



Royal Lady Sharon enjoys another parade



Royal Lady Sharon Waters waves to the Cashmere Crowd during the Founders' Days parade in Cashmere on Saturday, June 25. The float was awarded a plaque by the current Cashmere Royalty. Unlike years past the weather was a balmy 89 degrees. The Bavarian dressed walker is Ron Hassinger and the driver is Brandon Haight.

Recent school board meeting includes budget work session



Marlene Farrell
Correspondent

The Cascade School Board gathered for a budget work session prior to the regularly scheduled meeting. Dwight Remick, CSD business manager, shared the MSOC (Materials, Supplies and Other Costs) budget details for the 2022-23 school year, both summarized and detailed by school building. The personnel part of the budget, not discussed at this meeting, is about 5.5 times larger than the MSOC portion.

Remick is basing the budget on an expected enrollment of 1225 FTE. This is still 75 students lower than the pre-COVID peak, when transitional kindergarten didn't exist. So, the district numbers are still down almost 100.

The budget must account for higher prices in some categories. A big one is fuel for the transportation department. Other examples of increased cost include curriculum, food services' commodities, insurance and legal fees.

As for curriculum costs, Remick said, "The overall cost of curriculum and related support continues to increase each year, and certain core subjects are definitely more expensive than others. For example, in the area of the arts and music [which received new curricula last year], while the number of students involved might be the same, the number of teachers, classrooms impacted, and time involved is significantly lower than math, reading or sciences." This year the math curriculum is being updated, with a higher price tag.

In regard to the legal fees, he said, "During this past year the district experienced a major increase in legal fees due to questions involving COVID restrictions and impacts to personnel. I have increased the budget in this area based upon the expectation that this will continue during the next year."

The greenhouse adds new, albeit small costs to the budget for supplies and contractual services.

Maintenance contractual services are doubled. "The increase in the area of maintenance is to respond to the fact that during the first three to five years after the buildings were completed, a lot of the service work and repairs we covered under warranty. Now that those warranties are expiring, we are having to pay for those services and repairs," explained Remick.

Extra-curricular budgets for CHS and IRMS rose last year, with just a small bump up this year. More budgetary support was needed when sport and attendance fees were removed for the sake of equity. This year, the travel to state competitions needed higher funding.

Each building is budgeted about \$225 per student. Remick said they can change the allocation, but they have to stay within those limits.

CTE is an exception and is funded at a higher rate (\$1000 per student at CHS, for example), and utilizes special funds from the state. "The State has special requirements for CTE funding that makes it very important that those funds be spent first, or they are subject to recapture," said Remick.

Leftover ESSR funds from the federal government are incorporated into the budget, and will be expended this year. Additionally, there is \$500,000 buffer (expense and revenue) built into the budget for unknowns. This accounts for grants, changes

Keeping up with people

A look back in time: The fine art of lettering the fish ponds

By STEVE SOX

Gene Parker was in Leavenworth for his 60th high school reunion last weekend and dropped by Leavenworth National Fish Hatchery to see if any of his original artwork was still here after 60 years. "Well" he laughed, "not exactly what you'd call art. But around 1962 I painted the numbers on the original Foster-Lucas ponds and just wondered if you could still see them." I grabbed my hat and camera. "Let's go look."

We had no luck going down the first row of the fish rearing ponds, constructed in 1939. Barely visible, stenciled numbers in red were on a few. But looking on the next row, we found some chipped and fading remnants of Parker's work done in 1962. "I had been doing well in mechanical drawing in school, got a summer job helping at the hatchery

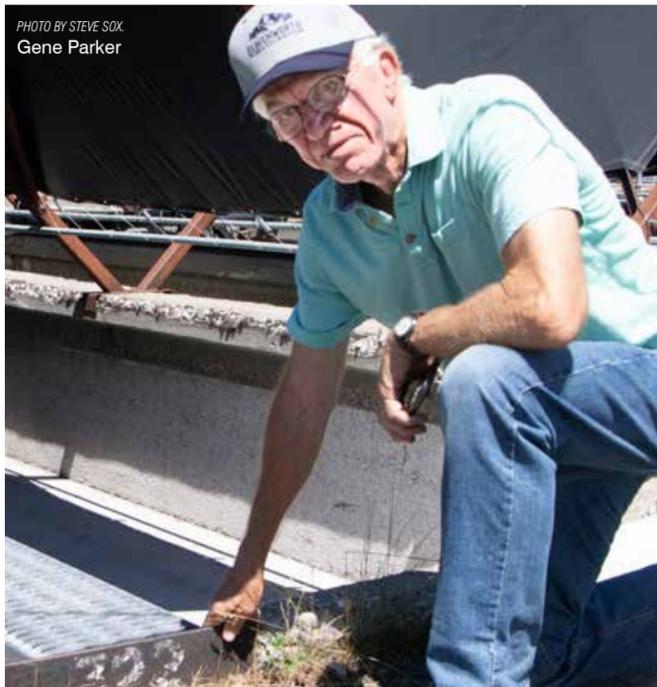
and was told to get stencils and paint numbers on both sides of all 40 ponds (26 of those remain today). But I decided to freehand them. The Hatchery Manager, Alfred Gastineau saw my work in progress and was very impressed."

Parker was a hatchery neighbor and in 1952, at the age of eight, his family bought the farm on the southeast corner of Icicle and Fish Hatchery roads. Part of their barn remains on the property. They had 500 chickens, a dozen cows, and earned money selling eggs and milk to staff members and other neighbors. When their raspberries were ripe, he'd pick and then go door-to-door selling them, good training for a later career selling defense electronic systems to the military, he said.

Later, Parker's half-brother Andree Boughey lived in a house at the end of the hatchery housing units, but he was unsure if he was a staff member.

Gene Parker, 78 now lives in Miami, Florida. He would be delighted if you would visit the hatchery sometime and view his "artwork".

PHOTO BY STEVE SOX.
Gene Parker



UV MEND gleaning up and running

By ERIN MULLINS

Reporter

Upper Valley MEND's gleaning program, where community members can help UV MEND employees gather excess produce from farms that will be donated to the food bank, is up and running for the summer. UV MEND gleans several times a week and welcomes volunteers of all types for any amount that they are available, said Rachel Bishop, Food Programs Manager at UV MEND.

Those who are interested in volunteering can sign up on UV MEND's website uvmend.org navigate to the tab join us, click volunteer and then fill out the form with programs they are interested in volunteering in. The gleaning program is funded through UV MEND as well as the Washington State Department of Agriculture's Harvest against Hunger program, Bishop said.

The Harvest against Hunger

funding will be used to purchase produce from the farms that will be provided to the food pantry, Bishop said. Volunteers are the backbone of the UV MEND program, she said. Volunteers help to run the food bank, glean, grocery rescue, work at Jubilee, help with Cornerstone Community and run the thrift store.

Those interested in volunteering can also keep up with the gleaning program through their Instagram, [uvmend_gleaning](https://www.instagram.com/uvmend_gleaning), Facebook, Upper Valley MEND Gleaning, or by calling the main office at 509-548-0408. UV MEND is currently trying to hire a gleaning coordinator, a full-time position that runs through October.

The gleaning season typically goes from May to October, Bishop said. This season, since the spring was so wet and cold, gleaning didn't really ramp up until June. Gleaning typically happens from Leavenworth

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SUBMITTED PHOTO.

Robin Moser (L) and Claire Seaman (R), a former AmeriCorps volunteer for the gleaning program, show off the harvested produce they were able to glean for their program

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Local and Regional News

School Board Meeting

CONTINUED FROM PAGE A1

in staffing, enrollment adjustments and other factors.

Due to the fact that there is high turnover in staffing, that portion of the budget is harder to pinpoint; a lot depends on each hire and how much experience they have, which is connected to salary. Remick said he's cautiously optimistic. In September, if enrollment is lower than expected and/or payroll is higher than expected, he will have to react and make changes.

The board will vote to approve all the budgets at a meeting on July 18th.

The general meeting began next, with board member Mike Worden unable to attend.

Superintendent Tracey Beckendorf-Edou gave an update on technology, beginning with praise for the diligent help of IT specialists Nick and Devon, who are NCESD staff assigned to CSD. During the pandemic the district reached a one-to-one ratio of computers to students, and, for the recent, more "normal" school year, the laptops continued to be sent home with students for technology equity. Board chair Trey Ising asked about the status of the returned laptops after being shoved in backpacks for a year. Beckendorf-Edou wasn't sure what number were damaged but thought, in general, they were pretty durable. The district has improved its check-in and check-out process.

CSD continues to provide internet access with hot spots to about 50 families in need for the same reason. Zoom meetings involving parents have also been continued since the beginning of COVID. They add ease of access for meetings such as with counselors or for an individual education plan session.

A large screen was installed in the Alpine Lakes Elementary (ALPS) gym for the sake of PE instructional videos. The screen includes protection from damage from flying balls. A similar one will be installed at Peshastin Dryden Elementary (PD) over the summer, but it's more challenging because the PD gym wall construction is not easily weight-bearing.

The main instructional platforms, Seesaw for the younger grades and Canvas for third grade and up, have been utilized for a few

years now and work pretty well for assignments and communication but are a bit clunky in terms of syncing grades to Skyward as well as the extra security connected to two-factor authentication. Staff will be trained in August at three tiers, depending on their needs.

The board approved sixteen personnel actions, with the majority being hires. Notable was the retirement of elementary school PE teacher Paula West, who worked in CSD for 29 years and has been an educator for 37 years. The superintendent and board thanked West for her service and wished her well.

During policy review, the board approved a waiver of high school graduation credits for the rare occurrence of a student coming to the district from an institutional educational facility to assist in that student's opportunity to graduate.

The articulation agreement between CSD and Wenatchee Valley College in terms of the two fire science classes is official, enabling students to earn four WVC credits on completion. Beckendorf-Edou shared how she got to observe the fire science students' practice prescribed burn on a hillside up the Chumstick. This increased her understanding of the seriousness of the fire danger in certain parts of the district.

The librarians from CHS, IRMS and ALPS prepared 40 boxes of books for surplus, which was approved by the board. "The librarians have software that tells them the last time a book has been checked out. They also consider the date of copyright," explained Beckendorf-Edou. "There is a process regarding surplus. First, it is sent out to other school districts. Then it is sent out to staff. Finally, it could be available to the community."

For the good of the order, NCESD Superintendent Michelle Price gave a short virtual presentation recognizing Beckendorf-Edou, who received a certificate of appreciation from the Washington Association of School Administrators (WASA). The award is, "in recognition of outstanding contribution to the mission and goals of WASA and to the students of Washington State." Price lauded Beckendorf-Edou for her leadership in CSD and also her support of other leaders across the state.



SUBMITTED PHOTO.

2022 Graduate of Leavenworth Upper Valley Christian School. Deakin Blanchard said he plans to join the Navy.

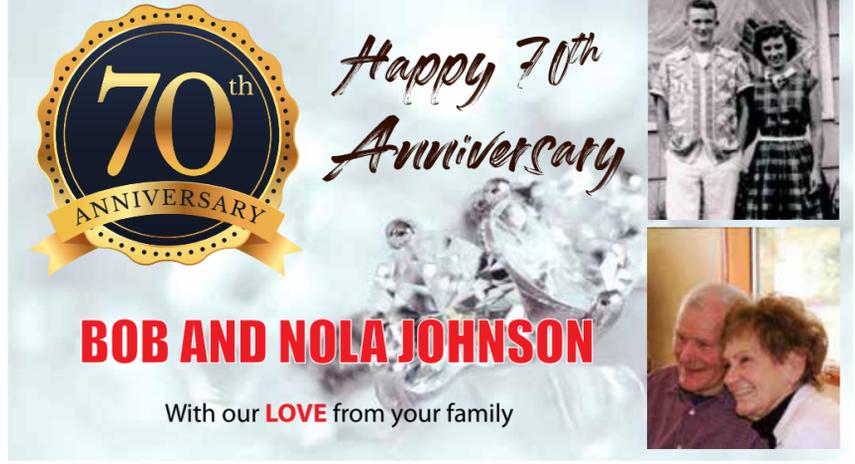


FILE PHOTO.

Sen. Brad Hawkins

Olympia-Sen. Brad Hawkins is being recognized for his efforts to help Washington small businesses.

The National Federation of Independent Business (NFIB) announced that the 12th District senator has earned the organization's Guardian



Hawkins receives award from small-business group

of Small Business award. NFIB Washington State Director Patrick Connor, in a letter informing Hawkins that he is receiving the award, shared his support to the senator for his consistent support of Washington's small businesses. Connor wrote in his letter to Hawkins, "We are tremendously grateful that you stood with our state's small business owners' 100 percent of the time on these important issues. Thank you!"

Hawkins also stated in a current interview, "I was very honored to receive this award for my strong support of Washington's small business community. People probably think of me for my education,

agriculture, hydropower, and outdoor recreation interests, but I'm also a big supporter of our business community. Washington's small businesses have survived some extremely challenging times - through the COVID pandemic - and they need our support now more than ever. With record inflation, supply chain challenges, and other economic uncertainty, lawmakers should keep our business community at the front of their minds. Small business owners are our job creators and job sustainers. They are the ones who will keep our economy advancing, which keeps sales tax revenue flowing to state government for important services.

Successful small businesses keep people employed, maintain community stability, and improve state finances. Receiving this award is very humbling and sends a message back to me that Washington's small business community appreciates my efforts. That's always gratifying as a legislator. My job exists to serve the people who elect me, and I'm proud to receive this award, which is supported by many businesses locally." Hawkins has served the 12th Legislative District since 2012 when he was elected to the House of Representatives. Hawkins was elected to the Senate in 2016 and reelected in 2020.

Join us at the library. All our libraries now offer regular in-person programs for all ages

Try Tahitian dancing with an instructor from Peshastin. Explore Tahitian dance and culture with teacher Sandy Zarate. All ages and fitness levels welcome.

Age Group: Kids (Elementary), Tweens (Middle School), Teens (High School), Adults

Contact: Clare (509) 548-7821, peshastin@ncwlibraries.org

Learn to draw Manga at Cashmere. Join teen instructor Maggie for an afternoon of Manga Drawing lessons. Chat about your favorite anime and manga while learning how to

draw in the manga style. All supplies provided. Seating is limited.

Age Groups: Tweens (Middle School), Teens (High School), Adults Presenter: Maggie Hill Cashmere Library (509) 782-3314, cashmere@ncwlibraries.org

New Bookmobile Stops. Our two community bookmobiles have added new stops this summer to bring library services to more people in our library district. In addition to their usual stops, they are now visiting the Valley Hi in Chelan County. These mobile libraries bring all the materials you find in our branch libraries - books, DVDs, music, craft kits, and more. You can also pick up your holds, drop off returns, connect to free Wi-Fi,

and sign up for the Summer Library Program.

Do you know of an isolated rural community in Chelan, Douglas, Grant, Okanogan, or Ferry County that would benefit from a monthly bookmobile visit? Please contact us at bookmobiles@ncwlibraries.org.

Explore Science with Us. Our STEM staff are bringing science fun to all 30 branch libraries this summer. From launching rockets and aerospace engineering to wildlife biology and animal tracking to geology and geodes, we invite you to step off the beaten path and explore the wild world of STEM.

Join us for STEM at the Library. Our STEM staff will take their exciting summer

science show on the road as part of our Summer Library Program. Explore Beyond the Beaten Path which kicked off June 14 and will make stops at all thirty of our library locations at least once throughout the summer months. From launching rockets and aerospace engineering to wildlife biology and animal tracking to geology and fossils and geodes, our STEM librarians Ash and Buffy will help you step off the beaten path and explore the wild world of STEM!

Here is the summer schedule. Dates are subject to change so be sure and check the online calendar or your local library before you go. Leavenworth: 2 p.m. July 19 and Peshastin: 2 p.m. July 21.

Don't forget to renew your subscriptions this summer!

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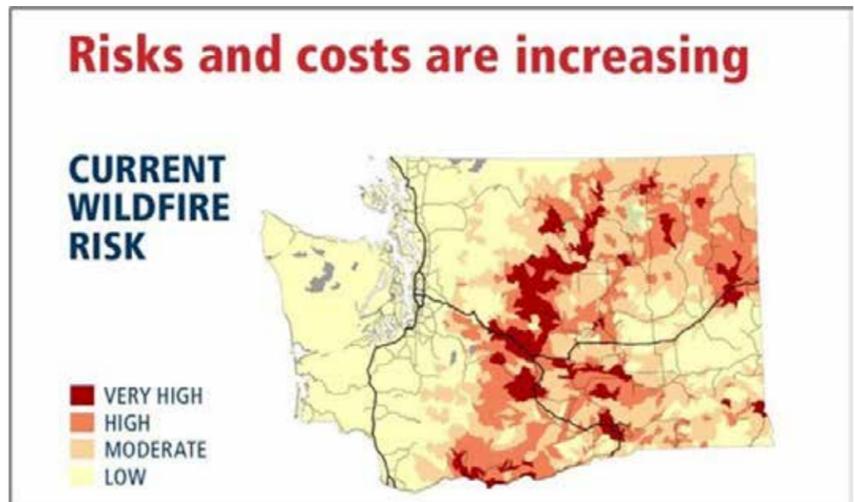
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Proactive forest management and fire response



SUBMITTED BY SEN. BRAD HAWKINS

Our risk of wildfire has been increasing, which is why proactive measures for forest management and fire response are necessary. These two areas will continue to be important priorities for me as I advocate for our district and adequate wildfire funding. In Washington state, we have been working toward a stronger, more comprehensive approach to reducing our risk of wildfires. I've worked closely with

Commissioner Franz and DNR staff over recent years and am very proud of the bill we passed together in 2017, Senate Bill 5546, to direct the state DNR to set up a framework for assessing and treating fire-prone lands. I've also been very encouraged by the agency's Wildland Fire Protection 10-Year Strategic Plan. This process is now underway, but it will likely take several years of aggressive thinning and responsible prescribed fire in order to minimize our risk of catastrophic fires. As we've learned from the

Era of Megafires discussions that originated in Wenatchee, we must take a proactive approach with wildfires in all neighborhoods and at every level of government. This includes responsible thinning and prescribed burning on state and federal forestlands, along with taking aggressive steps to create defensible space around your homes and neighborhoods through the Firewise Program. We must also ensure that our government's firefighting capability is as effective and efficient as possible.

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

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

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



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

Corrections

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

Contact the listed organizations or events for updates.

COMMUNITY CALENDAR

Wednesday

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.
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 leavenworthmosquitodistrict.com 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 only is \$7 (no outside food please). Check-in begins at 11:30 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.leaveworthmasons.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: 10 a.m. to 2 p.m. on Tues., 10-5, Wed., 11-7, Thurs., 10-7, Fri., 10-5 Sat., 10-2. Closed Sunday and Monday
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., 11-1:30, 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

Meetings with Bob Bugert

Leavenworth, 5 -7 p.m., Thursday, July 7, in the community room of Chelan County Fire District 3, 228 Chumstick Highway. In Plain: 9- 11 a.m. on Friday, July 8, at Beaver Valley Lodge, 18630 Beaver Valley Road. Bugert will provide general Chelan County government updates at both meetings. He also will be joined at the meetings by a variety of county representatives. At the Leavenworth meeting, Chelan County Natural Resources will provide updates on two ongoing projects: the Leavenworth-area tubing study and the Icicle Work Group. The Chelan County fire marshal will talk about the new fire hazard designations as well as efforts to develop a Wildland Urban Interface Code. And Public Works will talk about the ongoing Cascade Orchard Bridge deck project. The fire marshal also will attend the Plain event, where Natural Resources will discuss the

status of the Upper Wenatchee Pilot Project. Both meetings will have opportunities for questions from the public. Bugert, who represents District 2 for Chelan County, meets quarterly with the Upper Valley community to discuss updates on county projects and issues and to answer questions from the public. Contact: Jill FitzSimmons Chelan County public information officer 509-667-6545.

Leavenworth Library Events:

Leavenworth Friends of the Library

We will be accepting book donations on the 2nd and 4th Fridays of the month from 10-11 a.m. Bring your donations to the green buildings at the back of the Mountain View Cemetery on Icicle Road. We cannot accept magazines, encyclopedias, textbooks or outdated manuals. Questions call 509-548-7018.

Crafternoons at the Library

Join us for arts and crafts at the Leavenworth and Peshastin Libraries. All ages welcome

Tuesdays, 3:30-5 p.m., 509-548-7923 or Peshastin, 509- 548-7821. Remember to get a Library parking pass from the library to park in the designated parking spaces.

Cashmere

Cashmere Community Vacation Bible School

VBS will be on July 11 through 15, from 9-11:30 a.m., at the Cashmere Presbyterian Church for ages 4 - grade 6 and 7-8:30 p.m. for grades 6 -12. Contact Linda Colby, 509-669-8425 lcolby1513@nwi.net for more information.

Regional

The Cascadia Conservation District Regular Board meeting will be an in person and call-in /Zoom meeting, held on Friday, July 15, 1:30 p.m. If you wish to attend in person, please call the office as space is limited. More information and instructions will be available on our web site at cascadiacd.org or by calling the district office, 509-436-1601.

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.

June 24	Peshastin	Rd., Peshastin
08:04 Domestic Disturbance, 20752 Chiwawa Loop Rd. Thousand Trails, Lake Wenatchee	14:48 Animal Problem, Front, and 10th Streets	09:00 Civil Dispute, 18454 W. Darmandells Rd., Lake Wenatchee
10:04 Injury Accident, 11632 Freund Canyon Rd.	15:58 Parking/ Abandoned Vehicle, 301 Ward Strasse, Hampton Inn & Suites	10:04 Malicious Mischief, Ingalls Creek Trailhead
10:36 Welfare Check, 694 US Hwy. 2	16:10 Domestic Disturbance, 10797 US Hwy. 2, Peshastin	10:07 Public Assist, 1010 Main St., Barn Beach
11:15 Traffic Offense, Joseph and Scholze Streets	17:01 Non-injury Accident, 200 Zelt Strasse, Park N' Ride	10:57 Agency Assist, Leavenworth area
12:17 Public Assist, 24601 Spur St., Plain	17:01 Property, 694 A US Hwy. 2 parking area	11:17 Suspicious Circumstance, 8624 Larson Rd., Peshastin
12:24 Public Assist, 694 US Hwy. 2	17:08 Hazard, 8381 Main St., Peshastin	11:55 Public Assist, 14521 Chumstick Hwy.
13:53 Non-injury Accident, Commercial and Division Streets	19:44 Welfare Check, 2227 Riffle Dr., Lake Wenatchee	13:16 Parking/ Abandoned Vehicle, 3400 Hansel Ln., Peshastin
14:28 Attempt to Locate/ Contact, Alpine Lookout, Lake Wenatchee	20:28 Suspicious Circumstance, 90 Deep Powder Ln., Lake Wenatchee	13:40 Non-injury Accident, 1250 US Hwy. 2, McDonald's
14:58 Traffic Offense, Eagle Creek Rd., MP 2	20:38 911-call, 2511 Kinnikinnick Dr., Lake Wenatchee	13:53 Welfare Check, 8381 Main St., Peshastin
15:29 Traffic Offense, Alpine Acres Rd., and Chapel Dr.	21:17 Property, 510 Pine St.	14:42 Hazard, 100 block Prospect St.
15:42 Theft, 8515 Icicle Rd.	22:04 911-call, 309 8th St., Post Hotel	18:07 Public Assist, Colchuck Lake
16:58 Non injury Accident, Ski Hill Dr. and US Hwy. 2	June 27	21:14 Diversion, 228 Chumstick Hwy, Chelan County Fire District 3 Station
17:59 Welfare Check, Coles Corner, Lake Wenatchee	08:10 Domestic Disturbance, 10797 US Hwy. 2, Peshastin	22:34 Disturbance, 11518 Sunitsch Canyon Rd.
18:29 Welfare Check, Colchuck Lake, Leavenworth Forest Service	09:58 Search and Rescue, Ingalls Creek Trailhead	23:27 Animal Problem, 200 Acorn Ln., Peshastin
22:27 Noise Complaint, 21110 Lariat Rd., Plain	10:40 Scam, 480 Alpine Pl.	June 29
June 25	13:12 Civil Dispute, 1250 US Hwy. 2, McDonald's	00:23 Trespassing, 10461 Stemm Rd., Smallwoods, Peshastin
No report available.	14:38 Harassment/ Threat, 13029 Chumstick Hwy.	01:39 Noise Complaint, 12140 Otis Spur
June 26	15:34 Property, 900 Front St. Bushel and Bee	06:59 Diversion, 8587 Pine St., Peshastin
01:20 DUI, 10461 Stemm Rd., Smallwood's, Peshastin	16:55 Property, 820 Front St., Gazebo Park	07:05 Non-injury Accident, 10136 Main St., Peshastin
01:49 Suspicious Circumstance, 221 8th St., Ducks and Drakes	17:20 Property, 8th St. and Commercial St.	08:05 Suspicious Circumstance, 10797 US Hwy. 2, Peshastin
01:59 Animal Problem, 6400 block Campbell Rd.	19:39 Attempt to Locate/ Contact, Coles Corner, Lake Wenatchee	09:16 Court Order Violation, 10797 US Hwy. 2, Peshastin
06:58 Injury Accident, 16925 Chumstick Hwy.	19:53 DUI, 940 US Hwy. 2, Liberty Station	10:14 Civil Dispute, 7004 Icicle Rd.
10:34 Property, Colchuck Lake Trail, Lake Wenatchee	June 28	12:29 Non-injury Accident, 920 US Hwy. 2, Village Mercantile
12:26 Animal Problem, 7546 Saunders Rd., Big Y Cafe,	01:54 Burglary, 10515 Ski Hill Dr.	14:40 Traffic Offense, North Rd. and Chumstick Hwy.
	03:16 Burglary, 10757 N. Shore Dr.	16:42 Non-injury Accident, 1250 US Hwy. 2, McDonald's
	07:39 Civil Dispute, 8077 Green	18:04 Public Assist, 817 Commercial St., Cascade Hospital

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02:39 Prowler, 10196 Ski Hill Dr.
09:12 Theft, 9501 Jeske Rd., Big Y Park n' ride
09:16 Public Assist, 11088 Eagle Creek Rd.
11:33 Alarm, 70 Garmisch Ln.
11:42 Domestic Disturbance, 435 Pinedrop Ln., Lake Wenatchee
13:14 Non-injury Accident, 309 8th St., Post Hotel
13:15 911-call, 720 Birch St.
15:41 Theft, 217 9th St.
17:53 Trespassing, 829 Front St., Andreas Keller
18:39 Public Assist, 810 Hwy. 2, Bavarian Lodge
20:46 Attempt to Locate/ Contact, Colchuck Lake area
21:19 Attempt to Locate/ Contact, Lake Ingalls
21:41 Harassment/ Threat, Mine and Mill Streets
21:59 Traffic Offense, US Hwy. 2, and Icicle Rd.

OBITUARY

Gladyce Lenore (Rappana) Aunan

July 9, 1934 - June 22, 2022

Gladyce L. Aunan, 87 years, a resident of Leavenworth for 40 years, died on June 22, 2022, in Yakima, WA. She was born Gladyce Lenore Rappana in Duluth, Minnesota, on July 9, 1934, of parents Gladys and Archie Rappana. She graduated from Denfeld High School and University of Minnesota, Duluth. She taught Physical Education at Ordean Jr. High School, Duluth, the year it opened in 1956. An intrepid outdoorswoman, Gladyce enjoyed canoeing adventures, pheasant hunting, downhill skiing, and other sports including the trampoline.

In 1957, she married Wallace Aunan at Duluth and they had 5 children, Lauri Aunan (Steve) of Corbett OR, Juli Aunan-Wales of Portland OR, Steven Aunan (Katie) of Sacramento CA, Stan Aunan (Jojo) of Le Chable, Switzerland, and Kari Hannon (Douglas) of Yakima WA.

Accompanying her husband during his Air Force career of 26 years, Gladyce and their children crisscrossed the United States several times and traveled to 13 foreign countries, including

assignments in Germany and Norway. For one move, she and the five kids camped from California to Virginia in a tent she handmade from a tarp and mosquito netting. She placed a high value on education, refused to allow a TV in the house, took the kids regularly to the library and subscribed to a Great Books program, acquiring a full set including Homer, Shakespeare, Plato, Euclid, and St. Augustine. She taught her children by word and example to be independent and confident and respectful of others. "Leave it better than when you arrived," was her philosophy regarding the many rental houses they lived in around the world.

An accomplished horsewoman, she took instruction in the equestrian sport of dressage in Germany. She was a 4-H Horse Club Leader in Victorville, CA and head Vaulting Instructor for the Diamond M Ranch in Las Vegas, NV. In Oslo, Norway, she competed in the 26 km Holmenkollen cross-country ski race, coming in dead last, but refusing to quit. She also learned the decorative folk art of rural Norway called rosemaling (rose painting) and tried her

hand at weaving and stained glass. She taught school in Duluth, MN, Las Vegas, NV, and Leavenworth, WA before joining the staff of the Enzian Inn of Leavenworth where she worked for 18 years until retirement.

Her grit and determination were only surpassed by her love and compassion for others. No matter where she lived, she found ways to volunteer: She visited shut-ins, volunteered at the air-base medical clinic, she always helped at church, including 10 years as Mission Chair during the 39 years she was a member of the Community United Methodist Church in Leavenworth. As Cultural Director of Epledalen Lodge, Sons of Norway, she was the heart of the Norwegian programs at North Central WA Museum in Wenatchee for a decade.

A wife and mother extraordinaire, an athlete, philosopher, teacher, student, poet, and artist – a true Renaissance Woman – Gladyce never did anything halfway. Finding her inspiration from Christ, her life motto was, "Whatever your hand finds to do, do it with all your might." (Ecclesiastes 9:10) and "Whatever you do,



whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him." (Colossians 3:17)

Gladyce was preceded in death by her parents, Gladys and Archie Rappana, her brothers, Dale and Duane Rappana, and her sister, Arlene Thomas. She is mourned by her husband of 65 years, her children, her 9 grandchildren, Perry, Erik, Alyssa, Riley, Kate, Julia, Leona, Marie, and Nathaniel, along with her brother Larry Rappana (Lynn) of Duluth.

Family Graveside Services will be held at 11:00 am on Wednesday, July 13, 2022, at Mountain View Cemetery, Leavenworth, WA., followed by a Memorial Service at 2:00 pm at Leavenworth Church of the Nazarene. In lieu of flowers, the family hopes memorials will be made to Leavenworth Church of the Nazarene Missions. Memories and condolences can be shared at www.shawandsons.com

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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.

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Lead Pastor: Greg Appleby
Youth Pastor Paige Derossett
www.LCN.org

Congresswoman Kim Schrier works to pass the Lower Food and Fuel Costs Act

By ERIN MULLINS

Reporter

On June 16, the US House of Representatives passed the Lower Food and Fuel Costs Act by a vote of 221-204. The bill assists agricultural producers with the cost of agriculture and renewable fuels infrastructure as well as creates a special investigator for meat and poultry within the USDA and authorizes the USDA to make new loans and grants for livestock processing.

The bill would also increase federal cost sharing for environmental protection activities and authorize additional funds for the Environmental Quality Incentives Program and the Conservation Stewardship Program. The bill would support increased domestic production of biofuels, lowering the cost of fuel.

Congresswoman Kim Schrier voted in support of the Lower Food and Fuel Costs Act. She is also supporting acts which help to lower consumer gas costs.

“At the same time that we are paying record gas prices, fossil fuel companies, oil, is raking in record profit. And so, I have a bill to address price gouging during the fuel emergency that we passed through the house a couple of weeks ago,” Schrier said.

“I introduced a bill to take a holiday from the federal gas tax. This would be a temporary measure until January 2023 to just give people a little breathing room because everyday people are feeling the high cost of gasoline. Frankly, they’re feeling it at the pump, but they are also feeling it at the grocery store

and everywhere else,” she continued.

Schrier said that farmers are feeling the high cost of fertilizer prices, which are correlated with fuel prices, because most of the fertilizer in the US comes from Russia. Another issue is that there are very few meat processors that control the vast majority of meat, she said. Farmers are not seeing increased profits from the higher cost of meat in the supermarket because of the monopoly that the meat processors have over meat, so increased meat processing competition is needed.

The increased costs are not only affecting farmers and consumers, they are affecting all aspects of the economy.

“We are seeing families who have to choose whether to fill up their tank or get food, so more families are reliant on

food banks,” Schrier said. “And then we talk to the food banks, and they are saying it is way harder for them to afford food and the transportation of the food.”

Supermarkets are also making increased profits during this period of high food costs. Schrier said that Kroger, a nationwide supermarket chain, has profits which are up 338% compared to 2021, and this needs to be addressed.

Even though more families are hurting, the summer meal program will help kids in need. President Joe Biden signed the Keep Kids Fed Act on June 25, five days before it was set to expire, according to NPR. The act did not include an extension of the waivers or universal free meals in the budget, which started in

March, as Senate minority leader Mitch McConnell pushed against the extension.

A bipartisan group of lawmakers worked to ensure some of the school meal waivers would be extended and a nearly \$3 billion plan was passed to extend all pandemic school meal waivers through the summer and increase federal reimbursements for school lunches in the coming school year.

Before the pandemic, meals ranged from free to reduced to full price for students, depending on household income. During the pandemic, the waivers allowed all meals to be free. However, the current bill does not give every student free meals for the upcoming school year, according to NPR.

The bill allows summer meal

deliveries and grab-and-go options and extends free meals through the summer. Before the pandemic, summer meals were only allowed in areas that had 50% of kids qualifying for free or reduced cost lunch and families had to meet income requirements to receive food. During the pandemic, those requirements were waived.

Schrier said that she does not know how long the food and fuel crisis will last. She said that the crisis is occurring worldwide, and that Congress is working hard to make citizens’ lives easier and reduce costs. Schrier emphasized that the effort to reduce costs goes beyond just the costs of food and fuel and extends to other parts of life like childcare, preschool, and the cost of prescription drugs.



PHOTO BY ERIN MULLINS

Thomas Lin suggests his land be used for indoor pool

By ERIN MULLINS

Reporter

Thomas Lin, owner of property behind Safeway, proposed that the city build an indoor pool on his land during the June 14 city council meeting, which he attended virtually. Lin previously sold some of his property to Weidner Apartment Homes, the company which manages the apartments behind Safeway and to Link Transit to build a new transit center at Safeway. He donated the road east of the Hampton Inn to the city to provide a route for Link Transit buses.

Lin lives in the Seattle area and first bought property in Leavenworth in 2013. His family had visited Leavenworth and suggested he visit. He fell in love with Leavenworth and decided to buy property. Lin grew up in Taiwan and moved to the United States at 19. He attended Boston University for undergrad and Massachusetts Institute of Technology for graduate school and played water polo in college, which is his personal connection with swimming.

Lin moved to Seattle to take care of his parents, who moved to the US when he graduated from college. He took care of them until his father passed away in 2017. He said that Leavenworth is a great city and small enough that you can make a positive impact, which is the mission of his alma matter, MIT.

“I already have the property that we can do the indoor swimming pool,” Lin said at the city council meeting. “Just keep that in mind. I have a property to build a swimming pool. So [the city] can decide what [they] want to contribute.

If not, we will do it ourselves.”

In a follow-up interview, Lin clarified his intentions for the property. He wants the property to be used at a low cost so that an indoor swimming pool can be built. However, he does not want the city to run the pool because he thinks that private enterprise would run the pool better. He says he is interested in an indoor pool because its what he wants to do, and he wants to help the kids.

Christie Voos, City of Leavenworth Communication Analyst said that the city has received a grant secured through Kim Schrier which includes dollars bookmarked for pool improvements. However, the city has not received the money earned from the grant yet, it is still processing. If the pool was run privately, Voos does not think the grant money could be used for the indoor pool, but she is not positive.

\$348,000 from the grant is allocated for pool upgrades while the grant is \$941,340 in total with the rest allocated for other uses like affordable housing. Voos said that the city does not have a timeline for when an indoor pool could open or an idea of how much it would cost to build an indoor pool or cover the current outdoor pool so it could be used for longer periods of the year.

Voos said that the city will not have an idea of the timeline and cost of an indoor pool project until a feasibility study is conducted about creating an indoor facility in Leavenworth. At this time, Voos said that the city does not have a preference on building an indoor pool facility or covering the current pool

because they will not know what the cost of operations would be until a feasibility study is conducted.

Lin said that he thinks creating a new building with an indoor pool would take several million dollars to construct. The property, Lot 2, is located behind the hotel and beside the transit center. He said that he is not willing to let the land be used for an indoor pool if the pool was publicly run by the city because he wants the pool to be financially self-sustaining and he does not think that the city can build an indoor pool in a reasonable amount of time.

While Lin says that he has had a positive experience working with the city and says that they have all been very helpful, he does not think that that government would run an indoor pool as well as a private enterprise and wants to make sure he can oversee the project.

“So, I am going to step up to the plate and I want to make it a private enterprise. Private is for the benefit of the residents. I can make it break even. I can make it 12 months a year,” he said.

Lin said he has an experienced colleague who could possibly help him with the creation and overseeing of the pool. While nothing is set in stone and there are not current construction contracts to build an indoor pool, Lin is interested in building one on his property. He said he wants to get the pool done right and says that we do not have enough time to wait another 7 or 8 years for an indoor pool to be built.

“Kids are drowning in the river. Whose responsibility is that? It should be all our responsibility,” Lin said.

Zachary Miller drops out of Chelan County Commissioner race

By ERIN MULLINS

Reporter

Zachary Miller, Plain resident, and school board member, dropped out of the Chelan County commissioner race on June 22 due to exhaustion and a recent health scare.

Announcing his withdrawal on Instagram, Miller wrote, “Well friends, after much prayer and conversation with my family and doctor, I want to exit the race for Chelan County Commissioner effective today due to a recent health scare. I wish Shon and Anne all the best in the commissioner race and wants to thank Bob Bugert for his service to Chelan County as Commissioner for the past four years.”

In a follow-up interview, Miller said that the health scare was that he fainted and fell through a glass door and had to go to the ER and get ten stitches. He said that he has worked with his doctor and has not found any underlying health issues, but rather the fainting was caused by being spread too thin and not having much energy “left in the tank.”

Miller said that he didn’t decide to drop out of the race immediately after the incident occurred but that it took some thought and a couple weeks to decide. He tried to slow down his life after fainting, but that was not enough to help heal his health without dropping out. Further, he said the race is very competitive and he couldn’t put full energy towards campaigning effectively.

With Miller dropping out, two candidates remain to replace current commissioner Bob Bugert,

Anne Hessburg, Leavenworth city councilmember, and Shon Smith, owner of Wok About Grill. The state Public Disclosure Commission shows that Miller raised \$3,900 in campaign contributions for the county commissioner race. Comparatively, Smith has raised \$16,277 while Hessburg has raised \$22,173.

Miller said he is going to spend time this summer with his daughter and his wife. He says that he can’t say for sure whether or not he plans to run for county commissioner again as he can’t see the future and doesn’t want to usurp an effective commissioner. However, Miller still plans to be involved with public service through the school board, the board of equalization for the county and the legislative committee for the Washington State School Directors Association.

“I am really grateful for those roles,” he said. “It’s not like my public service ended,

just a specific race.”

Until recently, Miller was a director at Tall Timber summer camp. He said that while the ministry was fulfilling, it was very difficult with all of his other life responsibilities. Currently, Miller is just focusing on his stone working business, which he thinks will help to reduce stress.

If he had been elected commissioner, Miller said that he wanted to address housing availability, affordable housing, and short-term rentals. He said that short term rental regulations have worked to ensure there is enough of a housing market, but that these policies could be further refined. He hopes that those issues will still be addressed in the coming years.

“I would like to say thank you to all the people that encouraged me, and I felt a lot of support from the community and I am really grateful for that,” he said.



Zachary Miller

FILE PHOTO.

Tips from the American Red Cross

Picnic Safety

Wash your hands before preparing the food.

Don’t leave food out in the hot sun. Keep perishable foods in a cooler with plenty of ice or freezer gel packs.

If you are going to cook on the grill, never grill indoors. Keep the grill out in the open, away from the house, the deck, tree branches or anything that could catch fire.

Always supervise the grill when in use. Don’t add charcoal starter fluid when coals have already been ignited. Use the long-handled tools especially made for cooking on the grill to keep the chef safe.

Make sure everyone, including pets, stays away from the grill.

Beach Safety

Watch the weather and get out of the water at the first sign of lightning or the rumble of thunder. Stay indoors and away from water for 30 minutes after the last lightning flashes

or thunder roars. Plan ahead for aquatic activities:

Swim only at a beach with a lifeguard, within the designated swimming area. Obey all instructions and orders from lifeguards and ask them about local conditions.

Always designate a “water watcher” whose sole responsibility is to keep a close eye and constant attention on everyone in and around the water until the next water watcher takes over.

Children, inexperienced swimmers, and all boaters should wear properly fitted U.S. Coast Guard-approved life jackets.

Protect your neck – don’t dive in headfirst. Walk carefully into open waters. Watch out for and avoid aquatic life.

If you are caught in a rip current, stay calm and don’t fight it. Swim parallel to the shore until you are out of the current. Then, turn and swim to shore. If you can’t swim to

shore, float or tread water until you are free of the rip current and then head toward shore. Draw attention to yourself by waving and calling for help. Download the free Red Cross First Aid and Swim apps for instant access to safety tips.

About the American Red Cross: The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation’s blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members, and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or cruzrojaamericana.org, or visit us on Twitter at @RedCross

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Public Notices

CITY OF CASHMERE SUMMARY OF ORDINANCE NO. 1311

On the 27 day of June, 2022 the City Council of the City of Cashmere, Washington passed **Ordinance No. 1311**. A summary of the content provides as follows: AN ORDINANCE OF THE CITY OF CASHMERE, WASHINGTON, VACATING CERTAIN UNIMPROVED PORTIONS OF KENNEDY ROAD; CONTAINING A SEVERABILITY PROVISION, AND SETTING AN EFFECTIVE DATE

Effective date of this ordinance is five days after publication. A copy of the full text of this ordinance is available at Cashmere City Hall or will be mailed to you upon your request to Kay Jones, City Clerk-Treasurer, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/Leavenworth Echo on July 6, 2022. #4314

Public Notices

CITY OF CASHMERE SUMMARY OF ORDINANCE NO. 1312

On the 27 day of June, 2022 the City Council of the City of Cashmere, Washington passed **Ordinance No. 1312**. A summary of the content provides as follows:

AN ORDINANCE OF THE CITY OF CASHMERE, WASHINGTON, AMENDING ORDINANCE NO. 1312 ADOPTING THE 2022 BUDGET, AND SETTING AN EFFECTIVE DATE.

Effective date of this ordinance is five days after publication. A copy of the full text of this ordinance is available at Cashmere City Hall or will be mailed to you upon your request to Kay Jones, City Clerk-Treasurer, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record /Leavenworth Echo on July 6, 2022. #4313

Public Notices

STATE OF WASHINGTON SUPERIOR COURT CHELAN COUNTY FOLLOW THE SCIENCE, LLC a Washington limited liability company Plaintiff, v DAVID H. MEHELICH, and the marital community thereof; SUSAN A. MEHELICH and the marital community thereof; BANNER BANK, LLC, a Washington Banking Corporation; ALL UNKNOWN OCCUPANTS OF THE PREMISES, Defendants. No. 22-2-00227-04 SUMMONS BY PUBLICATION TO THE DEFENDANTS:

A lawsuit has been started against you in the Superior Court of Chelan County by Follow the Science, LLC, Plaintiff. You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after June 1, 2022 and defend the above-entitled action in the above entitled Court, and answer the Complaint of the Plaintiff, Follow the Science, LLC, and serve a copy of your answer upon the undersigned attorneys for Plaintiff, David A. Kazemba of Overcast Law Offices, at 23 S Wenatchee Ave. Suite 320, Wenatchee, WA 98801; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of Chelan County Superior Court. This action asserted by Plaintiff, Follow the Science, LLC, is to allow Plaintiff to foreclose the Deed of Trust on the property, have property sold at foreclosure sale and to obtain a deficiency judgement against David A. Mehelich and Susan A. Mehelich jointly and severally. DATED May 26, 2022. OVERCAST LAW OFFICES; By: /s/ David A. Kazemba, WSBA #48049; Attorney for Plaintiff; 23 S. Wenatchee Ave, Suite 320; Wenatchee, WA 98801; (509)663-5588. Published in The Leavenworth Echo/ Cashmere Valley Record on June 1, 8, 15, 22, 29 and July 6, 2022. #4149.

Public Notices

CITY OF LEAVENWORTH

On the 28th day of June, 2022, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents provides as follows:
Ordinance 1657: An Ordinance of the City of Leavenworth, WA, adopting amendments to chapter 2.40.010 for the City Planning Commission clarifying membership appointment by the Mayor, confirmation by the City Council and vacancy.
A copy of the full text of the ordinance is available at Leavenworth City Hall or will be mailed to you upon your request to Chantell R. Steiner, Finance Director/City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/Cashmere Valley Record on July 6, 2022. # 4317

Public Notices

2022-2023 Budget Hearing/Meeting to Adopt

The Cascade School District Board of Directors will hold a hearing on the 2022-2023 budget prior to the scheduled board meeting on Monday, July 18, 2022. The Hearing will begin at 6:00 pm in person (zoom option) with the regular board meeting to follow at 7 pm. Any person may appear there at and be heard for or against any part of such budget.
Published in The Leavenworth Echo/Cashmere Valley Record on July 6, and 13, 2022. # 4280

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CROSSWORD

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
	18			19				20		
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	47				48	49			50	
51			52					53	54	
55			56					57		58
59			60					61		
62			63					64		

THEME: TV SHOWS

ACROSS

- *Shari Lewis' TV puppet, ___ Chop
- Black gunk
- Chills and fever
- Misbehavior on road
- Near the wind
- Ship's steering wheel
- Sign of escape
- "How to Get Away with Murder," starring ___ Davis
- *Featuring Jerry, Elaine, George, Kramer
- Theories
- Mai follower
- *Featuring Sam, Diane, Cliff, Norm, Carla
- Scary creature
- Salmon on a bagel
- Etsy member
- Craving
- Old and feeble
- Quaker Man's grain
- Romanov rulers
- Without help
- Stay clear of
- "The ___ Life" on Animal Planet
- Keep from happening
- Sets to zero
- Old age, in the olden days
- "___ Previews" with Siskel and Ebert
- Same as taboo
- *Featuring Dre, Rainbow, Zoey, Andre, Diane, Jack
- New Testament king
- Is not, colloquially
- At hand
- Microscope part
- "Hogan's Heroes," set in ___ Germany
- Coin opening
- Like some martinis
- Big Bang's original matter

DOWN

- ___-di-dah
- Awfully long time
- Stubborn beast
- Make soiled, in the olden days
- At the heart of Boston Tea Party
- Quick or nimble
- No longer working, shortened
- *Featuring Rebecca, Jack, Kate, Randall, Kevin
- "ABC comedy-drama, " ___ 222" (1969-74)
- 90-degree pipes, e.g.
- Public health agency, acr.
- "The wretched ___ of your teeming shores"
- Of a bird
- Relating to Scandinavia
- Lookout point
- Necklace lock
- Great esteem
- Napoleon's time on Elba
- Crystalline hydrochloride
- Crossbeam
- Kind of heron
- "The defense ___"
- *Featuring Hurley, Sawyer, Kate, Sayid, John
- Lake, in Provence
- *Featuring Stubby, Smith, Washington, McCoy, Bricker
- Fine-tune
- Finish line, e.g.
- Builds
- Dodge
- Certain jeans fit
- More than sly
- "The ___," featuring Fran, Maxwell, C.C., Niles
- "To ___ the Truth," game show
- Golden Fleece ship
- *Like George Costanza, Homer Simpson or Captain Picard
- Close an envelope
- Mental confusion
- Possesses
- Canyon feature

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

The Washington Outdoors Report

Treasure Hunting

By JOHN KRUSE

Looking for a fun hobby that will get you outside? Consider buying a metal detector and go hunt for buried treasure. Metal detectors have been around for decades but now entry level ones are lightweight, easy to use, and even give you some clues as to what you may be digging up when you hear a signal.

I recently got a Vanquish 340 metal detector from Minelab. Weighing less than three pounds, it is waterproof to 3.3 feet and has a multi-IQ sensor that detects metal through varied surfaces from the beach to a grassy park. Simply turn the detector on and slowly sweep just over the surface in front of you as you walk. When you do detect metal, you'll see a number ranging from -9 to 40. The lower numbers usually are iron based. On the other hand, a reading between 29 and 31 this usually indicates a quarter, though it can also indicate silver. A penny gives off a reading close to 10 and a reading around 20 could indicate jewelry. These metal detectors are made for beginners and available at Sportsman's Warehouse and Cabelas stores.

There are rules when it comes to taking things home you find while using a metal detector. If you are on private property (your own or someone else's land with their permission) you and the landowner are allowed to take home anything you find. The rules change on public lands though.

On National Forest and Bureau of Land Management lands you are allowed to use a metal detector to look for coins but if you are looking for silver or gold, mining laws apply. If the area you find gold in has a mining claim on it, it belongs to the person with the claim. On the other hand, if there is no claim on the land, you can keep it.

Washington State Parks allow metal detectors in portions of 54 parks but before you go you have to fill out an online form and have that form with you while you are in the park using your detector. You can find out more about metal detectors in Washington State Parks at <https://www.parks.wa.gov/127/Metal-detecting>.

Historical sites on public lands are generally off limits and if you find something of archeological significance you should leave it where you found it and notify the nearest state or federal employee associated with the land you are treasure hunting on. As a new user I decided to reach out to Debbie Smikoski, an avid metal detecting enthusiast who is the Business Development Manager for Minelab. I asked her how popular this hobby is and she replied, "It's grown exponentially the last couple of years. People want to get out and do something and this is a safe thing to do with social distancing."

I also asked Smikoski about how a beginner can get the most out of their metal detector and treasure hunting experience. She said, "It's always helpful to join a local club. Not only can members tell you the rules about where you can and can't go, but they are very passionate about the sport and want to help you succeed."

Smikoski also urged beginning metal detector users to, "Just have fun. There are all sorts of treasures that can be found and you never know where they are going to be (to include silver coins). Don't give up on it and you should have a blast!"

One place to go to find out about the various treasure hunting clubs in Washington State is the Metal Detectors Association of Washington. You can find them on Facebook or through their website at <https://sites.google.com/site/metaldetectwa/about-mdaw>.



PHOTO BY JOHN KRUSE.

Faith Kruse hunting for coins and treasure at Lincoln Rock State Park

Peter Flohr Memorial Salmon Derby

In other news, The North Central Washington Chapter of the Coastal Conservation Association is once again putting on the annual Peter Flohr Memorial Salmon Derby, also known as the Wenatchee Salmon Derby. The dates this year are July 15 and 16 and cash prizes will be given for the biggest salmon caught as well as to the boat with the heaviest

amount of fish weighed in. Last year's big fish was a 21.68-pound Chinook salmon caught by Tim Davis. The boundaries for this popular tournament stretch from Rock Island Dam to Wells Dam. You can find out more information and buy a ticket to participate at www.wenatcheesalmonderby.com.

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

Q: My husband takes 1000mg of Vitamin C when he feels a cold coming on. Does it really help?

Yes. Vitamin C does not prevent the common cold but can decrease the symptoms and shorten its duration.

Ascorbic acid or vitamin C was identified as a vitamin in 1928. Although this discovery earned the Hungarian scientist Albert Szent-Gyoryi a Nobel Prize in 1937, its role as a critical nutrient was recognized much earlier.

Before 1800, it was common for sailors to develop mouth problems like spongy gums, loose teeth, and mouth sores. Any time a sea voyage extended beyond 6-8 weeks, the crew was a risk of developing a set of debilitating symptoms called scurvy. It took months to cross the oceans, and the longer the voyage, the more the seamen were affected, suffering severe bruising, joint pain, fatigue and depression.

In 1744, a ship commanded by Commodore George Anson of the British Royal Navy took four years to sail around the globe. He started out with 1955 men but returned with only 145. During that voyage, nearly all of his men died from scurvy.

Then, in 1747, Dr. James Lind, a British Royal Navy surgeon, designed and conducted one of medicine's first recorded clinical trials: an experiment on board his ship to assess whether any of several proposed remedies for scurvy actually worked.

The daily treatments selected by Dr. Lind were a

quart of cider, two teaspoonfuls of vinegar, a half-pint of seawater, a paste containing a mixture of garlic, mustard seed, horseradish, balsam of Peru, and gum myrrh, a small amount of a sulfuric acid and alcohol remedy called the elixir of vitriol, and citrus fruit.

Within one week, the sailors assigned to eat two oranges and one lemon daily improved enough to help care for the others who did not improve. When he returned to England, Dr. Lind published his results.

However, providing a daily citrus dose over months at sea proved challenging. Cooking lime or lemon juice destroyed its effectiveness.

Then, in 1867, Lachlan Rose, a Scotsman, patented a method to preserve lime juice with sugar instead of alcohol. Rose's Lime Juice became the standard citrus ration in British merchant and military ships.

Vitamin C has several vital functions: it is a powerful antioxidant, is essential to wound healing, and supports the synthesis of crucial brain chemicals like dopamine, serotonin, and norepinephrine. It also helps us utilize iron and absorb iron from our food.

Vitamin C also is essential for our body to manufacture collagen. Collagen helps form a matrix that holds cells together. Collagen is what keeps your teeth in place, your bones cells together, and maintains

the walls of your capillaries, the smallest blood vessels that deliver vital oxygen to every cell in your body.

The recommended daily allowance (RDA) for vitamin C is 90mg for males and 75mg for females. Pregnant women should try to get 120mg daily of vitamin C during pregnancy. Cigarette smokers also need a higher daily amount, about 35mg more than their daily requirement.

In addition to citrus fruits like oranges, grapefruit, lemons, and limes, other excellent sources of vitamin C are kiwi fruit, bell peppers, and strawberries. Green, leafy veggies like broccoli, cabbage, Brussels sprouts, and spinach are also rich in vitamin C.

Vitamin C is a powerful antioxidant and supports your body in many ways. It helps decrease the levels of LDL, the bad cholesterol and lowers blood pressure in patients with hypertension. Vitamin C helps us absorb and utilize iron and is involved in making several essential brain neurochemicals, like dopamine, serotonin, and norepinephrine.

5 Tips For Taking Vitamin C:

1. Foods are better than pills.

Our bodies are designed to extract and absorb vitamin C more efficiently from foods like leafy greens and fruits rather than pills.



2. Keep it fresh.

Vitamin C is easily lost during storage and destroyed during cooking. The fresher your produce, the more vitamin C it will contain.

3. Take action.

You can reduce the severity and length of cold symptoms with 1000-2000mg of vitamin C at the first sign of a cold and continue it daily until resolved.

4. Beware of kidney stones.

Doses of vitamin C greater than 1000mg daily can increase your risk of a particular type of kidney stone. If you have a history of kidney stones, be careful.

5. Know your limit.

Pregnant women and breastfeeding moms should stay at or below 2 grams daily of vitamin C. More than this could cause scurvy in their newborn baby.

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

UV MEND

CONTINUED FROM PAGE A1

to Plain down to Malaga, she said. Currently, UV MEND does not provide transportation, but they can help coordinate carpools.

On average, UV MEND gleanes 45,000 pounds of produce per year, Bishop said. That produce is donated to the Community Cupboard, the food bank in Leavenworth, as well as the Chelan-Douglas Community Action Council. Anyone with need is welcome to come to the Community Cupboard, Bishop said.

Those who want to use the food bank do not need to supply

proof of income or residency, she said. As gas and food prices are increasing, more and more Americans need food assistance. The amount of food that a family or individual can receive per month varies depending on their household size, Bishop said.

"It's a point-based system," she said. "So, when they come in we let them know how many points they have. Each food item is a different [amount] of points. Veggies are typically four points and other things like canned goods [are less points]. Some things like butter, eggs and milk are limited so every household can have access to them."

The cost of operations

for the gleaning program is about \$45,000 for staffing and expenses, said Kaylin Bettinger, Executive Director of UV MEND. The overall budget of UV MEND is about \$1.5 million per year. The goal this year is for \$200,000 worth of produce to be gleaned, said Bettinger.

Bettinger said that there has been an increase in people who are using the food bank as well as an increase in requests for emergency assistance like gas, rent and utilities because of inflation. She said that she expects that UV MEND will still be able to keep up with the increased need for assistance.

Other programs that UV

MEND runs include hosting a free medical clinic that is hosted on Monday nights, a dental assistance program, and they are affiliated with Cornerstone Community, a home for adults with developmental disabilities. UV MEND's two businesses, Das Thrift Haus and Jubilee Global Gifts, help to fund UV MEND assistance programs.

Currently, the food bank is in need of donations of soup, chili, masa flour, eggs, diapers, toilet paper, cooking oil, juice and cereal, according to the UV MEND Instagram. The food bank is located on 219 14th St. in Leavenworth and is open 11 a.m. to 5 p.m. Monday through Saturday.

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