

Icicle Village Resort celebrates 30th anniversary

BY: ERIN MULLINS
Reporter

Icicle Village Resort recently celebrated their thirtieth anniversary with a free, open to the public event on August 6. The celebration featured complimentary ice cream and brats, entertainment from local music performers, and a free raffle for free stays and other prizes. Paul Jinneman, one of the founders of Icicle Village Resort, said the business is doing great.

“I feel it’s doing great. The hotel does well, and we have a great group of condominium owners also. We have a fantastic team of people. One long time employee; Miguel Gonzalez has been with us since day one, and he still works there,” Jinneman said.

The number one thing that IVR has tried to do over the years is treat their employees well, Jinneman said. The resort offers healthcare, tuition reimbursement, retirement benefits and other benefits to employees. The goal is to build a team that is a family and wants then to stick around for a long time, Jinneman said.

Karl Ruether, founder of Icicle Resort retired in 2019, also said that treating employees with respect is important. “They are more than employees, they become friends,” Ruether said.

Gonzalez was a day-one employee, and his wife Maria and brother Manuel are still working for the resort as well, Ruether said. He said that the resort has provided employment for over 100 people and that throughout the years, many groups come back year after year, for over twenty-five years, to stay at the resort. He said that is not common in the hospitality business for people to visit the same resort year after year. Ruether said that the anniversary [event] was exciting. Ruether said, “I am really proud of what we built here. It was a struggle early on to come to town. [It was] a lot of hard work and there was a lot of community involvement... I think the community embraced what we were doing. And we are grateful the

way the community responded to us. We appreciate everybody’s support over the past thirty years.”

Icicle Resort is known for its accommodations throughout the state, Ruether said. He thinks that the hotel and condos have a good future considering all the blood, sweat and tears that has been put into maintaining this business the past thirty years. For the first few years, Ruether said he practically lived at the business.

One of the most difficult parts of the past thirty years was the pandemic, Ruether said.

“I retired at the end of 2019. But I can tell you it was hard having to lay off most of the employees and shutting down everything,” Ruether said. “It was one of the hardest things we had to do.” All the employees who wanted to come back after the pandemic shutdown have been able to, he said. Jinneman said that running the resort has been a fantastic experience and interacting with our team members. We have made quite a few changes over the years. And it was very interesting trying to figure out what would work best for the resort,” he said.

Over the past 30 years, Icicle Resort has transformed a simple 66-room Best Western into a full-service resort, according to provided material. In the past ten years, 15 additional rooms with fireplaces, the Alpine Spa and 8 three-bedroom condos have been added.

Through a combination of dreams, hard work and perseverance that was rooted in a value system of the Golden Rule, doing unto others as you would have them done unto you, the resort has created a thriving hospitality environment. Also, the original investors/owners Dick Beselin, and Vern Thoreson along with their spouses Sue and Mary came from Edmonds to attend the 30th Anniversary celebration. Icicle Resort current General Manager is Matt Skalesky of Columbia Hospitality who also greeted the guests at the event.



Icicle Village Resort front entrance.

PHOTO BY CAROL FORHAN



Owners and employees pictured L-R standing are: Founder and co-owner Dick Beselin, 21-year employee Audrey Saunders, current General Manager, Matt Skalesky, Denise Ruether and Founder and co-owner Karl Ruether. Seated are L-R Sue Beselin, Founder and co-owner Vern and Mary Thoreson. Not pictured is Founder, Paul Jinneman.

PHOTO BY CAROL FORHAN



L-R - Icicle VR Head Chef William Whitney and Director of Operations and Certified Chef, Jack Bartleson cooking up bratwurst for the anniversary party.

PHOTO BY CAROL FORHAN

Projekt Bayern speaks out about this year’s Oktoberfest

BY: ERIN MULLINS
Reporter

Projekt Bayern board member and media manager Amy Gustin discussed Bayern’s plans for this year’s Oktoberfest. Gustin said that anytime the city administration asked Bayern to make any changes, they adapted to the requests, but were still left without options for hosting the event in Leavenworth by the city.

Adapting the festival to be held at downtown Front Street would not be a good idea, Gustin said, because due to the large crowd size there would not be enough room for emergency vehicles to get in. Gustin said that the way Oktoberfest has been run in the past was able to handle the crowds and that they adapted to solve whatever issues came up each year.

Gustin said she understands that some people would get too drunk in Leavenworth in the month of October but is not sure if the blame lies on Bayern.

“Sometimes you’re going to get people that come into the doors to Oktoberfest, who have already had pre-funked someplace else...we aren’t judging, we don’t mind. But that being said, we have so much security inside our event. We were cutting off people left and right. And we would put a different color band on them so that everybody knew they could not be served more beer...If anybody saw them drinking, if they had that band on, they would be kicked out.”

Gustin said that Oktoberfest has had an open gate policy until ten p.m. and because of this people may have gotten overly intoxicated at outside venues. Someone could come in at noon, leave shortly thereafter, and then come back to the festival at 8 p.m.

“Can you say that Oktoberfest got them drunk before they came in? I mean, who knows? ...It’s hard to say where all the consumption was happening,” she said. “Most people were being shuttled back to their hotels and that was all on Projekt Bayern at no charge.”

Gustin said that Bayern is not against the Oktoberfest being held in Leavenworth, but that festival will not have the same traditions.

“Projekt Bayern has always been about promoting Leavenworth,” she said. “So, you know what, if people stay in Leavenworth, they can do the Oktoberfest that they’re promoting there. But it is not going to be the traditional Oktoberfest that they are used to, from what I understand.”

When the contract for Bayern to rent out the parking lots for Oktoberfest was ended, Bayern submitted a request for proposal for an October event, along with others. Gustin said she does not understand why Bayern had to submit an RFP as the event was traditionally run by them.

Within hours, the City of Leavenworth rejected Bayern’s RFP, Gustin said. City of Leavenworth Communications Analyst Christie Voos could not confirm how quickly Bayern’s RFP was rejected. But Gustin said Bayern had already been meeting the goals in their past festivals that the city requested for future ones.

She said that Bayern was already paying their festival employees over minimum wage and that they incorporated local items into their festival. While Bayern took up parking, they also provided enough shuttles, Gustin said. Voos said Bayern’s RFP did not address the requested changes from the city and there was no conflict.

But Gustin feels like there was conflict between the City and Bayern and that the city was pushing Bayern out.

“We turned in the RFP. Within an hour of turning in the RFP, we had

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Former inmate Shane Flemens writes “Conviction”, story of personal redemption

BY: ERIN MULLINS
Reporter

In 2008, Cashmere native, Shane Flemens headed out for what he promised his son would be his last commercial fishing trip in Alaska. Flemens promised his son he would be home in a few months, instead he spent years in prison after getting into a fight on a boat.

According to Flemens, the fight was self-defense, he was on the boat with just him and the crew and he was threatened. He said that he had no other option than to defend himself to get home to his family safely because co-workers were threatening him and told him he wasn’t going home, so he went at his coworkers with a knife.

“They told me I wasn’t gonna go

home,” he said. “I knew they were on drugs...because they had been up for a couple days and using drugs. And they told me I wasn’t going to make it home. So that day when it happened, I was afraid. Like, straight up, I was



Shane Flemens

SUBMITTED PHOTO.

afraid for my life.”

Flemens’ prosecutors painted a different story, court documents say he attacked three other crew members without any provocation. The documents said Flemens attested to police shortly after his attack that he overheard two crewmembers threaten his life.

Flemens’ attack, conviction, imprisonment, turn towards Christ and life since release are the subject of his published books “Conviction” and the more recently published book “Deep Conviction.” More information about Flemens’ books can be found on his website and his books can be purchased on Amazon or local bookstores.

It may seem like a strange decision to work on a fishing boat in Alaska,

so far from home, but Flemens said that it was easy money. He said while locals resented him for taking the job as someone from out of state, it was worth it because he could easily make \$30,000 in a couple months on a “really good boat.”

Flemens said that on the boat, he was doing fine mentally until he started to get threatened. He said that its “definitely not true,” that his attack was for no reason. While court documents claim mental health problems as an aggravating factor, Flemens said he managed his anxiety, and it didn’t contribute to the attack.

On June 11, 2008, Flemens ran into the galley of the ship with a knife and tried to stab a coworker, hitting

CONTINUED TO PAGE B1

The Marlin Handbell Ringers Seeks New Ringers

The Marlin Handbell Ringers are seeking new ringers for their upcoming season and will hold a “Read and Ring” where they’ll introduce anyone interested to the techniques of ringing handbells! The tryout will be held at Canyon Wren Recital Hall at Icicle Creek Center for the Arts in Leavenworth on Monday, August 22 at 6:30 PM. No knowledge of bell ringing is required but musical knowledge is recommended. The group is particularly in need of strong individuals to ring some of the larger bells.

Interested or have questions?

Joyce Phipps, Director, 509-630-7055 or Alex Weirich, Promotion, Email marlinhandbells@gmail.com

About the Marlin Handbell Ringers
The Marlin Handbell Ringers is a non-profit community music group based in Leavenworth, Washington. Formed in 1979 to help promote the “Bavarian Village”, our group consists of twelve ringers and 108 English handbells. The group regularly performs in December and May in various locations around North Central Washington. www.marlinhandbellringers.com



FILE PHOTO

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Treatment for Severe COPD

Helping Some Patients Breathe Better

(StatePoint) More than 3 million Americans live with severe emphysema, a type of chronic obstructive pulmonary disease (COPD) that makes breathing difficult. While there's no cure, recent advances in treatments are helping some patients breathe better.

The American Lung Association's Treating Severe COPD Educational Campaign encourages people with severe emphysema to speak to their healthcare provider about their options, which may include endobronchial valve (EBV) treatment. As part of the campaign, they're sharing these important facts:

What is EBV treatment? When someone has emphysema, their lungs stop working effectively and air gets trapped inside their lungs instead of leaving when they exhale. With no room for fresh, oxygenated air, the person becomes short of breath. The trapped air causes that section of the lung to enlarge, putting pressure on the healthier parts of the lung and diaphragm. This is called hyperinflation. EBV treatment is a safe, FDA-approved interventional therapy in which small, removable, one-way valves are implanted in strategic areas. They allow air to be breathed

out of that area of the lung, preventing air-trapping that can result in shortness of breath.

When should I consider EBV? As emphysema progresses, some medications that worked well may stop controlling symptoms. If neither medication nor oxygen is controlling symptoms well, major surgery like lung volume reduction or a lung transplant had traditionally been the next and last resort. With some individuals, EBV can fill the treatment gap between medication and surgery.

You may be a candidate if you have advanced emphysema and are highly symptomatic despite receiving optimal medical treatment. You also need to be non-smoking or willing to quit. If you're currently smoking, the American Lung Association's Freedom From Smoking program can help you quit.

What are EBV's benefits? While recovery will depend on factors like overall health and the severity of COPD, the goal of EBV is to breathe easier without the necessary recovery from a surgical treatment. EBV treatment may improve lung function, increase your exercise capacity, and improve your quality of life. Most

patients who've received the treatment report feeling better and say they're now able to be more active.

Complications of the EBV treatment can include but are not limited to pneumothorax, worsening of COPD symptoms, hemoptysis, pneumonia, dyspnea and, in rare cases, death. Talk with your physician about other contraindications, warnings, precautions, and adverse events. Only a trained physician can decide whether you're an appropriate candidate for EBV treatment.

"Before my treatment, I would take a few steps and then wait to catch my breath. Now, every day I find I can do something I couldn't before," says Susan Scott, an Ohio resident who was diagnosed with COPD years ago and was experiencing worsening symptoms before getting the procedure. "My boyfriend and I hope to travel. I have a son in California and we're going to go visit him soon. Being able to do that is everything to me. I also can't wait to start cooking and leash training my dog."

What to ask your healthcare provider. Because EBV treatments are relatively new, not all healthcare providers are knowledgeable about the procedure. Speak with your



PHOTO SOURCE: STATEPOINT.
COPD patient, Susan Scott.

provider to see if it's right for you. Keep in mind that you may have to advocate for yourself or seek a second opinion.

"My pulmonary clinic didn't have a lot of information regarding EBVs. If my doctor knew more about it, she might have recommended it to me. I was the one who kept pushing it," says Scott.

If you have emphysema or severe COPD, you can find resources as well as learn more about EBV by visiting lung.org/copd.

Take time to learn about treatment options. Doing so is for many, the first step to breathing easier.



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4 Tips to Confidently Care for Gray Hair

(StatePoint) Sponsored by L'Oréal Paris. The pandemic led many women to confidently embrace their silver hair, not only as a practical move, but as a stylish statement. With elegant stars like Helen Mirren and Andie MacDowell proving that gray is glamorous, (and younger stars even dyeing their hair gray to get in on the trend) you may be feeling empowered to show off your naturally silver strands. Experts say that there are a few things to know that can help you make the transition gracefully.

"While I love this trend, it's true that the grow-out process can get a little dicey and create challenges," says Jonathan Colombini, celebrity hairstylist. "Like any other hair color, gray requires specific maintenance. It can be wiry, dull and brassy without intervention. But low-effort solutions can ensure you look great and help you confidently own that color."

To make a silver statement, consider Colombini's best kept secrets:

Fight Frizz. Gray hair can have a frizzier, more wiry texture than you may be accustomed to. Tame tresses

by using a silk bonnet or silk pillowcase at night and by getting sufficient hair-healthy nutrients in your diet, including biotin, zinc and vitamin E. Be sure to also drink plenty of water. Staying hydrated promotes circulation and oil production of the scalp for healthier looking hair.

Add Shine. Counteract gray hair's natural tendency to get dull and brassy. Every seven to 10 days, use a toning gloss to enhance your hair's natural, gorgeous hue. While toning gloss is a service typically performed in a hair salon, you don't need any special skills to achieve these results at home with Le Color Gloss by L'Oréal Paris. The line offers three shades of silver for all hair types and textures, helping you tone, color, boost shine and deeply condition, no matter what shade of gray you're rocking. Whether you're silver, silver white or silver opal, here's how to use the product effectively:

1. Evenly distribute Le Color Gloss through clean, damp hair all the way through the ends (use a wide-tooth comb for thicker curly hair textures).
2. Leave it on for 5-15 minutes.



PHOTO: (C) JACOB LIND / ISTOCK VIA GETTY IMAGES PLUS

(Review instructions for specific development time for your shade and desired result.)

3. Rinse your hair thoroughly with water. If you're looking for even more color or want to build a deeper result, especially on non-color-treated hair, use again after seven days.

"I like this option because it's easy for anyone to use. It's also infused with coconut oil, so not only will it not damage hair, but it's also super conditioning," says Colombini. "I recommend using it in the shower on your shampoo day."

Prime for Blow-Drying. Now that warm weather is here, you're likely going out more and styling your hair more. Remember though that gray hair can require a bit of

extra TLC, making it especially important to protect your hair from all this extra heat. After towel drying your hair, apply EverPure Weightless Blow Dry Primer. Providing up to 450 degrees F heat protection and up to 48-hour frizz control, this nourishing heat protectant will keep hair looking nourished, smooth and beautifully shiny, without weighing it down.

Be Confident. So much of rocking a look is the energy you bring to it. Radiate confidence in your decision and remember everything that your natural hue symbolizes: empowerment, wisdom, grace and experience.

"Gray hair isn't 'giving up.' Quite the contrary. It's a gorgeous color in itself," says Colombini. "It just requires maintenance."

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What You Need to Know About Life-Saving COVID-19 Treatments

(StatePoint) While stopping the spread of COVID-19 is the goal, the reality is that every day, more people contract the disease. For this reason, it's important to be aware of available treatment options.

The Treating COVID-19 Campaign, which was developed independently by the American Lung Association, with grant support from Regeneron and GSK, is sharing some important insights into outpatient treatment options:

- Know your risk. It's important to know if you're at high risk for severe illness from COVID-19, as this can determine what treatments are available to you. There are many factors that may put you in the "high risk" category, including if you're 65 and older, you smoke cigarettes, you have a chronic lung disease, are immunocompromised, or are living with certain medical conditions, including chronic

lung disease, heart disease, diabetes and chronic kidney disease. Individuals who are overweight or pregnant also fall in the high-risk category. You can see a full list at Lung.org/covid-19.

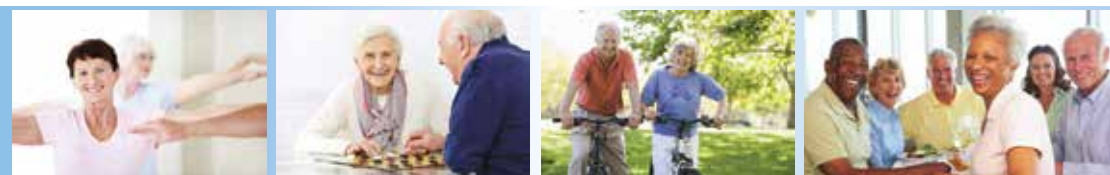
- Test, and then treat, at onset of symptoms. Experiencing symptoms that may be COVID-19? Get tested right away. If you test positive and are high risk, speak with your healthcare provider promptly about treatment options that may help prevent severe illness and reduce the risk of hospitalization. Currently available treatments include antivirals or monoclonal antibody treatments (mAbs). Your healthcare provider can help you determine the best course of treatment for you, which needs to start as soon as possible to help prevent possible progression of severe illness.
- Get informed. The Food and Drug Administration has authorized certain

antiviral medications and monoclonal antibodies. Antivirals and monoclonal antibodies can help your immune system fight off the coronavirus infection, with a goal of preventing you from becoming seriously ill. Antivirals target certain parts of the virus to stop it from replicating, while monoclonal antibodies help the immune system better recognize and stop the infection. In both cases, medications need to be prescribed by a healthcare provider and started as soon as possible after diagnosis to be effective.

- Be your own advocate. Many patients have discovered firsthand that persistence can be necessary when it comes to getting treatment for COVID-19. When Jill Hein's 83-year-old father tested positive, his primary care provider told him he wasn't very sick and to go home and call if he got any sicker.

"When this information was relayed back to me, I objected and asked that Dad follow up with his pulmonologist immediately. He didn't want to, insisting that his primary care provider said he was doing okay. It wasn't until I told Mom, 'This can kill him,' that I got through to them and she called his pulmonologist for a second opinion. Within four hours of having the infusion, Dad felt himself getting better. Over the next couple days, he continued to improve at home. Thankfully, he fully recovered," says Hein.

For more information about treatment options, as well as COVID-19 care tips, visit lung.org/treating-covid. With people taking fewer precautions as COVID-19 restrictions are lifted, the virus is spreading at a high rate. The good news is that there are treatments available for the most vulnerable among us to help avoid severe illness and hospitalization.



SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others



PHOTO: (C) BERNARD BODO / ISTOCK VIA GETTY IMAGES PLUS

How Technology Can Help You Age in Place

(StatePoint) By 2030, almost a quarter of the American population will be over the age of 65, up from 16% in 2020, creating a situation that's going to drive greater demand and greater pressure on the care industry. In addition to a larger workforce and more financial resources, new technologies also have the potential to help solve the problems created by this seismic demographic shift.

According to experts, Artificial Intelligence (AI) and Machine Learning (ML) are already among the key components of new technologies providing improved quality of life for those who want to continue living independently at home.

"While AI and ML have transformed other industries, adaptation has been slow in the care industry, but we're working to change that," explains Chia-Lin Simmons, chief executive officer of LogicMark, (NASDAQ: LGMK), which manufactures personal emergency response systems

(PERS), health communications devices and remote care and activity monitoring technologies to create a Connected Care Platform, and recently incorporated two-way voice communication technology into its medical alert pendant.

To help you live safely and comfortably in your home in the years to come, Simmons offers a few strategies for using the newest technology to your advantage:

- PERS, also known as Medical Emergency Response Systems, allow you to call for help in an emergency by pushing a button. Wearable pendants – along with water-resistant wall-mounted devices and mobile solutions – can keep you protected in every room of your home by helping you instantly connect with loved ones and emergency personnel. Those offered by LogicMark use AI and ML for pattern recognition and fall detection, for an added layer of security. To learn more, visit logicmark.com.

- Automatic pill dispensers can help ensure you never miss a dose or take too much medication. Depending on your needs, you may need to look for a solution offering both visual and audio notifications, or one suited for those with limited dexterity.

- Motion-sensing lighting can make nocturnal trips to the bathroom – common in one's golden years – much safer, helping to reduce the risk of dangerous trips and falls. Many lighting options plug directly into outlets, while others are battery-operated and can be installed anywhere. Be sure to include these fixtures in bedrooms, hallways and bathrooms.

"True independence must be accompanied by peace of mind for you, your family and your caregivers," says Simmons. "By adopting new technologies, you can help create a virtual safety net, enabling you to stay at home while living in a safe environment and providing piece of mind to your loved ones."

Mountain Meadows Consistently Delivers Outstanding Customer Service to Leavenworth Seniors

Leavenworth, WA. Mountain Meadows, a Leavenworth-based provider of assisted living for seniors, is proud to announce that they have, yet again, surpassed the national averages for customer satisfaction scores in 2022.

Mountain Meadows works with Pinnacle Quality Insight, a customer satisfaction measurement firm, to gather real-time survey results from current residents and family members to gain a better understanding of the residents' needs and make improvements when necessary. Every month, Mountain Meadows is scored from 1 to 5 in a variety of categories including Overall Satisfaction, Personal Care, Dining Service, Cleanliness, Response to Problems, Dignity and Respect, Communication, etc.

Mountain Meadows annual scores were recently released,

and they have achieved a greater percentage of ratings of 5 (the highest available) than the national average of the 2,500 care providers that Pinnacle measures in all categories. They also have increased their annual average scores from 2021 to 2022 in almost all categories.

"We are honored to surpass Pinnacle's national average in all categories and raise our individual annual average year-over-year", said Nate Oglesby, Executive Director of Mountain Meadows. "Our team works tirelessly to ensure our residents receive the very best care and service. I am immensely proud of what they have achieved so far and look forward to seeing the continuous improvement of which I know we are capable."

Earlier this year, Mountain Meadows received Pinnacle Quality Insight's 2022 Customer

Experience Award™. By qualifying for this Award in multiple categories, Mountain Meadows has satisfied the rigorous demand of scoring in the top 15% of the nation across a 12-month average.

About Mountain Meadows

Mountain Meadows is a senior living community based in Leavenworth, WA specializing in independent living, assisted living and memory care for older adults. We offer a range of services that help our assisted living residents live independently. Mountain Meadows takes pride in the senior care services we provide to our residents and their families. Our supportive community is more than just a place to live—it's home! For more information, visit our website – www.mountainmeadowsliving.org

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Local and Regional News

Fish Hatchery Stage to be torn down

By: ERIN MULLINS
Reporter

The Fish Hatchery Stage, which has been a home to Leavenworth Summer Theatre since the 90s, is slated to be torn down in two years. When the hatchery stage was built in 1993, it was funded almost entirely by Leavenworth Summer Theatre. Today, the stage needs extensive repair or replacement.

However, due to new laws that have been passed since the nineties, it will not be possible for the stage to be rebuilt, said Julia Pinnix, Leavenworth Fisheries Complex visitor services manager. Because of this, she has suggested moving the stage to new grounds.

Pinnix was informed by her legal advisors that any

building that is constructed on public federal land becomes federal property. Legally, it is extremely difficult to put up new structures on public land without very clear reasons for the need.

"That's because the government is trying to be fiscally responsible," she said. "So, from a regional perspective, putting another building up, that wasn't directly related to raising fish here at the hatchery did not make a lot of sense."

The hatchery was given a year for Leavenworth Summer Theater to finish performing on the hatchery stage, but then COVID-19 hit and that was extended. The hatchery is under the Department of the Interior and the US Fish and Wildlife Service. Hatcheries

themselves are managed by the fish and aquatic conservation program within the wildlife service.

One possible solution would be to have portable stages on hatchery grounds, which could be put up for performances and taken off and stored off-site after the end of the season, Pinnix says. The cost and feasibility of portable stages is not yet known.

Pinnix says it doesn't matter who pays for it, building a structure on federal land means it becomes owned by the government. So, the current stage, although it was funded by the theatre, is owned by the government.

Legal advisors and leadership said it was not feasible to create another permanent stage at the fish

hatchery, Pinnix said. In the 1990s, the manager at the hatchery was very supportive of visitors' service and had a freer hand than managers are allowed today, she said. Accordingly, he was able to get the project for the stage approved.

"Since the nineties, laws have changed regarding how government sites are managed", Pinnix said. In the past decade, laws have changed so groups outside of the hatchery or "friend groups" with the hatchery cannot handle money for public lands. In the past, special use permits on public lands were given for twenty years, and now they are given for five, she said. The current stage has positives and negatives, Pinnix said.

"Its location is a bit

problematic; it could have been designed differently," she said. "It would be great if we could just tear it down and start over. I'm sure a lot of things would be done differently. But

I think having the opportunity for a temporary stage also allows us to try some different things as well and see if we can make improvements...you have more flexibility."



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The Leavenworth Echo
www.leavenworthecho.com

SAVE THE DATE!
AUGUST 25TH
4 PM - 8 PM

COMMUNITY BLOCK PARTY & CITY COUNCIL SOCIAL

at the Osborn Playfield and on Orchard St. between Evans & Birch

Food, Fun & Games	Info Booths
<ul style="list-style-type: none"> • Brats & Burgers • Lawn Games • Bounce House • Fire Truck & City Equipment Display 	<ul style="list-style-type: none"> • Front Street Closure • UGA Expansion • Glacier/DOT Lot Improvements

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FRIDAY AND SATURDAY, AUGUST 26-27

2ND ANNUAL Summer SIDEWALK SALE
10-5 PM

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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

OPEN CITY COUNCIL SEAT: APPLICATIONS BEING ACCEPTED

The City of Leavenworth will begin the process of filling the open City Council position (previously held by Councilmember Carolyn Wilson) by accepting letters of interest and application. Under WA State law, the City Council has 90 days to appoint a city resident to fill the vacancy. Residents interested in serving in the position are encouraged to submit an application packet that will include a letter of interest and completed application to City Clerk, Andrea Fischer, at Leavenworth City Hall by **4:00 PM on August 31, 2022.**

Under WA State law, qualified applicants must be a registered voter, must reside within the City limits, and have lived within the City limits for at least one year.

Application information can be found at: <https://cityofleavenworth.com/your-city-hall/city-council>

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

<p>CASHMERE</p> <p>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</p> <p>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</p> <p>CASHMERE UNITED METHODIST CHURCH 213 S. Division • 509-782-3811 In-person Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana</p> <p>CHRIST CENTER Sunday Worship Service at 10 am 5800 Kimber Rd., Cashmere 509-782-2825 christcentercashmere.com</p>	<p>GRACE LUTHERAN CHURCH • 509-860-0736 401 Elberta Ave., Morning Prayer or Holy Eucharist. 9:30 a.m. for the summer, rotating services with St. James Episcopal. Pastor Rob Gohl</p> <p>ST. JAMES EPISCOPAL CHURCH • 509-860-0736 222 Cottage Ave., Morning Prayer or Holy Eucharist. 9:30 a.m. for the summer, rotating services with Grace Lutheran. Pastor Rob Gohl</p> <p>DRYDEN</p> <p>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</p> <p>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</p> <p>LEAVENWORTH</p> <p>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</p> <p>CORNERSTONE BIBLE CHURCH Leavenworth Grange Hall 621 Front St. • 251-635-3435 Sunday Worship 10 a.m.</p>	<p>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</p> <p>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</p> <p>MONITOR</p> <p>MONITOR UNITED METHODIST CHURCH 3799 Fairview Canyon • 509-782-2601 In-person service, Sunday, 9 a.m. Pastor Lilia Felicitas-Malana</p> <p>PESHASTIN</p> <p>LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • 509-548-7517 Sunday Worship 10 a.m. • Pastor John Romine www.lightinthevalley.org</p> <p>NEW LIFE FOURSQUARE CHURCH 7591 Hwy. 97 • 509-548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com</p> <p>PLAIN</p> <p>PLAIN COMMUNITY CHURCH Serving Our Valley Since 1941 12565 Chapel Dr. 509-763-3621 Looking for you at 10:30 this Sunday! plaincommunitychurch.org facebook.com/plaincommunitychurch office@plaincommunitychurch.org</p>
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COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

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

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

THE LEAVENWORTH ECHO

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

SUBSCRIPTIONS:
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\$5.00 to include online subscription
In State (yearly) \$40.00
Out of State (yearly) \$52.00
Online E-edition only \$40.00

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

SERVICES:
Back Issues are available up to one year after publication for a fee.
Archive Research: \$25 per hour
Includes mail or email copies.

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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@cascaedmarkets.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.).

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.

Shane Flemens

CONTINUED FROM PAGE A1

the coworker's ear, according to court documents. According to Flemens coworker, he then turned towards a different coworker, threw them, and stabbed them.

Kalic, a third coworker, allegedly grabbed Flemens, calmed him down and convinced him to throw the knife overboard. When the Coast Guard came, Flemens assisted them in getting his injured coworker into a helicopter, according to court documents. Once he got to court, having a prior assault history, which Flemens said was from bar fights, didn't help his case.

But Flemens doesn't believe the picture of who the court painted him to be is entirely accurate. Flemens claims that the judge who sentenced him to prison in the court was not fairly placed and should not have been on his case.

"The judge was the victim's dad's best friend," he said. "So, the bias that he was saying what he is saying, you know. He is best friends with the dad. So, in American law... he should have said, 'No Mr., Flemens, I am friends with the victim's dad, I go hunting and fishing with him, I gotta pull myself off. He should not have been the judge.'"

Flemens said he was sent to a Seward for prison, a maximum-security prison in Alaska, and was later transferred to other prisons. At the Kenai prison, Flemens organized a fundraiser that other prisoners contributed to for the Salvation Army. He said that he only made around fifty cents an hour working as a prisoner, but that he still convinced many other prisoners to contribute.

The fundraiser was around Christmas and raised \$1000 to help kids in need. He said it was unprecedented for a prisoner to organize such a fundraiser in the prison system and that the inmates donated out of the good of their hearts.

"All the inmates, there was no fights, there was no drugs. They were all smiling," Flemens said. "It was from the heart. It wasn't because they had to. It was all straight up, honest and caring. Hey, you know, were doing something positive."

Richard Dominic was a correctional officer when Flemens was in prison in Kenai and is now enjoying retirement in Alaska. Dominic

said he has kept in touch with Flemens through Facebook and the phone since Flemens' 2015 release from prison. He could tell Flemens wanted to improve as a person while in prison.

"I tried to treat all inmates the same regardless of what they were in for," Dominic said. "And he knew he was in a rehabilitation program, a drug and alcohol program that we had at the facility. And you know, he was doing the best that he could to get what he could when he was incarcerated to rehabilitate himself."

Dominic was impressed with the fundraiser that Flemens organized and said he was surprised it happened and the number of inmates that donated. He said the fundraiser fostered the type of holiday spirit that you don't see in jails.

One thing Dominic is not surprised at, however, is the success that Flemens has found since being released. He expected Flemens to find success. The first time he saw Flemens out of prison in Kenai, he encouraged him to follow his dreams of starting a landscaping company. Today, Flemens is the owner of A B E landscaping and helps run a rental company with his daughter.

"He's really stayed on the right path, you know," Dominic said. "I still see him giving, you know giving back and I think that's important."

While it is true that some prisoners made fifty cents an hour, he said that with job training they could make more. Dominic said that the state cannot afford to pay inmates minimum wage and they are receiving education and job training programs while in prison. When it is closer to an inmate's release, programs help them adjust to life after prison.

Flemens received a lot of rehabilitative programming while in prison, Dominic said. The programming focused on getting down to the root of issues to change behaviors and to think differently to make better decisions. In the Kenai prison, educational and training programs were sufficient, but that cannot be said for every prison, he said.

Flemens said that he knew from the time he was sentenced that he wanted to turn his life around. He admitted to having alcohol problems before prison but said he had only casually used drugs. He is now sober.

One deciding factor is Flemens journey to change in

prison was becoming Christian. In prison, he said that he realized that the officers their knew what they were talking about and were trying to help him, which encouraged his good behavior. When he was sentenced to prison, he said he didn't understand Jesus at all.

In prison he said that he saw "the writing on the wall" and that he "looked up and saw God.". Without understanding why, Flemens said he opened a bible and started reading it until he understood it. He said the words of the bible helped him to realize that he had resources and blessings.

Something that was very difficult in prison for Flemens was lack of contact with his son, who asked Flemens to not go on the fishing trip that ended up sending him to prison.

"He was six and he looked at me and he said Dad, please don't go. And I told him, this is my last time I promise...I'm going to be home in 13 weeks," he said. "When I finally talked to him, all I did was cry."

When Flemens's son was eight, they had a conversation, where his son did not understand the gravity of being in prison.

"Instead of 13 weeks it was like 36 months [when I called]. And he didn't understand, he didn't know where I was," he said. "I hear my sons voice and I break down immediately, but I'm able to talk. And he's like 'Dad', and I'm like 'yeah kiddo', and he's like 'thirteen weeks is a long time' and I broke down again."

Despite all the difficulties he faced in prison, through God, changing his behavior and becoming sober, Flemens created a better life. He kept pushing forward so he could be at home with his son. Since prison, Flemens has started his landscaping business and organized fundraisers for the community.

Flemens loves his kids and his family. His life is simple. He works, goes home to see his family and goes out on the water every once in a while. He attends a Catholic church. Flemens doesn't excuse his past behavior and said he isn't the one to determine if people can be forgiven for serious crimes, that is up to the victims themselves.

He said that Jesus is the lead on forgiveness, and you must accept whether or not people forgive. Shane discusses all his lessons from his time in prison in his two books and just hopes that those books will help someone somehow.

CORRECTION

Chelan County Auditor Skip Moore received 15,311 votes, and 100% of the votes in the Primary Election held on August 2. His name was left off the election results in last weeks' papers. The election was certified on August 16.

The General Election will be held on Tuesday, Nov. 8.

If you are not registered to vote, go to: www.co.chelan.wa.us/elections.
Online and by mail voter registration deadline is Oct. 31. Register to vote in person by 8 p.m. at the Chelan County Elections office, at 350 Orondo Street, Ste. 306. Office hours are 9 a.m.,-5 p.m. and they can be reached at 509-667-6818.

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All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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9	8	7	6	1	4	3	5	2	
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Announcements

Lost & Found

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

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

Deadline Noon on Friday for the next week's papers

Happy Ads

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

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

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

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

General Interest

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Breakfast and snack will be served.
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Jodi Jones

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Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com
Deadline is Friday by Noon for the following Wednesday issues of all newspapers

Help Wanted

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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 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 interview 509-548-5286. 10-5 p.m. weekdays. EOE

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What's the difference between branded and generic medicines

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Legals
Public Notices

NOTICE OF APPLICATION, ENVIRONMENTAL DETERMINATION AND PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the City has received an application for a Shoreline Substantial Development Permit and Floodplain Permit for a project as described below. The City of Leavenworth (lead agency) has issued a Determination of Non-significance (DNS) and determined that the proposal will not have a probable significant adverse impact on the environment, per the State Environmental Policy Act Rules (SEPA, WAC 197-11-340) and the Leavenworth Municipal Code. An environmental impact statement (EIS) is not required under RCW 43.21C.030(2)(C). The lead agency will not act on this proposal for at least 30 days from the date of issuance on August 17, 2022.

The Hearing Examiner will hold a Public Hearing to consider and make decision on this project, at 10:00 am, Wednesday, September 21, 2022, at City Hall, 700 Hwy 2, Leavenworth and online via Zoom, Meeting ID: 914 5732 9412, Passcode: 222444; Or the call-in phone number: 1-253-215-8782.

LUA2022-027: Request for a Substantial Development permit and Floodplain Permit, submitted by the City of Leavenworth, to abandon existing utilities (sewer line, water and power) and relocate them to service the Waterfront Park restroom facility. The project is located at NNA Main Street, within the Recreational Public and Central Commercial Districts; Assessor's parcel numbers 241712240100, 241712662524, 241712662522, and City of Leavenworth right-of-way. From US Highway 2, turn south (to the river) onto 9th Street; in 0.1 miles, at the dead-end, take a left onto Main Street downhill to the parking lot of Waterfront Park.

The public is encouraged to attend via zoom and to submit written comments prior to the hearing. Materials may be viewed by appointment only at City Hall, 700 Hwy 2, Leavenworth, or on the City's Public Portal at <https://bit.ly/2RMadlw>; Search LUA2022-027 or use the interactive map. Questions may be directed to Lilith Vespier, phone 509-548-5275 or email dsmanager@cityofleavenworth.com.

Published in The Leavenworth Echo/Cashmere Valley Record on August 17, 2022. #4465

Q: When one of my medicines became available as a generic, my insurance plan forced me to switch. Ever since I haven't felt the same. My doctor insists that it is the exact same medicine, but if that's so, why doesn't it work as well?

Generic medicines are considered equivalent to their brand-name counterparts but are not identical. Although the Food and Drug Administration (FDA) requires all generic drugs to meet the same standards as brand name products, they don't have to match them in every way.

Before they can sell a generic version of a medication, their manufacturer must show the FDA that their product contains the same amount of active ingredients at each strength that the brand name comes in. Generic medicines must also match the form and route of administration of the original or "innovator" medicine, whether it's a tablet, capsule, liquid, or injection.

In addition, the manufacturing processes, quality control, and testing for generics must meet the same standards as branded medicines. Some generics are



even made in the same facility as the branded version.

Generic drug manufacturers must prove to the FDA that their generic is equivalent to the original branded medicine. They do this by testing human volunteers' blood after taking each version. If the blood levels from the generic and brand are similar, the FDA assumes that the generic medicine will work the same as the branded one.

The active ingredients of generics must be equivalent, but the inactive ingredients don't have to be. Sometimes those differences change the way you absorb your medicine. Just like meatballs contain more than just meat, tablets and capsules can contain more than just their active ingredient.

When a medication's dose is a tiny bit of powder, more volume will be needed to create a tablet or capsule. The added powder is called a filler or diluent. Lactose, sucrose, kaolin, powdered starches, and cellulose are

examples of fillers. Food coloring can be added to medicines, causing reactions in people sensitive to dyes. An adhesive compound called a "binder" is usually added to help the powdered medicine press into a tablet. Binders work similarly to the raw egg in a meatball recipe: by assisting the meat and rice to form into a ball.

Generic manufacturers use less expensive versions of fillers, dyes, and binders, allowable by the FDA as long as the active ingredient is the same concentration as the original medicine. Making generic versions of extended-release or long-acting forms is more complex than duplicating a simple tablet. It's trickier to get the generic versions of these to act the same as the original.

With most generics made overseas, the COVID pandemic disrupted the supply chain of generic medicines. Many pharmacies couldn't get medication from the generic manufacturer they typically used before COVID. Rather than run entirely out, pharmacies had to order drugs from unfamiliar manufacturers.

Most generic medicines are made outside the country, where there is little control over the product's source or manufacturing quality.

4 Tips on Taking Generic Medicines:

- 1. Check your pills before you leave the pharmacy.**
 Don't assume a different shape or color is "just another generic." Because generic medicines don't have to match the appearance of the branded version, the color or form can change whenever your pharmacy uses a different manufacturer. Check for and challenge any changes in your medicine's shape or color to ensure you have the correct medication in your pill bottle.
- 2. Double-check with Google.**
 When getting medications by mail, you can double-check their identity at home. In a Google search box, type the shape (round or oblong), color, and any markings you see on the pill. If there is a line across the tablet, add the word "scored." You will get names, doses, and color images that you can use to match up to your mystery pills. If you are still unsure, call your pharmacy

to double-check what should be there.

3. Ask your doctor.
 Let your doctor know if you have a poor experience after switching to a generic medication. If your doctor documents the problem, you may qualify for an exception from your insurance company. Many insurance companies will let you return to your original branded medication with appropriate documentation. However, sometimes they will charge you a higher copayment.

4. Report it.
 If you notice a difference when switching from a brand name medicine to the generic version, ask your doctor to report it to the FDA. The FDA's MedWatch program tracks any adverse events caused by medicines.

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

Buyer beware: 'Ironing Out' the facts on vitamins and supplements

(STATEPOINT) The supplement industry is booming, with more than four in five Americans taking vitamins or supplements, according to a recent Harris Poll on behalf of the American Osteopathic Association. Despite their popularity, the FDA doesn't test the effectiveness, safety or quality of supplements or their ingredients.

To help you navigate this largely unregulated industry, NovaFerrum, a leading manufacturer of iron supplements for children and adults whose products have been clinically proven safe, effective and well tolerated, offers the following primer:

- Good sourcing. Where it comes from is almost as important as what's in it. Manufacturers can cut corners

by working with lower-quality global suppliers or operating in places that require little oversight. Look for products sourced and manufactured in the United States, such as NovaFerrum.

- Proper dosage. There is wide variation in the amount of active ingredients in each supplement. Some iron supplements, for example, contain only slightly more iron than a glass of tap water. Make sure you get what you're paying for. On the other hand, taking too high a dosage can be dangerous. Know the Tolerable Upper Intake Level or UL (the maximum amount you can ingest without negative side effects) of each supplement you take.
- Truthful product claims. Don't be fooled by product claims not backed by third parties. The "certified gluten-free" symbol on food packaging means stringent steps were followed to prevent gluten cross-contamination and that the food has been independently tested by a third party. Similarly, many products are listed as vegan, kosher and halal, but smart consumers know to look for those that are vegan-verified and Etimad Halal or Kosher certified.

- The right ingredients. While organic is a good thing when you buy vegetables, when it comes to products that require a shelf-life, this might not be the best approach. Some popular "all-natural" supplements have



PHOTO SOURCE: KindPNG
Despite their popularity, the FDA doesn't test the effectiveness, safety or quality of supplements or their ingredients.

been recalled due to bacterial contamination. Without some level of preservative, harmful bacteria can grow in liquid supplements and make users seriously ill.

- Trustworthy brands. The supplement industry has experienced a number of lawsuits and recalls for issues related to ineffectiveness and adverse reactions. Do your homework.
- Science-backed products. Don't trust your family's health to a formula cooked up in a kitchen sink. Seek scientifically proven solutions based on years of pharmaceutical and health care experience and recommended by licensed medical professionals. Choose only supplements that have voluntarily undergone full-scale, multi-year clinical trials to prove that they're safe, effective and well-tolerated.
- Easy ingestion. Look for infant and children's products that actually taste good enough that they'll take them. The pediatric drops and chewable tablets from NovaFerrum, for example, come in flavors like chocolate

and raspberry grape. Also, when it comes to iron supplements, stick with formulations that reduce iron-related gastrointestinal side effects often experienced by people of all ages.

- Doctor-approved solutions. What you put into your body impacts your health in myriad ways, so choosing a supplement is essentially making a medical decision. Don't rely on slick advertising. Always get your doctor's counsel.

For more information on NovaFerrum, its iron supplements or its clinical trial, visit novaferrum.com.

"Whether you're taking supplements for athletic performance, to fill nutritional gaps or to boost wellness, it's essential to make smart choices," says Patrick Monsivais, CEO of NovaFerrum. "The good news is that with a little research, you can determine which are effective and made from high-quality ingredients, and which are a waste of money or, worse, potentially harmful."

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

CROSSWORD PUZZLE

THEME: FOOTBALL ACROSS

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63. Prior to, prefix
 64. *Tom Brady's 2008, 2018 or 2021 award

DOWN

1. *Professional football org.
 2. Relating to armpit
 3. Not all
 4. Jazz subculture hipster
 5. Tropical juice flavor
 6. Comparative form of #40 Down
 7. Imitator
 8. *QB's run
 9. SAT or ACT course
 10. Catch one's breath
 11. "Owner of a Lonely Heart" band
 12. Malfunction
 13. Hair product
 14. Chosen few
 15. Dress like Ancient Greeks
 16. Butterfly, pre-metamorphosis
 17. Bye, to ... Elisabeth Borne
 18. Encrypted
 19. *a.k.a. hike
 20. Dog-___ pages
 21. Do penance
 22. Not as old
 23. Casanova, e.g.
 24. Two before Dec.
 25. *NFL playing field
 26. Shorthand
 27. Antediluvian
 28. Idi Amin's country
 29. Butane derivative
 30. Not an expert
 31. Less adulterated
 32. All worked up
 33. Like Joe Biden's office
 34. ___ Bora
 35. Chef's amt.
 36. Son of Aphrodite
 37. Boisterous play
 38. ___the kicker
 39. "Uh-uh"

1. '90s Don Johnson TV character
 5. India's smallest state
 8. Light on one's feet
 12. Arctic floater
 13. Mouthful, swallowed
 14. Rocks at mountain base
 15. Reading helper
 16. Serve soup
 17. Clean & ____, in a workout
 18. *QB's target
 20. Wholly engrossed
 21. Religious ritual table
 22. Scot's woolen cap
 23. Relating to milk
 26. Oil-producing plant
 30. Shakespearean "fuss"
 31. Crowd
 34. Like the White Rabbit
 35. Chip feature
 37. Mozart's "L' ___ del Cairo"
 38. Asian goat antelope
 39. Turn sharply
 40. Yield
 42. Compass bearing
 43. *When QB changes play at line of scrimmage
 45. ___ identity
 47. Failed Molotov cocktail
 48. Alicia Keys' instrument
 50. Final notice
 52. *It results in change of possession in football
 55. Off-white color
 56. Actor Pitt
 57. Type of ore
 59. Classic TV's "lovely lady"
 60. Stiff hair
 61. Vegetative state
 62. Distinctive elegance

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The Washington Outdoors Report

Record Tiger Trout Remain All in The Family

By JOHN KRUSE

This story starts on June 26, 2021, on a dock at Loon Lake in Northeast Washington. Caylun Peterson and his daughter were staying at the family cabin and had gotten up early to go fishing. Caylun cast a nightcrawler out and was rewarded with a huge trout that took the bait. After a hard-fought battle where the fish nearly took all of the line off of Peterson's reel, he was able to get the fish to shore.

The fish was a tiger trout, a sterile breed that is a cross between an eastern brook trout and a German brown trout. Since they don't lay eggs, they are focused on feeding and can grow to be quite hefty. The trout Caylun reeled in was literally the biggest tiger trout anyone had ever seen. Caylun was actually going to release the fish but a neighbor and his mother, Cathy Clegg, both convinced him not to because it could be a new state record.

They were right. That tiger trout ended up weighing nearly 24 1/2 pounds, handily beating the previous 18 1/2-pound state record caught out of Bonaparte Lake. It also beat the long standing 20-pound, 13-ounce world record tiger trout caught out of Lake Michigan back in 1978. This was the fish of a lifetime, caught out of a lake known not only for tiger trout, but also a sizeable population of kokanee, warmwater fish and a previous state record lake trout.

Fast forward to August 7, 2022. Cathy Clegg and Caylun were again fishing at the south end of Loon Lake off the family cabin dock. Cathy cast out a hook with a couple of nightcrawlers on it and no weight, allowing it to slowly sink towards the bottom which

was 25 feet deep. Cathy said she had set her rod into a pole holder mounted on the end of her dock. Shortly after she did Cathy said, "Something was hitting it like crazy and I just ran up, grabbed it as fast as I could and I'm starting to reel, and this huge fish jumps all the way out of the water!"

Cathy continued, "I managed, thankfully, to get that thing in and my son grabbed the net and helped me get it onto the dock. Caylun then looked at the fish and the first thing he said was, "It's a world record, Mom, we've got to turn this thing in!"

Finding a certified scale to weigh the fish on was not easy. The first place they went to in Deer Park was not open. The second place they went to had a scale but it had not been certified in the last twelve months, making it ineligible for an official weigh-in. Next, they contacted Michlitch, a Spokane based company specializing in spices and seasonings. They were happy to oblige and when the fish was taken there the trout weighed 27.42 pounds on their certified scale, beating Caylun's world record fish by nearly three pounds.

They next took the fish to the regional Washington Department of Fish and Wildlife office where Staci Lehman, the Public Information Officer there, said officials measured the massive trout and found it was 35 1/2 inches long and had a girth of 28 1/8 inches. Lehman said the fish is pending approval as a state record and Clegg said she would be filling out the application to make this the new world record.

As for the rod and reel used? Cathy said it was a Cabela's Whuppin' Stick casting rod paired with an Okuma Magda level wind reel that was spooled with heavy line. Coincidentally, Caylun was also using an Okuma



Cathy Clegg at Loon Lake with her pending world record tiger trout

PHOTO COURTESY C. CLEGG.

reel, albeit a spinning reel, when he hooked his record fish in the summer of 2021. According to Cathy, "He just really trusts their equipment." Asked about the big tiger trout in the lake, Lehman told me, "The consensus from area fish biologists is that kokanee are driving the growth of big tiger trout in Loon Lake. While that hasn't been examined closer at this time, it makes sense."

I asked Cathy if she thought this record would be broken out of Loon Lake again. She replied, "I definitely think it will be broken.... every year the tiger

trout get bigger and bigger, and I don't think they've limited out yet". Cathy did caution though, "We average maybe one tiger trout per year of any size, so they're far and few between out there." In other words, this world record might stand for a while but if it's broken again, I wouldn't be surprised if it's caught off that cabin dock at Loon Lake by another family member.

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

Projekt Bayern

CONTINUED FROM PAGE A1

heard back from the mayor stating he was not accepting our proposal. So, I mean, I don't know how else you would read that," she said.

While Bayern feels they have had conflicts with the city, they are still going to provide funding for projects for Leavenworth and the surrounding area when funding requests are submitted, Gustin said. Bayern has already given back nearly \$2 million to the community, she said.

Oktoberfest generates a lot of revenue, but it also costs over a million dollars each year to put on, Gustin said. But if 40,000 people come to Oktoberfest and spend \$500 that is over twenty million dollars that go into Leavenworth and the surrounding areas, she said.

"No matter what, just having it helps. That was our thought process, no matter what," she said.

Gustin said that she does not appreciate Oktoberfest being characterized as drunkfest by the mayor. While some people overindulge, she said, for the most part that is not the case. Oktoberfest didn't take over the roadways, it allowed people to have fun and Bayern always followed the lead of city administration on aspects like the length of music, she said.

The mayor ran on a campaign of being against Oktoberfest, Gustin said, and was lobbying against the festival before being elected. Florea was

not available to comment on this allegation, but Voos said he heard from community members that they were not happy with some of the effects of Oktoberfest. While the city has no official record of Florea calling Oktoberfest "drunkfest", he was quoted by a news outlet of using the term in 2021.

Voos confirmed that the city had asked for a more family friendly atmosphere at the festival. But Gustin said that Oktoberfest had always had a Kinder Platz downtown in the park. This year, the Town Toyota Center provides more space to have the Kinder Platz directly inside the Oktoberfest, she said.

Gustin said that the Oktoberfest is focusing on German beer and will not have any American beers because there are so many beer festivals out there and they want to focus on German tradition. People from German beer companies have come to Bayern's Oktoberfest in the past because the festival sold so much of their beer, she said.

"We actually had them up on stage for the keg tapping ceremony. It's just so much fun. It's a crowd pleaser. It gets everybody ready to go. And it's, you know, I guess what a lot of people don't know that if they haven't been that there is so much comradery," she said.

This years Oktoberfest will have expanded room for vendors, including those looking to fundraise, and free parking will be provided, Gustin

said. Shuttles will be provided for those both at Leavenworth and Wenatchee hotels.

Other fun highlights include the men and women's stein holding contest, collectible memorabilia, and a Mug brand rootbeer float. Tickets go on sale at the end of August. The stein contest started a couple years ago, and you must sign up and five to eight men and women are selected, Gustin said.

"They come up and we fill a whole stein full of water ... you have to extend your arm straight out and its not easy. You can't use your other hand. You can only use the one hand that you choose at the very beginning," she said. "I don't think we have even gone over five minutes [for men or women]."

While it may seem like the parking that Oktoberfest has traditionally taken up may make more money, Gustin said that if you consider all the benefits that the festival brings to the community it is a net financial gain for the city.

Despite the benefits to the city that Bayern claims, the groups have split and there are two Oktoberfest events.

Jessica Stoller, Marketing and PR Director for the Leavenworth Chamber of Commerce wrote that the Oktoberfest in Leavenworth will still have music, dancing and the ceremonial tapping of the keg, as those are key elements of any Bavarian styled Oktoberfest.

For the Chamber's Oktoberfest, two beer gardens will be located at the Festhalle and at Front Street Park next to the Gazebo, Stoller said. The event will feature entertainment, dancing, food, lots of great local and German beers, a large Kinder Platz for kids, a rootbeer garden and a 42-foot Ferris wheel.

Similarly, Bayern's Oktoberfest will have plenty of entertainment and dancing, with favorite bands and musicians performing during the entire festival and carnival games for the kids.

Chelan County moving to Stage 2 fire restrictions

SUBMITTED BY JILL FITZSIMMONS
CCPIO

On Friday, August 12, Chelan County will move to Stage 2 fire restrictions, and with that will come additional activity and travel restrictions.

Stage 2 fire restrictions include: Additional educational signage will be placed at a variety of county roads, alerting people to activity and travel fire restrictions. The signage, or barricades, do not prevent people from using the roadway.

People are prohibited from having campfires at their residences. People can continue to use commercially made barbecues, both gas and charcoal briquettes.

Target shooting outside of gun ranges is prohibited. Hunting is still permitted in areas that are open.

Both the Valley and

Mountain zones of Chelan County will be at an "extreme" fire hazard rating, which applies to the current conditions.

The local Fire Advisory Board, which consists of area fire chiefs and partner agencies, meets weekly during the summer to discuss whether fire hazard levels and stages should be changed. The board then makes a recommendation to the Board of County Commissioners. If commissioners are not in session, the Chelan County fire marshal has the authority to temporarily designate a fire hazard area and impose travel and activity restrictions. County commissioners then may approve the restrictions by resolution at their next regular meeting.

For more information, go to the Chelan County website at www.co.chelan.wa.us.

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Kim & Rosalie Kozelisky
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Community Cupboard
A Program Of Upper Valley MEND

219-14th St.

Please help us meet our needs by donating the following items:

- Cereal • Juice • Canned Fruit • Cooking Oil • Eggs • Meats • Chili • Soups

Open: Monday through Saturday 11 a.m. - 5 p.m.
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Das Thrift Haus

Open: Monday-Saturday 10:30 a.m. - 5 p.m. and Sunday 12 - 5 p.m.
Kindly bring donations to our sorting center.
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This announcement sponsored by The Leavenworth Echo

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