



Bears and more bears, yes or no?



Brown bear behind Valley Café late August

PHOTO BY ARTURO TORIBIO



Mom and baby bear on E. Leavenworth Rd.

PHOTO BY DAVID MASUDA@BUNKHOUSEPHOTOGRAPHY.COM

Part 1: To what extent is bear presence changing?

WESLEY ZHAO

Correspondent

Rich Beausoleil has been tagging, tracking, and researching bears since 1997. Beausoleil is a North American bear expert, lives close by in Wenatchee, and works for our Washington Department of Fish and Wildlife. For the last ten years Beausoleil and the WDFW have used GPS tagging and DNA sampling to acquire a more accurate understanding of bear population, population density, and activity patterns. Washington has a population of about 20,000 brown bears, and the Eastern Cascade Study Area, which includes Leavenworth, has a population density of approximately 16 bears for every 100 square kilometers (about 38 square miles). According to Rich, there have been no significant changes to either figure recently. But one source estimates the number of bears the WDFW lethally removes every year is growing. It is now close to 50 per year.

“There has been more bear activity this year than in years past,” according to Christie Voos, communications analyst for the city. Across neighborhoods, residents have also reported noticing an increase in personal encounters with bears this year. Yet others, including Marjie Ludwick, who lives near Eagle Creek Road, an area with greater forest cover and more frequent bear sightings than downtown, have noticed little or no change: “I haven’t noticed anything that makes me think this year is any different, with more or fewer bears than previous years.” Still others, including Diane Wells, who lives in the Alpensee Strasse neighborhood, have experienced a decrease. Neither the WDFW nor the City had readily available figures

on whether reporting’s or incidents have increased. But there have been at least a handful of encounters this year in more visible and dense parts of the city, likely the result of just one or maybe two bears.

On August 18th, WDFW set a trap for a bear on Blackbird Island. A bear was caught, then released. On August 20th a bear was again reported on Blackbird Island. As recent as August 24th, a bear was photographed along with strewn trash behind Valley Cafe on Commercial. Earlier the same week Madi Russ saw a bear closing up at Blewett Brewing, likely the same one. Madi’s supervisor caught the bear on video rummaging through the restaurant’s trash the week prior. Madi, her supervisor, and staff at the Valley Cafe have all worked here multiple years, but this year was their first encounter with a bear behind Commercial.

“When you look at it on a map, or you rise above it like a bird would, boy... you see how all these canyons just feed right into Leavenworth,” Beausoleil proudly told me. The modern American black bear, *Ursus americanus*, evolved in North America and has lived here ever since, 4-5 million years ago. Unlike Grizzlies, which are not native to our continent, have had no confirmed presence in our region since 1996, and are far more territorial, black bears have been Leavenworth’s friendly neighbors for as long as residents can remember. “Grizzlies are more open country, lightly timbered, whereas black bears are a forest dweller.” Leavenworth is surrounded by forest cover, vegetation, and berries. We live in “bear country,” says Beausoleil. Residents living closer to city limits along East Leavenworth Road, Icicle Road, and the Chumstick, have always frequently seen bears. Most enjoy it; Beausoleil too: “I live here because I like the size of the

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New Confluence Health PACU designed for patients, alongside staff, with an eye for the future

SUBMITTED BY ADAM MACDONALD

Corporate Communications Program Manager

WENATCHEE - Persistence and vision pay off and, for the new Confluence Health PACU, the third time was the charm.

Confluence Health recently opened its newly expanded PACU which doubles its available beds to 20 to allow for better care of patients while supporting 12 operating rooms. However, it was a long process that faced a variety of hurdles before coming to fruition at the end of August 2022.

The PACU (Post Anesthesia Care Unit) or Recovery Area is a department that closely monitors and cares for patients after surgeries and procedures. It is an extension of the operating room and is supported by surgeons, anesthesiologists, and nurses. Patients are kept there until fully recovered from anesthesia.

“An investment in the PACU is an investment in better patient outcomes,” commented Tracey Kasnic, chief nursing officer for Confluence Health. “This unit is uniquely trained to understand the needs of patients who have just come out of surgery with anesthesia, and our staff of medical professionals are able to provide the specialized care needed to allow for the best possible outcomes.”

A new PACU had been a dream for many years but had faced challenges as other projects took precedence and funding over the years. One area that had to be overcome was the design of the new facility. Staff and managers knew that they wanted this to be someplace special and to reflect the needs of those providing the care in how it was put together.

“We knew the best way to make the new PACU the most efficient and effective was to design it alongside those who knew the needs: our staff,” remarked Liz Dittbender, perioperative service director at Confluence Health and one of those directly involved with the project. “We asked our staff to imagine how things could be done better, done in a way that reflected the reality of their work. For example, the original design would have had twice as many supply areas as we ended up making. But our nurses pointed out that a supply area that reflected our 2:1 care ratio would make things more efficient. We listened, and they were right.”

The entire project was built towards efficiency and a utilization of space in the best way possible, including the construction of procedural rooms. A major improvement over

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Update on The Cascade Orchard Bridge on Icicle Road

SUBMITTED BY CHELAN COUNTY PUBLIC WORKS AND CITY OF LEAVENWORTH

Public Works Dept. said that the Cascade Orchard Bridge will be closed for a month which began on Tuesday, Sept. 6, as a contractor for Chelan County began to repair the deck of the 57-year-old bridge. During the month-long closure, a detour route is available via East Leavenworth Road. The closure is expected to last until Sept. 27, when the bridge will be opened back up to traffic. This week of Sept 7, the contractor will complete the pouring of the bridge’s new sidewalks. The sidewalks are being widened to 4 feet. During the closure, the contractor will work on repairing

the bridge deck and then pouring the new concrete overlay. Once the new bridge deck has cured, a centerline marking will be striped on the bridge deck in early October. That work will require one-lane, flagger-controlled traffic but will take only about a half a day. The full project is expected to be finished in early October.

The upcoming bridge closure will impact the Leavenworth Autumn Leaf Festival, which typically uses East Leavenworth Road as an alternate route during the grand parade at Noon. Chelan County Public Works is working with festival organizers to determine an alternative route for the

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PHOTO BY CAROL FORHAN

2022 NCW College & Career Expos - Call for exhibitors

SUBMITTED BY TAMI MCBRIDE
NCESD

North Central Washington - The Apple STEM Network and the North Central Educational Service District (NCESD), in partnership with Wenatchee Valley College, Big Bend Community College, Foundation for Youth Resiliency and Engagement (FYRE), Okanogan County Economic Alliance, Confederated Tribes of the Colville Reservation, WorkSource and SkillsSource, are proud to announce that the 2022 NCW College and Career Expos will be in person at three locations across the region:

Okanogan County Expo: Wed., Oct. 26 from 8:30 a.m. - 12:00 at Okanogan

Agri-Plex

Chelan/Douglas County Expo: Thurs., Nov. 3 from 9 a.m. - 1 p.m. at Wenatchee Valley College

Grant County Expo: Tues., Nov. 8 from 9 a.m. - 2 p.m. at Big Bend Community College

The NCW College and Career Expo events are free opportunities for North Central Washington students to explore colleges and career opportunities in just a few hours at one location. Educators and local industry professionals will introduce students to a wide variety of work experiences that engage, train and inspire future careers in high-demand fields with regional employers.

“We know that our students benefit most from early and frequent participation in high-quality career connected learning opportunities as they prepare to enter the workforce,” said Tami McBride, Career Connected Specialist at NCESD. “We are excited to be back in person this year and expand the event regionally to offer students opportunities to participate in one of three regional locations.”

Businesses, educational institutions, training programs, and student

support services are all encouraged to participate at the event as exhibitors. Exhibitors can attend any or all events. During the expo, exhibitors will need to provide a hands-on activity such as allowing students to try on gear/uniforms, displaying tools or equipment used in the workplace and/or providing real job descriptions for review. Participating students will have the ability to explore different booths and connect with exhibitors of interest.

About NCESD: Our mission is to provide leadership & quality service in advocating for innovative educational programs for the children and communities we serve.



SUBMITTED PHOTO.

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Dan’s Market



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Opinion/Community



The Whistle

BY RHONA BARON

"The Whistle," is blowing onto the pages of the Leavenworth Echo on the winds of change. Driven by COVID, new peaks in tourism, shifting demographics, skyrocketing real estate values and the City's choices as it looks to the future, our

community is being reshaped before our eyes.

Change can be good. But change always comes at a price. This column is about that price. It's a price we are beginning to feel in real time as new codes and strategies are implemented by Leavenworth's paid administrators, elected officials and appointed planning commissioners.

Having listed these folks, most of whom I voted for and/or have been friends with for decades, does not make me happy. However, I've also been blown to these pages to provide a place for the voices of the community to be heard and respected. There are

many issues to explore but let's begin here.

For the past nine months or so, I've been engaging on an issue that is crucial to most of us, namely our neighborhoods and the changes occurring under the City's Housing Action Plan which is part of the City's Comprehensive Plan for growth.

What I've encountered and observed has convinced me that common sense and caring citizens of our town are coming in last while developers, planning commissioners and (unsupported) lofty ideals are sucking the oxygen from true community collaboration. It's taken

my breath away to witness good citizens with deeply reasoned and reasonable thoughts discounted by City administrators and elected officials. Or maybe worse, dealt pat phrases like "thank you for caring" after being ignored on key issues for many months.

Seeking to add respect and a little balance to the conversation about the future of our neighborhoods, I'm working with a group of knowledgeable folks who will provide content in the upcoming weeks as we dig into housing topics like density, water availability, infrastructure, aesthetics,

out of town ownership, and affordability. Today, join me in simply stepping back to look at three properties currently under development. In our opinion, these properties exemplify the City's approach to planning for growth.

Each property takes advantage of codes, some ratified in the past year, to compress development in neighborhoods- despite complaints from neighbors. All of these properties are built on what is called a "Zero Lot Line" meaning any portion of one or more of the building's walls or foundation rests directly on a lot line. Some use

what's called "Administrative Deviations."

Find a simple map and additional info for 243 Prospect, 117/121 Stafford and 728/730 Cedar properties on our website: LWhistle.com. Drive, walk or bike by to view.

Every week we'll also have surveys for your response. We're committed to making surveys as clear as possible to transparently share community opinions and ideas. Survey results will be published in upcoming weeks. Find it all here in the Echo (much thanks to Publisher Carol Forhan) and at LWhistle.com. Or just whistle. We'll hear you!

Free community wood chipping



SUBMITTED BY CC FIRE DIST. #3 AND THE CITY OF LEAVENWORTH

Sign up today for Leavenworth Community Chipping Program, September 17 - 27. This is a free service for residents in Chelan County Fire District 3 boundaries. Email your name, address, and phone number to info@chelanfd3.org.

Acceptable limb piles will meet the following restrictions:

- Woody limbs and branches up to 12" in diameter
- Piles must be easily accessed by truck pulling chipper as close to roadway or driveway as possible, approximately 5 - 10 feet
- Limit pile size to 5 feet tall
- Must be stacked in piles so that cut ends are facing the road
- If access is poor, chipping may be denied, or we may ask you to make it more accessible

Not acceptable piles include:

- Construction or building materials
- Trash, weeds, vines, flower stems and other trimmings
- Root balls, stumps, dirt, and rocks
- Grass clippings or leaves
- Pine needles or pinecones
- Woody material with nails or wire

The City of Leavenworth provides yard waste pick up service to city residents twice a year, once in the spring and fall. You can bag your chipped debris into paper lawn yard waste bags to be picked up. Check the City of Leavenworth website for announcement of these dates at cityofleavenworth.com.

Link suspends two Leavenworth routes

SUBMITTED BY ERIC WEST

Marketing and Communications Coordinator, Link Transit

Due to staffing shortages, Link Transit service on Routes 32 and 34 in Leavenworth were suspended effective Monday, September 12. This service has been in operation since early

July 2022 and operated Friday, Saturday and Sunday. "We are disappointed in the sudden need to suspend this new service to the Leavenworth area, but with our severe shortage of coach operators, we simply do not have enough folks to keep all of our services operating," said Cristina Barone, Link's Planning and

Development manager. "Our hope is that we can recruit and train more operators so we can resume this service in the near future". Route 32 serves Sleeping Lady Resort and Route 34 serves Leavenworth Ski Hill.

The Leavenworth DART*, a general public dial-a-ride service, is currently available

to anyone traveling in the greater Leavenworth area, regardless of trip purpose, origin or destination (some limitations apply). And DART is zero-fare for all riders.

To learn more about Leavenworth DART, please visit www.linktransit.com/leavenworthDART or contact us at 509-662-1155.

Also, beginning Monday, October 3, same-day reservations will be available Monday-Friday for Leavenworth DART service for those booking their trips using the Mobility by Ecolane app. Trips before 7:30 a.m. or after 4:30 p.m. and weekend trips require reservations made at least one day prior to travel.

White River and Irving Peak Fire Update - September 10

Plain, WA - Lightning started the White River and Irving Peak Fires on August 11. The fires are burning on the Okanogan-Wenatchee National Forest, northwest of Plain, WA.

Suppression Strategy - Fire managers continue to implement a long-term strategy to manage these fires, including the use of primary and contingency perimeter lines for containment. Tactics include completion and reinforcement of fire lines using roads and constructed hand line.

Current Situation - Fire behavior on Friday was similar to what has been occurring for the last few days, but winds out of the east/northeast late Friday had the fire pushing back into areas already burned. Today, fire behavior will continue to be active as breezy winds occur. Fire behavior is expected to diminish on Sunday as cooler temperatures, higher relative humidity, as winds shift from a west/northwesterly direction. There is an increased chance of precipitation next week. As temperatures cool over the next few weeks, smoke may be visible as interior fuels continue to smolder and burn out.

Today, crews will continue

structure protection work on Windmill Lane southeast of the White River Fire and assess conditions to support aviation operations on the four fires the Type 3 team is now managing which include the White River, Irving Peak, Meander, and Minnow Ridge fires. Meander Fire is 6 acres and has minimal fire activity, mostly wispy smoke.

The new 100+ acre Minnow Ridge Fire is burning in steep, inaccessible terrain near Chikamin Ridge 14 miles north of Plain, WA. The fire was very active late into the evening Friday. Fire resources will be doing preparation/protection work around structures in the Chiwawa River area. Plans are to utilize firelines from previous fires that have occurred in this area. Due to the proximity of this fire, a number of trails in the Chikamin Ridge area will be closed later today. The cause is undetermined.

White River Fire - Acres: 2,577; 1% contained; Location: Sears Creek area of the White River drainage, approximately 14 miles NW of Plain, WA.

The fire footprint remains within the control lines and geographic features being utilized as containment lines. Firefighters continue

to establish an anchor point, monitor activity, and maintain structure protection along Sears Creek Road and Windmill Lane.

Irving Peak Fire - Acres: 3,226; 7% contained; Location: Approximately 16 miles NW of Plain, WA

The Irving Peak Fire saw some growth over the last few days. Firefighters continue work along roads and containment lines and monitor fire behavior and spread utilizing ground and aerial resources.

Weather - A Red Flag Warning is in effect, Saturday, September 10, with potential for rapid fire spread in the east central Cascades; 5-15 mph winds, with gusts to 25 mph, out of the east are forecast. Minimum relative humidity in the teens to low 20s can be expected.

Air Quality and Smoke - Current information about air quality and health recommendations during smoky conditions is available on the Washington Smoke Blog <https://wasmoke.blogspot.com/>

Closures - An emergency closure issued by the Okanogan-Wenatchee National Forest remains in place and can be viewed here: www.fs.usda.gov/alerts/okawen/

alerts-notices. Fire managers are asking people to please respect these closures while recreating in the area. The PCT remains open and not directly impacted by the fires, but the Little Wenatchee Ford and White River Trailheads cannot be used to access the PCT.

Restrictions - Campfires are not allowed anywhere within the Okanogan-Wenatchee National Forest. Stage 2 Restrictions are now in effect for the entire forest, including campgrounds and wilderness areas: www.fs.usda.gov/detail/okawen/alerts-notices/?cid=fsbdev3_053600.

Evacuations - Current Chelan County evacuation levels include a Level 2 evacuation (Be Prepared) for Sears Creek Road and Level 1 (Stay Alert) for White River Road and Little Wenatchee Road. www.co.chelan.wa.us/emergency-management/pages/active-emergencies

Fire Information - The White River Fire Information phone line has transitioned to the Okanogan-Wenatchee National Forest Fire Info Phone Line: 505-557-0973 | Online: <https://inciweb.nwcg.gov/incident/8329/> and www.facebook.com/WhiteRiverFireInfo



Smoke and flames from the 100-acre Minnow Ridge Fire located 14 miles north of Plain, WA, on September 9, 2022.

Cashmere Museum passes available at libraries

SUBMITTED BY MICHELLE MCNIEL

Public relations specialist

NCW Libraries is now offering family passes to the Cashmere Museum & Pioneer Village for checkout.

The museum passes can be reserved and checked out from the Cashmere, Leavenworth, Peshastin, Wenatchee and East

Wenatchee libraries. They are available for a two-week checkout period and grant free entry to two adults and all children who accompany them.

Reserve a Cashmere Museum pass online or inquire in person at one of the participating libraries.

The Cashmere Museum

opened in 1959, showcasing a large collection of Native American artifacts, historical relics, antiques, and curios. In 2007, a collection of ancient art and artifacts, sourced from archaeological sites along the mid-Columbia River, was donated to the museum.

The accompanying Pioneer Village opened in 1967 and

features 20 original, historic structures furnished with antiques from the late 19th and early 20th century — including a one-room schoolhouse originally located in nearby Brender Canyon — as well as a restored Great Northern Railway caboose.

The museum passes are part of NCW Libraries' Library of

Things, which features an array of nontraditional library items such as nature backpacks, telescopes, blood pressure monitor kits, snowshoes, Washington State Discover Passes, and WiFi hotspots. For additional information: www.ncwlibraries.org or Reserve a Cashmere Museum Pass or Library of Things or Cashmere Museum & Pioneer Village (509) 663-1117 ext. 147 or (509) 679-8002.

Bears

CONTINUED FROM PAGE A1

communities and the natural setting."

At the same time, Beausoleil recognizes Leavenworth needs to improve its relationship with bears. Nearly every time he and his WDFW colleagues discuss cities needing improvement on human-wildlife conflict and education, "Leavenworth is one of the first places we talk about."

Black bears are more similar to humans than most people expect. Though it has been known bears are smarter than

dogs, more recent studies suggest some of their cognitive abilities, including their ability to count and form complex associative memories, may prove they have an intellect closer to primates. Like us, bear mothers are protective of their cubs, their average litter size is two, and when cubs emerge from the den, they usually weigh around five pounds. Also like us, black bears are tolerant of most, but not all, humans. Beausoleil draws three other similarities. One, all bears are unique individuals with unique personalities, "You cannot paint their behavior

with a brush." Two, they love living here for similar reasons we love living here, "Look at all the berries we can pick." And three, they love high-calorie junk food, "[They] are no different than you or I on a busy day, hitting the drive-through for a quick bite."

To understand a bear's attraction to Leavenworth, you might imagine what you would do if you found yourself starving, mid-elevation, in our Cascade Range, as the snow is beginning to melt in April. Fresh green vegetation will be most immediately available to you. So, you eat

it. As snow continues to melt, more nutritious greens will sprout, and you might follow the growth up the mountain. Eventually, you will reach a high enough elevation where the snow has yet to melt and available vegetation declines. So, you head downslope to look for food. By now, it may be deep into spring, and during most years, you will find berries aplenty. But what if one year the berries are lacking? Or, by chance, you catch a pungent waft of leftover heirloom tomatoes, Tillamook cheddar, or schnitzel emanating from a delicious bag of garbage. To

survive the winter months, bears need to consume about 5,000 calories a day, and up to 20,000 just before hibernation. A pound of huckleberries might be about 160 calories. A pound of ground beef is around 1,600; a pound of bird seed is 2,600; and a large cheese pizza is nearly 3,000 calories. Why spend 20 hours scavenging for berries, when you could spend 20 minutes tossing garbage cans and bird feeders. Like us, bears can and will remember where they found good food, and what was associated with it (garbage bins, homes, times of day and week). And just like

us, especially when resource-constrained, they easily get hooked on junk food.

When asked about bears in the Cashmere area, it was noted that in Cashmere there is definitely less activity than Leavenworth because the bear habitat is not 360 degrees around town (Bear habitat is only 1/3 of it). Also, there are large orchards along the edge of the habitat so there is no need for the bears to go past apples to get into town as they have an easier food resource. See Part 2 Bears: What should residents expect and do? in next week's issue.

Check the weathercams on the web before traveling over the mountain passes!

Find these links on our Web sites

www.leavenworthecho.com
www.cashmerevalleyrecord.com



COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

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

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

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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.
Leavenworth Rotary Club, Zoom meetings, Noon. For more information email, President, Mike Worden, 509-470-4610
Alpine Water District: District meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.

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 Zoom 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.)
Leavenworth Farmers Market, Thursdays, 4-7 p.m., at the Cascade School District offices. 330 Evans St. Info@cascademarkets.org

Friday

Veteran Service Office: For information contact Tony Sandoval, 509-664-6801 or email: Tony.Sandoval@co.chelan.wa.us

Saturday

Old favorites music at the Leavenworth Senior Center, 423 Evans St. No cover charge, 1-3 p.m. Call Steve, 509-548-7048. (2nd and 4th Saturdays).

Monday

Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30-8:00 p.m. Call Terri 509-393-8271 for more information.
Leavenworth Mosquito District board meeting 7 p.m., via ZOOM link posted at LeavenworthMosquitoControl.org or call 509-548-5904 (1st and 3rd Mondays).
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 at Red Lion, 1225 N. Wenatchee Ave. Please, RSVP if you want to have lunch. Cost for lunch is \$18; Cost for meeting with beverage and dessert only \$8 (no outside food please). 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 Jantzer, 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.)

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., 10:00-2:00. Closed Sun. and Mon.

Other events

The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is open Daily 11 a.m.- 4 p.m. Please check our Facebook page or our website at 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.

MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

AA Meetings:

Call for the Zoom link to Leavenworth AA meetings: 541-480-8946
Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939
509-548-1627, 548-4522, 664-6469, 206-719-3379
Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.
Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.
Alanon Meetings, call 509-548-7939
Monday, 7 p.m., United Methodist Church, 418 Evans St.
Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509- 596-1510.

Leavenworth

Leavenworth Rotary Fundraiser

Join us for the Duck Race on the river Saturday, September 17, Duck drop 1 p.m. at Blackbird Island Bridge, West Bridge release and East Bridge catch them.

\$10 each to win cash prizes of \$500 and \$250. Adopt 10 ducks and you will be entered in a drawing for \$100. Thank you for your support, proceeds will go to local community projects. Go to Leavenworthrotaryduckrace.org

Seth Garrido & The Long Relief

Concert in the Meadow on Saturday, September 19, 7 p.m. Tickets \$10, Bring a chair or blanket and enjoy music in the meadow with the local band.

Cascade Community Market

The Leavenworth Farmers Market is on Thursdays, 4-7 p.m. 330 Evans St.

Look for berries and veggies in season. Stick around after the market for movie screenings at

7 p.m. Bring snacks or grab some fruit from the vendors, we've got blankets. Visit us at cascademarkets.org for updates, weekly live music listings, rotating booths, and movie selections.

Leavenworth Lions Club Breakfasts in the Park

Enjoy a hearty all-you-can-eat breakfast of pancakes, eggs, and sausage. Satisfy your appetite and support your community at the same time. The proceeds support community vision, hearing and diabetes needs and so much more. Breakfasts will be held on 2nd and 4th Saturdays in September at Lions Club Park. Ages 10+ \$9, ages 4-9 \$4 and free to ages 3 and under and active military personnel with ID.

Red Barn Events

Wenatchee River Institute's (WRI) Red Barn Events begins in September and runs through May 2023. Join in for an evening of enlightening speakers, discussions, stories and more. Red Barn Events occur during the week from

7-8 p.m. with doors opening at 6:30 p.m. for a community social. You also have the option to attend by livestreaming via Zoom. Wednesday, September 28, WRI and A Book for All Seasons welcome award-winning journalist and nature photographer, Timothy Connor to discuss his book, Beautiful Wounds. Learn about the rugged beauty and diverse natural features of the Channeled Scablands of eastern Washington.

Admission is by donation and helps Red Barn Events continue to grow with help from local business sponsors. Visit the website for more details: <https://wenatcheeriverinstitute.org/>. Contact: Rande Zerber rzerger@wenatcheeriverinstitute.org, 509-548-0181 ext. 7.

Cashmere

Cashmere Farmers Market

The Cashmere Farmers Market is on Sundays from 9 a.m. - 1 p.m. 600 Cotlets Way with vendors and live music. Visit us at cascademarkets.org for updates, weekly live music listings, rotating booths, and movie selections.



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.

Sept. 2

05:25 Noise Complaint, 111 Turkey Point Ln.
12:05 Unknown-injury Accident, Chumstick Hwy. MP 2
12:06 Theft, 10447 Titus Rd.
12:54 Property, 932 Front St., Starbucks
13:45 Non-injury Accident, Chiwawa Loop Rd. and Chiwawa Ct.
13:50 Disturbance, 330 Prospect St.
13:54 Theft, 9860 Blewett Cutoff Rd., Peshastin
14:00 Fraud/ Forgery, 330 Prospect St.
15:01 Civil Dispute, 17336 Chumstick Hwy.
16:03 Suspicious Circumstance, US Hwy. 97 and Log Bridge Rd.
16:28 Agency Assist, US Hwy. 2 MP 78, Lake Wenatchee
18:18 911-call, 220 9th St., Obertal Mall
19:09 Disturbance, 922 Commercial St., Obertal Inn

Sept. 3

00:31 Disturbance, 922 Commercial St., Obertal Inn
03:21 Public Assist, 16413 Cedar Brae Rd., Lake Wenatchee
03:33 Theft, 308 Zelt Strasse, Pine Village KOA
08:44 Suspicious Circumstance, 143 Amas Pl., Peshastin
10:02 Noise Complaint, 19380 Evergreen Ave., Lake Wenatchee
11:31 Trespassing, 1250 US Hwy. 2, McDonald's
11:44 Suspicious Circumstance, 10788 US Hwy. 2, Peshastin
13:30 Marine, Lake Wenatchee State Park boat launch, Lake Wenatchee
14:39 Weapons Violation, Beehive Reservoir boat launch
16:59 Weapons Violation, SR 207 MP 1 area, Lake Wenatchee
17:13 Animal Problem, Commercial and 10th Streets
17:25 Public Assist, Snow Lakes trailhead
18:02 Animal Problem, 820 Front St., Gazebo Park
18:13 Suspicious Circumstance,

Icicle Rd. MP 10
18:40 Disturbance, 820 Front St., Gazebo Park
18:45 Suspicious Circumstance, 116 River Bend Dr., Safeway
19:24 Attempt to Locate/ Contract, Eight Mile Lake trailhead
20:41 Domestic Disturbance, 917 Commercial St.
22:20 Welfare Check, 100 Ward Strasse

Sept. 4

07:15 Welfare Check, 25307 Saddle St., Plain
09:20 Domestic Disturbance, 100 Ward Strasse
11:28 Weapons Violation, 127 Shales Ln., Lake Wenatchee
12:18 Non-injury Accident, US Hwy. 2, and River Bend Dr.
13:42 Property, 1010 Main St., Barn Beach
14:43 Property, US Hwy. 2, and E. Leavenworth Rd.
17:56 Animal Problem, 817 Commercial St.

Sept. 5

02:31 Miscellaneous, US Hwy. 2 MP 103, Peshastin
09:40 Non-injury Accident, 1329 US Hwy. 2, Dan's Food Market
15:23 Search and Rescue, Lake Valhalla, Lake Wenatchee
16:40 Non-injury Accident, Ranger Rd., and Ski Hill Dr.
17:41 Animal Problem, 800 block Commercial St.
18:04 Drugs, 913 Front St., South
21:59 Harassment/ Threat, 10788 US Hwy. 2, Peshastin

Sept. 6

05:57 Civil Dispute, 3290 Hansel Ln., Peshastin
10:46 Suspicious Circumstance, 8333 River View Rd., Peshastin
11:05 CPS/ APS Referral, 263 Mine St.
11:47 Harassment/ Threat, 9966 Lee St., Peshastin
14:18 911-call, 18130 Sunland Dr., Lake Wenatchee
14:45 Littering, 5821 Icicle Rd.
14:52 Non-injury Accident, 1000 block Commercial St.
15:47 Property, Colchuck Lake trail

18:49 Traffic Offense, US Hwy. 2, and Front St.
19:11 Assault, 920 Front St., Wok About Grill
19:52 911-call, 405 US Hwy. 2, Howard Johnson
21:58 Public Assist, Snow Lakes trailhead
22:06 Noise Complaint, 19360 Evergreen Ave., Lake Wenatchee

Sept. 7

08:37 Property, Blackbird Island Rd., 590 US Hwy. 2, Enzart Motor Inn
11:14 Animal Problem, 24610 Spur St., Plain
12:41 Fraud/ Forgery, 9539 E. Leavenworth Rd.
13:57 Attempt to Locate/ Contact, 10190 Chumstick Hwy.
14:15 Vehicle Prowl, 990 US Hwy. 2 Park and Ride
14:16 Assist Public, 24608 Spur St., Plain
14:20 Sex Offense, 10195 Titus Rd., Icicle River Middle School
15:42 Unknown-injury Accident, 18100 block Chumstick Hwy.
16:13 Trespassing, White River Rd. area, Lake Wenatchee
18:12 Alarm, 23336 Lake Wenatchee Hwy., Lake Wenatchee
19:09 Hazard, 7700 block Roller Coaster Rd., Peshastin
20:14 Hazard, Chumstick Hwy. MP 10 area
20:28 Non-injury Accident, 11007 US Hwy. 2, Prey's Fruit Barn
22:47 Attempt to Locate/ Contact, Colchuck Lake trail

Sept. 8

07:36 Agency Assist, 14805 Chumstick Hwy.
08:22 Theft, 221 8th St., Ducks and Drakes
08:50 Welfare Check, 263 Mine St.
13:44 Trespassing, 8624 Larson Rd., Peshastin
15:39 Trespassing, 15915 Cedar Brae Rd., Lake Wenatchee
15:41 Drugs, 829 Front St., Andreas Keller
19:32 Traffic Offense, Chumstick Hwy. and Laird Rd.

Confluence Health

CONTINUED FROM PAGE A1

the previous PACU, these new rooms can serve as a location for minor procedures that in the past would have tied up an operating room, despite being procedures that didn't really need a full operating room.

"This flexibility and forethought will allow us to free up that real estate for the more complex procedures, benefiting patients, providers, and the whole community," continued Kasnic.

This forward-thinking also led to the installation of an economizer during the PACU remodel. A component of a building's HVAC system, an economizer helps conserve energy by constantly checking

humidity, temperature, and more to be as efficient as possible, such as not running as many air exchanges when an area is not in use. While often used to keep utility bills low, these systems also help keep a building green. In an area with low utility costs, the inclusion of the economizer demonstrated Confluence Health's commitment to the environment and keeping an eye to the future.

"I think it is an incredible thing that speaks to the vision for the future and a heart for sustainability," said Dittbrenner. "Being green mattered enough to us that we followed it through despite already low utility costs because it was the right thing for our community and patients and will serve us well

far into the future."

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

Q Can I get a COVID-19 and flu vaccine simultaneously?

Yes, with two exceptions. The nasal spray vaccine Flumist® contains live virus, so you should wait 2 weeks between getting COVID and Flumist® vaccinations.

Getting a flu shot helps protect you from some of the severe effects of COVID-19 infection, like stroke, blood clots, and severe infections.

It is unknown if there are any increased side effects when getting 2 vaccines with adjuvants simultaneously, like Fludax® and Shingrix, the newer shingles vaccine.

Q: When is the best time to get a flu shot?

The CDC recommends that everyone 6 months and older get vaccinated by the end of October. However, you can get vaccinated at any time during the flu season.

Young children aged 6 months through 8 years getting the flu vaccine for the first time should get 2 doses. The first dose should be given as soon as the vaccine is available, and the second one 4 weeks later.

Q: How long does it take to be protected against

the flu after getting vaccinated?

It takes about 2 weeks for a flu shot to become fully effective.

Q: Will a flu shot last you the entire flu season?

Your best protection from the influenza vaccine lasts for about 6 months and decreases to 50% by 12 months. If you are young and healthy, one vaccination provides protection for the entire flu season.

As we age, we get a less powerful response to vaccines. There are 2 flu vaccines approved by the Food and Drug Administration (FDA) designed to boost their effectiveness in seniors.

Q: Why do we need yearly vaccinations against influenza?

The influenza virus frequently mutates, making your antibodies against influenza less effective.

As the influenza virus reproduces itself, it occasionally makes mistakes. Sometimes the influenza virus will combine with another flu strain, creating a new one.

If that new strain is more successful at causing infection than a previous one, it will eventually replace it. If the new strain changes enough, we become more susceptible to it. It will be considered for inclusion in the next flu vaccine.

Q: Is this year's flu vaccine the same as last year's?

No. Most human influenza is caused by one of two main types, an A strain or a B strain. Influenza A strains are associated with pandemics and cause more severe symptoms and deaths than B strains.

The World Health Organization (WHO) keeps track of influenza patterns worldwide with facilities in Tokyo, Beijing, Melbourne, London, and Atlanta. They meet each February to decide on the 4 strains best suited for the next influenza vaccine, choosing two A and two B strains.

All of the influenza vaccines available in the United States are quadrivalent, with two "A"

strains and two "B" strains.

Last year's flu vaccine replaced one A strain. This year's vaccine formulation has 2 updates: one A strain and one B strain are new.

Q: My pharmacy is advertising the "high dose" flu shot. Should I get that one instead of the regular formula?

Older adults have weaker immune systems and may get only half of the protection of influenza vaccines compared to younger people.

The FDA approved two influenza vaccine formulations designed for people 65 years and older to combat this. One is a "high dose" vaccine containing 4 times the concentration in standard formulations.

The other formulation contains MF59, an additive called an Adjuvant. Adjuvants are compounds added to vaccines to trigger a more robust immune response.

One trial showed these enhanced formulas boosted effectiveness by 24% compared to a standard influenza

CELEBRATION OF LIFE
Ray B. Fichtner
Celebration of Life for Ray B. Fichtner will be on Sunday, September 25, 2022, 11 a.m. First Baptist Church, 429 Evans St., Leavenworth, WA.



Ask...
Dr. Louise
Pregnancy causes changes in your immune system and other organs in the body, making you more likely to suffer severe illnesses from having influenza. Vaccination against flu can reduce the risk of a pregnant woman hospitalized with flu by about 40 percent.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the 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. ©2022 Louise Achey

vaccine formulation.

Recent evidence shows that older adults getting an over 65 flu vaccine formula get better protection than a standard influenza vaccine. Are you over 65 years of age? If you are, the Center for Disease Control and Prevention (CDC) recommends you get vaccinated with one of the flu vaccines designed for adults over 65.

Q: What about the "nose spray" flu vaccine?

FluMist® Quadrivalent is a nasal influenza vaccine approved for people from 2 to 49 years old. FluMist® contains a live influenza virus and should be AVOIDED by pregnant women, people taking immunosuppressant medication, and anyone taking an antiviral drug within the previous 48 hours.

Q: What if you are pregnant?

A Charm Walk and a charming cause

By MARLENE FARRELL

Cascade Medical Foundation (CMF) is well-known for its long-standing and well attended fundraisers, the Cascade Golf Classic and the Home and Garden Tour. However, the energetic board members don't rest there; they're always looking for more ways to engage

the local community and visitors alike with a fun event that raises money for Cascade Medical, a rural critical access public hospital.

So, mark your calendars if you like treasure hunts, a bit of bling or both! On Saturday, September 24 for one day only, CMF is hosting the third annual Charm Walk. It was on

hiatus during COVID, but now it's back.

And back in style, because when board members walked around town looking for interested shop owners to get on board, they were blown away with the enthusiasm of 22 stores!

This means, when you and your friends participate for

\$20 each, you pick up your bracelet and a handy map at the CMF booth downtown near the gazebo, and then you go off in search of treasure. Each shop has one charm to pick up, and while you're there, you'll be charmed by the other fun wares.

With 22 charms, you might run out of room for them all on

your bracelet, but you'll enjoy exploring the best of downtown Leavenworth shops and adding the charms one by one.

Thanks to amazing community support, CMF just finished a hugely successful campaign to purchase cardiac monitors, e-bikes for the EMS crew to reach those injured on trails, and AEDs that have been placed in many community locations. The Charm Walk will kick off the next campaign for Cascade Medical's top capital

and programmatic needs.

The Charm Walk, by luck, is on the same day as the Autumn Leaf Parade. So, grab a friend or two, sign up for the Charm Walk and add purpose to your meanderings downtown before and after the parade. CMF would like to thank all the fabulous Charm Walk business partners. Cost: \$20 per person, purchased the day of or ahead of time, online at: www.cascademedicalfoundation.org/fundraisers/charm-walk.

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

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UPPER VALLEY CHURCH GUIDE

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

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

CASHMERE

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

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

CASHMERE UNITED METHODIST CHURCH
213 S. Division • 509-782-3811
In-person Service, Sunday, 11 a.m. until further notice.
Pastor Lilia Felicitas-Malana

CHRIST CENTER
Sunday Worship Service at 10 am
5800 Kimber Rd., Cashmere
509-782-2825
christcentercashmere.com

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

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

DRYDEN

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

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

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
Office: 509-548-4331
11025 Chumstick Hwy.
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10:30 a.m., Worship Service

CORNERSTONE BIBLE CHURCH
Leavenworth Grange Hall
621 Front St. • 251-635-3435
Sunday Worship 10 a.m.

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

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

MONITOR

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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street • 509-548-7517
Sunday Worship 10 a.m. • Pastor John Romine
www.lightinthevalley.org

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

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

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

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

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

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

Community

Sports Schedule

GIRLS' SOCCER	
Sept. 15:	Cascade vs. East Valley, Away 6:00 p.m.
Sept. 17:	Cascade vs. Liberty Bell, Away 11:00 a.m.
Sept. 20:	Cascade vs. Zillah, Home 6:00 p.m.
VOLLEYBALL	
Sept. 14:	Cascade vs. Okanogan, Home 6:30 p.m.
Sept. 20:	Cascade vs. Zillah, Home 6:30 p.m.
FOOTBALL	
Sept. 16:	Cascade vs. Brewster, Away 7:00 p.m.
CROSS COUNTRY	
Sept. 17:	At South Widbey, Away 9:45 a.m.

Scoreboard

GIRLS' SOCCER	
Sept. 3:	Cascade 0, Ephrata 6; Loss
Sept. 6:	Cascade 0, Selah 3; Loss
Sept. 8:	Cascade 6, Cle Elum-Roslyn 2; Win
VOLLEYBALL	
Sept. 6:	Cascade 3, Ephrata 0; Win
FOOTBALL	
Sept. 1:	Cascade 39, Naches 21; Win
Sept. 9:	Cascade 42, Tonasket 8; Win

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The Dwelling Place celebrates 20 years and looks ahead



PHOTO BY CAROL FORHAN
Founder, Kathy Bangsund speaks to the crowd who came to support The Dwelling Place fundraiser along with the Five Amigos, Matt, Christopher, Eric, Chris, and Alex



Marlene Farrell
Correspondent

On August 28th, about 120 people gathered for an ice cream social at The Dwelling Place, a nonprofit home for five men with developmental disabilities. The ice cream was good—three delicious offerings from Whistlepunk, but that was only one reason all these folks were here.

This was a momentous celebration, as founder, Kathy Bangsund, explained, “The Dwelling Place specializes in birthdays, and today [the nonprofit] is 20 years old!” Bangsund and her husband, John, created The Dwelling Place in 2002 as an adult family home to provide lifelong care for their son, Matt, and other men like him. The five current residents, the “Five Amigos,” are beloved amongst themselves, their friends, and supporters, and are known all

over town via their jobs and activities.

Everyone was also celebrating the return of the ice cream social after a five-year hiatus, due to John Bangsund’s illness and passing, followed by COVID.

Before dessert, a few speakers addressed the gathering. State Representative for the 12th District, Keith Goehner, said that The Dwelling Place is a family, different from other facilities, and that the state of Washington cannot easily understand the difference, how this home is such a great model. These men lead fulfilled and supported lives and have a positive impact on the community.

At their places of work, church and other points of contact, the Five Amigos enrich the lives around them and spread joy.

When supporter Nick Runions spoke, he asked the audience to consider their own homes, how a home needs care and upkeep and has monthly expenses. The Dwelling Place needs a new roof and an updated vehicle, and there are regular expenses such as food, transportation, yard

maintenance, and the electric bill. The Dwelling Place is also a business with credentialed employees. Kathy Bangsund is retiring to become “Matt’s mom,” so staffing needs to increase.

Donors have been and continue to be critical to the sustainability of The Dwelling Place. It receives funding from the State at the Medicaid rate, which covers only half of the needed funds per month. The Five Amigos are in their 30’s and 40’s, and their core donors are aging.

With a small and nimble staff and strategically minded board, The Dwelling Place is seeking support and connection with more community members.

Those interested in donating can make one time or monthly donations (which helps build a reliable monthly budget) via the website, www.dwellingplaceleavenworth.org/donate.

Bangsund and Executive Director Amy Smith both said that the doors are open, and The Dwelling Place loves visitors, who are welcome to join in a game of “Lucky Hat” Uno. Volunteers are greatly appreciated to help with needs

that vary from tasks such as wood chopping or snow shoveling to helping put on fundraising events.

Smith has been in her recently created position for a year, after previously serving as the bookkeeper, and has a background as a paraprofessional. Bangsund said Smith was ideal for the ED job because, “She knows [The Dwelling Place] top to bottom.”

For her part, Smith said she loves her job, and is proud to help take care of “our little corner of society,” along with the other staff, who are, as she said, “unbelievable.” Staffing must occur 24/7 to oversee the residence.

The ice cream social was held on the verdant back lawn of The Dwelling Place. Smith and Bangsund were grateful for the large show of support, which was evident in the numbers of people chatting with the Five Amigos, Matt, Christopher, Eric, Chris, and Alex, while enjoying the area’s finest ice cream and filling a basket with donation envelopes.

“We are overwhelmed by the generosity shown to us through our community,” said Smith.

October is Breast Cancer Awareness Month

Are you a survivor? From 1 day to many years

On Oct. 5 we will publish our feature page of survivors, in our Breast Cancer Awareness Special Section, to help encourage the newly diagnosed.

There is life after cancer.

For additional information please contact Carol at 548-5286, ext. 1004 or carol@leavenworthecho.com

To be included on the feature pages, fill out the form below or pick one up at the Echo office. Mail your form or drop it off by **Wed, Sept. 28**

THE LEAVENWORTH ECHO & CASHMERE VALLEY RECORD
215 14th Street - PO Box 39 • Leavenworth, WA. 98826

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EMAIL: _____
DAYS, MONTHS, YEARS AS A SURVIVOR: _____
OCCUPATION: _____

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Administrative

Puzzle Solution

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Announcements

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

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

Deadline Noon on Friday for the next week's papers

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

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

Employment

Help Wanted

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following positions:

Alpine Lakes Elementary School
American Sign Language Para Educator and Title 1 Para Educator

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

Help Wanted

NCW Media Newspapers is looking for a Part to full-time reporter to join their team. This would be an amazing opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume.

This job is based in Leavenworth, WA. Applicants would be covering Leavenworth and the surrounding area for the Leavenworth Echo and Cashmere Valley Record each week, and for the Wenatchee Business Journal that is published monthly. Responsibilities would include:

Writing about local events. Photographing sporting events for the local schools. Uploading content once a week to the web.

For the Wenatchee Business Journal: Compiling a list of new businesses/bankruptcies and property listings each month. Keeping up with people, interviewing local businesses and community members and other assigned duties. Candidate would need to have reliable transportation. Pay will be based on experience. Email your resume and writing examples to publisher@leavenworthecho.com or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

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Horticulturist sought for Northwest Contract Research, LLC. Position based in Pateros, WA. Position requires limited regional travel to sites throughout Okanogan, Grant, Chelan and Douglas Counties. Send resume ASAP to: Stephen Cockfield, Northwest Contract Research LLC, at PO Box 1461, Brewster, WA 98812 or email resume to: sdcockfield@gmail.com

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548-5286 or 782-3781

YOU WILL Call Now! Call Now! Call Now! Call Now! Call Now! Call Now!

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Bus Driver/Operator - Full Time Organization: Okanogan County Transit Authority (TranGO)

TranGO IS HIRING DRIVERS; Full-time (36+ hours per week) positions available now; hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to financehr@okanogantransit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S 2nd Avenue, S, Suite A, Okanogan. Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

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For Sale

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WHAT'S HAPPENING

EVENTS

Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available

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Is your home getting the attention it needs!

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

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 now only \$1.00 per card for a fundraiser for Royal Ladies of the Autumn Leaves

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FREE-FREE
 But you need to haul away. '91Jeep Cherokee 368,000 miles. Body damage but engine still in good condition. It has not run in a few years. Call Carol to see in the evenings. 509-670-1723. See engine at NCWMARKET.COM

Legals

Public Notices

The Cascade School District Board has declared property to be surplus. This property has been available for purchase by public or private school districts for the past 30 days. The remaining surplus property will be offered to the public through a sealed bid process and an on-site sale. Check out the list of items for sale at <https://www.cascadesd.org/site/default.aspx?PageID=1582> (Cascade School District website/District Information/Facilities & Maintenance/Current Surplus). There will be no early viewings. Surplus not purchased will be destroyed or given to a non-profit. Sealed, bids for the truck and trailer accepted at CSD, Attention: Sealed Bids, 330 Evans Street, Leavenworth, WA 98826 3pm. Viewing by appointment only by emailing tdisher@cascadesd.org On-Site Sale September 16 & 17th, 2022 9 am-3 pm. 10001 School Street, Peshastin, WA. Published in The Leavenworth Echo/Cashmere Valley Record on September 14, 2022. #4514.

Public Notices

Cashmere School District Seeks Candidate for Seat on School Board Tom Christensen, School Board Director representing District 1 in the Cashmere School District, has announced his resignation from the board. Christensen has served on the school board for 20 years. Cashmere School District now begins a search for highly qualified candidates to fill the vacant School Board Director position representing District 1. In the event of a vacancy, the remaining board members will fill such vacancy by appointment. The appointed board member will serve until the next regularly scheduled board election. Letters of Interest will be accepted at the District Office, 210 S. Division Street, Cashmere, WA 98815. Letters must be received in the District Office by 4p.m. on September 23, 2022. The Cashmere School District Board of Directors consists of five members. Directors in Districts 1-4 represent one of four geographic districts in which he or she resides. The fifth Director position is at-large. **District 1 boundaries are as follows:**

- Starting at the intersection of US Hwy 2 and Aplets Way.
- Southerly on Aplets Way to Prospect St.
- East on Prospect St. to North St.
- South on North St. to E. Pleasant Ave.
- East on E. Pleasant Ave. to Woodring St.
- South on Woodring St. to Riverside Dr.
- East on Riverside Dr. to Maple St.
- South on Maple St. to Mission Ave.
- West on Mission Ave. to Aplets Way.
- South on Aplets Way to S. Division St.
- South on S Division St. to Sunset Hwy.
- West on Sunset Hwy. to Paton St.
- Southerly on Paton St. to Pioneer Ave.
- Westerly on Pioneer Ave to Pioneer Dr.
- Westerly on Pioneer Dr to Brender Canyon Rd.
- Southwesterly on Brender Canyon Rd. to Icicle Canal service road.
- North by northwest, southwest and northerly on the Icicle Canal service road to the school district boundary.
- Clockwise on the school district boundary to the western crossing of US Hwy 2.
- Easterly on US Hwy 2 to the point of the beginning.

The district reserves the right to extend the application deadline if necessary to obtain a sufficient number of applications. The Board of Directors is the governing body of the Cashmere School District. Directors must be a U.S. citizen and resident of the state of Washington; be a resident and qualified voter in the school district; and reside in the director district which he or she represents. Published in The Cashmere Valley Record/Leavenworth Echo on September 7, and 14, 2022. #4511

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY
 In the Matter of the Estate of MARJORIE MARIAN MCLAUGHLIN, Deceased. NO. 22-4-00395-04 PROBATE NOTICE TO CREDITORS. The administrator named below has been appointed as administrator of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the administrator or the administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and non-probate assets. DATE OF FIRST PUBLICATION: August 31, 2022 ADMINISTRATOR: Catherine Petri ATTORNEY FOR ADMINISTRATOR: David A. Kazemba 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.: 22-4-00395-04 OVERCAST LAW OFFICES By: David A. Kazemba, WSBA No. 48049 Attorneys for Administrator. Published in The Leavenworth Echo/Cashmere Valley Record on August 31, and September 7, 14, 2022. #4506.



3 tips to make back-to-school easy for kids and parents

BPT - The back-to-school season can be overwhelming for the whole family. While there's excitement about reuniting with friends and starting a new school year, it can be challenging for parents and kids to get back into a solid routine.

To help busy parents prepare their children mentally and physically to return to the classroom, Registered Dietitian and Nutritionist Dalina Soto has provided the following three simple tips that you can easily incorporate into your fall routine.

1. Reestablish a sleep routine

Summers often consist of late nights and mornings, so it can be tough for parents and children to adjust to weekday school hours. Before school begins, establish firm sleep and wake times for yourself and the kids.

You don't have to do it all at once. Ease into it by adjusting bedtime and the morning alarm to a half-hour earlier than your current routine. Once a week or every few days, keep moving it earlier until you have reestablished the school year sleep routine. Your family will still get to enjoy the summer and not be completely shocked by the switch come September.

2. Double down on hydration

During the hot summer months at home, you can keep a close eye on your kids and ensure they drink plenty of water as they play outside. However, during the school year,



Courtesy BPT

Make your life easier and alleviate stress as you head into the busyness of the fall season. Have some simple, nutritious meals and snacks you can make in a pinch.

you aren't able to remind them in between classes to grab a drink. Staying hydrated has its benefits. In addition to helping your child stay healthy, regular hydration can boost your child's mood, memory, and attention, according to HealthyChildren.org.

To encourage your kids to hydrate during the school week, add a reusable water bottle to your back-to-school shopping list. As you shop, help your child pick out a fun water bottle they can fill up at home and at school.

3. Start the day with a nutritious meal

One way to make your life easier and alleviate stress as you head into the busyness of the fall season is to have some simple, nutritious meals and snacks you can make in a pinch. Eggs are an easy, delicious, and nourishing ingredient you can incorporate into any meal at any time of the day.

To start your child's school day off right, cook up a meal with Egglard's Best eggs. Compared to ordinary eggs, they contain more than double the Vitamin B12, which naturally boosts energy to keep your child physically active. Egglard's Best eggs also have 25% less saturated fat, six times more Vitamin D and more than double the Omega-3s, to help improve your child's concentration and brain function in the classroom.

Make breakfast fun with these delicious Robot Egg and Cheese Roll Ups inspired by Disney and Pixar's Lightyear. They're packed with superior nutrition and are easy for parents to make, fun for kids to enjoy and provide lasting benefits for their school day!

Also, Egglard's Best has teamed up once again with Disney and Pixar's Lightyear to give families the chance to win Lightyear DVDs and more, Egglard's Best swag, and the Grand Prize

of \$5,000 to plus up their at-home movie watching experience. Enter daily now through September 24 for a chance to win. For recipes and more information, visit www.EBFamilySweeps.com. Add Lightyear to your Pixar collection. Now on Digital and own it on Blu-ray™ September 13.

Robot Egg and Cheese Roll Ups

Prep Time: 10 minutes; Cook Time: 5 minutes; Serves: 2

Ingredients

- 4 large Egglard's Best eggs (2 whole eggs, 2 egg whites)
- 1/4 cup diced onion
- 1/4 cup diced red bell pepper
- 1 tablespoon chopped chives
- 2 6-inch whole wheat tortillas
- 1/8 cup low-fat shredded mozzarella cheese
- 2 black olives

Directions

1. Spray large pan with nonstick cooking spray and heat to medium-low.
2. In a small bowl, whisk Egglard's Best eggs and egg whites with onion, peppers, and chives. Season with salt and pepper.
3. Pour egg mixture into pan and cook on medium-low heat, stirring frequently until cooked through about 4 minutes. Add cheese and allow to melt slightly.
4. Immediately transfer eggs to tortillas and roll up tightly. Garnish with olives for the eyes, chives and bell pepper to create robot antennae.

To find this and more easy and quick recipes that you can make this school year, visit egglardsbest.com.

NO PURCHASE NECESSARY TO ENTER OR WIN IN THE EGGLARD'S BEST "SUPERIOR HERO" SWEEPSTAKES. Open to legal residents of the 50 US & DC, 18 or older. Void where prohibited. Sweepstakes starts 8/3/22 at 9:00 AM ET and ends 9/24/22 at 4:59 PM ET. For Official Rules, which govern, click here. Sponsor: Egglard's Best, LLC.

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

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THEME: OUTDOOR FUN

- CROSSWORD
1. Relating to Vatican's Francis
 6. Denouement
 13. Lesser Antilles destination
 14. Big Island necklace
 15. Truth without proof
 16. Luciano Pavarotti, e.g.
 17. Distressing acronym
 18. Acrylic fiber
 19. "Outing in a wagon"
 21. "Overnighting outdoors"
 23. "___ Te Ching"
 24. RC or Jolt
 25. Tax pro
 28. Lowest brass instrument
 30. "Alfresco meal"
 35. Kaa's warning
 37. This and that
 39. Extended family member
 40. "The Sun is ___ a Star"
 41. Namely (2 words)
 43. "The Parent Trap" child
 44. Renter's paper
 46. H. H. Munro's pseudonym
 47. Snaky swimmers
 48. Geisha's garb
 50. Kids' construction block
 52. Caustic chemical
 53. Display displeasure
 55. Blunder
 57. "S'more cooker"
 61. "U-Pick destination"
 65. Yahoo! message
 66. Hyperactivity acronym
 68. Relating to hilum
 69. To the point
 70. Make a pigeon sound
 71. Silly
 72. Ancient eternal life symbol
 73. H in British HMS

74. Socially inept
- DOWN
1. *Promenading route
 2. Atlas stat
 3. Small and weak
 4. Cut short
 5. Cowboy's catcher
 6. Additional
 7. Opposite of paleo
 8. "Xanadu" music genre
 9. Village, mostly in South Africa
 10. Tangerine plus grapefruit
 11. Colloquial "Follow me!"
 12. NASA's orange drink
 15. Master's area
 20. Meryl Streep/Philip Seymour Hoffman 2008 movie
 22. *Climbing peak
 24. Fashion week stage
 25. *Sidewalk artist's medium
 26. Mushroom caps
 27. Indian black tea
 29. Unwelcome reception, pl.
 31. Give a quote
 32. Handrail post
 33. In an unfriendly manner
 34. Incense without prefix
 36. Comme ci, comme Aa
 38. *Nature walk
 42. Detroit mascot
 45. Store as fodder
 49. Not their
 51. Lady Slipper, e.g.
 54. "Lifestyles of the Rich and Famous" host
 56. Horny odd-toed ungulate, for short
 57. Between Phi and Kappa
 58. Bad luck predictor
 59. Police informer
 60. *Angling reward
 61. O in b.o.
 62. Having wings
 63. Military status
 64. Squirrel's nest
 67. Rudolph's Clarice, e.g.

CROSSWORD PUZZLE

CROSSWORD

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The Washington Outdoors Report

Big game hunting prospects

By JOHN KRUSE

The Washington Department of Fish and Wildlife has released their annual hunting prospects report, put together by regional and district game biologists. Here's the highlights for deer and elk for the upcoming season:

Deer

The best place to go for white-tailed deer in Washington is Northeast Washington's District 1, covering Ferry, Stevens and Pend Oreille Counties. Ferry County also offers good opportunities for mule deer. Last year 3544 deer were harvested in this region, which was down 18 percent from the five-year average. WDFW biologists state roadside surveys indicate deer populations are stable. The best Game Management Units to look for success are GMU 121 (Huckleberry) where 31 percent of deer hunters harvested an animal during the modern firearm season though this did attract an average of five hunters per square mile. GMU 101 (Sherman) was best for archery hunters. Very few hunters were in the area last year and the success rate was 23 percent. WDFW will have voluntary check stations set up at locations throughout this region during the opening weekend of hunting season and will be checking animals for the presence of chronic wasting disease.

Heading to North Central Washington's District 7, covering Chelan and Douglas counties, you'll find what is traditionally some of the best mule deer hunting in the state. The Chelan herd of mule deer has a buck to doe ratio of 25:100 while the Douglas herd's ratio is 26:100, meeting or beating management objectives. Harvest was down last year but biologists believe that's because hunter participation was as well.

If you are looking for big numbers of mule deer, head to Okanogan County (District 6) which has the largest migratory mule deer herd in the state. Good numbers of white-tailed deer are found in GMUs 204 and 215. Fires and drought in recent years have set deer numbers back but the herds are recovering. Biologists expect a modest increase of 2 1/2-year-old bucks



Rocky Mountain Elk

PHOTO BY JOHN KRUSE

this year and a harvest similar to last season.

Last year 2,228 deer were harvested in Okanogan County, about a hundred deer above the five-year average. Archery hunters did best with a 26% success rate, followed by muzzleloaders with a 23% success rate and modern firearms hunters, of which only 18% harvested a deer.

The Desert Wildlife Area and Columbia Basin in Grant and Adams Counties also offers very good mule deer hunting, albeit, carefully managed and often limited to hunters lucky enough to draw a tag. Last year 747 bucks were harvested in this area (District 6), and 156 of them were 5-point antlered bucks or better. Modern firearms hunters had the best success in the open terrain found in this region and with very healthy buck to doe ratios biologists expect good mule deer hunting again this year. Most of the bucks will likely be harvested in GMU 272 (Beezley) and GMU 284 (Ritzville).

Finally heading to Klickitat, Skamania and Clark Counties, deer hunters have limited public land opportunities so permits from timber companies often dictate opportunity and success. Having said that, biologists say, "Deer harvest and success is remarkably consistent within District 9, where hunters are expected to harvest approximately 2,000 bucks during the 2022 general season, representing a

success rate of 20-25 percent." Biologists also noted, "Deer harvest in West Klickitat (GMU 578), Grayback (388), and East Klickitat (382) was higher in 2021 than in recent years, which is an indication of recovery for these populations."

Elk

The Blue Mountains elk herd has been significantly declining in numbers in recent years, down to an estimated 3900 animals this year compared to a high of some 5800 animals eight years ago. The bull to cow ratio is just under 20 bulls for 100 cows. Harsh winters in the last decade definitely had an effect on this herd but so does predation. Very few calves radio collared in a recent study survived and most of those that died were killed by cougars. Staff biologists predict, "The low number of calves being recruited into the population in 2022 will result in a low number of yearling bulls (spikes) available for harvest this fall. This fall will be another below-average year for yearling bull harvest."

The Mount Saint Helens elk herd has also struggled in recent years due to hoof rot disease as well as harsh winters and cold, late springs. Biologists say, "These indicators point toward an elk population that is below objective and well below historic highs. Therefore, hunters should expect a generally less productive elk

hunting season during the 2022 hunt. WDFW has reduced antlerless hunting opportunity accordingly."

Another option is Northeast Washington, where the Selkirk elk herd resides, but WDFW biologists caution, "In general, opportunities are marginal and harvest success is very low."

The Coluckum herd, residing in Chelan and Kittitas Counties, offers a brighter note. In the Wenatchee District, GMU 251 (Mission) offers the best chance for elk hunters going after animals from the Coluckum elk herd in places like Jump Off Ridge as well as the Camas and Tronsen Meadows. Of the 42 elk harvested in this district during last year's general season, the vast majority came from here. During the general season, this is a spike bull-only harvest area. There was also a late cow elk season last year in the Peshastin area to reduce damage to orchards and this will likely happen again this year. Overall, biologists are hearing reports of increasing numbers of elk in this district and harvest rates are expected to be between 40 to 55 elk.

For more information about hunting prospects in Washington this season go to <https://wdfw.wa.gov/hunting/locations/prospects>.

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

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September 16-18 Sustainable Living & Farming Tour

SUBMITTED BY ARIAHA JONES

The Sustainable Living & Farming Tour is finally back in-person for the first time since 2016. The tour was historically organized by Simply Living Farms and was a yearly highlight for community members and tourists alike. Waste Loop is excited to partner with local farmers and organizations to offer this informative and inspiring weekend as we envision a more sustainable future together.

The Sustainable Living & Farming Tour is an opportunity for people to learn more about living a simpler and more sustainable life by visiting examples and partaking in hands-on applications in the greater Leavenworth area.

Over the course of one weekend, participants will choose between various workshop offerings and site visits that educate, inspire,

and motivate a path towards sustainable living. Participants will form connections to local food, the surrounding environment and the people that are "walking the talk" of sustainability & stewardship.

Workshops throughout the weekend include: Tools & Tips for Winter Gardening, Backyard Chickens, Backyard Pollinator Garden Design, Introduction to Pruning, Herbal Medicine Making, a farm glean with Upper Valley MEND, a tour of the



SUBMITTED PHOTO OF TIERRA FARM PRODUCE

new Winton Composting facility and "The Reciprocity of Restoration" with Cascade Conservation District.

The Farm Tour focuses on some of the incredible Chumstick farms including Gibbs Organics, Tierra Farm, Infuse Organics and Snowgrass Farm. Through the tour, participants will be able to see what organic farming, regenerative agriculture, land stewardship and permaculture look like in practice. This is a great opportunity to learn

from the experience of locals that have navigated the unique challenges of the region and found ways to live a life in tune with nature.

Additional information and registration can be found at www.wasteloop.org. Waste Loop is a 501(c)3 nonprofit organization that connects with people and businesses to inspire innovative solutions to local waste and recycle challenges, valuing each resource through its lifecycle.

Cascade Orchard Bridge

CONTINUED FROM PAGE A1

Saturday, Sept. 24 event. Public Works also will be working with the Chelan County Sheriff's Office to occasionally monitor the detour route.

History

Over the years, several bridges have spanned the Wenatchee River at the location of the Cascade Orchard Bridge. It appears the original bridge was named after a plat that divided property in 1905 from the river all the way past East Leavenworth Road. The plat was called Cascade Orchards.

Completed in September 1965, the current bridge replaced a steel truss bridge

that had been there prior for about 30 years. The current bridge, which is 390 feet long and has a central span of 175 feet, cost \$203,921 to build. In 1966, it was chosen by the Prestressed Concrete Institute Awards Jury to receive the Special Bridge Award as the bridge demonstrating the best application of prestressed concrete, which was just gaining ground in construction at that time. The award brought some notoriety to the county and city of Leavenworth when it was featured in engineering magazines across the nation.

When once the Cascade Orchard Bridge served as a connector for orchardists and loggers, today it receives high recreational and multi-modal traffic year-round.

Project Description & Benefits

Today the condition of the 57-year-old bridge has deteriorated to a point where moisture is easily penetrating the deck surface and impacting the integrity of the steel and its adhesion to the concrete. Chelan County Public Works has patched the bridge several times in the past - about once every couple of years - but now a more permanent fix is necessary.

The county's contractor will remove the top 1.5 inches of the concrete bridge deck and replace it with a concrete overlay that should last at least 30 years. The project also calls for slightly widening the sidewalks on both sides (4 feet in width, widening

to 5 feet at midspan to meet ADA standards). Taller bridge railing that meets today's safety standards and accommodates pedestrians also will be added.

Funding

The \$2.26 million project will be paid for primarily with federal bridge monies from the Surface Transportation Block Grant program. Any remaining dollars will be paid for by county road funds.

Receive Project Updates

As we have updates on the project, we will send them out on the project's listserv. Sign up for emailed updates online or email us at public.works@co.chelan.wa.us