East Wenatchee and Cashmere.

## DEATH NOTICE

*Ian Dunn*

60, of Leavenworth, Washington passed

away on Saturday, January 21 in Wenatchee from complications of ALS which was diagnosed in 2021. Ian was the Editor of the Leavenworth Echo from 2007-2018. No services have been announced at this time.

# Leavenworth City Council votes unanimously to make council meetings more accessible

SUBMITTED BY CHRISTIE VOOS

### Communications

**LEAVENWORTH** - The City of Leavenworth announces changes to the Leavenworth City Council and Committee meetings. At a normally scheduled meeting on January 24, 2023, the Leavenworth City Council voted unanimously to approve changes that will create more efficiencies, better accessibility, and more transparency for the community.

Historically, Councilmembers have met in the evening for business meetings, where decisions are made in an open public setting, and during the workday for Study Session and Council Committee meetings, which are also open to the public but at which no decisions are made.

City Council will continue to meet on the second and fourth Tuesdays of the month, but the meeting will begin 30 minutes later - at 7 p.m., instead of 6:30 p.m. Study Session will move from one session on the morning of the second

Tuesday to two sessions just before City Council meetings from 5:30 p.m.-6:55 p.m. Council Committee meetings that historically took place in the afternoons will now move to a cadence that makes the most sense for each group or be included within the Study Sessions.

The Housing Committee will morph into a Housing Advisory Committee; the membership and goal of the committee has yet to be decided and the discussion will continue at the next scheduled meeting. The Economic Development Committee will meet as needed beginning late winter. The Public Safety Committee will be re-envisioned to include the City's public safety and emergency preparedness partners including representatives from Chelan County Sheriff's Office, Chelan County Fire Department #3, Cascade Medical, and others; it will meet quarterly. The Finance, Public Works, and Parks committees will be merged with Council meetings

or Study Sessions depending on the depth of the topic.

Changes to Committees will bring a broader understanding of community needs to Councilmembers and merging committees will allow the Council to move faster on items as needed - instead of waiting a full month to review something in depth, items can be added to a Study Session agenda just two weeks in the future.

"It's difficult for most people to attend meetings during the workday," said Mayor Carl Florea, "and this limits the ability to participate. If we want to be an inclusive City, we need to make our meetings accessible to everyone. I hope these changes will let our community members know we value and want their participation." All City meeting and event information is posted on our City Calendar at [www.cityofleavenworth.com/calendar](http://www.cityofleavenworth.com/calendar). All official City meetings are open to the public. If you have questions, or for more information / para más información, please contact Christie Voos at [media@cityofleavenworth.com](mailto:media@cityofleavenworth.com).

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## Obituary & Memorial Policies

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

# UPPER VALLEY CHURCH GUIDE

New to our area? On vacation?  
These churches welcome you!

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

### CASHMERE

**CASHMERE BAPTIST CHURCH**  
103 Aplets Way • 509-782-2869  
Sunday School, all ages, 9 a.m. Worship 10 a.m.  
Bible Study, Wed., 6:30 p.m.  
Pastor Bob Bauer



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



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



**CHRIST CENTER**  
Sunday Worship Service at 10 am  
5800 Kimber Rd., Cashmere  
509-782-2825  
[christcentercashmere.com](http://christcentercashmere.com)



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



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

### DRYDEN

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

**MID-VALLEY BAPTIST CHURCH**  
8345 Stine Hill Rd. • 509-782-2616  
Worship Service, 10 a.m.,  
Sunday School, 9 a.m.  
Pastor Mike Moore  
[www.midvalleybaptist.org](http://www.midvalleybaptist.org)

### LEAVENWORTH

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

**CORNERSTONE CHURCH**  
Leavenworth Grange Hall  
621 Front St. • 509-433-7477  
Sunday Worship 10 a.m.



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

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

**FAITH LUTHERAN CHURCH - ELCA**  
"Reconciling Works Congregation"  
224 Benton Street • 509-548-7010  
Worship 9:30 a.m. w/coffee following  
<https://www.flcleavenworth.com>

**FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC**  
429 Evans Street, 509- 470-7745  
Sunday Worship: 11 a.m.  
Website: [www.leavenworthbaptist.com](http://www.leavenworthbaptist.com)  
Email: [info@leavenworthbaptist.com](mailto:info@leavenworthbaptist.com)

**LEAVENWORTH CHURCH OF THE NAZARENE**  
111 Ski Hill Drive • 509-548-5292  
Sunday Worship 9 a.m.  
Lead Pastor: Greg Appleby  
Youth Pastor Paige Derossett  
Worship Pastor-Jacob Mitchell  
[www.LCN.org](http://www.LCN.org)

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



### MONITOR

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

### PESHASTIN

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



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



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

# 2023 Legislative Session: Committee work continues as floor debates approach

By SENATOR BRAD HAWKINS  
12th District.

The legislative session has begun its third week and much work is occurring. The session itself is based on a rigorous schedule involving committee work, bill consideration, and budget development. The first major phase of each session is the committee work, which includes separate groups of legislators hearing briefings and testimony on proposed legislation. If the legislative proposals receive committee approval, they advance to the next stage in the process, which could include floor debate. If a Senate bill advances through the Senate chamber, it must also successfully pass the same process – including committee approval and floor debate – in the House of Representatives. The same is true for a bill that originates in the House. Before the House or Senate can debate legislation, usually later in the legislative session, it must receive approval from its assigned committee within the initial weeks of consideration.

## Legislative committee assignments

The Legislature actively participates in committee meetings throughout the session, but more so during the first several weeks to start each session and then also weeks later following the deadline for bills to advance to their other legislative chamber (House bills to the Senate and Senate bills to the House). Committee time is always a busy phase of the session. This year I will again serve on three Senate committees described below. This session will be very busy for me with work on these committees:

### Early Learning and K-12 Education Committee

This will be my fifth year on the Senate Early Learning and K-12 Education Committee

and my fourth year as its ranking Republican member. This position is the highest-ranking minority member of the committee and the one who works most closely with the committee chair on the issues and bills that come before us. I enjoy serving on this committee because the state invests significantly in K-12 education (43 percent of the operating budget expenditures) and I bring 10 years of experience serving on the boards of the Eastmont School District and North Central Educational Service District to my committee work.

### Higher Education and Workforce Development

This is a new committee for me for this year, offering a change from State Government and Elections. The Higher Education and Workforce Development Committee considers issues related to higher education institutions, including our community and technical colleges and state universities. These issues

include connecting with the K-12 education system, higher education governance, financial aid, and workforce training. I look forward to learning as much as I can about higher education and workforce issues.

### Transportation Committee

My third assignment includes serving on the Transportation Committee, which develops the transportation budget. This budget funds the construction and maintenance of the state transportation system, including the maintenance and preservation of roads, bridges, and ferries, as well as the state agencies and commissions that serve our transportation system. These agencies and commissions include the Washington State Patrol, Department of Licensing, Department of Transportation, Washington Traffic Safety Commission, County Road Administration Board, Transportation Improvement Board, Transportation Commission, and

Freight Mobility Strategic Investment Board.

### Following the legislative process

If you are interested in following Senate or House committee meeting agendas, committee schedules, bill introductions, and other documents for this session, visit [leg.wa.gov](http://leg.wa.gov). On the legislative website, you can search for a specific bill or information about it. Since this is a “long” session of 105 days, there will likely be hundreds of proposals introduced. Senate policy committees will have 6 weeks to consider and approve Senate policy bills that are introduced or reintroduced as February 17 is the cutoff date for the policy bills. During this period, hearings will be held on bills to receive public testimony. The Senate fiscal committees (Transportation and Ways and Means) have until the Legislature adjourns on April 23 to pass Senate proposals that were forwarded from these budget committees.



As the Republican ranking member on the Senate Early Learning and K-12 Education Committee, I work closely with the chair, Senator Lisa Wellman of Mercer Island, during committee hearings.

## Council Meeting

CONTINUED FROM PAGE A1

they would try to eliminate most street parking with this change. This would need to be the first action to take place in order for the transition to come to fruition. Maryman talked about the concern for low mobility access with sidewalks and other areas with steep inclines. These areas would receive treatment, creating a sidewalk-less street that contains a smooth surface for pedestrians to stroll upon. Another idea of moving the

Gazebo to a more centralized area was presented. This would allow for a spray park to be added and sledding hill would receive a proper incline that increases a safer route for sledders. The potential timeline for this project is not certain, however, the ideal scenario would see plans formulated within the next 24 to 36 months.

The council concluded the meeting with reports of their respective departments. One of the most important topics brought up was the forward moving project of the roundabout. The council announced that plans are in

progress and construction will begin this year. The start date is not finalized, however, there is an understanding that construction would begin sometime in April or May. This comes just two weeks after their previous meeting where a consensus was made about the roundabout project. The council also agreed to purchase a new loaded mounted snow blower for the city in order to increase the snow removal efforts and speed up the process for this season. The hope is to get the new piece of machinery to the city sometime within the next month, but there is

a bit more research to be done in order to know if it will get here before Spring. The Community Engagement Night was on January 31 at the Festhalle. Discussion topics were the indoor pool options, Front Street closure, Pine Street Roundabout, City Water System plan update, Winton Mfg., Waste Loop composting program and Cascade Medical advisory Committee information. The council will reconvene for their biweekly meetings on February 7 now at 7 p.m. in City Hall. See updated City Council meetings in this issue.

## CHS students

CONTINUED FROM PAGE A1

with Mahler, Dillon made calibration adjustments, and the next photo looked ready to hang on the wall. High end Epson printers are known for their precision dot screening for incredibly accurate control of the sizing, timing, and

placement of ink droplets. There are nine ink colors including three shades of black for clearer and sharper images.

CTE Director Kirk Sunitich was also thrilled for this donation for the sake of the students. “This donated large format printer with allow our high school students to print commercial grade photos, banners and artwork they’ve created in class,” he said. “This will be a great piece of equipment for our students to enhance their learning.”

Marshall Mahler has been a professional photographer for over two decades. His photos primarily illuminate the natural wonders of the west coast, most notably

of iconic wildlife—eagles, moose, grizzly, grey owl—and mountains illuminated in alpenglow or contrasting a foreground of colorful wildflowers. His work can be discovered at the Village Art in the Park in downtown Leavenworth, as well as at his website, [www.mmahlerphoto.com](http://www.mmahlerphoto.com).

club, such as scouting, art, computer, science, or 4-H. Only one entry per student is allowed. The contest deadline is March 10 at 11:59 p.m. Winners will be announced by April 17. Find contest submission forms, lesson plans, and rules on the Northwest Radon Poster Contest website: <https://healthandwelfare.idaho.gov/northwest-radon-poster-contest>

First, second, and third place winners will be selected from each state (Idaho, Oregon, and Washington). A regional grand prize will be selected from the winning

submissions. First place posters from each state will be submitted to the 2024 National Radon Poster Contest. All participating students will learn about radon and how to reduce their risk of exposure. The Northwest Radon Poster Contest is sponsored by the Idaho Department of Health and Welfare, Nez Perce Tribe, Oregon Radon Awareness Program, Spokane Tribe of Indians, and Washington Department of Health - Radon Program in collaboration with the Northwest Radon Coalition and U.S. Environmental Protection Agency Region 10.



## Keeping up WITH PEOPLE

### Cascade Medical welcomes a new Physician to their care family

SUBMITTED BY CLINT STRAND  
Director of Public Relations

Dr. Lauren Kendall joins the Cascade Medical team February 1, adding to their team of family health care practitioners.

Her physical roots originated in the Midwest, but growing up, her family life was rooted in medicine as well. “My mom is a retired RN, and I have two aunts and a mother-in-law who also are, or were, nurses, and so it’s always been on my radar to do something in medicine,” Kendall said. Kendall said she knew from the beginning of her training that Family Medicine was more than a specialization - it was a calling: “Family Medicine...it’s just so full of heart. It has everything, the closest to what I thought medicine should be. When I actually started my practice, I knew, this was what I was looking for.” Dr. Kendall most recently practiced family medicine in the Wenatchee Valley at Columbia Valley Community Health. She completed her residency prior to that in Louisiana and earned her bachelor’s and Doctor of Medicine degrees at the University of Wisconsin - Madison and the University of Illinois at Chicago, respectively.

Dr. Kendall also holds special interests in integrative medicine, women’s health, and LGBTQIA+ health. She is a current Fellow in Integrative Health and Medicine at AIHM and plans to become board-certified in this additional field in 2024. Dr. Kendall also previously founded and led a multi-disciplinary team dedicated to improving transgender care. Kendall said, “I think this care is so important for the community and for the world, for everybody to have a place and a person they can trust to take care of their



PHOTO SUBMITTED BY CLINT STRAND, DIRECTOR OF PUBLIC RELATIONS.

Dr. Lauren Kendall

health when they need it. I’m so admiring of the LGBTQ+ community. They’re generally folks that realized something about themselves, and had the bravery and integrity to say, ‘I’m going to be who I am.’ I am so in awe of that. I’m honored to help them in any way I can.”

Kendall says she may be a Northwest transplant, but our region and way of life is in her blood. “I love the underlying culture of outdoorsmanship and health, in conjunction with nature. Like, when you say, ‘I’m going to go on a hike, or go backpacking’, people just say, ‘OK, cool.’ If you did that in the Chicagoland area, well, first of all, there would be nowhere to go (laughing), but they might also say, ‘You’re gonna what?’. There’s this culture of health and appreciating the outdoors, which I think is great.”

Cascade Medical CEO Diane Blake said “We knew right away Dr. Kendall would be a great fit with our team. She is warm and friendly and passionate about caring for others. She has a stellar reputation for providing high quality, fully engaged care. I am really excited for our community to get to know her and vice versa.”

*If you would like to schedule an appointment with Dr. Kendall, call Cascade Medical at (509) 548-5815.*

## Next Principal of Cascade High School

The CHS Principal hiring committee has unanimously recommended that Rudy Joya, current Interim Principal of Cascade High School, be the next Principal of Cascade High School. Rudy is also the Principal of Kodiak Virtual Academy and is the truancy board director for Cascade School District. Rudy Joya worked as the Assistant Principal of Cascade High School from 2017-2022. Previously, he served as a Dean of Students and math teacher at Wenatchee High School. Rudy has a Bachelor’s degree in Secondary Mathematics Education from Central Washington University, a Master’s Degree in Teacher Leadership from Walden

University, and a principal certificate from Washington State University. As Rudy states, “It is my passion to serve students and be an advocate for them by building positive relationships and helping them both short and long term.”



PHOTO SUBMITTED BY CHS.

Rudy Joya

## Sports Schedule

BOYS BASKETBALL	
Feb. 2:	Cascade vs. Quincy, Away at 7:15 p.m.
GIRLS BASKETBALL	
Feb. 2:	Cascade vs. Quincy, Away at 5:45 p.m.
BOYS WRESTLING	
Feb. 4:	Cascade vs. Omak, Away at 10 a.m.
GIRLS WRESTLING	
Feb. 4:	Cascade vs. Quincy, Away at 10 a.m.



BOYS BASKETBALL	
Jan. 24:	Cascade 54, Chelan 72; Loss
Jan. 27:	Cascade 38, Omak 82; Loss
GIRLS BASKETBALL	
Jan. 28:	Cascade 9, Entiat 60; Loss

## KODIAK SPORTS SPONSOR OF THE YEAR



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# Students encouraged to enter Radon Poster Contest

Contest aims to raise awareness about radon, its effects, and how to protect your household

SUBMITTED BY WASHINGTON STATE DEPT. OF HEALTH

**OLYMPIA** - January is Radon Action Month. Students across the Northwest are encouraged to get creative and raise awareness about the dangers of radon gas by participating in the 2023 Northwest Radon Poster Contest. Radon is a naturally occurring radioactive gas that can buildup in homes both old

and new. Testing is the only way to know if your home has radon because it is colorless, odorless, and tasteless. Long-term radon exposure is the number one cause of lung cancer in nonsmokers and the second-leading cause of lung cancer in smokers.

Contest Information Youth between the ages of 9 and 14 living in Idaho, Oregon, and Washington are eligible to participate in the poster contest. Students must either be enrolled in a public, private, territorial, tribal, Department of Defense, or home school, or be a member of a sponsoring

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

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

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**Legals**  
**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**  
In the Matter of the Estate of MICHAELA C. DELANEY, Deceased. No. 23-4-00015-04  
**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: January 25, 2023  
Personal Representative: Nancy L. Baker  
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. 23-4-00015-04  
NANCY L. BAKER  
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 Jan. 25 and Feb. 1 and 8, 2023. # 5173

**Public Notices**

**CITY OF LEAVENWORTH**  
On the 24th day of January, 2023, the City Council of the City of Leavenworth, Washington passed the following ordinances. A summary of the contents provides as follows:  
**Ordinance 1666:** An ordinance of the City of Leavenworth, WA, adopting the City of Leavenworth Comprehensive Plan Amendment to the Capital Improvement Plan.  
**Ordinance 1667:** An ordinance of the City of Leavenworth, WA, amending the LMC Chapter 2.04 City Council.  
A full copy of the 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 Feb. 1, 2023. #5219

**Public Notices**

**SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY**  
In the Matter of the Estate of CAROL IRENE TOEVS, Deceased. NO. 23-4-00002-04  
**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 RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.  
DATE OF FIRST PUBLICATION: January 18, 2023  
**PERSONAL REPRESENTATIVE:** Kenneth Dale Toevs  
**ATTORNEY FOR PERSONAL REPRESENTATIVE:** Thomas D. Overcast  
**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. 23-4-00002-04  
**OVERCAST LAW OFFICES** By: /s/ Thomas D. Overcast, WSBA No. 14486  
Attorneys for Personal Representative  
Published in The Leavenworth Echo/ Cashmere Valley Record on Jan. 18, 25, and Feb. 1, 2023

**Public Notices**

**NOTICE OF JOINT CASHMERE COUNCIL & CASHMERE PLANNING COMMISSION MEETING**  
Cashmere's City Council and Planning Commission will hold a joint meeting during the regular City Council meeting on Monday, February 13, 2023, at 6:00 PM. The meeting is to prioritize tasks and discuss the direction of planning in Cashmere for 2023. To Join the Meeting Go To: <https://zoom.us> Meeting ID: 882 719 9871 Passcode: 788276  
Audio Only: PH# 1-(253)-215-8782  
Kay Jones  
City Clerk-Treasurer  
CITY OF CASHMERE  
Published in the Cashmere Valley Record/Leavenworth Echo on Feb. 1, 2023. #5223



**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**  
In the Matter of the Estate of DOUGLAS G. RUSSELL Deceased. No. 23-4-00011-04  
**PROBATE NOTICE TO CREDITORS** RCW 11.40.030  
The personal representatives named below have been appointed as co-personal representatives 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 co-personal representatives or the co-personal representatives' 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 co-personal representatives 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: January 25, 2023  
Co-Personal Representatives: Eric R. Russell, Kyle J. Conway  
Attorney for the Co-Personal Representatives: Russell J. Speidel  
Address for Mailing or Service: Speidel Bentsen LLP  
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881  
Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00011-04  
ERIC R. RUSSELL  
Co-Personal Representative  
KYLE J. CONWAY  
Co-Personal Representative  
Attorneys for Co-Personal Representatives: SPEIDEL BENTSEN LLP  
By: RUSSELL J. SPEIDEL, WSBA No. 12838  
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807  
Published in The Leavenworth Echo/ Cashmere Valley Record on Jan. 25, and Feb. 1, and 8, 2023. #5174

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Public Notices

Public Notices

**NOTICE OF TRUSTEE'S SALE** Pursuant to the Revised Code of Washington 61.24, et seq. 108 1st Ave South, Suite 202 Seattle, WA 98104 Trustee Sale No.: WA-22-939695-RM Title Order No.: 220397649-WA-MSW Reference Number of Deed of Trust: Instrument No. 2431555 Parcel Number(s): 222010525065 Grantor(s) for Recording Purposes under RCW 65.04.015: DAVE E. FISHER, AN UNMARRIED MAN Current Beneficiary of the Deed of Trust and Grantor (for Recording Purposes under RCW 65.04.015): NewRez LLC d/b/a Shellpoint Mortgage Servicing Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: NewRez LLC, f/k/a New Penn Financial, LLC d/b/a Shellpoint Mortgage Servicing I. NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 2/10/2023, at 9:00 AM At the Main Entrance to the Chelan County Courthouse, located at 350 Orondo Street, Wenatchee, WA 98801 sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: LOT 4 AND THE EAST 17 1/2 FEET OF LOT 9, BLOCK 2, COLUMBIA HEIGHTS ADDITION TO WENATCHEE, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 1 OF PLATS, PAGE 97. More commonly known as: 416 WALKER AVENUE, WENATCHEE, WA 98801 Subject to that certain Deed of Trust dated 1/14/2016, recorded 1/22/2016, under instrument No. 2431555 records of CHELAN County, Washington, from DAVE E. FISHER, AN UNMARRIED MAN, as grantor(s), to PIONEER TITLE COMPANY OF WASHINGTON, as original trustee, to secure an obligation in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., AS NOMINEE FOR 360 MORTGAGE GROUP, LLC., ITS SUCCESSORS AND ASSIGNS, as original beneficiary, the beneficial interest in which was subsequently assigned to NewRez LLC d/b/a Shellpoint Mortgage Servicing, the Beneficiary, under an assignment recorded under Auditors File Number 2588717 II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$9,509.24. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$141,576.25, together with interest as provided in the Note from 1/1/2022 on, and such other costs, fees, and charges as are due under the Note, Deed of Trust, or other instrument secured, and as are provided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 2/10/2023. The defaults referred to in Paragraph III must be cured by 1/30/2023 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 1/30/2023 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashier's or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 1/30/2023 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 8/10/2022. VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS – The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You may be eligible for mediation. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: [http://www.dfi.wa.gov/consumers/homeownership/post\\_purchase\\_counselors\\_foreclosure.htm](http://www.dfi.wa.gov/consumers/homeownership/post_purchase_counselors_foreclosure.htm) The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 or National Web Site: <http://portal.hud.gov/hudportal/HUD> or for Local counseling agencies in Washington: <http://www.hud.gov/offices/hsg/sfh/hcc/fo/index.cfm?webListAction=search&searchstate=WA&filterSvc=dfc> The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site: <http://nwjustice.org/what-clear> Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. The Trustee's Sale Number is WA-22-939695-RM. Dated: 9/27/2022 Quality Loan Service Corp. of Washington, as Trustee By: Jeff Stenman, President Trustee's Address: Quality Loan Service Corp. of Washington 108 1 st Ave South, Suite 202, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-22-939695-RM Sale Line: 800-280-2832 or Login to: <http://wa.qualityloan.com> IDSPub #0181313 1/11/2023 2/1/2023

# Need relief of coughs, colds, and flu?

Flu season is in full swing. Here are my favorite products for relief of coughs, colds, and flu:

1. Delsym® for relief of cough.

Delsym® contains a single ingredient, dextromethorphan (DM), the same active ingredient as in Robitussin DM®. Unlike Robitussin, each concentrated dose of Delsym® lasts 12 hours, from morning to evening, and is nearly as effective as prescription cough medicines containing codeine. DM rarely causes drowsiness, so it is safe to use when driving a car or working around machinery.

2. Tylenol® for fever and body aches.

I prefer extra-strength 500mg acetaminophen tablets for headaches and fever instead of ibuprofen or naproxen. Acetaminophen is less irritating to your stomach, especially when chicken soup is all you feel like eating.

Taking too much Tylenol® can damage your liver. NEVER take more than the maximum recommended daily dose of acetaminophen. This amounts to 8 extra-strength tablets (4 grams) of acetaminophen daily for healthy adults. For a senior, the recommended maximum dose is 3.1 grams or 6 extra-strength Tylenol® 500mg tablets. If you have liver problems, check with your doctor whether there is a safe dose of Tylenol® for you.

3. Aleve® for body aches.

The influenza symptom that keeps people in bed or curled up on the sofa in misery is severe muscle



aches. Sometimes I wake up so sore that I must have been attacked by a ninja with their fighting sticks in my sleep.

Naproxen (Aleve®) is my go-to for muscle aches because each dose lasts 8-12 hours, twice as long as ibuprofen (Advil, Motrin-IB). I used to use ibuprofen, but I would wake up at 3:30 in the morning in discomfort when it wore off.

Anti-inflammatory medicines (NSAIDs) like naproxen and ibuprofen relieve body aches better than acetaminophen. Unfortunately, they have side effects: stomach irritation, bleeding, and kidney problems. Always drink plenty of fluids when taking any NSAID to avoid kidney damage.

People who take prescription blood thinners like Coumadin® (warfarin), Pradaxa®, Xarelto®, Eliquis®, or Plavix® (clopidogrel) need to be especially cautious. To reduce stomach irritation and the risk of developing a bleeding ulcer, you should ALWAYS take any NSAID either with a full glass of water or beverage, or with food.

4. Sudafed® for sinus and nasal congestion.

The original form of Sudafed® contains the decongestant pseudoephedrine. I prefer 30mg tablets to relieve my stuffy nose and sinus pressure. There are also

60mg tablets, both of which are only available "behind the counter." I find it's worth the hassle of showing my identification to have an effective decongestant. The Food and Drug Administration restricts phenylephrine doses to 1/3 the comparable dose of pseudoephedrine because full doses are associated with elevated blood pressure and strokes.

5. Actifed® for runny nose and sneezing.

The original Actifed® formula contained pseudoephedrine to relieve nasal congestion plus an older antihistamine called triprolidine. Triprolidine effectively dries up a runny nose and decreases sneezing without causing much drowsiness. It was a favorite remedy of surgeons who didn't want their noses to drip into their surgical masks when leaning over patients during procedures.

I have recommended this inexpensive option for years. Last week, when my husband Charlie stopped by our pharmacy to pick up some generic Actifed®, called Aprodine®, they had none. Their supplier was out and didn't know if or when it would become available again.

When Charlie asked for Aprodine® at other pharmacies in town, he got blank looks. The pharmacists had no idea what he was talking about. They insisted that Aprodine® didn't exist!

6. Mucinex Night Shift® Cold and Flu for multi-symptom relief at night.

While I prefer using

products with one ingredient to mix and match my symptoms, my husband wants something to "knock me out so I can get some rest."

He loved the original version of Nyquil®. It contained pseudoephedrine for stuffy nose and sinus pressure, acetaminophen for fever and aches, dextromethorphan for cough, the antihistamine doxylamine for runny nose, sneezing and to help him sleep, all in green or red flavors containing 25% alcohol. In 2006, pseudoephedrine was restricted, and Nyquil®'s formula was updated. They replaced the decongestant with phenylephrine and decreased the alcohol content to 10%. We kept Nyquil® Cold and Flu on hand because it didn't contain phenylephrine as a decongestant.

Some people feel "hung over" in the morning after taking Nyquil®. That's most likely due to the antihistamine doxylamine, also found in Unisom®, a popular non-prescription sleep aid.

We prefer Mucinex Night Shift® Cold and Flu because it contains triprolidine, and you can add pseudoephedrine if needed.

*Dr. Louise Achey, Doctor of Pharmacy, is a 44-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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THEME: VALENTINE'S DAY

ACROSS

- "Without further \_\_\_\_\_," pl.
- Sweet 16 gift
- Steps to the river, in India
- "Michael Buble's " \_\_\_\_\_ the Last Dance for Me"
- Bigger than big
- Nonkosher
- Big-ticket one
- October birthstone
- #5 Down's target
- Reason to celebrate Lupercalia, Valentine's Day predecessor
- Make over
- Omit
- Hexagonal fastener
- December birthstone, pl.
- Most gem, tch
- Ed.'s request
- Two dots above a letter
- Brussels org.
- Church recesses
- \_\_\_\_\_ or chicken?
- Encourage (2 words)
- What hoarders do
- He crossed the Rubicon
- Jet follower
- English county courts, in the olden days
- Gentlemen's gentlemen
- Chop off
- Paparazzo's quest
- Port in Yemen
- "Heart-shaped box content
- Range
- Top notch
- Baron Munchausen, e.g.
- Journalists and reporters
- Speed unit
- All is well that does this well

DOWN

- "Clueless" catch phrase
- "Get-together
- End of a break-up phrase
- Explosive of Czechoslovakian origin
- "Winged one
- Bank on
- Not tails
- '70s hairdo
- Sylvester, to Tweety
- Wholism, alt. sp.
- Monotonous hum
- Intestinal obstruction
- "Wayne's World" catchphrase
- Japanese port
- Necklace clasp location, pl.
- Affirmatives
- "Kisses" partners
- National emblem
- Type of weasel
- BBQ tool
- Pasturelands
- Accompanies wisdom?
- "a.k.a. St. Valentine's Malady
- "Muse of love poetry
- Large edible mushroom
- Long-legged shore bird
- Regions
- Bummed about
- Bell's invention
- Laurels
- Homesteader's measure
- Active one
- Soap block
- Hokkaido language
- Small amounts
- Formerly, formerly
- Romantic destination

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# The Washington Outdoors Report

## A bounty on water wolves

By JOHN KRUSE

From the late 1800's until the middle of the 20th century there was a bounty on wolves in the Midwest and Western United States. Both individual and government hunters used any means necessary to kill these animals, deemed a dangerous nuisance to livestock. By the time this program ended, wolves were essentially exterminated from the lower 48 states. It wasn't until 1995 when wolves were reintroduced to Yellowstone National Park that their numbers began to come back and today, we are seeing healthy populations of these animals in several states.

The relationship between humans and northern pike is a bit more complicated. These torpedo shaped fish are green in color with white spots and a white belly. They can grow to over 50 inches long and weigh over 45 pounds, though an average sized pike measures between 16 and 22 inches in length. Pike are ambush predators and feed on other fish as well as frogs and even ducklings, waiting in weeds or behind rocks and logs and then lunging forward to attack their prey. With a mouthful of long, sharp teeth they have garnered themselves the nickname, "water wolves".

Unlike the land based wolf, there was no historical dislike for these fish which are found in the northern tier of the United States as well as in Canada and Alaska. They are a sought-after catch because of their size and hard fighting ability. They also taste good though a y-bone in their body makes them more difficult to clean and fillet than walleye or trout. In the winter anglers will target these fish through the ice while in the spring they are often caught in places like Lake Coeur d' Alene fishing bait under a slip bobber. They can also be caught from

spring thru fall throughout their native range using large spoons. Casting red and white Dardevle spoons and yellow spoons with red diamonds on them (known as a Five of Diamonds) are traditional offerings.

In Washington State, northern pike are found in Long Lake, the Pend Oreille River and Lake Roosevelt, having migrated there from Lake Coeur d' Alene in Idaho and Montana's Clark Fork River. The fish are not welcome in the Evergreen State. Both the Washington Department of Fish and Wildlife as well as the Colville Tribes are extremely concerned about their impact to native populations in these waterways such as redband trout, sturgeon, burbot and kokanee salmon. Fisheries managers also want to ensure northern pike do not get into the mainstem Columbia River below Grand Coulee Dam where they could wreak havoc with native salmon and steelhead populations.

Since 2015, the Colville Tribes, Spokane Tribe and Washington Department of Fish and Wildlife have been working hard to eradicate pike from these waterways. They have had good success in reducing a burgeoning population of these fish in the Pend Oreille River and since 2015 have removed over 19,100 fish from Lake Roosevelt. The primary method the Colville Tribes use to catch these pike is with gill nets but they have found this method alone is not enough. That's why a bounty program has been introduced at Lake Roosevelt for recreational anglers.

Anglers who catch northern pike (of any size) can turn in the head of the fish at designated drop off sites around Lake Roosevelt and be paid \$10 for each fish head turned in.

Anglers can drop off their pike heads at Noisy Waters Gas Station, Kettle Falls boat launch, Hunters boat launch,



A northern pike caught in a gillnet that was attempting to eat a native burbot

COURTESY COLVILLE CONFEDERATED TRIBES.

Fort Spokane boat launch, or at the Inchelium Fish and Wildlife office. In 2022, anglers turned in 125 heads and were paid \$1,250.

In an effort to increase the number of fish caught by recreational anglers for this program, the Colville Tribes Fish and Wildlife Department has published a map showing pike hot spots around the lake. Some of these hotspots are found at the mouth of the Kettle River, near Evans, on the eastern end of the lake near Noisy Waters, and at the mouth of the Colville River south of Kettle Falls. Additional places worth fishing can be found south of Gifford and on

either side of the reservoir near Hunters.

Here are the rules if you want to participate in the Northern Pike Bounty Program:

- You must be 17 years of age or older to participate in the program.
  - Anglers must completely fill out the tag information at the designated drop off area. Fish heads must be placed in a freezer bag with the label and dropped into the freezer or brought to the Inchelium Fish and Wildlife office.
  - Fish heads must be in good condition and clearly identifiable. Unidentifiable heads will not be accepted or awarded.
  - Fish must be caught in the main stem Columbia River from Wells Dam upstream to the Canadian border, the Spokane River upstream to Little Falls, the Kettle River, or the Okanogan River.
  - There are no size restrictions on northern pike.
  - Anglers must adhere to all applicable state/tribal fishing regulations for the area in which you fish. Contact your local state or tribal agency for license requirements and current fishing regulations.
- Please allow 2 to 3 weeks to receive your reward. Additional information about the program can be found at [www.cct-fnw.com/northern-pike](http://www.cct-fnw.com/northern-pike).

John Kruse - [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americasoutdoorsradio.com](http://www.americasoutdoorsradio.com)



A female northern pike full of eggs

COURTESY COLVILLE CONFEDERATED TRIBES.

## LETTERS TO THE EDITOR

### Dear Editor,

My name is Karrie Dorothy, with all the negativity in the world, I would like share with you a positive story from Leavenworth, Washington and how this is making an impact on the lives of many people.

I work for Tierra Village, here in Leavenworth, ([www.tierravillage.org](http://www.tierravillage.org)). Tierra Village is a non-profit which supports adults with developmental disabilities. We have an Adult Family Home, Coyote House, A Day Program, TRAILS, and Employment Services.

I work in Employment Services, where we assist adults with developmental

disabilities with employment. We assist our clients through the entire process from figuring out what they would like to do, talking to business owners and managers, helping with the interview process and finally assisting them at the job site while they learn new skills.

I would like to tell you about one particular client. His name is Charles. Charles lives in an adult family home in Leavenworth and is employed at Safeway in the bakery department. Here, some of his daily tasks are panning up cookies and boxing up doughnuts, pricing and packaging. Charles is always

excited and enthusiastic in whatever he gets to do. As an employment Consultant I get to have the opportunity to help train Charles and job shadow him in the bakery at Safeway.

With Charles being employed it helps him be a part of this great community and have a sense of purpose. Charles is an enthusiastic ray of light and brings a lot of joy to customers and employees of Safeway. I've learned so much from Charles every day; to find joy and happiness in the smallest of things.

Charles was nominated Employee of the month for February 2023. It's a very

big deal to receive such a distinguished award, being as there are so many hard-working employees there. Along with Charles, Tierra Village has employed two other clients at Safeway and other areas in Leavenworth, The YMCA after school program at Alpine Lakes Elementary school and at the Recycling Center. The Leavenworth community and businesses come together to support our clients with employment and support Tierra Village.

Sincerely, **Karrie Dorothy**,  
Employment Consultant,  
Leavenworth

# Help change a student's life - Become a scholarship volunteer

SUBMITTED BY JENNIFER DODGE

Are you looking for a rewarding volunteer opportunity that will change the lives of students in our region? Become a Scholarship Review Volunteer.

The Community Foundation of NCW has over 130 scholarships, each with its unique set of criteria, to financially support students

entering college, university, and trade schools.

Each scholarship has a review committee that reads each application and together determines the final recipient. Some scholarship committees include the donor and/or their family, but by law they may not make up more than half of the committee.

We are always in need of volunteers who are willing to

spend the time and thoughtful care on determining award recipients.

The commitment:

- Must be available between March 5 - April 5, or June 5 - June 25 to review and score scholarship applications (anywhere from 10-150, depending on the scholarship) as part of a committee.
- Must be willing to read and

score applications through our online system (there will be training). This will allow you to review the scholarships from the comfort of your own home at your own pace.

- Must sign Confidentiality and Conflict of Interest Forms.

For questions, contact Julie Mott at [julie@cfncw.org](mailto:julie@cfncw.org) or 509-663-7716.

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