



APRIL 20, 2022 • VOLUME 122, NO. 16

UPPER VALLEY NEWS SINCE 1904

SINGLE COPY \$1.00

Washington's newest community forest established at Nason Ridge

SUBMITTED BY KATHY PEVEN

Chelan-Douglas Land Trust Communications Coordinator

Washington's newest community forest was brought to life on Thursday, April 14 when Western Rivers Conservancy transferred the 3,714acre Nason Ridge property on Lake Wenatchee to Chelan County. This historic achievement is the result of a four-year effort by Western Rivers Conservancy (WRC), Chelan-Douglas Land Trust (CDLT), Chelan County and local community members. "This project is an incredibly important win for the community and sets an example for the entire state of what it means to keep our forests standing, healthy and utilized," said Curt Soper of CDLT. "We've been working with the community for over two decades to conserve this property and support public access. We could not be more excited to see this prized forest, the very fabric of our community, forever protected."

Nason Ridge is a highly visible, forested mountainside above Lake Wenatchee that is used year-round for recreation and forms a dominant part of the Lake Wenatchee viewshed. The property provides important fish and wildlife habitat and includes over two miles of Nason Creek, a critical salmon spawning stream and a key source of cold water for the Wenatchee River. CDLT and the Lake Wenatchee community had long sought to conserve the property, which was formerly owned by Seattle-based timber company, Weyerhaeuser.

In 2018, WRC negotiated a deal with Weyerhaeuser to purchase the property. It then joined forces with CDLT, Chelan County and the local community to raise funds to permanently protect Nason Ridge by conveying it to a steward that could keep the property intact and in public hands forever. Following WRC's purchase of Nason Ridge, the partners needed to raise \$6 million to pay for the conveyance of the property to Chelan County, and to underwrite its stewardship as a community forest and public recreation area. Together, CDLT, WRC and local community members raised over \$1 million in private funds. The partners then spearheaded an effort to raise the remaining funds through a variety of public and private sources, including \$3 million from the Washington State Community Forest Program and the remainder from the Salmon Recovery Funding Board, the Chelan PUD Tributary Fund, the Grant PUD Priest Rapids Coordinating Committee, Washington Department of Ecology, private foundations and others. Once the \$3 million was approved by the Washington State Legislature, a new future was locked in for the property: The Nason Ridge Community Forest. "Thanks to the inspiration, leadership and commitment of the local community, the Nason Ridge



PHOTO RY JILL M. FITZSIMMONS/WESTERN RIVERS CONSERVANCY NASON CREEK WA

Community Forest is now a reality," said Nelson Mathews, vice president of WRC. "Nason Ridge is a shining example of what a community forest can be. It's rooted in the community and a place where people can hike and ski, where salmon and steelhead can spawn in clean, cool water, and where the forest will be managed to meet the needs of fish, wildlife and people alike." The project builds on the momentum of a robust and successful restoration effort on Nason Creek and the Wenatchee River, where millions of dollars have been invested to restore and improve habitat for salmon and steelhead. Nason Creek provides habitat for eight cold-water fish species, including spring Chinook, summer steelhead, bull trout, sockeye, cutthroat trout, rainbow

trout and mountain whitefish. Now that WRC has conveyed the property to Chelan County, the county can start an exciting new chapter for Nason Ridge, ensuring the forest will be prioritized for fish, wildlife and sustainable forestry, while working with Washington State Parks to ensure recreational access. "Keeping this property intact for the sake of a healthy, maturing forest will have immeasurable benefits that will reverberate throughout the community," said Chelan County Commissioner Bob Bugert. "We're proud to have worked with Western Rivers Conservancy and Chelan-Douglas Land Trust to become the steward of this new community forest, which will no doubt serve as a model for others like it across the

Chelan County will use new wellness grant to build mental health response on the professional, personal levels

SUBMITTED BY JILL M. FITZSIMMONS

With the help of a new grant, Chelan County is creating a program for the Sheriff's Office and county jail that will help them in identifying and responding to a mental health crisis in the field as well as potentially in their own lives.

"What patrol and corrections can endure during their day-today duties can be stressful, even traumatic on their most difficult shifts," said Ana Gonzalez, manager of the Chelan County Diversion Program and Behavioral Health Unit. "First responders go from call to call, normalizing what goes on in their day. While there are processes that agencies implement during critical incidents, we want to normalize the help-seeking process. Asking for help can be lifesaving."

The Chelan County Sheriff's Office was recently awarded \$57,500 from the Washington Association of Sheriffs and Police Chiefs to begin developing the in-house wellness program with the assistance of Gonzalez.

The funds are state dollars provided by the Criminal Justice Training Commission. The initial program will be developed for the Sheriff's Office and then rolled over to the Chelan County Regional Justice Center.

"For years law enforcement has pushed expectations on officers and deputies to extremes, expecting them to respond to and be the answer to every type of call and situation you can think of," said Chelan County Sheriff Brian Burnett.

"Unfortunately, this was done without any training or tools in managing the potential stress that goes along with this line of work. We've learned from experience that we can and should do better to proactively take care of our first responders, rather than waiting until there's an emergency.

Gonzalez, a licensed mental health counselor and designated crisis responder, will develop the program, which will include bi-monthly first responder trainings, for the county. The county began building its own Behavioral Health Unit in September, and since then has hired two trained crisis responders who ride along most weekdays with the Sheriff's Office. "When I'm in the field, I will coordinate with a deputy as we are responding to a call. We will go over a caller's case history if we know it or attempt to get information from partnering agencies. We develop a plan on how to assist individuals and their behavioral health issues," Gonzalez said.

"With this new program, we aim to give our first responders more information and training so they feel more prepared and comfortable responding to these calls, especially if they do not have one of the county's crisis responders riding with them."

The new program includes not only providing bi-monthly trainings for first responders but also building upon partnerships with health and wellness providers in the area and region; developing an app that will provide 24-hour support in the field and include referral and service

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Erika Hamilton and Ana Gonzalez

Spring Snow Surprise for Chelan County

By Megan Sokol

Staff Writer

One would not expect to see a foot of snow blessing their vision in mid-April, let alone a troubling weather precedent for the upcoming spring harvest. Although the global climate crisis has become increasingly troubling, the recent snowfall is not a side effect of climate change.

From April 12-14, Chelan County received several inches of snow, with approximately 14.5 inches in the Lake Wenatchee/Plain region and about 7-16 inches in Wenatchee.

Chelan County Public Information officer Jill M FitzSimmons shared some of the county's snow plowing

"One of the problems with snow this time of the year is that to put a plow on the roads now, when there is only a couple inches and it's melting rapidly, is you can tear up the road. The districts also have to watch for rapidly melting snow and cold temps that will then freeze the snowmelt, creating icy conditions."

FitzSimmons reports that on April 12, White River received 10 inches of snow, 7-8 inches at Lake Wenatchee, 8-9 inches at Merritt, 6 inches at Plain. and 3-4 inches on lower routes.

Cashmere and Dryden received an average of 5 inches and was quickly melted off during the day.

Chelan County resides within the east slope central zone. On April 14, that zone scored a 3 out of 5 on the avalanche danger scale from the Northwest Avalanche Center.

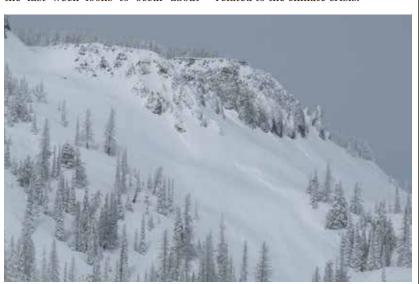
Northwest Avalanche Center US Forest Service Forecast Director, Dennis D'Amico, states that although it is not unusual to have snow in April, it is unusual to see snow for this long in April.

Assistant State Climatologist Karin Bumbaco gives some historical context to the recent weather anomaly. Bumbaco states that it is more unusual for Wenatchee to receive snow in April than it is for Leavenworth. The last time Wenatchee received springtime snow was in 1935 and 1968.

"For Leavenworth there [is] some missing data in the 1930's and 1970's, but the station appears to have decent snow records since 1915, though some years have spotty data. April snowfall is unusual, but not unprecedented. April snow like what we've seen over the last week looks to occur about

once a decade there."

Although the climate has been getting considerably hotter, causing erratic weather patterns, Bumbaco states that this recent snowfall is not related to the climate crisis.



Cross drifted slopes beyond the western boundary of Mission Ridge.

First in-Person City Council Meeting in Two Years



Mayor Carl Florea

By Megan Sokol Staff Writer

City officials dusted off their podiums and settled into business on April 12, excited to finally sit in official city council seats. The hybrid city council meeting was brought into session with Mayor Carl J. Florea bringing two gavels for the occasion. The meeting recapped the recent bomb threat, a surprise visit from Chelan County Commissioner Bob Bugert, and an introduction to the Workforce Housing Grant Program.

Five of the council members were in attendance, Marco Aurilio joined via Zoom, and Clint Strand had an excused absence.

Chelan County Sheriff's Chief

Adam Musgrove presented on the recent bomb threats made in Leavenworth on March 24-25. Musgrove was the incident commander for that event. Since this is an active investigation, he asked the council if they could hold an executive session to present some of the more sensitive information.

In the public session, Chief Musgrove stated that on March 24, an unnamed suspect called RiverCom three times to report a suspicious package at the Rhein Haus, Icicle Brewing Co., and Wok About Grill. The following day, Icicle Brewing Co. received a second bomb threat by the same suspect. The case has since been turned over to the FBI.

Musgrove presented the RiverCom

calls that they received, detailing a false name that the suspect gave to police, and with the suspect later calling out his supposed "cheating ex" and named Musgrove specifically on the call made on April 25, and recorded himself loading his shotgun as a threat.

Public Works Director Tom Wachholder deactivated downtown Leavenworth livestream after authorities found that the suspect was using those cameras to name some of the key features of the reported bomb locations. Authorities also pulled the bomb alert from the police scanners because of the incendiary nature of the calls.

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More Drivers are Opting for **Electric Vehicles**, Here's Why



(StatePoint) If you think you're seeing more electric vehicles (EVs) on the road, you're not imagining it. From 2020 to 2021 alone, there was a 70% increase in registered EVs within the United States. Auto giants such as Ford and Chevrolet are quickly expanding their fleets of EVs, and with Congress passing historic EV legislation last fall, experts agree that this trend is only set to intensify. With all the buzz surrounding the EV industry right now, one issue

has surprisingly managed to persist: the problem of charging compatibility "The U.S. EV industry has been held back in the past due to limited charging options and a fragmented EV infrastructure," says Christopher Maiwald, founder,

and CEO of Lectron, a leading manufacturer of EV charging solutions. "Recent moves by the federal government are aimed primarily at increasing charging availability."

Indeed, the recent legislation is geared towards promoting EVs as a sustainable alternative to gas-powered cars. The massive \$1.2 trillion infrastructure bill signed last November contains \$7.5 billion earmarked to be spent on building out the nation's EV charging network.

While the government hopes that greater charging availability will lessen range anxiety and boost driver confidence, it stops short of quelling compatibility concerns. American AC charging infrastructure is currently divided between two types of charging standards: Tesla and J1772 (all other EVs), while the country's DC charging infrastructure is divided even further: Tesla, CSS, and CHAdeMO. "The legislation is a step in the right direction, but it does little to address the issue of charger

compatibility," continues Maiwald. Companies like Lectron are quickly coming up with ways of solving this problem. For example, in an effort to help Tesla drivers access J1772 chargers, Lectron offers the J1772 to Tesla Adapter, which provides four to six times more charging options, and may prove vital to Tesla drivers in accessing the nation's expanding J1772 charging network.

Likewise, since Tesla has already built over 15,000 publicly accessible charging stations nationwide, Lectron offers J1772 drivers the 48 Amp Tesla to J1772 Adapter, which is the only adapter on the market that supports 48 amps of maximum current and 250V of maximum voltage — meaning wider charging access and faster charging times. Another way the industry is handling the growing compatibility problem is through the wider use of portable chargers. Lectron's 40 Amp Level 2 Charger, for example, provides fast Level 2 charging for EV drivers. So,

no matter where they are, they always have a quick charging option available to them.

The final hurdle toward greater EV acceptance may not be related to public charging stations at all. Maiwald explains, "While ensuring public charging access is important, having a powerful home charging option is what will truly lead to widespread acceptance and make EVs the transportation of the future." The company is currently rolling out its most powerful in-home charging station yet — the Lectron V-BOX. It has a maximum of 48 amps of power and comes in three different versions: standard, smart, and bi-directional, with all three options slated for release later this year.

More information about the latest EV chargers and charging accessories can be found by visiting ev-lectron.com.

Thanks to expanded infrastructure and improved technology, EVs are becoming a more convenient and viable option for a growing number



(StatePoint) If you're like many parents, you want to set a good example for your children and teach them how they can positively impact the world around them. However, when it comes to sustainable efforts, the responsibility of saving the environment can seem like a monumental task.

Going green while parenting might sound challenging. but small steps can make a difference, especially as more companies and brands are getting in on the effort to go green. Get started on the right foot this Earth Day with the following tips and insights:

Choose **Eco-Friendly** Shoes

Children's feet grow fast and need to be replaced often. That's why you can consider selecting footwear that incorporates eco-friendly features. Here are a few sustainable options:

 Teva's signature sandal straps are made from recycled plastic bottles to reduce waste. The brand offers styles for men, women, and children.

Birkenstock's classic and modern footbed sandals, which come in various colors, are made from natural materials such as cork, natural latex, and jute.

The TOMS Earthwise Collection includes an assortment of on-trend flats with a 50% recycled cotton canvas upper and a non-removable insole made with 50% eco-content for a seamless fit.

To make shopping for ecofriendly footwear easier, Rack Room Shoes created a shoppable page on its website featuring shoes made with sustainable materials. Visit: rackroomshoes.com/cs/ sustainablematerial.

Choose Paper Over **Plastic**

With a bit of creativity, you can replace plastic utensils, sandwich bags, and singleuse beverage containers at home with sustainable, reusable alternatives. Also, try purchasing favorite household items in bulk instead to limit the amount of packaging you

While individual efforts are important, companies will also need to embrace change. Retailers, such as Rack Room Shoes, are enacting companywide initiatives. They have begun replacing plastic bags with paper in many locations and will be using only paper bags, chain-wide, in the coming months. The company also recycles, utilizes energy efficient lighting, and has sustainable flooring at many locations.

You and your children can make an impact by taking a reusable tote when you shop and learning about your local recycling program together.

"It's important to work with our customers, associates and partners to positively impact our environment," said Rack Room Shoes president and CEO Mark Lardie. "We are making progress by continuing to identify ways we can evolve our products and processes for a more sustainable future."

The small steps you take to go green will keep the planet healthy for generations to

Spring Cleaning:

Is Your 'Junk' Worth a Fortune?

(StatePoint) If your family is like most, you have "junk" in your basement, garage, or attic, such as sports cards, memorabilia, and toys. Before you toss them out during spring cleaning, consider that the prices of sports cards, games and other ephemera are skyrocketing.

How can you determine if your stuff is valuable and, if it is, how can you sell it?

A widely accepted rule for sports cards, memorabilia and toys is that older items are worth more. However, these days even more recent items are also commanding high

"Vintage sports cards from the early periods of a sport are almost always highly collectible, especially of Hall of Famers," says Al Crisafulli, Auction Director at Love of the Game Auctions, an internet sports and memorabilia auction that helps families sell collectibles. "But don't assume sports cards or other memorabilia must be old to be valuable. Modern cards of such stars as Tom Brady, Mike Trout, LeBron James, Michael Jordan, Derek Jeter, and others can sell for lots of money. "

He is offering tips to help determine if your belongings are valuable:

Older Sports Cards

Cards from the 1960s and

those from before the 1940s can be extremely valuable. Bigname Hall of Famers like Babe Ruth, Ty Cobb, Lou Gehrig, Honus Wagner, Mickey Mantle and others bring high prices.

With old cards from the 1880s and early 1900s, look for tobacco and candy brands, such as Old Judge, Piedmont, Sweet Caporal, or American Caramel. Really old Sports memorabilia from the 19th and early 20th Century, such as photographs, postcards, bats, gloves, and balls are also collectible.

When opting to sell sports items, consider a specialty auction, such as Love of the Game, which has the expertise to professionally research sports items and maintains lists of bidders specializing in this area, to get top dollar. More information is available at loveofthegameauctions.com.

Modern Cards

Prices on recent baseball, basketball and football cards and cards from early in player careers.

Do you have major current stars, like Mike Trout, Patrick Mahomes, Tom Brady, and LeBron James? Or do you have greats from the recent past, like Michael Jordan, Kobe Bryant, Magic Johnson, Derek Jeter, or Joe Montana?

Check if your cards are denoted as Rookie, Prospect, Draft Pick, or other indicators they're from a player's first season. And condition is king, as cards that look pack fresh with sharp corners and a wellcentered image command highest prices. Additionally, unopened packs and boxes from almost any year can be valuable.

Memorabilia Do you have old advertising

posters depicting sports stars or famous entertainment personalities together with food, tobacco, or sporting goods brands. Many original signs, store displays, and promotional items collectible, especially those dating from the early 1900s into the 1960s. But low-quality reproductions aren't. Look for memorabilia spotlighting sports heroes, superheroes, early Walt Disney characters and Star Wars subjects.

So, while you're spring cleaning that attic, basement, or garage, don't rush to the garbage. Before throwing out old "junk," determine if it's valuable!



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How to decide what kind of garden you want this year

become a very popular pastime over the past two years, and that trend shows no sign of slowing down. According to last year's Axiom Gardening Insights Survey, 62% of their respondents said they will plant even more in 2022. Whether you're one of the many who plan to expand your garden or it's your first attempt, there are plenty of tools and resources available to help you succeed.

Here are steps to help determine what you want from your garden before the planting season is underway. Figure out your gardening

You could have more than one motivation for gardening, ranging from just enjoying being outdoors to specific results. Your reasons might include:

- Growing veggies, fruits and/ or herbs you can eat or use in cooking
- Boosting your home's curb appeal with beautiful flowers

· Attracting butterflies and/ or bees with a pollinator garden

Creating a pretty backyard sanctuary

Determining which goal is most important to you can help you make choices about what and where to plant.

Utilize help getting started

Enlist family members or friends to share tasks like planting, watering, weeding and fertilizing. Gardening is a great hobby for all ages, and children can have fun learning about nature from planting things and watching them

One easy way to get started is with Ferry-Morse Plantings: live healthy baby plants delivered from the Ferry-Morse nursery directly to your door. With over 100 varieties of herb, vegetable, shrub, tree and flower Plantings available, ready-to-plant seedlings are an easy way to get the summer growing season started. Plantings are a popular option to begin your gardening early, with established root systems that will yield a healthier garden - and leave you with a shorter to-do list come time for spring planting.

Know your space and time limitations

It's easy to be overwhelmed by all the amazing available choices, especially when you're new to gardening. But even homes with limited space can benefit from the beauty of plants or flowers in a planter, window box or raised garden bed. Choose low-maintenance plants and flowers to save on

Consider using what you already must maximize your efforts - are there flowers and plants you already love in your yard? You could space them out if they are spreading varieties, moving some to other areas of your yard. Look up which plants need more sun or shade, so you know they'll thrive where you transplant them.

Yearning to start growing

indoors before the season begins. Jiffy Peat Pellets can help you get your seeds off to a healthy start and establish root systems, so your seedlings are ready to be planted directly into the ground at the start of the season.

Know your zone

Learn what plants are native to your geographical zone and hardiest where you live before purchasing seeds or Plantings. Learning the best times to plant specific species will also help your gardening efforts succeed. Your local agricultural extension office is a wonderful source of information on what plants grow best in your area.

Know your level of expertise

Gardening rookie? You'll enjoy your efforts even more if you limit the number of varieties, you plant. Focus on just a few at a time, then expand what you plant later in the year, or next year.

Even if you're experienced gardener, it still helps to have a list of goals. Don't feel you have to do it all at once. To enjoy watching your garden transform its beauty throughout the growing season, plan for some early blooming plants, then arrange for different areas of your garden to feature mid-summer or late blooming flowers.

"Gardening is something anyone can enjoy, at any level of expertise, no matter how

much space you have," said Rebecca Sears, chief gardening guru for Ferry-Morse. "Start with a few plants or flowers you love and learn what you can about them. There's nothing more satisfying than watching your garden grow and thrive."

Visit FerryMorse.com for everything you need to get started, plus tips and resources to help you enjoy your garden more than ever this year.







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3 Affordable **Kitchen Upgrades** to Consider

(StatePoint) Is remodeling your kitchen on your wish list? Afraid of how much it'll set

HomeAdvisor puts the average kitchen remodel price in the \$12,567 to \$34,962 range. However, you can buck the trend of costly, complicated updates. Consider these three renovations, all of which will improve the look and functionality of your kitchen, without costing you thousands of dollars:

Refresh Fabrics

Reupholstering just one chair means shelling out \$150 to \$600, according to HomeGuide. If that's beyond what you're willing to pay, but you're not ready to replace a beloved set of kitchen chairs, you can update their look on a budget and in just a few minutes with stretchable seat covers. A good choice for families with kids or pets, these covers are typically machine-washable and can be swapped out as often as you like to suit your mood. From geometric designs to citrus vibes to florals, they're offered in a range of patterns that will look great with any style.

New Granite Surfaces

Countertops are the most common feature upgraded during kitchen renovations, according to a 2022 Houzz study, which found that nine in 10 remodelers performed this update. The same survey found that 35% of homeowners are splurging to make it happen. If you've looked into granite countertops, you probably learned that it can cost thousands of dollars and take months to have them custom-made and installed. Adding this touch of luxury

to your kitchen doesn't have to bust your budget, involve contractors, or mean supply chain hassles. It can actually be an easy, one-weekend DIY project. Using a LuxROCK Solid Surface Granite Countertop Kit from Daich Coatings, you can transform your countertops and island surfaces at just a fraction of the price of a professional granite countertop installation. For about \$300, a kit covers 40 square feet of space. This functional and decorative blend of real stone with stunning mineral highlights can be used to give a smooth appearance to countertops, tables, or any other surface. And because the

authentic stone surface resists stains, heat and impact and is food safe, it's a great solution

Each kit includes a prime coat, stone coats, clear epoxy, and a clear coat finish, as well as all the tools needed. This revolutionary and exceptionally easy resurfacing project doesn't require any artistic skills to be a success. Nor does it require technical skills, as sinks, plumbing fixtures and existing countertops don't need to be removed before application.

If you're someone who likes the flexibility of changing things up every few years, it's simple to update granite surface colors using another LuxROCK kit when you're ready. Both this U.S. patent-pending kit and the brand's textured countertop kits are available online at The Home Depot and Lowe's.

Optimize Your Pantry

Pantries are often tucked away, but you can still give them an eye-catching makeover. For fresh pops of color, paint the pantry door and wallpaper the interior. Group items by height, then use customizable shelving to

stretch storage real estate. You may also wish to transfer kitchen staples to uniform containers. This will offer a tidier, more visually appealing look, while helping you make better use of limited space. Whether you opt for mason jars, ceramic canisters, or BPA-free plastic cubes, label containers carefully. It's the heart of the home.

but that doesn't mean you need to break the bank to create vour dream kitchen. With ingenuity, you can improve its look and functionality at an affordable price point and in just a weekend.

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Landscaping Tips for Instant Curb Appea

(StatePoint) One of the best ways to achieve instant curb appeal, according to the experts, is to effectively layer shrubs, plants, and flowers in your front yard. Doing so can create a cohesive visual experience that naturally guides visitors to the front door.

Landscape designer Doug Scott describes plant layering in art terms: "Just like in a painting, you need to have a background, a middle ground, and a foreground. Each layer serves a purpose, and there's no more important place for them to be on full display than your home's entrance."

To help homeowners understand the purpose of plant layering and identify the best types of plants for each layer, Scott has joined forces with Exmark, a leading manufacturer of commercial mowers and equipment for landscape professionals and serious DIY-ers. Here they break it down for you:

1. Background: The background layer should consist of taller evergreen shrubs to ensure that no matter what's in front of them, you and your visitors will always have something green to look at. This layer provides a cohesive backdrop and a bit of living color in every season.

Middle **Ground:** Here's where to step it down a notch in height and add interesting shapes, colors or stripes that provide contrast against the darker green of the background layer. Herbaceous perennials, like lavender, are a good choice for this purpose.

3. Foreground: Finally, the foreground layer should help transition the planting beds to your lawn space or sidewalk and should therefore be lower than the back two layers. It's also where you can keep things fresh and get your hands dirty throughout the year by changing out annuals with the seasons. Or, if you want a

you can choose perennials, evergreens, or ground covers. creeping Use the foreground layer as an opportunity to add pops of color at ground level and draw attention to your home's

Scott lays out a few other important tips to keep in mind: Choose plants consistent with your home's style. For instance, if you have a

craftsman home, you should probably skip tropical plants. Or, if your home is more minimalist, avoid an overabundance of different plants.

Don't obstruct views of your front door from the street with plants. Likewise, visitors shouldn't have to maneuver around plants as they make their way down the sidewalk. Neither is

convenient or welcoming. so you'll either need to keep pruning plants to size or choose plants that won't overgrow their space without a ton of pruning.

To make your entrance "the star" it should be, the plant material in the rest of your front yard shouldn't be distracting. Rather let it frame the intended view.

Scott offers more plant

layering tips in "Making an Entrance," a recent episode "Done-In-A-Weekend Projects," an original series from Exmark. To watch the video, visit Backyard Life, which is part of a unique multimedia destination with a focus on helping homeowners make the most of outdoor spaces. There you can also download additional tips and view other Exmark Original Series videos, including "Dream Yards," "Living Rural," "Prime Cuts" and "Done in a Weekend – Extreme Projects.

Through effective plant layering, you can boost curb appeal and give your home the grand entrance it deserves.



Teaching Children How to Protect Birds in Your Backyard

a good environmental steward is passing on this wisdom to the next generation. Here are three hands-on ways parents and grandparents can teach children to protect the birds in their very own backyard.

Build a Bird Feeder

Build bird feeders using natural or recycled materials to teach two earth-friendly lessons in one: the importance of reducing waste and the need to take care of local wildlife. Bird feeders can be crafted from milk cartons, tin cans, mason jars or even natural materials like pinecones. As you decorate your bird feeders, talk to your kids about how birds are not

just beautiful, but also a vital part of the ecosystem and how you are offering these creatures a chance to rest and refuel. Fill your finished products with birdseed and choose a safe spot to hang them. Experts recommend bird feeders be positioned either closer than three feet or farther than 30 feet from windows.

Protect Flight

Birds in flight are prone to strike windows. Fortunately, there's an easy home project you and your children can complete together that will help prevent this from happening. Applying decals that reflect ultraviolet sunlight to your home's windows, particularly windows that are highly reflective of open sky, has been proven to substantially reduce the likelihood of bird strikes. Those from WindowAlert feature patterns that give the appearance of slightly frosted translucent glass, but glow like a stoplight for birds. Kids can help select from fun decal designs like snowflakes, butterflies, and maple leaves. The brand also makes a hightech UV liquid that offers even greater protection when applied between decals. To learn more, visit WindowAlert.com.

Keep a Log

Now that you've invited birds to your yard and have taken steps to protect them, inspire young naturalists to keep a log of flying visitors. Kids can draw pictures of the birds they see and note their observations. Visit Audubon for Kids at audubon.org for a birding guide, activities, games, and additional projects that can help kids learn to identify various bird species by sight and sound.

"Environmental stewardship starts in your own backyard and people of all ages can get involved, including kids," says Spencer Schock, founder of WindowAlert. "The good news is that turning your home into a refuge for birds is fun, easy, and something parents, grandparents and kids can work on together."

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(BPT) - Your home reflects who you are and is where you should feel your best. When designing spaces, it's important to select pieces that evoke your personality and add interest to your surroundings. One of the biggest opportunities to define a room is through lighting that adds touches of fashion and function.

Lighting helps pull a room aesthetic together, much like how a special accessory such as a necklace or tie elevates an outfit. Selecting lighting should be done thoughtfully, with each option complementing - not competing - with the surroundings. Lighting is meant to enhance the other elements of the room and add a distinguished finishing touch.

If you're considering updating your lighting, it's important to take time to determine what you like and how that can be integrated into spaces. Every room tells a story, and the goal is for the lighting to be an extension of that tale.

To get started, ask yourself some questions:

- Do you like the warmth of traditional design?
- Do you lean toward clean lines of contemporary, modern forms?
- Do you prefer a transitional, more eclectic approach to design?
- design that is particularly appealing to you?

Is there a period of time with

Is there a destination or place in the world that inspires your style preferences?

Eye-catching lighting that complements the space is a top design trend, especially as people are spending more time at home. Kohler Lighting is continuously evolving offerings to meet the myriad design preferences homeowners have. Three new collections demonstrate how different designs can meet these varying styles.

If you like lush, vintage

Do you adore designs kissed with opulence and grandeur, similar to styles in the Golden Age of Hollywood throughout the 1920s to the 1940s? This decor reflected the lavish style of the film industry, embracing opulence and grandeur in designs that made a lasting

impression. The Tresdoux lighting collection captures the magic of this classic era and transforms it into a modern collection. The signature look features a mixture of materials and textures, pairing delicate matte ribbed-glass shades with scalloped metal details. From sconces and bath bars to chandeliers, the fixtures feel sumptuous and rich while never overpowering the space. It's the ideal marriage of boldness and refinement.

If you like modern style and clean lines:

Look for lighting options with distinct forms for striking elegance. For example, the Kraga collection offers a

variety of lighting options that are a creative take on midcentury modern designs with a sophisticated twist. Each evecatching fixture is artistically crafted utilizing curved, linear metal pieces that fit in modern and traditional spaces. This collection of lighting is sculptural, with an elegance that is bold, yet understated. Devoid of unnecessary decorative elements, these lights rely instead on the purity of pared down form and handselected materials. Crafted from smooth, cast metal frames fitted with glowing, cast-glass, creamy white globes, each Kraga lighting design is an expressive work of art, with its own unique personality and individual flair.

If you like traditional, equestrian design:

If refined elegance that takes cues from nature appeals to you, look for lighting that offers a creative approach to traditional English country decor. You may be interested in the Terret Collection that is inspired by British equestrian design, updated through a palette of organic materials to individualize each piece.

Designs draw from early English country decor, where owners would bring the beauty of their pastoral surroundings into their interiors, blending leathers and textiles, their varied textures and tailored forms, with the rustic beauty of wrought iron, weathered wood and glassworks. The Terret lighting collection reflects those ideals, evoking a gentle pastoral era, bringing the equestrian style to a contemporary audience.

Your home is your sanctuary. It's where you work, play, relax and can feel like yourself. Lighting enhances the personality of your home and makes it as individual as you are.

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Ways to Pay Less on **Auto Insurance**

(StatePoint)) Inflation is driving rising costs on everything from gasoline to groceries. And recent research shows that auto insurance is expected to rise for most policyholders this year too. While you can't control how insurers price their policies, you can avoid shouldering higher costs.

Here are a few ways to directly reduce your car insurance rates or mitigate increases:

- Reduce coverage. Look at your insurance policy to see if you could forego any add-ons, such as roadside assistance. If you have an older vehicle, consider all your options to see if paying for collision and comprehensive coverage is worth it.
- Increase your deductible. You may be able to lower your insurance premium by choosing an increased deductible (the amount you spend for repairs before insurance kicks in). Although increasing your

deductible could save you money now, it could result in you paying more out of pocket if you have an accident down the line.

- driver tracking Use programs. Insurers typically base your premium on the information you provide them that indicates the level of risk they take on by insuring you. By using a driver tracking program, vou'll provide vour insurer additional information on your driving habits, whichif you are a careful and safe driver—could reduce your cost by 25% or more.
- Check for discounts. Depending on where you are in life, you may be eligible for new savings opportunities like senior/ retirement or good student discounts. Ask your insurer about the various discounts you may be eligible for to see how you can save even more on your premium.
- Compare quotes. quotes from Comparing different insurance

providers can help you save money and lock in the best possible deal. Using price comparison websites can help simplify this process, allowing you to compare personalized quotes from multiple providers in real time. For example, Experian's auto insurance comparison service leverages technology to compare quotes from over 40 top providers in minutes. Its average user saves more than \$900 on auto insurance each year. Plus, the service offers free active rate monitoring, scouring the market on an ongoing basis to make sure you are getting the best rate among the Experian network of providers.

"Right now, consumers are looking for ways to maximize their budget. Our tool allows them to do in minutes what used to take hours, as well as possibly save hundreds of dollars," says Rod Griffin, Sr. director of Public Education at Experian.

To learn more, visit www. experian.com/save.

Improve your credit score. Some insurers consider your credit-based insurance score when determining

premium. These scores use information in your credit reports to look at the likelihood that you'll file a claim so insurers can raise or lower your rates accordingly. To find out where you stand, you can check your credit report and score for free. Think about using services like Experian Boost to add positive payment history for utility and telecom accounts as well as video streaming services to your Experian credit report, which can potentially increase your FICO Score in real time.

Pay off your loan. If you're still paying off your current vehicle, your lienholder may require that you hold a higher level of insurance, such as comprehensive and collision. If manageable, paying off the loan could help you eliminate extra coverage expenses from your policy—lowering your monthly insurance payment.

With inflation and interest rates on the rise, finding savings on big-ticket costs like auto insurance could make a significant impact on your budget. Fortunately, new tools and smart strategies can help you save.







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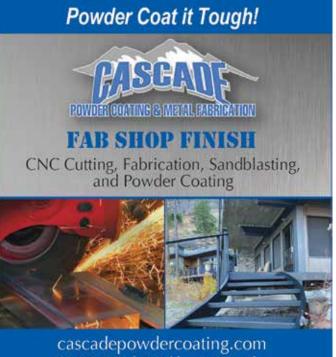
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Local, Regional Community News & Events

Any non-profit 501(c)-(3) group, person(s).

╊ Must provide: full name, city, phone number.

tems pertaining to local events that are free or minimum charge.

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Online ads at NCWMARKET.COM

Circulation for all NCW Media, Inc. newspapers.

1-509-293-6780 circulation@lakechelanmirror.com

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SUBSCRIPTIONS:

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

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

SERVICES:

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

The Leavenworth Echo (USPS 308 160) is published every Wednesday by NCW Media, Inc. 215 14th St., Leavenworth, WA Telephone: 509-548-5286. Fax: 509-548-4789. Periodical postage paid at Leavenworth, Wash.

(and additional mailing offices)
Postmaster:
Send address corrections to:

Send address corrections to: The Leavenworth Echo, P.O. Box 39, Leavenworth, WA 98826-0039



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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 daytime 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.

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the listed
organizations
or events for
updates.

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■ 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 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 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 Friday-Sunday, 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.

Leavenworth

Cemetery's 'Rake the Spring Twigs' Community Event

The Upper Valley Historical Society and Leavenworth Museum are hosting the semi-annual cleanup at the Old Leavenworth Cemetery on North Road, directly across from the Amtrak station. This year's 'Rake the Spring Twigs' Community Event will feature bluegrass music by The Saddle Rockers. Please join us on Saturday, April 30, 10 a.m. until noon, when a sandwich lunch is offered to volunteers. Music is from 11a.m.- 1 p.m.. We will be picking up leaves and pine needles, among other tasks. Bring gloves, rakes, loppers,

If you cannot help with the clean-up but want to share in

this community experience, bring a lunch and chair, listen to music, and visit other community members, both living and not. Donations to the UVHS Cemetery Maintenance Fund at leavenworthmuseum. org are appreciated.

Leavenworth Library

Visit the Art Spotlight show with Dori Pratt in the Fireside Room at the library, continues until April 22.

Senior Center Events

Casual Square Dancing

For beginners, join us at the Leavenworth Senior Center, 423 Evans St., on Thursdays, 1-3 p.m.

Singles and couples and spectators welcome. Call for more info., Dave Lundin, 509-548-6124.

Old Favorites Music

Join in starting April 23 and on the 2nd and 4th Saturdays

from 1-3 p.m., at Leavenworth Senior Center, 423 Evans Street. No cover charge. For additional info.,call Steve 509-548-7048.

Regional

Cascadia Conservation District's joint Special Board and Strategic Planning Session

Will be an in person and call-in meeting, held on Friday, April 22, 9:00 a.m.-3:30 p.m. The meeting will be held at the Chelan County Fire District 1, Station 11 Meeting Room, 206 Easy Street, Wenatchee. 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 at 509-436-1601.

In-Person Council Meetings

CONTINUED FROM PAGE A1

Musgrove stated that he and Wachholder plan on going over contingency plans which include creating checklists and books that they can pass out to supervisors, incident commanders, and local business owners. These contingency plans would include city council info, maps, and the placement of future roadblocks. Musgrove commended all of the first responders involved in the incident and thanked Wachholder and Leavenworth Fire Chief Dave Nalle for their assistance.

Afterwards, the council proceeded with the public comment period for any discussion items not listed on the agenda. Paula Strozyk was the first to speak, followed by Scott Schimelfeng. Paula noted her disappointment with how the planning commission discussed the height requirement.

"We are at the edge of a precarious rift in our community and in the process," Strozyk said.

Both Strozyk and Schimelfeng apologized for Schimelfeng's outburst during the April 6th planning commission, who expressed his frustration with the commission's perceived dismissal of the proposed height requirement.

"[Three planning commissioners] gave their statement that they didn't see any value in change, and we're here to talk about ideas and considerations and that just wasn't happening," Schimelfeng said.

Commissioner Bob Bugert then spoke to the council, he had come to thank Mayor Florea for their one-on-one conversations, along with thanking the Sheriff's Office for their work on the bomb

AA Meetings:

■ CITY COUNCIL MEETINGS

Planning Commission, 7:00 p.m. (1st Wed.)

City Council Study Session, 8:30 a.m. (2nd Tues.)

City Council Meeting, 6:30 p.m. (2nd & 4th Tues.)

Design Review Board, 3:00 p.m. (2nd & 4th Wed.)

For more information, visit the city website Cityo-

fLeavenworth.org for Zoom meeting information.

■ MEETING SCHEDULES FOR AA,

ALANON, CELEBRATE RECOVERY

Call for the Zoom link to Leavenworth AA meetings: 541-480-8946

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.

Monday, 7 p.m., United Methodist Church, 418 Evans St.

Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at

God's grace for all of life's hurts, habits and hang-ups. For more

information: CelebrateRecoveryLCN@gmail.com or 509-596-1510.

Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience

Alanon Meetings, call 509-548-7939

Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939

Call 509-548-5275. Email hello@cityofleavenworth.

threat.

Bugert had introduced the recently unveiled Behavioral Health Unit, along with raising awareness on the rising fentanyl crisis throughout Chelan County.

Development Services
Manager Lilith Vespier then
introduced the Workforce
Housing Grant Loan Program
(WHGLP), an objective
previously addressed in the
Housing Action Plan. This
action item would provide a
framework for pending and
future workforce housing
projects.
Councilmember Sharon

Waters asked if this was related to the Borealis Builders project, which is a partnership agreement made between them and the city to build three houses for Upper Valley MEND. Both Vespier and Mayor Florea confirmed that it was, which resulted in Waters abstaining from the vote so as to not possibly create a conflict of interest.

The council passed the

WHGLP ordinance, with five council members voting yes and Sharon Waters abstaining. This motion was passed with a resolution to add an official application process for the program.

Finance Director Chantell

Steiner introduced the Quarterly Budget Amendment, which was needed to include the Teamsters Union contract settlement from December 2021 and the adjustments to beginning and ending fund balance from 2021. The total budget adjustment was finalized to be \$814,827. This item passed unanimously.

The last council discussion landed on the Rate and Fee Schedule Update, which was tabled during the March 22nd city council meeting. This fee would be a square footage fee businesses would pay for use of Front Street. The fee would be based on the lost

parking funds incurred by the city after closing down Front Street. Square footage pricing options proposed ranged from \$1/ square ft., \$1.50/ square ft., or \$2/ square ft.

Colchuck's Burgers and Brews co-owner Gavin Evans provided a cost breakdown as to why the \$1 per square foot fee would be the most cost-effective fee for business owners.

Evans argued that business owners that would use Front Street for their business should not have to cover the lost parking revenue and that the \$1/ square ft. fee is \$0.25 more than the sidewalk fee that businesses pay for business use of the sidewalk.

Councilmember Jason Lundgren agreed that businesses using the closed street should not have to cover parking fee losses. Councilmember Zeke Reister noted his hesitancy to accept a fee that was not previously placed on downtown businesses. Mayor Pro Tempore Anne Hessburg stated that she did not wish to disincentivize business owners from adopting a more Bavarian outdoor seating arrangement because of this fee.

The council moved to approve the fee amendment of \$1.5/square feet with a 4-2 vote. Councilmember Marco Aurilio voted no due to wanting to adopt the \$2/square ft. rate, Councilmember Lundgren also voted no.

The following items were passed unanimously with very little discussion: closing the public right-of-way until Dec. 31, 2022 for the majority of Front Street and the north half of 8th Street between Front and Commercial: the purchase of a 2022 Exmark Zturf 30" Stand On Aerator for \$11,584.85 and the surplus of a 2015 Exmark 30" Stand On Aerator; and approving a Supplement Agreement between Prusik Investments, LLC to replace an insufficient water main for

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Career and Technical Education **Highlights Shared at School Board Meeting**



Marlene Farrell Correspondent

The April 11th Cascade School Board meeting opened with a presentation about the Career and Technical Education (CTE) department by director Kirk Sunitsch. The mission, which reflects that of the district, is, "to prepare all learners for successful roles in families, careers and communities," with an expectation that students graduate with "marketable skills and levels of academic qualifications which allow them to choose high-demand careers or pursue additional education/training."

The program has grown over the years to the current offering of eleven CTE pathways. Pathway completion requires taking at least two related classes within a sequence. Examples include childhood development I and II, firefighting I and wildland firefighting, as well as options in natural resources, computer science, marketing and business, sport medicine, American sign language, hospitality and culinary, STEM, information technology and visual arts. Students taking many of these classes receive dual credit through Wenatchee Valley College if they earn a "B" or higher.

College in the classroom courses (using curriculum that has been established at Central Washington University, Eastern Washington University or University of Washington) and Advanced Placement courses (requiring an exam score of 4 or 5 for college credit) are popular for students needing the challenge of advanced classes. Many of these classes are in the sciences and math, but also include some social studies, English and art classes.

Combined, there are a total of 122 college credits available to students at Cascade High School (CHS), which is significant for a small school district. Some pathways also include opportunities standard industry certifications.

"Career connected learning" enables students to learn through job-related opportunities, often created by partnerships with public and private entities. Some examples include Microsoft's Technology Education and Literacy in Schools (TEALS) program, Career Connections job shadow opportunities (pre-pandemic, but hopefully reinstated next school year), running the student store, sports medicine II volunteer hours, childhood development II practicum in the Kodiak Cubs preschool and utilizing the soon-to-be-open greenhouse for natural resources.

Some student organizations are under the CTE umbrella. Clubs such as Technology

Student Association, Skills USA, Washington Career and Technical Sport Medicine Association, and Future Business Leaders of America allow students to compete and network with other students at conferences.

Sunitsch, with help from some teachers, is currently working hard to prepare for a presentation on a Comprehensive Local Needs Assessment (CLNA) to local and regional stakeholders in May. The CLNA is a new annual requirement for districts receiving federal Perkins grant funds to supplement their programs. The presentation includes data about equity and access to CTE, student performance, and evaluation of the CTE programs in terms of size, scope, quality and implementation. The stakeholders, teachers and other school staff will give feedback on the data and on how to improve the program. Sunitsch will bring all of this information back to the school board in the fall as he prepares for the next Perkins

grant application. Next steps for CTE include utilizing the greenhouse, funding a storage area for both the greenhouse and metals and woods classes, additional dual credit opportunities, adjusting class offerings to accommodate the large incoming 9th grade class, continuing to recruit advisors for each pathway from the community and professional development for CTE staff members.

Parent Julie Smith asked about how the department encourages exploration of the different pathways and works toward equity of access to offerings. Sunitsch said they work to communicate the options, even at the middle school level, and they continue to strive to do a better job at that as the programs evolve. He mentioned it's hard to know what will spark a student's passion though sometimes they show an aptitude for certain areas.

Superintendent Tracey Beckendorf-Edou added that part of the federal grant review process includes reflecting on the data and using it to improve equity. Sunitsch and Beckendorf-Edou meet regularly to discuss changes and improvements to the program.

Under personnel, the board approved five hires and two resignations. Noted amongst those was the hire of PD special education teacher Abde Elshafei, who has worked for CSD in the past and was welcomed back heartily in this new role.

There were no policies to review.

Board member Mike Worden shared some thoughts on changes to the language in the board's Operating Principles. Some of the changes were organizational tweaks but he also wanted to add emphasis on "clearly defining a problem" and "listening intently." The board will consider his changes and vote at a future meeting.

The final actions of the board were to approve next school year's board meeting dates and to move the next meeting from Monday, April 25th to Tuesday, April 26th in order for board members to attend the Mr. Kodiak senior fundraiser. All approved.

Chelan County

CONTINUED FROM PAGE A1

information; and serving as an advocate for employees who may be enduring personal or professional difficulties.

Potential topics may include suicide prevention; burnout, personal resilience and selfcare; crisis intervention training; behavioral health symptoms and diagnoses; and frontline mental health first aid. The wellness program also will include the development of spouse and family events. "We want our first responders to take the information that we give them and use it not only in the field but also in their own lives," Gonzalez said.

"By knowing the risk factors

or signs of a person who is in a mental health crisis, a first responder will be better able to recognize these indicators in their own loved ones or even themselves."

Burnett said he is not only pleased to be able to grow the Behavioral Health Unit with these new monies, but he is also proud of the growth the program has had in such a short period of time.

"I'm confident that the BHU program will make a long and lasting impact on both the citizens and first responders who may be facing a mental health crisis," he said. "We owe it to our first responders to equip them and assist them in managing stress, which will translate to better mental health both during and after their careers."

MEMORIAL SERVICE William "Bill" Wells

Please join the family for William "Bill" Wells' memorial on April 23, 11:30

a.m. at Grace Lutheran Church, 401 Elberta Ave. in

Obituary & Memorial Policies

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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.

Please call 509-548-5286 for more information Or email classifieds@leavenworthecho.com



working to keep us safe and healthy, in everyday health.

Nurses Week is May 6-12

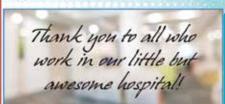
Need A Card of Thanks ? Have a name but no address to send a card? Call us and we will make an ad for you with a name of a nurse that you would like to say "Thank you" to.

Deadline: April 27 Publishes: May 6 2 col. x 1.5 inch ad 1 paper - Only \$10 2 papers - Only \$18





Say "Thank you" to our Doctors, Administrators, ED staff, Lab and others. Send us a name or message and we will make the ad for you.



Deadline: May 6 **Publishes: May 13** 2 col. x 1.5 inch ad 1 paper - Only \$10 2 papers - Only \$18

National EMS Week is May 15-21

Deadline: May 13 | Publishes: May 20 2 col. x 1.5 inch ad: 1 paper - Only \$10 • 2 papers - Only \$18 To place your ad contact:

Carol | 548-5286 | carol@leavenworthecho.com Lindsay | 860-7301 | AdExec1@ncwmedia.net

JONES & JONES ~ BETTS Funeral Home 302 9th St., Wenatchee • 662-2119 or 662-1561 jonesjonesbetts.com Honoring the lives of residents in the Valley for over 100 years. You can always rely on our dedicated staff.

We are here to serve families in

Leavenworth, Peshastin, Plain

and the entire Upper Valley.

PPER VALLEY CHURCH GUIDE

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

CASHMERE BAPTIST CHURCH 103 Aplets Way • 509-782-2869 Sunday School, all ages, 9 a.m. Worship 10 a.m. Bible Study, Wed., 6.30 p.m. Pastor Bob Bauer Find us on Facebook at Cashmere Baptist Church



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



CASHMERE UNITED METHODIST CHURCH

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



In-person: Sunday Worship Service, 10 a.m. 5800 Kimber Road, Cashmere Online: christcentercashmere com The UNDERGROUND: Sunday, Middle School, 5 p.m., & High School, 6:30 p.m. Steve Haney, Lead Pastor Tim Williams, Executive Director Andy Robinson, Director of Operations Joyce Williams, Pastor of Congregational Care Steffanie Haney, Director of Adult Discipleship Kelsie Folden, Director of Youth Ministry Heather Pflugrath, Director of Children's Ministry Amber Vaughn, Director of Production & Creative Carmen Gamble, Office





GRACE LUTHERAN CHURCH 509-860-0736 401 Elberta Ave., Morning Prayer or Holy Eucharist. Join us at 10 a.m. on Sundays. Pastor Rob Gohl

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

DRYDEN

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

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

LEAVENWORTH

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

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



LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH 418 Evans Street • 509-548-5619 10 a.m.Sunday Service, Pastor Matt Gorman Leavenworthumc.org leavenworthumc@outlook.com

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

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

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

429 Evans Street, 509- 470-7745 Sunday Worship: 11 a.m. Website: www.leavenworthbaptist.com Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 509-548-5292 Sunday Worship 9 a.m. Lead Pastor: Greg Appleby www.LCN.org

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



Sunday Worship 10 a.m., Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. Pastor Russell Esparza

MONITOR MONITOR UNITED METHODIST CHURCH



3799 Fairview Canyon • 509-782-2601 In-person service, Sunday, 9 a.m.

Pastor Lilia Felicitas-Malana

PESHASTIN

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



New Life Foursquare Church 7591 Hwy. 97 • 509-548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com

PLAIN



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



BUSINESSJOURNAL

RECORD

MIRROR

FERALD

Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record 509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

LASSIFIEDS

PUBLISHER'S NOTICE All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race color, religion.

tion based on race, color, religion, sex, handicap, familial status or na-tional origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertis-ing for real estate that is in violation of the law. To complain of discrimi-nation call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

CORRECTIONS: NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made there-after. NCW Media Inc. shall not be responsible for slight changes or typographical er-rors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. ment in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



Administrative

Puzzle Solution

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Announcements

Lost & Found

LOST & FOUND ITEMS can be placed in our **Local Newspapers** and Online at NCWMARKET.COM

for ONE week for FREE. Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere 509-548-5286

or email classifieds@leavenworth echo.com

Lake Chelan Mirror

509-682-2213 or **Quad City Herald**

509-689-2507 or email mirrorads@lakechelan

Deadline Noon on Friday for the next week's papers

mirror.com

Happy Ads

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

Add unlimited text and pictures, video for your online ad at

www.NCWMarket.com

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

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

The Lake Chelan or Quad City Herald

or email mirrorads@ lakechelanmirror.com For

The Leavenworth Echo or Cashmere Valley Record

Call 509-548-5286 or email classifieds@leavenworth echo.com

Employment

Help Wanted



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

District Lead Nurse

Fast Track plication proce and information can be found on our website at: www.cascadesed.org

EOE

Employment Opportunities City of Chelan **Parks & Recreation**

is accepting applications for seasonal employment positions covering General Parks maintenance, night security, parking enforcement and landscaping, RV Park, Marina, and Putting Course attendants, and Golf Course staff. See www.CityOfChelan.us /employment for job application instructions or pick-up application at the Chelan Parks & Recreation Office at 619 W Manson Hwy, Chelan.

Help Wanted

Looking for a part-time job? The Leavenworth Echo

Newspaper is looking for a part-time front office receptionist. Greet customers. Have computer knowledge, math, and phone skills. We will train you on

rience. Please email a resume to Carol@leavenworthe-

our computer software.

Pay depends on expe-

cho.com or stop in with a resume 215-14th St. Leavenworth. Monday-Friday 10 a.m. - 5 p.m. Or call 509-548-5286 for an interview time. **Equal Opportunity** Employer.

PUBLIC WORKS WASTE WATER TREATMENT **PLANT OPERATOR**

The City of Leavenworth, an equal opportunity employer, is now accepting applications for a Waste Water Treatment Plant Operator with year-round benefits and retirement package. This position is a union covered position with salary range of \$4,744 -\$5,343/month. Starting salary depending on qualifications. Requirements include a minimum education level of High School graduation to GED equivalence. A Class II State Certificate as a Wastewater Treatment Plant Operator and Washington Class C Driver's license are required. Knowledge of computer maintenance systems is desirable See full job description for additional requirements. This position will require a drug and alcohol test. Job application and full job description are available at City Hall, 700 US Hwy. 2, from 9 a.m. to 4 p.m., via our website at www.cityofleavenworth.com

HS Science Instructor HS Health Sciences Instructor **HS Math Elementary Teaching**

or by contacting us at

509-548-5275.

Position is open until filled.

First review of

applications will be on

Friday, April 29th, 2022.

Positions Applications may be obtained on the district website, www.brewsterbears.org or by contacting the

district office at 509-689-3418. These positions are open until filled.



Windermere

Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley?

Give us a call today!

Carmen Bagdon - 237-2060 Momi Palmieri - 433-2211 Geordie Romer - 679-8958 Allyson Romer - 630-9898

See all available properties at windermereleavenworth.com

Help Wanted

PUBLIC WORKS WATER PLANT OPERATOR -**WEEKENDS**

The City of Leavenworth equal opportunity employer, is accepting applications for a weekend Water Plant Operator with year-round benefits and retirement package. This position is a union covered position with salary range of \$4,744 - \$5,343/month. Starting salary depending on qualifications.

Requirements include a minimum education level of High School graduation to GED equivalence. Mus be able to obtain and maintain a Class B CDL within the first year of employment. Must obtain maintain Department of Health issued Water Treatment Plant Operator (WTPO) Level 1 license within twelve (12) months of employment. See full job description for additional requirements. Individual must be able to work weekends, holidays, and required overtime. Typical schedule for this position through

Thursday Monday, 6:00 am to 2:30 pm. Under direction from Water Plan Supervisor, the Water Plant Operator will be assigned to assisting and completing projects for the maintenance of the water wells, booster plant. station, reservoirs, and day to day operation of the water plant. Although this position generally provides no direct supervision on a regular basis, the position may technical provide

a project basis. This position will require a drug and alcohol test. Job application and full job description are available at City Hall, 700 US Hwy

informational guidance on

2, from 9 a.m. to 4 p.m., via our website at www.cityofleavenworth.com. or by contacting us at

509-548-5275. Position is open until filled. First review of applications will be on

Friday, April 29, 2022



Help Wanted

Looking for a great local employee? It is easy to

place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site. Want Print Only for The Lake Chelan Mirror Quad City Herald

Brewster Call 509-682-2213 or email mirrorads @lakechelanmirror.com

OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworth

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

echo.com

ACCEPTING **APPLICATIONS** FOR LEAVENWORTH **COMMUNITY POOL** LIFEGUARDS and SWIM LESSON INSTRUCTORS The City of Leavenworth is now accepting

applications for Certified Lifeguards and Swim Lesson Instructors or those willing to become certified. In addition to applicable certifications, job seekers must possess strong public relations and communication skills, along with the ability to

understand and implement all rules related to the facility. Job applications are

available to download from the City's website at: https://cityofleavenworth.c om/<u>employment-opportuni</u> ties/, or by contacting City Hall at (509)548-5275. The City of Leavenworth is an equal opportunity employer. Applications will begin the review process on May 4, 2022.

Kitchen Lead

8 hours/day, 192-day contract, \$20-24/ hour. depending on experience and education. Hours 6:00a.m. - 2:30 p.m. most days. Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. This position is open



until filled.

For Sale

Antiques & Collectibles

Get cold hard CA\$H for your **Antiques and** Collectibles by placing them in our classifieds.

Place your ad with pictures online 24/7 at

www.NCWMarket.com Register and pay on our secure site.

Want Print Only? Call **Lake Chelan Mirror**

Quad City Herald 509-682-2213 or email mirrorads @lakechelanmirror.com

The Leavenworth Echo Cashmere Valley Record 509-548-5286

classifieds@leavenworth

or call

echo.com Deadline: Noon on Friday for all papers.

Garage & Yard Sale

CLEAR SOME SPACE WITH A



CASH \$\$ Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

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

Your ad will appear online and in the newspapers for one low price!

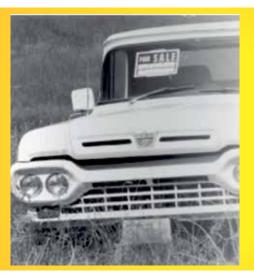


Looking for a home for your Furry friend?

Try the pet section on **NCWMarket.com**

AMBUSH AUTOMOTIVE BUYERS

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



Don't just 'park' your car on the side of the road with a 'For Sale' sign on it!

'Park it' on

NCWMarket.com for one low \$25 fee!

Fee includes:

- Up to 3 photos of your vehicle
- Video Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

General Merchandise

Greeting Cards for Sale All occasions Low cost of only .50 per card. Special Leavenworth Cards now only \$1.00 per card for a fundraiser for Royal Ladies of the Autumn Leaves

Example sayings are: Wish you were here with me in Leavenworth.

> "Special Friends" Or I miss you.

Happy Birthday from Leavenworth!

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

Legals

Public Notices

CITY OF LEAVENWORTH

On the 12th day of April, 2022, the City Council of the City of Leavenworth, Washington passed following resolution and ordinances. A summary of the contents provides as follows: Resolution 4-2022: A resolution of the City of Leavenworth, WA,

amending rates and fees. Ordinance 1652: An Ordinance of the City of Leavenworth, WA, amending certain revenue and expenditure appropriations in the 2021-2022 budget and Ordinance #1623 for the City of Leavenworth.

Ordinance 1653: An Ordinance of the City of Leavenworth, WA enacting Leavenworth new Municipal Code, 3.43 Workforce Housing Grant/Loan Program.

A full copy of the ordinances and resolution 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 PO Box Leavenworth, Leavenworth, WA 98826.

Published in The Leavenworth Echo/ Cashmere Valley Record on April 20,

Public Notices

PUBLIC NOTICE SPECIAL LEAVENWORTH CITY COUNCIL ANNUAL RETREAT MEETING

Notice is hereby given that the Leavenworth City Council will meeting on Friday, April 29, 2022 Washington, from 7:30 AM until approximately 3:30 PM. The public is invited to attend said Special Annual Retreat meeting. Chantell R. Steiner Finance Clerk City Director/City of Leavenworth.

Published in The Leavenworth Echo/ Cashmere Valley Record on April 20, 2022. #3933



Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF SNOHOMISH

In the Matter of the Estate of MICHAEL STUDLEY, Deceased CAUSE NO. 22-4-00622-31 NOTICE TO CREDITORS (RCW 11.40.020)

been appointed Administrator of this estate. Any person having a claim against the Decedent must, applicable statute of limitations, present the claim in the manner provided in RCW 11.40.070 by serving on or mailing to the Administrator or the Administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which commenced The claim must be presented within the later of: (1) Thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four 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: April 6, 2022 **ADMINISTRATOR**

Quinelle Studley 8338 NE 183rd St. Kenmore, WA 98028 ATTORNEY FOR ADMINISTRATOR Amber L. Hunt Woodinville Law 13901 NE 175th St. Ste G

(425) 485-6600 Published in The Leavenworth Echo/Cashmere Valley Record on April 6, 13, and 20, 2022. #3871.

Woodinville, WA 98072

Public Notices

SUPERIOR COURT OF WASHINGTON

FOR CHELAN COUNTY In the Matter of the Estate of VIRGINIA E. CLARKE, Deceased.

NO. 22-4-00160-04 NOTICE TO CREDITORS

personal representative named below has been appointed and has qualified as personal representative of this estate. Persons having claims against the decedent must, prior to the time such claims would be barred by any otherwise applicable statute of limitations, serve their claims on the personal representative or the attorneys of record at the address stated below and file an executed copy of the claim with the Clerk of this Court within four conduct a Special Annual Retreat months after the date of first publication of this notice or within at the Enzian Inn Danube Room, four months after the date of the 590 US Hwy 2, Leavenworth, filing of the copy of this notice with the Clerk of the whichever is later or, except under those provisions included in RCW 11.40.011 or RCW 11.40.013, the claim will be forever barred. This bar effective as to claims against both probate assets and nonprobate assets of the decedent.

DATE OF FILING COPY OF NOTICE TO CREDITORS with Clerk of Court: 3/23/22

DATE OF FIRST PUBLICATION: April 6, 2022

MELISSA E. CLARKE, Personal Representative Attorney for Estate: LESLIE A. POWERS. WSBA #06103 3502 Tieton Drive Yakima, WA 98902

(509) 453-8906 Published in The Cashmere Valley Record/Leavenworth Echo on April 6, 13 and 20, 2022. #3826

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of EDWARD G. CLARKE. Deceased. NO. 22-4-00159-04 NOTICE TO CREDITORS

representative

personal

named below has been appointed The person named below has and has qualified as personal representative of this estate. Persons having claims against the decedent must, prior to the time before the time the claim would such claims would be barred by be barred by any otherwise any otherwise applicable statute of limitations, serve their claims on the personal representative or the attorneys of record at the address stated below and file an executed copy of the claim with the Clerk of this Court within four months after the date of first publication of this notice or within four months after the date of the the probate proceedings were filing of the copy of this notice with the Clerk of the Court, whichever is later or, except under those provisions included in RCW 11.40.011 or 11.40.013, the claim will be forever barred. This bar is months after the date of first effective as to claims against both assets probate the nonprobate assets decedent.

DATE OF FILING COPY OF NOTICE TO CREDITORS with Clerk of Court: 3/23/22. DATE OF FIRST PUBLICATION: April 6, 2022.

MELISSA E. CLARKE, Personal Representative Attorney for Estate LESLIE A. POWERS, WSBA #06103 3502 Tieton Drive Yakima, WA 98902

(509) 453-8906. Published In The Cashmere Valley Record/Leavenworth Echo on April 6, 13, 20,and 2022. #3825

Public Notices

PUBLIC HEARING NOTICE

Notice is hereby given that the Leavenworth City Council will conduct a public hearing on

Transportation Six-Year Improvement Plan, on Tuesday, May 10, 2022 at 6:30 PM in the City Hall Council Chambers, 700 US Highway 2, Leavenworth. The public is invited to attend said hearing and make comment. Chantell R. Steiner Finance Director/City Clerk City Leavenworth.

Published in The Leavenworth Echo/ Cashmere Valley Record on April 20, 2022. # 3914

How to get rid of annoying dandruff

Q: What is the best way to get rid of my annoying dandruff?

One of the most common skin conditions globally, nearly one-half of adults will experience the frustration and embarrassment of dandruff.

Dandruff happens when the skin cells on the skin of your scalp build up into thickened layers, then peel off as grayish-white flakes on your shoulders and upper back. Changes in your skin's oil production, physical or emotional stress, cold weather, and hormone changes can each trigger dandruff.

How °alassezia. If the top layer of your skin becomes damaged, that balance can get disrupted. If Malassezia is allowed to multiply beyond a healthy level, those additional organisms create byproducts that are irritating to your skin. This damages it further, triggering skin cells to multiply and stick together thickened clumps, called scales. These scales eventually peel off as grayish-white flakes that show up in your hair and on your shoulders.

What is the best way to fight dandruff?

There are several available. products Antifungal shampoos are your best choice. They suppress the growth of Malassezia fungus. Shampoos containing a keratolytic loosen the skin cells clumped together, called scales, and work more slowly. Coal tar shampoos interfere with the growth of excess skin cells, reducing scale formation, and are the least effective.

Three antifungal shampoos are available without a prescription. The oldest product is pyrithione



zinc, the active ingredient in Head and Shoulders® shampoo. Selenium sulfide is considered more effective than pyrithione zinc, and is available as 2.5% shampoo which is prescription only (Selsun®), and as 1% nonprescription shampoo, Selsun Blue®.

If pyrithione zinc and selenium sulfide don't help, try ketoconazole (Nizoral®) shampoo. Initially available only by prescription, in 1997, the Food and Drug Administration (FDA) allowed Nizoral® to be sold without a prescription.

Other medicated shampoos marketed for dandruff work differently. Instead of attacking the Malassezia fungus, salicylic acid and sulfur are keratolytics: they dissolve the keratin that holds your skin cells together. Shampooing with these agents helps remove scales.

Coal tar shampoos are not nearly as effective as antifungal or keratolytic shampoos. Coal tar work to suppress excess skin cell growth, discouraging the creation of scales. Although coal tar shampoos smell pungent, if you rinse thoroughly, the smell fades as your hair dries.

When using a medicated shampoo, start shampooing every day for the first week, then 2-3 times weekly for the next 2-3 weeks. Once your dandruff is under control, you can alternate with non-medicated shampoos. Dandruff can be persistent; you may need a medicated shampoo once weekly to maintain control.

Medicated shampoos can dry out your hair and scalp. Applying a hair conditioner after rinsing out a medicated shampoo won't interfere with its effectiveness, but may help reduce minor scalp irritation and ease itching.

Here 5 Ways to Help **Defeat Dandruff:** 1. Be gentle.

To minimize scalp irritation that can encourage dandruff, try shampooing with nonmedicated shampoo. To help loosen scales, soften them with mineral oil, coconut, or olive oil for at least 30 minutes before shampooing. If you have long hair, wetting it before applying the oil keeps it from soaking into your hair instead of your scalp. You can also use oil at night, gently scrub it into your skin with a toothbrush, and follow with shampoo in the morning.

2. Don't rush.

Keep medicated shampoo on your hair for at least 5 minutes. When you start your shower, lather up with your medicated shampoo, then complete your shower before rinsing thoroughly.

3. Beware of staining.

Coal tar can stain light hair, skin, and clothing. Selenium sulfide can stain your scalp, light-colored hair, and clothing yellowish brown.

4. Chill out.

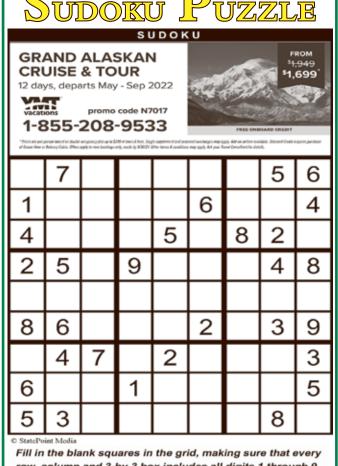
Physical or emotional stress can aggravate dandruff. Try getting more rest, or add a calming practice to your day, like meditation or yoga.

5. Consult your doctor.

Dandruff is a mild form of a more severe skin condition called seborrheic dermatitis. Consult your doctor if you notice yellow, oily, scaly patches on your face, ears, or armpits, develop red, inflamed areas on your scalp or skin., or if you don't see any improvement in 4 weeks.

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, The Medication Insider.com.©2022 Louise Achey

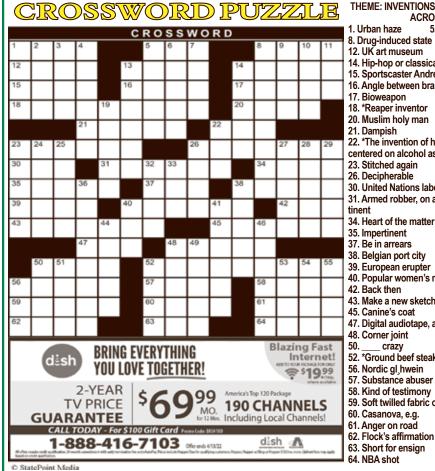




row, column and 3-by-3 box includes all digits 1 through 9.







THEME: INVENTIONS AND INVENTORS ACROSS

- 1. Flower part 3. Ear-related 5. Da, oui, or si, e.g 4. DNA sequence
- 12. UK art museum 13. Molten rock 14. Hip-hop or classical, e.g. 6. Put out on a curb
- Sportscaster Andrews 16. Angle between branch and offshoot
- 17. Bioweapon 18. *Reaper inventor
- 20. Muslim holy man 21. Dampish
- 22. *The invention of hand sanitizer centered on alcohol as this
- 23. Stitched again 26. Decipherable
- 30. United Nations labor agency, acr. 31. Armed robber, on an Indian subcon-
- tinent 34. Heart of the matter
- 35. Impertinent 37. Be in arrears
- 38. Belgian port city 39. European erupter 40. Popular women's magazine
- 42. Back then
- 43. Make a new sketch
- 45. Canine's coat
- 47. Digital audiotape, acr. 48. Corner joint
- 50. ____ crazy 52. *Ground beef steak inventor 56. Nordic gl, hwein
- 57. Substance abuser 58. Kind of testimony
- 59. Soft twilled fabric of silk or rayon 60. Casanova, e.g.
- 61. Anger on road
- 62. Flock's affirmation 63. Short for ensign 64. NBA shot

- 5. Vertical coordinate axis
- 7. *Poliomyelitis vaccine inventor 8. *Life-saving maneuver inventor
- 9. Machu Picchu group 10. Sinister
- 11. Pecking mother 13. Thin layer
- 14. Romantic Norwegian composer 19. Disturbing public peace
- 22. Acquire 23. Early one
- 24. Carry away, in a way 25. *Edison invented things for its
- reproduction 26. Stead
- 27. Flesh of fish 28. Foot-forward squat 29. Glorify
- 32. *First commercial revolver inventor 33. Harry Potter's mail carrier
- 36. *Knitted sweater with open front inventor
- 38. #4 Down matter, pl. 40. Back of the boat 41. Withdraw from working life
- 44. Frustration, in print 46. Pergolas
- 48. *Wide-mouth jar inventor
- 49. Intestinal obstruction 50. Undesirable location
- 51. Ruptured 52. Certainly
- 53. Russia's mountain range 54. Indian music
- 55. Big Bang's original matter 56. Geological Society of America



The Washington Outdoors Report

A Big Bass Tournament Recap

By John Kruse

When I was a kid, I used to watch "The Wide World of Sports" on television and always remembered Jim McKay intoning during the intro, "The thrill of victory (as supporters carried a winning boxer on their shoulders) and the agony of defeat" (where an alpine skier crashed in a big way). My best friend Rusty Johnston and I had that sort of dual experience recently, and we did so fishing the Mt. St. Helens Bassmasters Big Bass Tournament at MarDon Resort and Potholes Reservoir.

Rusty and I fished a similar event last year on April 9th, a very windy day that started with two bass in the boat right away but soon had us getting blown all over the lake after our electric trolling motor failed. We resolved to do better and started by buying a new bass boat that was heavier, had more horsepower, and a modern, more powerful electric trolling motor along with a Humminbird fish finder with GPS mapping. That was step one. Step two? Figuring out where the fish were going to be on tournament day. This involved us pre-fishing in advance of the event.

My first foray onto the reservoir was in late March. I was kayak fishing at the very north end of Potholes Reservoir where the water was warmest and went two hours without getting a bite. Eventually though, I did get three bites, caught two bass and figured out the fish were in two to five feet of water and oriented on floating wood or flooded willows over hard sand bottoms. The bass definitely did not seem to like muddy

April 23:

April 23:

April 26:

April 21:

April 22:

April 26:

April 23:

April 23:

April 26:

April 26:

April 23:

April 26:

April 20:

April 21:

April 26:

April 23:

April 26:



Rusty Johnston caught this six-pound largemouth bass prior to the tournament

bottoms, gravel bottoms or weedy bottoms.

Rusty and I brought the bass boat out on March 31st and headed up the Winchester Arm of the Reservoir, where most of the successful anglers went last year. This time we went four hours without a bite and were starting to seriously doubt my strategy but then we caught a few bass, four to be exact and one of them was a monster! The six-pound largemouth Rusty hooked with a weedless jig was about six feet deep in flooded willows interspersed with floating wood. It was the biggest bass Rusty had ever caught in his life and we put it right back where we found her, hoping to find her again on tournament day. The promise of victory

April 9th arrived with a sense of déjà vu. Just like last year, we were facing winds that were tolerable in the

Sports Schedule

BASEBALL

BOYS' SOCCER

SOFTBALL

TENNIS

GOLF

TRACK

Cascade vs. Okanogan, Away; 11 a.m.

Cascade vs. Okanogan, Away; 1 p.m.

Cascade vs. Omak, Away; 4:30 p.m.

Cascade vs. Cashmere, Home; 6 p.m.

Cascade vs. Naches, Home; 6 p.m.

Cascade vs. Chelan, Home; 6 p.m.

Cascade vs. Okanogan, Home; 11 a.m.

Cascade vs. Okanogan, Home; 1 p.m.

Cascade vs. Omak, Away; 3:30 p.m.

Cascade vs. Omak, Away; 5 p.m.

Cascade vs. Royal, Home; 11 a.m.

Cascade vs. Chelan, Home; 4 p.m.

Cascade vs. Omak, Home; 2 p.m.

Cascade vs. Chelan, Away; 2 p.m.

Cascade vs. Quincy, Home; 2 p.m.

CliftonLarsonAllen Invitational at Quincy High

School; 10:30 a.m. Cascade Christian Academy, Entiat, Okanogan at

Peshastin; 4 p.m.

Kodiaks

morning but grew fierce in the afternoon with 30 MPH gusts. We started off fishing where we left that big bass and looked for her for 90 minutes without success. Our Plan B and Plan C spots already had other anglers on them. The Winchester Arm was very crowded and the majority of the 49 teams competing in the event were in

this part of the lake. Unfortunately, a 14-degree temperature drop and strong winds had the bass shift away from where they were previously. We figured they were deeper but we simply could never find them. By the end of the day, Rusty had hooked and lost one small bass and I can honestly say I never had a bite. It was the first tournament we ever fished without us catching a bass. Truly, this was the agony of defeat!

We struggled, and so did many other anglers, but several did figure out where the bass were and how to get them to bite. That included the winners of the event. Matt Milatz and Austin Redding. These two 22-year-olds from Puyallup are avid bass anglers and have fished together since high school. With no time to pre-fish because of work obligations, they went up Crab Creek where very few competitors went. The two hypothesized that the bass would have pulled back from the shallow water they were in prior to the cold front hitting. With that in mind, they looked for double bays off the main creek channel. Not fishing the shallow bay furthest in but

winners.

instead, the bay between that shallow bay and Crab Creek. Like us they also looked for hard steep sand dunes lining the bays but unlike us they didn't cast to flooded wood. Instead, they cast spinner baits and swim jigs into old flooded cattails. The bass were congregated around these plants in about 8 feet of water and were willing to bite.

Milatz and Redding said they caught 20 bass over the course of the day. This included the biggest one caught by anyone, a 6-pound, 12-ounce largemouth reeled in 30 minutes before the tournament ended. That fish garnered these two young guns an hourly prize of \$240 and the big fish prize of \$4800, sending them home with a healthy paycheck north of \$5K. Talk about the thrill of victory!

The next big bass tournament at Potholes Reservoir is May 14th. It's being put on by Nixon's Marine, will have over \$50,000 in cash and prizes for winners and one lucky team who catches a big bass may well be going home with a Skeeter bass boat. You can find out more about that event at https://www. northwestbass.com/big-basstournament/ and if you need a place to stay, Potholes State Park and MarDon Resort are both good options. To find out more about the Mt. St. Helens Bassmasters, check out their website at www.mshbm.org.

John Kruse – www. northwestern outdoors.comand www. america out doors radio.com



Matt Milatz and Austin Redding were the Big Bass Tournament

Scoreboard Control of the second Control of							
	BASEBALL						
April 2:	Cascade 2, Omak 3; Loss						
April 8:	Cascade 7, Meridian 14; Loss						

	BASEBALL
April 2:	Cascade 2, Omak 3; Loss
April 8:	Cascade 7, Meridian 14; Loss
April 9:	Cascade 5, Montesano 13; Loss
April 9:	Cascade 3, Montesano 28; Loss
	BOYS' SOCCER
April 9:	Cascade 6, Zillah 1; Win
April 12:	Cascade 4, Quincy 3; Win
	SOFTBALL
April 2:	Cascade 12, Omak 5; Win
April 2:	Cascade 14, Omak 6; Win
April 8:	Cascade 0, Mount Baker 15; Loss
April 8:	Cascade 3, Mount Baker 9; Loss
	1

Tragic Vehicular **Accident in Peshastin**

By Megan Sokol

Staff Writer

RiverCom received a call on April 12 at 11:36 a.m., detailing a fatal vehicular accident on Larson Road, Peshastin. An elderly couple in their 80's were trying to leave their compact carport when a fatal accident occured.

Chelan County Chief Adam Musgrove states that due to the lack of space in their carport, the husband pulled out of the carport in order to let his wife in. As he backed up, he failed to see his wife walk behind the car and accidentally hit her. "This was just a very, very tragic and unfortunate accident," Musgrove states.



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