



## Six-Year Transportation Plan is accepted with minor changes



PHOTO BY MEGAN SOKOL

Construction on 14th Street scheduled from May 16 to June 30.

By MEGAN SOKOL  
Staff Writer

After yet another discussion on how to properly motion a vote, the City of Leavenworth decided to accept the Six-Year Transportation Improvement Plan with some small changes attached to their vote.

The public hearing for the Six-Year Transportation Improvement Plan (TIP) began, starting off with Bob Fallon suggesting that a connection between Titus Road and Chumstick Highway, near the Meadowlark project, be included in the plan. He explained how this connection would help relieve some traffic tension in that area, especially with the new Meadowlark project.

The public hearing ended shortly after Fallon's comment, who was the

only citizen to comment on the TIP.

Scott Bradshaw presented the Royalty Choice Award plaque that the Washington State Autumn Leaf Festival Association received from the Washington State Apple Blossom Festival this past weekend. The Autumn Leaf Festival Association was voted best float by Apple Blossom Royalty. After the applause died down, Bradshaw gave the award to the city. He told the council that the Autumn Leaf Festival will be going to New Westminster, British Columbia for the Hyack International Parade & Festival on Saturday, May 28.

The council meeting resumed with another discussion on how they can properly deliver a motion and whether that should be before or after

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PHOTO BY STEVENS PASS SKI RESORT

Ellen Galbraith will be the new General Manager for Stevens Pass Ski Resort.

## Stevens Pass Ski Resort hires new general manager after lawsuit

By MEGAN SOKOL  
Staff Writer

After Stevens Pass Ski Resort received several criticisms regarding low hourly wages and overpriced season passes, Vail Resorts decided to go in a new direction and hire new general manager Ellen Galbraith.

On Jan. 5, 2022, the Leavenworth Echo published a story regarding the petition levied against the large ski company, that accrued almost 45k signatures. Since Vail Resorts purchase of Stevens Pass back in 2018, they have received a good amount of bad press regarding some of their changes to the hometown ski staple of Stevens Pass.

Due to the large outcry from their ski patrons, Stevens Pass general manager Tom Pettigrew will be stepping down and will be advising Galbraith on her new whole throughout the summer of 2022.

Ellen Galbraith is a University of Washington Alum and was a ski coach for Team Alpentel-Snoqualmie. She joined Vail Resorts back in 2003 as a member of the Beaver Creek Race Crew and later became the Manager of Racing. Galbraith will start her position early June.

## President of Friends of Northwest Hatcheries receives award

SUBMITTED BY JULIA PINNIX

**Leavenworth.** For many non-profits, the past two years have been difficult. But for Friends of Northwest Hatcheries (FNH), it was a time for positive growth and change. That's thanks to President Andy Jaynes, who received an award May 9 from the U.S. Fish and Wildlife Service for outstanding service.

He'd be quick to say any success FNH has had is due to lots of work from many people. He's right; but without Andy's leadership, good intentions and ideas might not have been carried out. Julia Pinnix, Visitor Services Manager for the Leavenworth Fisheries Complex and liaison with FNH, presented the award, a carved bone salmon, at the monthly meeting May 9.

Friends of Northwest Hatcheries is an organization dedicated to working with federal hatcheries in Washington, Oregon, and Idaho. Their mission is to support fish and wildlife conservation and education while engaging students and communities to be active stewards. They organize and lead the Wenatchee River Salmon Festival, support a variety of educational programs, and assist with improvements at the hatcheries.

As President since 2019, Andy has served in a variety of ways, from learning how to navigate the bureaucratic maze to allow FNH to receive federal funds, to creating an online library of Friends materials on Google Drive, to building a whole new website for the Wenatchee River Salmon Festival. His skills in social

media and videography allowed FNH to step into a new, virtual world. He created a YouTube channel to house videos, working with the visitor services folks from the U.S. Fish and Wildlife Service and the directors of Salmon Fest to build up a library of educational and interpretive materials that has become an online destination. It is now part of the Wenatchee School District curriculum, used in the classroom to help students learn about salmon and local culture.

Andy is proud of what FNH has accomplished. While his term as president comes to an end this year, he is working to support the group while training other members to carry on the good work he has done. FNH welcomes anyone interested in supporting wildlife conservation and education. Get in touch at [info@friendsofnwhatcheries.org](mailto:info@friendsofnwhatcheries.org). Visit the website at <http://www.friendsofnwhatcheries.org/>. Explore the YouTube channel at <https://www.youtube.com/channel/UC3beFXGzHYqhuqrMRGaAE-g>.

The mission of the U.S. Fish and Wildlife Service is working with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. We are both a leader and trusted partner in fish and wildlife conservation, known for our scientific excellence, stewardship of lands and natural resources, dedicated professionals and commitment to public service. For more information on our work and the people who make it happen, visit [www.fws.gov](http://www.fws.gov)



SUBMITTED PHOTO.

Andy and Leavenworth National Fish Hatchery Manager Mat Maxey after the installation of a new Friends of Northwest Hatcheries donation structure this month.

## Unsettled Dangerous Women



SUBMITTED PHOTOS

SUBMITTED BY RHONA BARON

Discover the region's foremothers when pioneer and Indigenous women gather on stage to explore the settling of Central Washington. Three years in the making, *Unsettled* begins in the 1800's and blazes a trail between past and present with a wide variety of original art forms presented by creative, visionary female artists from North Central WA. Narrated by *The Moon*, *Unsettled*, the fourth in a series of *Dangerous Women* productions, illuminates the inherent contradictions when two cultures inhabit the same landscape over time. Presented inside one of the region's theatrical gems and featuring local art and handcrafts on set, *Unsettled* offers a diverse cross section of cultural innovation on stage, including scenes created by Latina, Indigenous and African American participants. Ground-breaking for the topics tackled and the quality of "edutainment," *Unsettled* is a rare chance to experience outstanding, completely original theater made possible by support from the National Endowment For

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PHOTO BY MEGAN SOKOL

Wok About Grill owner Shon Smith

## Shon Smith is once again running for Chelan County Commissioner

By MEGAN SOKOL  
Staff Writer

Wok About Grill owner Shon Smith is running for the Chelan County Commissioner District 3 seat once again, after losing a close race to current Commissioner Bob Bugert.

"I am running for commissioner to help keep this the valley that I was raised in and make sure that the growth that we have here is very intentional, from the standpoint that we don't lose your identity," Smith explained. "While still trying to provide for the residents that are from here and the new people that

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# Local and Regional News

## Zach Miller holds Town Hall Meeting to announce his campaign for Chelan County Commissioner Seat

By MEGAN SOKOL  
Staff Writer

Cascade School Board Director for District 3, Zach Miller, has officially thrown his hat into the ring for the Chelan County Commissioner seat for District 3. Miller organized a Town Hall meeting to introduce his campaign to the Lake Wenatchee/Plain community.

The meeting was held at the Lake Wenatchee Rec Club on May 7 around 9 a.m. Around a dozen residents came to the meeting, which included community members George and Jimi Wilson, Bob Jennings, and Becky Fishburne.

The meeting began with Miller declaring that he will not be running as an independent during this campaign and will instead run as a Republican. His motivation for this change stems from his disappointment with Gov. Inslee's two-year long statewide emergency and the COVID-19 vaccine mandate.

He clarified that he was supportive of people's choice to be vaccinated or not, and supported the CDC's recommendation to mask children in school.

Regarding Chelan County's short-term rental code (STR), Miller relayed his support for the County's 34-page code that passed in July of 2021. He felt that the code could be refined further, but was satisfied with the increased enforcement on absent STR owners.

He referenced Sen. Hawkins'

affordable housing bill could potentially lend an opportunity for Chelan County to build workforce housing, with collaboration from Upper Valley MEND and the Chelan County Housing Authority. He also recognized how limited space is for both Lake Wenatchee and Plain housing developments.

"While growth is always how we have to be looking to the future, any entity that is thriving is going to be growing, we also have to recognize the uniqueness of each and every space around [Chelan County]."

Along with his current

position as Cascade School District 3 Board Director and as Executive Director for Tall Timber, Miller is also on the Board of Equalization and a Legislative Committee member for the Washington State School Directors Association. Miller states that these positions have lent him expertise for this position.

Discussion hovered around the burgeoning influx of short-term rental properties for the majority of the meeting. George Wilson declared his growing frustration with the lack of affordable housing in the Lake Wenatchee area and

the insufficient enforcement of fines for STR code violators.

"A guy across the road from me at a forum said 'there's no such thing as a neighborhood, just a bunch of houses together,'" Wilson said. "It's all about the money."

Bob Jennings recalled how ADUs were originally meant to provide month-to-month housing for locals, but has quickly turned into a lucrative business.

Becky Fishburne illustrates the costly effect short-term rentals have had on their property taxes and suggested a possible tracking system for out-of-town rental owners.

"We bought our house in 1984 for \$60,000 and it's now worth close to a million dollars, and we're being taxed on that," Fishburne explained.

Topics that were also mentioned included status on the Chelan County Community Development Director position, profane signs on Beaver Hill, and Miller's support for eco-friendly tourism in Leavenworth.

Miller hopes to maintain a sense of neutrality as a moderate Republican, even when neutrality is not as favorable in local elections.

"Trying to create this more neutral atmosphere is not very sexy," Miller quipped.

Lastly, Miller reports that if elected as commissioner, he would hope to keep his position on the Cascade School Board while balancing commissioner duties.



PHOTO BY MEGAN SOKOL

## Cascade High School masks up after COVID-19 outbreak at prom

By MEGAN SOKOL  
Staff Writer

Cascade High School students took ill after a weekend that was meant to be the best time of their senior year. Some students who went to prom on May 7th returned to class the following Monday and tested positive for COVID-19.

Although the exact figure for how many students were infected, CHS Principal Elia Ala'ilima-Daley reports that it was in the double digits.

Cascade High School held their prom at the Iceicle Center of the Arts. On May 9-10, Daley got multiple reports of students feeling ill and later testing positive for COVID-19. The Cascade School District was instructed to call the Chelan-Douglas Health District on what to do next.

"This is more out of the abundance of caution and the guidance from the [CDHD],"

Ala'ilima-Daley said. "Even before we drop[ped] the masks, we have told families that if your student has any kind of symptoms at all, whether it's a common cold or anything, please keep them at home, just making sure that we're not spreading any kind of sickness here at school."

Cascade Superintendent Dr. Tracey Beckendorf-Edou reports that students and staff who attended prom will need to continue to wear a mask while at school and on school buses through May 17. Masks will be optional for students and staff who did not attend prom.

CHS also recommended COVID-19 testing for anyone who felt ill and highly encourages students who attended prom to get tested.

Students who did not wish to wear a mask have the option to attend school virtually or have an excused absence.



### 2022 SUMMER CONCERT SERIES

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AUG 18



JORDAN DAVIS

SEPT 11



JOSH TURNER

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12 TRIBES LAKE CHELAN CASINO

### Shon Smith

CONTINUED FROM PAGE A1

want to come in and call this place home."

Key issues Smith will focus on include private property rights, gearing the budget towards law enforcement, and giving financial flexibility to local orchardists. He also hopes to keep the valley from growing into an unsustainable city.

"I don't want to see this valley turn into a new Issaquah. I do want to provide for the people that are here and provide for those that want to come here. But do it in a controlled way so that we don't have infrastructure problems with it, either being road use or utilities, overusing wells, and still giving people the opportunity to do what they want here and have private property rights because those seem to be getting trampled on constantly."

Smith believes that his background as a business owner and being a board member for the Town Toyota Center and BNCW, along with being the former board

member for the Wenatchee Downtown Association, makes him a viable candidate.

He also hopes to reevaluate the current short-term rental (STR) code and states that the current code is a good first attempt at addressing the problem, but claims that it ultimately left both STR owners and county government dissatisfied.

Smith is a self-ascribed Christian, capitalist, conservative, and constitutionalist. He is a proponent for increasing the law enforcement budget.

"We're seeing such a big push now with crime, gang violence, drug problems and the opioid crisis is coming to our door. We're seeing it in our valley. I believe that we need to have enough personnel on the street in a safe way to cause a deterrent to say, 'not in our valley,' you're not going to destroy our valley."

He reiterates that although he does come from a conservative standpoint but states that he will keep an open mind on democratic initiatives.

"If the others want to run as independents, that's up to

them. If they don't want to state who they truly are, how they truly vote, or how they voted in the past, that's up to them. But I stand by my history of always voting conservative, not necessarily Republican. The best person for the job, with their lifestyle, morals, their business history, how they have treated others, it tends to fall with the conservative approach."

For this time around, Smith expects to see a higher voter turnout compared to his 2018 election, with more citizens becoming involved in local politics.

"I think these are going to be hot topics that are going to actually swing more towards the conservative side this time because we've seen the results of more liberal ideals nationally that affect us locally. So I think that the conservative and independents are really going to say we need to pump the brakes here and slow down and take a look at what the results are for the decisions being made nationally and locally."

If elected, Wok About Grill will remain in the hands of Smith's managers.



### NOW A YOUNG 93-YEAR-OLD

This photo is from a recent trip Pauline Peterson made to Florida with her daughter and granddaughter. Pauline and her brother Ed Nugent are seated in the historic Methodist Church in an equally historic village Bagdad, Florida. A mill was once down the street which with its dynamo made in Bagdad, the first town in Florida to have homes with electric lights. The church was built shortly after the Civil War; organized in a Brush Arbor years earlier. Pauline's much younger brother will not be 91 until August. Pauline (Nugent) Peterson first found employment as a high school student "setting type" for the Leavenworth Echo. She may be better remembered for working at Larson's Drug Store. She always worked having determined at a very young age she WOULD go to college. After graduating from Washington State, Pauline returned to Leavenworth to begin her teaching career. Her husband Ralph from Dryden had a delay in his career. His "Greeting letter", i.e., draft notice, took him to the 40th Division Headquarters Company in Korea during the Korean War. They both ultimately retired from teaching in Wenatchee where they still make their home.

*Happy Birthday Pauline from the Florida Panhandle  
Love U'all*

Learn more about

### TUMWATER DAM

History

Fish passage

Upcoming maintenance

May 19, 4-7 p.m.

Fire District 3, Hall 228 Chumstick Hwy.

Drop by anytime

[chelanpud.org/tumwater](https://chelanpud.org/tumwater)



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- For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com
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**Letters policy**

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

**Corrections**

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

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

**COMMUNITY CALENDAR**

**Wednesday**

**Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.**  
**Leavenworth Rotary Club, Zoom meetings, Noon.** For more information email, President Joel Walinski, jtwalinski@gmail.com  
**Alpine Water District: meets at the YMCA Camp 1 p.m.** Contact: Anne Mueller, muellers5@msn.com (2nd Wed. each mon).

**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.)**

**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 leavenworthmosquodistrict.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.)**  
**Icele & 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: 10 a.m. to 2 p.m. on Monday, Tuesday and Saturday. 10 a.m. to 7 p.m. on Wednesday and Thursday. 10 a.m. to 5 p.m. on Friday. Closed Sunday.  
**Peshastin Public Library.** Located at 8396 Main St., Peshastin. Call: 509-548-7821 or Peshastin@ncwlibraries.org  
Open from 10 a.m. to 1:30 p.m. and 2:30 to 7 p.m. on Tuesday and Wednesday, 1 to 5 p.m. Thursday and Friday. 10 a.m. - 2 p.m. on Saturday. Closed Sunday and Monday.

**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*

**Graduates- it's time!**

Graduation is almost here and soon you will be out in the world, but before that happens we would like you to send in your picture and your keepsake form that was sent to your school, for the local newspapers "Graduation Keepsake" in the Leavenworth Echo and the Cashmere Valley Record published on June 1. Please fill it out and get it back to your school or the Leavenworth Echo office or email to Reporter@leavenworthecho.com. If you prefer bring it in to the Echo office at 215-14th St. before or by deadline May 25, 2022. Questions? Call 509-548-5286.

**Leavenworth Nutcracker Day 2022**

Join us, FREE admission at the Leavenworth Nutcracker Museum at 735 Front Street for our 27th Anniversary open house and tour of 2 floors of nutcrackers, on Wednesday, May 25th from 11 a.m.-6 p.m. Watch and listen to the Drehorgel music, door prize drawing every hour from our generous local businesses. Nutcracker Hunt and try cracking Hazelnuts. Something for everyone. Thousands different nutcrackers to be seen. Some very old and some very new. Bring your family and friends to this very fun and educational event.

**20th annual Leavenworth Spring Bird Fest**

Attention bird lovers the Leavenworth Spring Bird Fest is back to in-person events with some hybrid and virtual options. Join us for our 20th year, happening from May 19th-22nd. Registration is currently open for all events. Celebrate the return of the migratory birds and discover the natural beauty and wonders of North Central Washington. Join in on a birding field trip, workshop, art class, or activity! Some field

trips include Birding Horse Lake Reserve, Local Habitat Restoration Projects Tour, Birding by River Raft, Birds & Wine Leavenworth, Hike & Draw Mountain Home, and more.

One of Bird Fest's favorite traditions is also returning-Family Day. A family event with many opportunities to learn about local organizations and businesses, take part in art and nature activities, purchase local art, and enjoy some live music on the WRI Lawn. Family Day will on Saturday, May 21 from 10 a.m.-2 p.m. Bird Fest welcomes acclaimed poet, author, naturalist, and professor at Wenatchee Valley College, Derek Sheffield, as the Keynote Speaker. His hybrid presentation will be on Saturday, May 21 from 7-8:30 p.m., talking about the unique and ancient connection that exists between poets and birds. Pick up one of his books at the event from A Book for All Seasons. Thank you to all partners, sponsors, and volunteers for helping Bird Fest soar! For 2022, field trip participants will be required to submit proof of COVID-19 vaccination. All current information and details can be found at: www.WenatcheeRiverInstitute.org Contact, Randee Zerger 509-548-0181 rzerger@wenatcheeriverinstitute.org.

**Bird Fest Songbird Concert**

The Marlin Handbell Ringers and local musicians celebrate community and spring in a Bird Fest tradition. Admission by donation on Sunday, May 22, 2 p.m. at the Icicle Creek Center for the Arts Snowy Owl Theater, 7409 Icicle Road, Leavenworth. Tickets and information icicle.org / (509)548-6347 x1.

**The Greater Leavenworth Museum**

Cordially invites all residents in zip codes 98826, 98847, and 98821 to visit the museum for free during the month of May. Bring the Community

Open House card you received in the mail to the museum at 735 Front Street, second floor, and exchange it for one free book per family: Leavenworth Then and Now or The Wenatchee Valley and Its First Peoples. The Museum is open every day in May from 11 a.m.- 4 p.m. Elevator is available.

**Free wood debris recycling days**

On May 21, 10 a.m. to 2 p.m. at the Chelan County Day pit on E. Leavenworth Road and the intersection of Icicle Road. Sign up at info@chumstickcoalition.org. Only natural wood 8 inches and under, no yard waste or processed lumber.

**Join us at the Annual Town meeting**

On May 31, 1-4 p.m. at the Leavenworth Chelan County Fire District 3 meeting room, at 228 Chumstick Hwy.

*Cashmere*

**Extreme Sports Show**

Professional Extreme Sports Athletes will be bringing their stunts and tricks to Cashmere. This event is FREE and open to the public to watch a world-renowned stunt team perform big air and flips. In addition, there will be door prizes and a chance to buy raffle tickets to win a new BMX Bike. All are Welcome, on Sunday, May 22, 5-6 p.m. Dinner. 6-7 p.m. Show, 7-7:30 p.m. Music. Event location 5800 Kimber Rd., Cashmere.

*Regional*

**The Cascadia Conservation District**

Regular board meeting will be an in person and call-in / Zoom meeting, held on Friday, May 20, 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 at 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.

<b>May 6</b> 06:58 Unknown-injury Accident, 12089 Chumstick Hwy. area 07:19 Welfare Check, 4800 US Hwy. 97, Peshastin 10:25 Vehicle Prowl, 8381 Main St., Peshastin 10:49 Diversion, 9630 Marson Dr. 11:03 Suicide Threat, 9630 Marson Dr. 14:13 Harassment/ Threat, 221 8th St., Ducks and Drakes 16:32 Public Assist, 22744 Lake Wenatchee Hwy. 17:41 Public Assist, US Hwy. 2, MP 91 17:57 Welfare Check, 939 Front St. 20:30 Welfare Check, 8447 Lake St., Peshastin 21:17 Welfare Check, Chumstick Hwy., MP 9	23:25 DUI, 12708 US Hwy. 2.	River Rd., Plain 19:30 Suspicious Circumstance, 922 Commercial St., Obertal Inn 21:08 Public Assist, 263 Mine St. 21:18 Welfare Check, 700 US Hwy. 2, City of Leavenworth 21:22 Suspicious Circumstance, 7938 Saunders Rd., Peshastin 21:18 Welfare Check, 700 US Hwy. 2, City of Leavenworth 21:22 Suspicious Circumstance, 7938 Saunders Rd., Peshastin 22:27 Disturbance, 217 9th St., Wine Cellar 23:36 Theft, 116 River Bend Dr., Safeway
<b>May 7</b> 00:34 Diversion, 505 US Hwy. 2, Icicle Inn 01:12 Domestic Disturbance, 8285 River View Rd., Peshastin 13:02 Trespassing, 416 Evans St. 17:05 Diversion, 22744 Lake Wenatchee Hwy. 18:28 Domestic Disturbance, 435 Pinedrop Ln., Lake Wenatchee 19:45 Suspicious Circumstance, 410 Evans St. 21:55 Domestic Disturbance, 10415 Titus Rd.	<b>May 8</b> 09:52 Agency Assist, 1010 Main St., Barn Beach 13:22 Property, 505 US Hwy. 2, Icicle Village Resort 14:17 Parking/ Abandoned Vehicle 263 Mine St. 17:00 Weapons Violation, 9200 block Icicle Rd. 18:19 Traffic Offense, Ranger Road.	<b>May 11</b> 01:43 Theft, US Hwy. 2 and Chumstick Hwy. 08:41 Theft, 10883 Titus Rd. 09:14 Theft, 211 Pinegrass St. 09:59 Diversion, 204 River St. 12:01 Trespassing, 10190 Chumstick Hwy., Cascade High School 16:10 Noise Complaint, 302 Commercial St. 16:37 Sex Offense, 14865 Chumstick Hwy. 17:14 Theft, 301 Ward Strasse, Hampton Inn & Suites 21:18 Welfare Check, 9290 US Hwy. 2, Tumwater Drilling & Pump
<b>May 9</b> 07:26 Non-injury Accident, Chumstick Hwy. and Little Chumstick Rd. 14:52 Parking/ Abandoned Vehicle, 367 Whispering Pines Ln. 19:45 DUI, US Hwy. 2, and Ski Hill Dr. 21:13 Civil Dispute, 10189 Merry Canyon Rd.	<b>May 10</b> 10:44 Warrant, School St., and Steelhead Ln. 13:37 Agency Assist, 13559 Chumstick Hwy. 14:21 Lewd Conduct, 116 River Bend Dr., Safeway 14:54 Harassment/ Threat, 13855 Chumstick Hwy. 14:55 Domestic Disturbance, 430 Ski Hill Dr. 16:41 Traffic Offense, Mill and W. Whitman St. 18:25 Welfare Check, 16258	<b>May 12</b> 12:06 Attempt to Locate/Contact, 76 Willet Ln., Plain 12:28 Weapons Violation, 3290 Allen Ln., Peshastin 13:46 Animal Problem 12286 Meacham Rd., Plain 17:48 Public Assist, 12613 Prowell St. 18:21 Animal Problem, 214 W. Whitman St.

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# Early Learning Fair helps parents know about options



**Marlene Farrell**  
Correspondent

A little rain didn't deter local families from attending the first annual Early Learning Spring Festival, held at the covered area of the old Osborn school. The May 12th event was created by collaborative effort between all the early learning providers of the Upper Valley. It was a coming together of Head Start and ECEAP, Kodiak Cubs Preschool, Mountain Sprouts and TK Cubs (transitional kindergarten).

Parents came for information about options but little ones came for the fun. Cheeks were adorned with rainbows and butterflies from the popular face painting station. There were opportunities to paint a rock, have a story time with one of the local librarians, roll huge dice as part of a Fish and Wildlife salmon life cycle game, plant a seed, and take home a coloring book and some play dough.

"The idea of a coordinated enrollment event is something that has been suggested by Office of the Superintendent of Public Instruction (OSPI) as transitional kindergarten programs are rolled out across the state," explained Lindsay Camp, Kodiak Cubs preschool teacher. "Our early learning community is working together as a team to support and nurture all of the young children and families in our

community."

The four programs are enough to meet the local need, so it's about finding the right fit for each family. Some programs are full day, some are partial days. Head Start and ECEAP have low-income qualifications while the other preschool programs have sliding scale or available tuition assistance. Transitional kindergarten has no fee.

Transitional kindergarten (TK), which is at Peshastin Dryden Elementary with teacher Karlye Risdon, is a new concept for many. TK is defined on the OSPI website: "Students are eligible for kindergarten when and if they are five years of age by August 31. TK programs are intended for children not yet five by August 31 who have been screened and demonstrate the need of additional preparation in order to be successful in kindergarten the following year."

TK programs are expected to work in collaboration with and not adversely impact enrollment in community-based preschool programs.

Risdon said her current class is at the cap of 17. How did the four-year olds adapt to full day, every day school? Risdon said she incorporates rest time, and they started the year slowly, building skills through what is 90% play, frequently outdoors.

Registration for all of these programs is now open for next school year. "Rosters can fill up, but if families find their program of choice is full, the best course of action is to complete a registration and get on that program's waiting list. A great alternative is to check out the other options available," said Camp.

Head Start and ECEAP (receiving federal and state funding, respectively) have a location in Peshastin, one of seven total locations in Chelan/Douglas County. They are

run by the Chelan-Douglas Child Services Association. In addition to preschool classes, they also offer home-based services and childcare.

Cassie Borges from the Haring Center for Inclusive Education at University of Washington, hosted a table and was excited to talk about how Camp's Kodiak Cubs program is a model of inclusive education and can serve as an example for other small communities around the state that want to create a similar program. Borges said she's connecting with other Cascade School District staff to help support inclusive work in all grade levels.

Part of what makes Kodiak Cubs unique is utilizing high school students who are enrolled in the Child Development Level II class as assistants. Two high schoolers, Hadley Haggard and Lorelai Kinnear, were at the event, helping children pick out a picture book to take home.

The event definitely felt like the right mix of festivity and useful resources. Parents could gather information while kids popped bubbles from a bubble machine and frolicked to the happy songs of Beth Whitney, a local singer/songwriter who donated her time.

Shannon Roche, one of the organizers, thanked Munchen Haus and CrunchPak for their support. Roche and other members of Kodiak Cubs family coordinating committee brainstormed the activities, but she admitted, "Lindsay had the passion to make this happen." The vision shared by Camp, Roche and others was, as Roche said, "Beyond information, it's about community and bringing families together."

For more information on each of the programs, go to [www.cascadesd.org/Page/2490](http://www.cascadesd.org/Page/2490) and click on "Early Learning in the Upper Valley."



Clover and Betty Delzer sporting some pretty face paint.

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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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TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

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<p><b>LEAVENWORTH</b></p> <p><b>CASCADE MOUNTAIN BIBLE CHURCH</b> 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><b>CORNERSTONE BIBLE CHURCH</b> Leavenworth Grange Hall 621 Front St. • 251-635-3435 Sunday Worship 10 a.m.</p>	<p><b>LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH</b> 418 Evans Street • 509-548-5619 10 a.m. Sunday Service, Pastor Matt Gorman <a href="http://leavenworthumc.org">leavenworthumc.org</a> <a href="mailto:leavenworthumc@outlook.com">leavenworthumc@outlook.com</a></p> <p><b>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS</b> 10170 Titus Rd. (across from middle school) Church: 509-548-7667 Meetings: Sunday - 10 a.m.</p> <p><b>FAITH LUTHERAN CHURCH - ELCA</b> "Reconciling Works Congregation" 224 Benton Street • 509-548-7010 Worship 9:30 a.m. w/coffee following <a href="https://www.flcleavenworth.com">https://www.flcleavenworth.com</a></p> <p><b>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC</b> 429 Evans Street, 509- 470-7745 Sunday Worship: 11 a.m. Website: <a href="http://www.leavenworthbaptist.com">www.leavenworthbaptist.com</a> Email: <a href="mailto:info@leavenworthbaptist.com">info@leavenworthbaptist.com</a></p> <p><b>LEAVENWORTH CHURCH OF THE NAZARENE</b> 111 Ski Hill Drive • 509-548-5292 Sunday Worship 9 a.m. Lead Pastor: Greg Appleby <a href="http://www.LCN.org">www.LCN.org</a></p>	

# Cascade Defeats Cashmere in Softball Match



PHOTO BY MEGAN SOKOL

Cascade defeated Cashmere in the Softball Conference game by 10-7 on May 12.

1. Cascade player Emma Warman runs to first base after a successful hit.
2. Cascade player Vanessa West earns a strike.
3. Cascade player Emma Sunitsch runs to second base after Cashmere fumbles a catch in the outfield, as Cashmere player Jenna Reeder waits with Sunitsch.



## Sports Schedule

TRACK	
May 19:	1A District VI Championship Meet at Cashmere; 4 p.m.

### Kodiaks Scoreboard

SOCCER	
May 11:	Cascade 5, Manson 0; Win
SOFTBALL	
May 9:	Cascade 13, Quincy 3; Win
May 9:	Cascade 23, Quincy 5; Win
May 12:	Cascade 10, Cashmere 7; Win

## Making fishing accessible takes teamwork

SUBMITTED BY JULIA PINNIX

Leavenworth, Unlimited's Icicle Valley Chapter is teaming up with the Leavenworth National Fish Hatchery to make sure all anglers can reach the river. Work is scheduled for May 14 and 21 to repair and improve the trail leading to the accessible fishing platform on Icicle Creek.

The platform was installed in the 1990s by the Icicle Valley Chapter, funded by the U.S. Fish and Wildlife Service and

supported by a wide array of community partners. Two thousand hours of volunteer labor by members of Trout Unlimited went into the project. Current president Bob Stroup is proud of the accomplishment and of the long-term success of the partnership between the Icicle Valley Chapter and the hatchery. "It is important to know that the federal government and private non-profit organizations such as ours are working together to provide the public with

recreational experiences." Over the years, the trail has been damaged by tree roots, erosion, and floods. This spring's work will focus on re-setting railroad ties along the edge of the path, smoothing and evening the surface, and cleaning up debris. The work comes just in time for spring Chinook salmon fishing, which may open that same week. Those interested in helping with the project may contact Bob at 509-548-7662. The mission of the U.S. Fish

and Wildlife Service is working with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. We are both a leader and trusted partner in fish and wildlife conservation, known for our scientific excellence, stewardship of lands and natural resources, dedicated professionals and commitment to public service. For more information on our work and the people who make it happen, visit [www.fws.gov](http://www.fws.gov)

## Q: Should I be taking calcium pills for my bones?

65-year-old Janet has fallen several times in the past 5 years. Unfortunately, each of those falls caused broken bones. She has broken both her right and left thigh and left wrist, each requiring surgery to put them back together.

Janet has osteoporosis, or "thin bones." She went through menopause at age 40, and ever since, she has been losing bone mass. After her second fracture, Janet's doctor started her on a bone-building medicine and recommended that she take a calcium supplement every day.

Calcium helps keep our bones healthy, but it has other critical jobs: your muscles, nerves, and blood vessels depend on calcium to work properly. Each time your heart beats and you take a breath, your heart and chest muscles are working to keep you alive and well.

However, suppose you don't have enough calcium available for your muscles. When that happens, your body will grab for more calcium, taking it from your bones. Your skeleton is like a cash machine, but for calcium, instead of \$20 bills.

If your body needs to find more calcium frequently, those

withdrawals of calcium will eventually weaken your bones. As your bones become thinner, you will be more likely to break your wrist, hip, or other bones when you fall.

### How much calcium do you need?

The Institute of Medicine recommends 1000mg daily of calcium for men and women up to age 50 and 1200mg for all adults over age 50. Most postmenopausal women get only 600-900mg of calcium daily through their food and need an additional 300-600mg of calcium daily from some other source.

More calcium is NOT necessarily better. Recent studies have shown that you can actually get TOO MUCH calcium, increasing your risk of heart attack or stroke. It's suspected that taking a calcium supplement may damage blood vessels when concentrated calcium tablets cause your blood calcium level to spike.

Taking large doses of calcium supplements can also encourage the formation of painful kidney stones. For best results, get as much of

your calcium from your food as possible instead of just from calcium pills.

Calcium carbonate is the most concentrated form of calcium supplement available but can cause constipation. Calcium citrate is absorbed better and also a better choice if you take an acid-blocking medicine like Prilosec® (omeprazole) for heartburn. Weight-bearing exercises like walking and eating dried plums also improve your bone



strength.

### Here are 5 Tips on Building Bones with Calcium:

1. Eat calcium-rich foods. Most people get about 300mg of calcium daily from non-dairy sources. There is 300mg of calcium per serving of dairy products, including milk, yogurt, and cheese. Green vegetables, oranges, and figs also contain calcium. You also can use the Calcium Calculator, available both as a phone app for iPhone and Android phones

and online at The International Osteoporosis Foundation website [www.iofbonehealth.org](http://www.iofbonehealth.org) at their Quick Links.

2. If you take a bone-building medicine like Fosamax® (alendronate), Actonel® (risedronate), or Boniva®, you should also take a calcium supplement.

3. Avoid taking more than 500mg of calcium supplement at the same time.

Your body will absorb calcium better at this lower dose. This limit will also prevent a spike in your calcium levels. This helps avoid increasing your risk of heart attack and stroke from elevated calcium levels in your blood.

4. Get 400 IU of Vitamin D every day.

Vitamin D is necessary to help your body absorb calcium and may help prevent falls in the elderly. You can get vitamin D from exposing your skin to the sun. Foods rich in calcium include salmon (800 IU

Ask...  
**Dr. Louise**

per 3 ounces), canned tuna (150 IU per 3 ounces), fortified milk (about 120 IU per 4 ounces), and fortified orange juice (80 IU per 4 ounces).

5. Consider dried plums to build bone.

In multiple studies over the past 7 years, postmenopausal women who ate 50 grams of dried plums daily (5-6 large dried plums) had very little bone loss. Despite the extra calories, their weight and blood sugar remained stable, most likely because of the high fiber content of the plums. Janet wanted to add plums (also called prunes) to her diet. Because of their laxative effect, I suggested she start out eating 1-2 plums daily, increasing it by 1-2 plums every week.

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



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**Deadline Noon on Friday for the next week's papers**

**Wanted**



**Okanogan County Public Health**  
**Welcomes Applications for New Board Member**  
Okanogan County Board of Health will add a "consumer of public health" member seat as of July 2022. Okanogan County Public Health (OCPH) is accepting applications until 5 p.m. on Wednesday, June 8, 2022 to fill a key Board of Health (BOH) position per Washington state statute following adoption of HB 1152 during the 2021 state legislative session. Completed applications will be reviewed, followed by recommendation to the Board of County Commissioners (BOCC) for appointment. The new board position appointment is expected to be announced prior to July 2022 Board of Health meeting.

The "consumer of public health" board position is open to any Okanogan county resident who has self-identified as having faced significant health inequities or as having lived experiences with public health-related programs such as: The special supplemental nutrition program for women, infants, and children; the supplemental nutrition program; home visiting; or treatment services. It is strongly encouraged that individuals from historically marginalized and underrepresented communities are given preference. These individuals may not be elected officials and may not have any fiduciary obligation to a health facility or other health agency, and may not have a material financial interest in the rendering of health services.

Access to the Board member application is available in English or Spanish on the OCPH website at [www.okanogancounty.org/boards\\_and\\_committees/board\\_of\\_health](http://www.okanogancounty.org/boards_and_committees/board_of_health) to print and postal mail to OCPH, or email, or complete the online form. Printed applications can be picked up at the OCPH office at 1234 South 2nd Ave in Okanogan. If you would like an application sent to you, please send an email request to [ocphlink@co.okanogan.wa.us](mailto:ocphlink@co.okanogan.wa.us) or call us at (509) 422-7140.

**Employment**

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Call 509-682-2213 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com)  
OR  
Leavenworth Echo  
Cashmere Record  
509-548-5286  
or send email to [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

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

**TRANSITIONAL KINDERGARTEN TEACHER**

This 1.0 FTE continuing position commences with the start of the 2022 - 2023 school year. WA State Teaching Certificate required with appropriate endorsements. Must favorably pass background check. Salary and position description information available on the website.

All applications processed through FAST TRACK: [www.pateros.org](http://www.pateros.org) >Our District >Employment.

First review of applications is May 27, 2022. Applications received after the initial review will be reviewed upon receipt unless position has been previously awarded. Position open until a qualified applicant is hired.

Contact [employment@pateros.org](mailto:employment@pateros.org) or 509-923-2751 x 4 for more information. EOE.



The Cascade School District is seeking qualified applicants for the following position:

Cascade High School/Icicle River Middle School Band Director

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org) EOE

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Robyn Bodajla - 617-462-3402  
Momi Palmieri - 509-433-2211  
Geordie Romer - 509-679-8958  
Allyson Romer - 509-630-9898

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Working a few hours for 1-2 days per week delivering local weekly newspapers to dealers and racks, in Leavenworth, Peshastin, Dryden and Cashmere. We are looking for a reliable, responsible individual to pick up and deliver our newspapers early Wednesday mornings. Other duties include collecting and counting money. Keep newspaper racks cleaned and maintained. Must have good driving record and proof of insurance. Apply in person at 215-14th St., Leavenworth call 509-548-5286 to schedule an interview. 10-5 weekdays. EOE



The Cascade School District is seeking qualified applicants for the following position:

Cascade High School College and Career Counselor

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org) EOE



The Cascade School District is seeking qualified applicants for the following positions:

- Alpine Lakes Elementary Para Educator
- Icicle River Middle School 8th Grade Science Teacher

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org) EOE

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The Cascade School District is seeking qualified applicants for the following position:

Elementary Music Teacher

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org) EOE



The Cascade School District is seeking qualified applicants for the following position:

Food Service Transporter/Server

Fast Track application process and information can be found on our website at: [www.cascadesed.org](http://www.cascadesed.org) EOE

**Advertise 548-5286 or 782-3781**

**Help Wanted**

Two Cashmere area United Methodist churches seeking a piano accompanist for Sunday Services. Be dependable, skilled and available 8:30 a.m - 12:30 p.m. 48 Sundays per year. Pay is \$130.00/ Sunday E-mail [kbray@nwi.net](mailto:kbray@nwi.net) if interested.

Sunday School Teacher for Cashmere United Methodist Church. Friendly, reliable Sunday School Teacher who is motivated and creative with a talent for teaching 11:00 a.m. - 12:30 p.m.. \$65/ week. E-mail [kbray@nwi.net](mailto:kbray@nwi.net) if interested.

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Print only? **Deadline Friday at Noon for all papers**

Lake Chelan Mirror Quad City Herald Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286

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**Yard Sale**  
May 21st at 9 a.m. 107 Railroad Ave. We bought the buildings 101-111 Railroad Avenue in Cashmere and are cleaning out to prepare for renovating the block and getting new businesses in Cashmere! If you would like to volunteer for the sale, please inquire. Time will be compensated with first pick of sale items and discount. [info@sidestreetcashmere.com](mailto:info@sidestreetcashmere.com) or 509-741-4493

**General Merchandise**

**ALL OCCASIONS Greeting Cards ONLY** .50 per card. **Special Leavenworth Cards** now only \$1.00 per card for a fundraiser for Royal Ladies of the Autumn Leaves

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Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286

**Legals**  
**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**

In the Matter of the Estate of JOHN D. HOYER, Deceased. No. 22-4-00217-04

**PROBATE NOTICE TO CREDITORS (RCW 11.40.030)**

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative's Resident Agent who is also the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

**DATE OF FIRST PUBLICATION: May 18, 2022**

Personal Representative: MARK HOYER Attorneys for the Personal Representative: David A. Kazemba, WSBA #48049 Address for Mailing or Service – Overcast Law Offices Attn: David A. Kazemba 23 S Wenatchee Ave, Suite 320 Wenatchee, WA 98801 (509)663-5588 Court of probate proceeding and cause number: Chelan County Superior Court Cause Number: 22-4-00217-04 Presented by: OVERCAST LAW OFFICES By: David A. Kazemba, WSBA No. 48049 Attorney for the Personal Representative. Published in The Cashmere Valley Record/ Leavenworth Echo on May 18, 25, and June 1, 2022. #4067.

**Public Notices**

**IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF KING IN PROBATE**

**In the Matter of the Estate of HARRIET STIMSON BULLITT, Deceased.**

**NO. 22-4-03110-4SEA NOTICE TO CREDITORS (RCW 11.40.020)**

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney, James W. Minorchio of Fox Rothschild LLP, at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) thirty (30) days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four (4) months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and non probate assets.

Date of Filing Copy of Notice to Creditors with Court Clerk: May 2, 2022

Date of First Publication: May 11, 2022

/s/ John Agnew John Agnew Fox Rothschild LLP Attention: James W. Minorchio Suite 4500, 1001 Fourth Avenue Seattle, Washington 98154-1192 Court of probate proceedings and cause number: King County Superior Court Cause No. 22-4-03110-4SEA Published in The Leavenworth Echo and Cashmere Valley Record May 11, 18 & 25, 2022 #4022



**Public Notices**

**CITY OF CASHMERE NOTICE OF PUBLIC HEARING**

NOTICE IS HEREBY GIVEN that the Cashmere City Council will hold a public hearing on Monday, June 13th at 6:00 PM at the Cashmere City Hall, 101 Woodring Street, Cashmere, Washington, to consider a request of vacation for an undeveloped portion of Kennedy Road. If you are unable to attend in person, please call City Hall or access the agenda on the City's website for log in information. Written comments can be sent to Tammy Miller, Director of Planning & Building at [Tammy@cityofcashmere.org](mailto:Tammy@cityofcashmere.org). Published in The Cashmere Valley Record /Leavenworth Echo on May 18, and 25, 2022. #4068

**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**

In the Matter of the Estate of ROBERT V. DUFNER, Deceased. No. 22-4-0216-04

**PROBATE NOTICE TO CREDITORS RCW 11.40.030**

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of:

(1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both decedent's probate and nonprobate assets.

Date of First Publication: May 4, 2022

Personal Representative: Daniel G. Dufner Attorney for the Personal Representative: David J. Bentsen Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 21-4-00216-04 DANIEL G. DUFNER Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: DAVID J. BENTSEN WSBA No. 42107 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807. Published in The Leavenworth Echo/ Cashmere Valley Record on May 4, 11 and 18, 2022. #3987



**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**

In the Matter of the Estate of EDWARD L. FARRAR, Deceased. No. 22-4-00214-04

**PROBATE NOTICE TO CREDITORS RCW 11.40.030**

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of:

(1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: May 11, 2022

Personal Representative: TYLER L. FARRAR Attorney for the Personal Representative: RUSSELL J. SPEIDEL Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 22-4-00214-04 TYLER L. FARRAR Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: RUSSELL J. SPEIDEL WSBA No. 12838 7 North Wenatchee Avenue, Suite 600 P. O. Box 881 Wenatchee, WA 98807 Published in The Leavenworth Echo/ Cashmere Valley Record on May 11, 18, and 25, 2022. #4011.

**Vitamin D is the 'Sunshine Vitamin'**

Over 50% of elderly Americans may be deficient in vitamin D. You are more likely to be low in vitamin D if you are older, are obese, have dark skin, are homebound, or live in an institution like a nursing home.



Ask... Dr. Louise

We call vitamin D the "Sunshine Vitamin" because our skin generates vitamin D from the ultraviolet energy of UVB rays found in direct sunlight. Unfortunately, sun exposure also increases your risk of getting skin cancer. Medical professionals recommend you cover up or use sunscreen when going out into the sun, limiting your ability to get enough daily vitamin D.

Years ago, I took a prescription medicine that caused my skin to turn bright red and itchy whenever I was outside in the sun for more than 15 minutes. After avoiding being outside in bright sunlight and wearing sunscreen faithfully for several years, my vitamin D level dropped so low that I needed supplementation.

You can develop a deficiency in vitamin D from not being able to absorb fat-soluble vitamins like vitamins A, D, and E. This can happen after gastric bypass surgery or in people with inflammatory bowel disease. Prescription medicines like prednisone, anticonvulsants, or the weight loss drug Alli® can also cause vitamin D deficiency by interfering with your ability to absorb vitamin D from your food.

Vitamin D plays an essential role in maintaining the strength of your muscles and bones, with deficiency contributing to thinning bones and muscle weakness, and falls in the elderly.

According to Dr. JoAnn Manson, professor of medicine at Harvard Medical School and Brigham & Women's Hospital, there is evidence that vitamin D boosts your immune response to viral infections and has a calming effect on inflammation. People testing positive for COVID-19 who end up hospitalized with severe lung symptoms are more likely to be significantly deficient in vitamin D than those with only mild symptoms.

The National Osteoporosis Foundation and the North American Menopause Society recommend 800 to 1000 IU daily of vitamin D for people aged 50 and older. People who are obese may need 2-3 times that amount. Some researchers suggest that 1000-2000 IU per day of vitamin D is a more reasonable target.

It's challenging to get enough vitamin D just from your diet. The best source is fatty fish such as salmon, canned tuna, and sardines, with 300 units of vitamin D per 3.5 ounces serving. Another good source of vitamin D is fortified milk, with up to 100 units per cup of added vitamin D. The United States began adding vitamin D to milk in the 1930s to combat rickets, a vitamin D deficiency in children that causes deformed legs.

Do you need a vitamin D supplement? A simple blood test can help determine how much vitamin D is present in your body. A healthy level is considered 20ng or above; I was deficient because my vitamin D blood test was 12ng.

One intriguing source of vitamin D is Prevacen, a non-prescription supplement marketed for memory loss that contains 2000 IU of vitamin D in every dose. One of my patients had a vitamin D level that was too high. Despite stopping her vitamin D supplement, her level didn't drop back into the normal range. Eventually, we discovered that she was taking Prevacen, so she switched to a version that did not include vitamin D.

With emerging evidence of vitamin D deficiency increasing the risk of breathing problems from the coronavirus, I restarted vitamin D supplementation with 2000 IU every day. Should you do this?

Here Are 4 Tips for Getting Enough Vitamin D:

1. Eat vitamin D-rich foods. Egg yolks, tuna, and salmon, along with fortified foods like milk, yogurt, and fortified orange juice, are good sources of vitamin D. Unfortunately, most foods contain minimal vitamin D unless they have been fortified.
2. Take 1000-2000 IU of vitamin D3 (cholecalciferol) daily.
3. Avoid taking the weight loss medicine Alli®.
4. Get outside.

With 1300 IU in each tablespoon, cod liver oil is the most concentrated vitamin D supplement. Thankfully, there are other alternatives available today. If you are obese, take 2000 IU daily.

UVB radiation from sunlight on bare skin produces vitamin D in your body. Getting your entire daily vitamin D from direct sun exposure is not recommended due to the increased risk of skin cancer from UVB rays. Taking a vitamin D supplement is safer.

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

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

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: WEATHER 101

1. Found in Pandora's box  
5. Kind of trip  
8. Toothy freshwater fish  
12. Medieval headdress  
13. Ne on periodic table  
14. Golfer's weapons  
15. Biblical twin  
16. Russian river or Russian mountains  
17. Understand (2 words)  
18. \*Moisture in the air  
20. Law school test acronym  
21. Layers in plywood  
22. Trigonometry abbr.  
23. Uses a laser  
25. Squawked or crabbed  
29. Bitty  
30. Two dots above a letter  
33. Jasmine of "Aladdin," e.g.  
34. Forbidden, in Islam  
36. Bruin legend Bobby  
37. Lays in peace  
38. "Metamorphoses" poet  
39. Charge with crime  
41. "For \_\_\_ a jolly..."  
42. Easily irritated  
44. \*No clouds  
46. Gremlin or pixie  
47. \*Check the weather before hitting this hiking path  
49. Speech defect  
51. \*Cloudy  
54. Classic TV's Mrs. Brady  
55. Same as island  
56. "Cheers" regular  
58. Elephant poacher's ware  
59. Pb on periodic table  
60. \*The first sign of rain?  
61. Declare untrue  
62. Pig's digs  
63. MacFarlane or Rogen

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1. \*Road hazard
2. Eyelid hair
3. Oahu shindig
4. Assumes bad posture
5. Chill-inducing
6. Bearded ruminants
7. Unrivaled
8. \*Barometer reading
9. Tiny bit
10. Purl partner
11. Three ahead of PST
13. Certain beachgoers' philosophy
14. \*Cold weather is needed for this meltable home
19. Part of small intestine
22. Cathode-ray tube
23. Hit the road
24. Falcon's home
25. Mentor or expert
26. The Obamas' daughter
27. Bruce Lee's "\_\_\_ the Dragon"
28. Treat without respect
29. Wallop
31. Scottish lake
32. \*Rainbow shape
35. \*Weather warning
37. Archeologist's find
39. Venom source
40. Filled with dread
43. State indirectly
45. African antelopes
47. Living room centerpiece? (2 words)
48. 4 x 4 race
49. Cleanse
50. #14 Across, sing.
51. They don't mix with water
52. Sight for what eyes?
53. Between walk and canter
54. El \_\_\_ of medieval Spain
57. \*Knot alternative, acr.

# The Washington Outdoors Report

## Introducing Kids to fishing and fun

By JOHN KRUSE

Want to introduce a child to fishing so that they'll fall in love with the sport? Here's a few surefire tips to help you and whatever kid or kids you're taking have a great time on the water!

**DRESS FOR SUCCESS:** Before you head to the river, lake or ocean be sure that kid is dressed comfortably. Nothing puts the kibosh on a fishing day faster than discomfort. If it's cool out, make sure they are bundled up and have a pair of gloves. Rain in the forecast? Pack some raingear. Sunny and warm? Don't forget a hat, sunglasses, sunscreen, and chap stick.

**PUT YOUR FISHING ROD AWAY:** Remember the reason for this expedition. It's all about introducing that child to fishing so they fall in love with it as much as you do. With that in mind, you may want to keep your fishing rod at home, especially if you are fishing with more than one child. You'll have scant time for fishing while you are teaching them how to

cast, untangling snarled line, helping them get snagged lures loose, and cheering them on as they reel in fish that you'll net for them.

**INCREASE THE ODDS FOR SUCCESS:** Don't start off that kid's fishing career going after winter steelhead or another species where success is defined as getting one or two bites a day. Oh no, this is all about making sure that child has a great chance to reel in a bunch of fish in a hurry. Looking for ideas?

• Head to a recently stocked lake for trout. They are usually more than happy to bite and can be caught still fishing with bait (dough baits, worms, salmon eggs and marshmallows all work) or with artificial lures like spinners, spoons, or flies. You can find out where trout are being stocked and when at <https://wdfw.wa.gov/fishing/reports/stocking>

• Consider panfish. Crappie and bluegill are found in schools and the fishing can be fast and furious when you find one and put the right offering in front of them. Small jigs work well tipped with a worm, either cast and retrieved or fished under a bobber. No matter how old that child is, they'll love

watching that bobber go down in the water and setting the hook on that fish. As a matter of fact, I still love that!

• Shad are feisty, plentiful, and fun! In recent years we've had five to six million shad returning up the Columbia River between May and July. They average one to four pounds in size and are scrappy fighters. They are not known as great table fare but the do make for great bait and are also fun to just catch and release. There are several guides that offer discounted half-day trips from late May through early July for shad with kids in mind. If you want to do it yourself, you can either fish a small Dick Nite spoon or Mack's Shad Slammer behind a weight out of a boat or cast a small jig called a shad dart (1/16th ounce is ideal) on a leader behind a ¼ to ¾ ounce weight depending on river flow. The best places to catch shad from shore are right below Bonneville Dam and the John Day Dam.

**SNACKS AND HYDRATION:** The fish will not always be biting and both you and the kids with you will get hungry, playing outside just seems to do that. Be sure to bring some of their favorite snacks

with you and dish them out as appropriate. You'll want to make sure you and your young anglers keep hydrated too with water or Gatorade. Dehydration sneaks up on you and can turn a fun day into something less.

**INCORPORATE ANOTHER ACTIVITY INTO THE DAY:** Consider doing something else with the kids besides fishing. If you are fishing for shad near Bonneville Dam, take the kids to the fish ladder so they can see all those shad along with salmon and steelhead moving through the fish ladder. Fishing a river or stream? Turn over some rocks and look for crayfish. Fishing in the saltwater? Head to a rocky area when the tide is out and explore the tidepools. Are these not options where you are fishing? Well, you can always go to a local diner or drive-in for a meal when you are done fishing and talk about the fun day you had together. Follow these tips and there is a very good chance you are going to hook some young anglers on fishing!

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

# 'Rake the Spring Twigs' Event breaks volunteer record

PHOTO BY CAMILLE DUCKWORTH. 2022 Rake the Spring Twigs group photo



By ANN (OSBORNE) PEAVEY

More than sixty-five volunteers, including five members of The Saddle Rockers, a local bluegrass band, participated in the Old

Leavenworth North Road Cemetery's 'Rake the Spring Twigs' Community Event on Saturday, April 30. This large number of volunteers shattered the previous record of twelve.

## Transportation Plan

CONTINUED FROM PAGE A1

the council holds discussion. Anne Hessburg reminded Mayor Florea that the council may want to motion after discussing in case they want to amend certain items, so as to avoid voting for a motion twice and taking up more time. The mayor insisted that the motion be introduced before discussion and then acted upon after, stating that it is how Robert's Rules of Order works.

Council eventually went into discussing Bob Fallon's suggestion, along with Councilmember Jason Lundgren asking if the \$4.5 million for the proposed US-2 Pedestrian

Underpass had to be at the P1 and P2 parking lots. Lundgren later asked if the underpass could be saved as a placeholder for further discussion.

Public Works Director Tom Wachholder asked the council if it would help to make the location of the proposed US-2 pedestrian underpass broader.

Hessburg asked if the funding had to specifically go towards an underpass in that specific location. Wachholder said that it did not, only that the money goes towards pedestrian use.

Finance Director Chantell Steiner reminded the council that both the city's TIP and the State's TIP need to match in order to receive funding. In light of the proposed changes,

council passed the TIP, along with Fallon's suggestion to find a connector between Titus Road and Chumstick Highway, along with striking the location for the US-2 Pedestrian Underpass at P1 and P2 parking lots.

Afterwards, the council confirmed the NIMS adoption, along with accepting two new costs added onto the 14th Street Rehabilitation Project budget.

The rehabilitation would install new roads, sidewalks, and a new water and stormwater infrastructure system. The project should last from May 16 to June 30, with the project area closed to traffic aside from alley access on 14th Street, Front Street, and Commercial Street.

The first amendment was

for an additional \$31,432 cost to be added for construction administration services on the rehab project. The new total for the entire rehab project should not exceed \$93,423.57. Wachholder explained how insufficient the water main was on 14th street. 95% of the project would be reimbursed back to the city from the Transportation Improvement Board (TIB).

The second amendment added to the 14th Street rehabilitation project was to approve a Professional Services Agreement with RH2 Engineering, Inc. for no more than \$23,187. Costs would go towards construction inspection services between Commercial Street to Front Street.

# Mother's Day 5k run/walk



PHOTO BY BARBARA WASHBURN.

Mother's Day 5k run/walk was on May 8 and started at the Leavenworth gazebo where the participants ran or walked on town roads and trails. The event is co-hosted by the Leavenworth Chamber of Commerce and Cascade Medical Foundation. All proceeds go toward CMF's campaign for e-bikes to be used by first responders to reach accident victims quickly on the trails. Prizes were donated by local businesses.

## Dangerous Women

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the Arts, Icicle Fund, ArtsWA and the City of Leavenworth.

Under Artistic Director/Producer Rhona Baron, Dangerous Women's creator cast includes: Holly Blue, Bernadine Phillips, Julie Edwards, Mandi Wickline, Karen Francis McWhite, Shari Hagopian, Becky Fishburn, Stacy Coronado, Briar Hoper, Carolyn Wilson, Marile Kunkel, Hannah Rice, Norma Ramirez, Emily Keenan, Molly Elder, Feather Iukes, Cascadia Weaver-Marson, Star Weaver-Marson, Sally Singer, Nataly Gonzalez, Betsy Angela Arriaga, Pilar Cuevas. Citlalli Mandujano, Yolanda Ponce, Karen Artiaga, Bernadine Phillips, Ernestine Iukes, Tashina Iukes and Angie Ploch. The character of the show's narrator is written for the third season by Ari Gabinet and Rhona Baron in spoken word. Unsettled will run live May 20 and 21 at Snowy Owl Theater in Leavenworth. Tickets range from \$15 for students to \$26, with adult discounts for purchasing by the pair. Call Icicle Creek Center for the Arts at 548-6347 x1 or purchase online at [icicle.org](http://icicle.org).

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## LETTERS TO THE EDITOR

**Dear Editor,**  
My name is Stacy Coronado. I am writing to personally invite the Upper Valley to "Unsettled," the Dangerous Women production onstage May 20 and 21 at Snowy Owl Theater in Leavenworth.

I am an enrolled member of the Colville Confederated Tribes. I descend from the Arrow Lakes, Colville, San Poil and Wenatchee bands of the Tribes. I am also a 3rd generation Mexican American. I was born and raised in Omak, WA on the Colville Indian Reservation, where I presently live. I joined the cast of Dangerous Women last year, not knowing or having ever heard of them before. I was immediately fascinated and taken in by the authenticity and passion of the women in the production. Each woman has an amazing talent(s) from singing, playing an instrument, dance or combination of the three. The women welcomed me with open arms and I have found my role as grandmother

story teller and as a testifier about the Indian Boarding Schools.

I believe it is important to tell the story of boarding schools and the impact they have had on our people. I was the third generation in my family to attend Indian boarding school, so I know firsthand that the trauma is generational and I have witnessed the effect that it has had on my children and grandchildren.

Working with the entire cast on various scenes throughout the play has been exceptionally rewarding and a true honor. I have never experienced a group so willing to engage my Native Community and include them in the story telling of our homelands. Narrated by The Moon, in addition to Indigenous scenes, you will experience an amazing history of pioneer women of our region through song, dance, poetry, rap and theater. Tickets can be purchased through Icicle Creek Center for the Arts. Sincerely, **Stacy Coronado**