

## An Interview with James Hopkins, an American in Ukraine



**Marlene Farrell**  
Correspondent

James Hopkins, a Northwest native with ties to Leavenworth (his brother Matt), has lived in Ukraine for twenty-four years and calls it home. He lives in Lutsk, in northwest Ukraine, with his wife, Valya, a Ukrainian, and their two daughters, Arina, 15, and Samantha, 14.

Right now, they're coping with daily peril ever since the Russian invasion began in late February. This is an extreme escalation, though Ukraine and Russia have been in military conflict for eight years, ever since Russia overtook Crimea and the Donbas region.

Lutsk is only two hours from the borders with Poland and Belarus and has seen a flood of refugees fleeing the war zone in Kyiv and further east. About 1.5 million have fled into Poland and a million into other European countries. Families with three or more children are allowed to leave, but those with two or less are expected to stay and help defend Ukraine.

"We decided to stay no matter what," Hopkins said, speaking of his family. To shed light on his perspective, he quoted the Bible verse John 15:13, which states, "Greater love has no one than this: to lay down one's life for one's friends." If they left, he said it would be hard to come back later and look his friends in the eye. He thinks he might be the only American left in a city of 250,000. His family has welcomed members of two soldier families into their home to help keep the children in a safer location. The international mission organization that he works for, Youth with a Mission, is run by volunteers like himself. Youth with a Mission's Lutsk facilities have been turned into accommodations for refugees. "We feed forty to sixty people three meals a day."

Refugees are taking only those belongings that can fit into a car along with about five people. Families have had to split up, sometimes leaving grandparents behind. They also leave pets behind, now seen in the streets as strays.

Hopkins explained that there are

daily rescue missions to go into the war zone and retrieve people. The rescue vans face extreme danger. They drive on backroads to avoid Russian forces, and yet, if they encounter Russian soldiers, they come under machine gun fire, even with the words, "Refugees" or "Children" written on the sides of the vans.

Ukrainians are rallying to defend their country. Ukrainians have not been an overly patriotic people, Hopkins said, because of past corruption. But there's much to kindle national pride including a beautiful countryside with some of the best topsoil in the world. He compared Ukraine to a slightly colder Washington, with a variety of mixed forest, coniferous forest and temperate grasslands and shrub steppe.

Every city has several thousand ready to fight—a combination of soldiers and civilians. But most soldiers have gone to Kyiv to defend it from falling to the Russians.

The Ukrainian soldiers suffer from limited supplies. Hopkins said there's only one medical kit for every hundred soldiers, so Youth with a Mission has ordered more medical kits to be distributed soon.

The Russians have numerical artillery advantage. For instance, Hopkins said, "The Russians had 11,200 tanks to about 150 Ukrainian tanks in the beginning." But many Russian tanks have been destroyed. "Ukraine lost almost all their tanks from attacks but now have even more than they had to start with because Russians have abandoned their tanks or they were damaged. The Ukrainians fixed them, and now Ukraine has 300 newer tanks, thanks to the Russians."

The bombing is not confined to the eastern parts of Ukraine, a country the size of Texas. Russians have bombed many cities. Lutsk has been bombed twice already from ground to air missiles coming from Belarus. The first strike, on the first day of the Russian attack, hit a military base, and the other, which occurred on March 11th, targeted a jet engine factory and an oil refinery.

The city is preparing for the worst. "There are military blockades all around the city," Hopkins worries that his home is near the possible targets of a pipeline and a communication tower.

"My daughters are worried.

There's been lots of tears." But they are busy, like everyone, serving the refugees and the soldiers. Schools are closed, but Hopkins says, "My daughters are getting a way bigger education right now.

"A positive from all this is that kids are thinking deeply about

things. They still have fun when they can, but they are being given responsibility, and they're maturing. They're doing good work with the little kids that are coming through."

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James Hopkins and his wife, Valya, wearing traditional Ukrainian attire.



James Hopkins, back row center, and Valya Hopkins, far right, pose for a photo with a few families of refugees who are staying at the Youth with a Mission facility before heading to the border to leave the country.

### A Letter from Mayor



**CARL J. FLOREA**  
MAYOR

#### Community Members,

Perhaps there is no other issue quite like housing to spur involvement from our community's residents. How could it be otherwise? Our homes mean far more to us than the wood or brick or metal within which we lie our heads at night. They are, for all intents and purposes, our nests. They are meant to be a haven from the storms that come our way. Of course, when we feel proposed changes shake the roots of the tree that holds our nest, we will respond. And for those for whom functions as a safe place (as it should be), anything that disrupts it will be met with suspicion at best, hostility at worst, and most certainly with resistance from more than a few. Our community is heavily involved in redefining the spaces we hold dear. Redefining sacred spaces is not something that ever would, or should, go quickly or easily. It will be, and should be, done thoughtfully, with care, and even with hesitancy. Yet, there are times when it simply must be done. Now is one of those defining moments. We are facing a housing crisis, not just in Leavenworth, but in our valley, state, and nation. It is not – as some would suggest – simply a matter of building enough "units." Because the root issue is more complex than a simple number of units, we will not build our way out of it. Historically, we have been able to open up more land for development, expand perimeters and parameters, with the thought that more homes will naturally drive the prices down and keep things affordable. Today, our reality is different, and I believe it will never go back to the way it was. Everything is just too expensive! Developable land values are high and raw material costs are also so high that people with approved permits are choosing not to build because it is no longer within their budget. Our huge virgin forests are gone, never to return. Labor costs are much higher. Infrastructure costs, and limits, are another factor – it's expensive to build and to maintain the complex infrastructures that support our lives in a way that is sustainable and protects our natural environment. All of these factors mean that the days of old, when large single family lots were the norm, and easily justifiable, are gone. Also gone are the days when the salary of a retail sales clerk was enough to raise a family on, buy a home, build that nest for the family to dwell in safely and securely. For most of my growing up years, my dad was the sole bread winner and he worked in an auto parts store as a retail clerk. Nostalgia will not bring them back. What this means, among other things, is that if we are going to house the workforce of the future, it is going to take using our available, developable land and available infrastructure more efficiently. This means a greater variety of housing options, including more duplexes, courtyard buildings, townhomes, and cottage homes, etc. It means that the large lots of yesteryear, the 10,000 – 12,000 square foot lots, are no longer a practical use of our urban landscape and urban utilities. Larger lots, or multiple lots, will always be available to those who can afford them. But it does not make sense, given our current realities, to

CONTINUED TO PAGE B4

## Plain Valley Nordic Team Sends Eleven to Nationals

### Four Recognized as All-American

BY ISABEL MENNA

On the Monday after the first Friday of each March, the United States Ski and Snowboard's Cross Country Junior National Championships begin. The nine-day, four-event, annual engagement among the nation's best young skiers representing the ten Nordic ski racing divisions across the country from Maine to Alaska and North Dakota to New Mexico, took place this year in Minneapolis, Minnesota. Plain Valley Nordic Team (PVNT) qualified eleven of its senior team racers for the competition, as part of the greater Pacific Northwest's team (PNSA) and returned with four All-Americans and nine top ten finishes.

The PVNT contingent was comprised, roughly equally, of athletes from Plain, Leavenworth and Wenatchee. Cascade High School's Lien Hagedorn, Derek Richardson, Isabel Menna, Serenity Saugen and Caroline Menna were joined by Peter Norby and Silas D'Atre of Plain and Lars Sorom, Kirsten Jarmin,

Quinten Koch and Addie Loewen of Wenatchee. Richardson, Koch, Menna (Caroline) and Loewen were named All-Americans.

The urban venue was a stark change of scenery for the rural based PVNT. Theodore Wirth Park, situated at 45 degrees latitude, precisely halfway between the equator and the North Pole, is eponymously named for the one of the founding fathers of city parks in America, and only minutes from downtown Minneapolis. Despite the somewhat unusual metropolitan location, bordering both affluent neighborhoods and public housing districts, "Theo Wirth Park" is home to a stunning 14,200 square-foot wood, steel and glass pavilion, and a legendary course in cross-country skiing circles, having witnessed, among other milestones, the debut to prominence of U.S. Olympic star Jessie Diggins. It will host a cross-country World Cup contest in 2024 – the first in the United States since 2001.

Despite some initial "fish out of water" feelings for many on PVNT, ten of whom were attending their first Junior Nationals (JNs), the team

acclimated quickly as evidenced in the results. Derek "Buster" Richardson, a veteran of two previous JNs, and a leader on the team, accumulated three top ten performances: in the individual start 10k freestyle race (think skate skiing), the 10k mass start

classic race, and the mixed-gendered freestyle relays. Richardson credited his success to his "training plan" and reflected that he had "as much fun off the course as on" and that "making

CONTINUED TO PAGE A4



Plain Valley Nordic Team donning their PNSA team jackets in Minneapolis with chaperones. **From left**, Heidi Loewen (chaperone), Derek Richardson, Christie Saugen (chaperone), Serenity Saugen, Kirsten Jarmin, Isabel Menna, Addie Loewen, Caroline Menna, Lars Sorom, Quinten Koch, Peter Norby, Silas D'Atre

### Inside The ECHO this week

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# SPRING SPORTS PREVIEW

## Golf team



PHOTO BY MEGAN SOKOL  
**Front Row Girls:** (from left to right) Connie Barber, Carly Ostrem, Sophia Doherty, Zoe Boggs, Ada Robbins, Maddy Black, Jaylyn Dahlstedt. **Back Row Boys:** Parker Nunnally, Ashtin Oropeza Spies, Hunter Rodgers, Coach Randy Alexander, Jacob Guzman, Alex Ruvalcaba, Jess Donoghue. **Not pictured:** Coach Ken Baumann, Hayden Anderson, Jacob Redman, Baylee Unger, Meghan Haggard, Ruthie Biebesheimer, Ty Weeks, Rally Baker, Jacob Hendricks.

## Cascade Coach Comments

### Track - Bill Davies

Coach Bill Davies has been Cascade's head track coach for over 20 years, he hopes to have a successful year this year. "We have the biggest squad I have ever coached here at Cascade," Davies said. "Currently we have over 60 athletes out for track." The track team has over 10 seniors, including Lauren Muscutt. "As a freshman she placed 3rd in state in the 800 meters and was the anchor in the 4x400 relay that placed second in state. We have not had a state competition for the last two years, so it will be great to see how Lauren does."

"Coming to us for his first year is Owen Bard. He was the district champion in cross country, and should do well in state this year in the mile and 2 mile. Junior Aiden Groby should have a great season, I look forward to watching him run the 400, 800 and mile. Watch the Menna sisters in distance, I believe they both should have a great season."

There are many new faces this year. Look for Kai Lewman in the sprints, Kaston and Tyva Dillon in many events, Maizy Groef in the sprints, Daniel Topman in the hurdles, and Paige Nunnally in the distance. There are so many others that will surprise me and I look forward to coaching them all.

We have a strong program because we have amazing coaches. Eric Wulfman is our distance coach, Cesar Mendoza our throws coach, Omar Stubblefield will coach jumps, Carl Haberberger will coach sprints and we have Julia Armstrong for pole vault. I have very experienced and knowledgeable coaches.

Our schedule can be found on athletic.net or on the CHS athletic page. Our first meet will be March 26th at Ephrata.

This could be a great year. Our league is outstanding and there are many good teams. Cashmere always has a great program, so they will probably be our best competition, however, Quincy is back in our league and they have had a program."

### Tennis - Coach Mark Hassinger

Cascade High School's Head Tennis Coach Mark Hassinger states the following:

"The tennis team is off to a great start. Although we graduated a large number of senior girls, new freshman are filling in nicely. Zoe Sheffield and Zienna Erickson are a nice addition on the girls side. The boys' team should be stronger than last year. Seniors Chase Runions and Zac Holton are leading the way. We also have Jasper Bard and Haakon Schiebler in the mix. We began our season on March 12 at Ephrata. By the time league matches start we should be running on all cylinders. Be sure to come out and watch a match this year."

### Girls Softball - Coach Todd Fraker

Head Softball Coach Todd Fraker and Assistant Coach Kirk Sunitsch will be in charge of Cascade High's Softball season. Fraker reported that their number of players increased from 12 to 14 this year. Four seniors, six juniors, and one sophomore are returning from the previous year, with one new sophomore and two new freshmen. "Last season in the shortened Covid-19 schedule

we placed 3rd of five teams with a 7-6 record."

Fraker reports that all teams are competitive opponents with Omak and Cashmere teams being their favorite teams to compete with.

### Boys Soccer - Jesus Sandoval

Coach Jesus Sandoval has been coaching soccer for nine years. Boys' soccer has four new freshman players in the varsity team, making it a very young varsity team. Alongside the newcomers include three seniors, four juniors, with the rest being sophomores.

Coach Sandoval reported that his team grew from last year, which is typically consistent. He reports that Quincy remains to be their toughest competitor and expects for them to be just as good this year.

"Last year was an interesting year. The state kept all the teams in regions regardless of classification. We had a chance to play against 4A schools," Sandoval states. "It was a great experience but in some games we were exposed due to the young team we had. Over all last season was good; we improved a lot towards the end of the season."

Some of his standout players include Captain Joseph Wall, who described his growing leadership skills, along with Captain Kevin Castillo who is a key player for how Sandoval wishes to play this year.

"Our players have been playing together for a long time. They know each other and will make great chemistry. We have big goals for this year and I can't wait to start practicing outside so that we can start implementing our ideas in order to play well."

### Golf - Coach Randy Alexander

Head Golf Coach Randy Alexander has been coaching alongside Assistant Coach Ken Baumann for 13 years.

There are 20 kids on the team, with three varsity girls and one varsity boy returning: Carly Ostrem, Ruthie Beibeshiemer, Zoe Boggs, Rally Baker. Players also returning include Connie Barber, Jaylyn Dahlstedt and Maddy Black.

New players this year include seniors Hayden Anderson, Jacob Redman, Aiden Mol, Parker Nunnally, Hunter Rodgers, Alex Ruvalcaba, Jess Donoghue, Jacob Guzman, Ashtin Oropeza Spies and Ty Weeks. Jacob Hendricks follows up this list as a junior.

Coach Alexander notes his excitement on bringing Baylee Unger on the team, whose family is well established in the golfing world.

Coach Alexander comments that: "The last two years have been fairly difficult due to COVID. No Districts or State tournaments. So it's kind of survival of the fittest and we have been playing a modified schedule."

The CTL has a history of some pretty good golfers coming out of it. I can only say that in any given year any one of our teams could be league champ. I think Chelan and Quincy could be the front runners this year, not certain. I think that Rally Baker could make some noise and Zoe Boggs has seen a lot of improvement the last year.

We will just be happy to get outside and play. We have been practicing inside for the last two weeks and had our first outing on 3/15 at Desert Canyon for a Jamboree and then a Warden Scramble on 3/17." Scores unknown at press time

## Tennis team



PHOTO BY MEGAN SOKOL  
**Front Row:** Chloe Palmer, Zoe Sheffield, Charley Lyons, Haakon Schiebler, Blue Knotson. **Back row:** Cassidy Gillespie, Jasper Bard, Zac Holton, Chase Runions

## Soccer team



PHOTO SUBMITTED BY COACH JESUS SANDOVAL  
**Front Row:** (Left to Right) Maverick Miller, Angel Sandoval, Shane Slette, Ben Jerome, Julian Valdez, Abraham Gonzalez, Juan Rodriguez, Victor Lopez. **Second Row:** (Left to Right) Dante Aurilio, Cole Slette, Frank Rosario, Fernando Tovar, Damian Sandoval, Brendan Fallon, Vincent Slette, Alonzo Johnson, Antonio Aurilio, Alex Arellano, Hector Ramirez, Talen Johnson. **Back Row:** (Left to Right) Ryan Denega, Karsten Bowles, Bryan Songer, Juan Fonseca, Alejandro Romero, Edward Herrera, Roberto Fernandez, Alejandro Castillo, Isac Guzman, Jose Reyes, Antonio Rivera, Axel Pacheco, Joseph Wall. **Not in the Picture:** Kevin Castillo, Edgar Mata, Liam Aponik, Julian Rivera, Vaughn Cappellini, German Varona, Anthony Lopez, and Daniel Guerrero.

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# SPRING SPORTS PREVIEW

## Softball team



PHOTO SUBMITTED BY COACH TODD FRAKER

Players from left to right.

**Front row:**  
Giselle Navarro, Karlyn Kocher, Perla Martinez, Vanessa

**West Back row:**  
Autumn West, Renee Lambert, Emma Warman, Hanalei Alejo, Coco Zehm, Emma Sunitsch

**Not pictured:**  
Lindsee Rodriguez, Natalie Sanchez, Talia Stein Trujillo, Natalie Stein Trujillo

## Track team



PHOTO SUBMITTED BY COACH BILL DAVIES

**Front Row:** Left to right: Dawson Chase, Tillie Leroy, Madi Gillespie, Ava Northrup, Julia Benavides, Emily Cruz, Napiqua Gibbs  
**Row two:** Alex Rodriguez, Monique Copado, Mariana Fonseca, Finna Gillkin, Lucy Thomas, Anthony Villalobos, Savanna Rowels, Alice Farell, Elijah Walker  
**Row Three:** Elsa Swart, Karla Cacho, Paige Nunnely, Edie Walker, Tyva Dillon, Angel Avila, Bryan Reyes, Rhoan Allen, Cruz Martinez, Danielle Totman  
**Row Four:** Owen Bard, Landon Curnutt, Kai Lewman, Olen Johnson, Reese Mathers  
**Row Five:** Artis Northrup, Marshet Redman, Quintine Farrell, Will Biebesheimer, Kaston Dillion, Aiden Tuttle, John McLeod, Alden Brooks, Evan Butruille, David Ising

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## Cascade Sports Schedule

BASEBALL	
March 26:	Cascade vs. Quincy at Peshastin-Dryden Sports Complex; 10 a.m.
March 26:	Cascade vs. Quincy at Peshastin-Dryden Sports Complex; 12 p.m.
March 29:	Cascade vs. Chelan at Peshastin-Dryden Sports Complex; 4:30 p.m.
BOYS' SOCCER	
March 24:	Cascade vs. Royal, Away; 6 p.m.
March 25:	Cascade vs. Toppenish at Wenatchee High School; 6 p.m.
March 29:	Cascade vs. Cashmere at Vale Elementary; 6 p.m.
SOFTBALL	
March 24:	Cascade vs. Brewster at Rich Rice Memorial; 3 p.m.
March 24:	Cascade vs. Brewster at Rich Rice Memorial; 5 p.m.
March 29:	Cascade vs. Cashmere at Rich Rice Memorial; 4:30 p.m.
GIRLS' TRACK	
March 26:	Ray Cross Invitational at Ephrata High School; 10 a.m.
BOYS' TRACK	
March 26:	Ray Cross Invitational at Ephrata High School; 10 a.m.
BOYS' GOLF	
March 29:	Conference game at Quincy High School; 2 p.m.
GIRLS' GOLF	
March 29:	Conference game at Quincy High School; 2 p.m.
BOYS' TENNIS	
March 25:	Cascade vs. East Valley (Yakima) at Osborn Tennis Courts; 4 p.m.
March 29:	Conference game at Cashmere High School; 4 p.m.
GIRLS' TENNIS	
March 25:	Cascade vs. East Valley (Yakima) at Osborn Tennis Courts; 4 p.m.
March 29:	Conference game at Cashmere High School; 4 p.m.

**Issue 11 Corrections**  
The headline for the Cascade soccer photos was incorrect. The game was during a soccer jamboree where both Cashmere and Cascade, along with Wenatchee and Eastmont played against each other. The game was between Cascade vs. Wenatchee, rather than Cascade vs. Eastmont. We have updated the change online. We are sorry for any inconvenience.

*Hats off for a great game!*

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**Kodiaks Scoreboard**

BOYS' SOCCER	
March 15:	Cascade 5, Ellensburg 3; Win
March 17:	Cascade 3, Prosser 2; Win
March 19:	Cascade , Brewster ; win 8-0
BASEBALL	
March 17:	Cascade 8, Cle Elum-Roslyn 12; Loss
March 18:	Cascade , Liberty Bell Jr/Sr ; loss 2-15
SOFTBALL	
March 17:	Cascade 21, Cle Elum-Roslyn 8; Win



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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.

Contact 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**

### 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.**

**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.leavenworthmasons.org. (1st Tues.)**

**Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.)**

### NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.

**Leavenworth Public Library.** Located at 700 Hwy. 2, Call 509-548-7923 or online Leavenworth@ncwlibraries.org  
Open: 10 a.m. to 2 p.m. on Monday, Tuesday and Saturday. 10 a.m. to 7 p.m. on Wednesday and Thursday. 10 a.m. to 5 p.m. on Friday. Closed Sunday.

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

### Other events

**The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is open 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.

### PVNT Team

CONTINUED FROM PAGE A1

memories are what trips like this are really about." It is notable that Richardson, Lars Sorom and Lien Hagedorn are graduating this year, both from high school and PVNT, with the former two planning to continue their Nordic training and racing into college.

Other standout performances in Minneapolis included those by Quinten Koch and Silas D'Atre. D'Atre strongly skied all week and was on a podium relay team (with Caroline Menna, among the other three). Koch equally had an impressive week, making it through the sprint quarterfinals and into the B finals, and leading off his relay (with Addie Loewen, among other three) to a third-place finish.

One of the more compelling stories to come out of championships week, was that of Lowen and Menna (Caroline). The pair garnered quite a bit of attention from the race announcers who marveled at the fact that the girls were the youngest two at the race - both skied up an age group to qualify - and, despite their tender years, soared to top ten finishes in the individual 5k freestyle race, earned slots in the classic sprint quarterfinals, finished top 20 in the 5k classic mass start (Menna, actually 21st), and both were on podium relay teams - Loewen's raking in a third-place medal. Just as "improbable," noted the

commentators, "both young ladies are not only from the same division, but from the very same team, in little Plain, Washington!" It almost did not need to be announced that "the duo are surely racers to look for in coming years."

When asked to consider PVNT's accomplishments at Nationals, which included the four All-Americans, named as such because of their top ten finishes, the team's head coach, Pierre Niess waxed dispassionately: "I tend to focus more on development and reaching personal goals than on pure numbers and results order. That said, knowing that we have a formidable team, going from the subjective to the objective against the nation, and thus seeing the proof, is satisfying. We have risen to the top of our division and more."

That somewhat understated and esoteric coaching philosophy has proven its value. The wisdom of viewing and valuing competition primarily internally and for self-improvement may be best reflected by two of the PVNT skiers who have been under Niess' tutelage for the longest period of time. Lien Hagedorn's first reaction, when asked about the races, said that he "had fun racing with new people" and found it "hard not to be happy," as he had his "best race ever" in his "last competitive race." Serenity Saugen, similarly, felt that she "did really well, particularly in the classic sprints" and that the whole experience was "really cool."

Other noteworthy impressions brought home by PVNT athletes include the Upper-Midwest weather in March, which included warm rain followed by a blizzard and then days of sub-zero temperatures. Also, was the camaraderie engendered by the relays. Caroline Menna mused that "despite being thought of as an individual sport, cross-country skiers really can thrive off of a good team dynamic. What better way to express and demonstrate that than in relays!"

The PVNT pilgrimage to the Norwegian settled, Nordic Mecca that is Minnesota, the subsequent results there, and memories built are surely sublime for the individual racers and coaches of PVNT. In its history, PVNT had only previously brought one racer to nationals but has matured quickly enough to record a record number of teens from the Wenatchee Valley attending Nationals under its banner. Yet, there might be an even larger story at hand. The greater upshot might not just be the promise of even loftier results for PVNT at Junior Nationals next year in Fairbanks, Alaska, but also the health of, and enthusiasm for, skiing in the Valley. Events like the Junior National Championships' greater mission is to promote lifelong love of sport and healthy living. With eleven ambassadors for that mission now returned home, the future of local cross-country skiing, and racing, is bright.



## Sheriff/Fire/EMS

The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

### March 11

04:51 Trespass, 301 Ward Strasse, Hampton Inn & Suites  
09:01 Harass/Threat, 7375 Icicle Rd., Sleeping Lady  
09:51 Property, Leavenworth area  
12:15 Diversion, 8333 River View Rd., Peshastin  
13:32 Theft, 15331 US Hwy. 2, Lake Wenatchee  
14:16 Public Assist, 8487 Lake St., Peshastin  
15:15 Non-injury Accident US Hwy. 2, MP 102, Peshastin  
16:07 911-Call, 708 US Hwy. 2, Washington Federal Bank  
16:19 Trespassing, 9638 Merry Canyon Rd.  
18:11 Juvenile Problem, Osborn Elementary  
21:38 Traffic Offense, Titus Rd., and Pine St.

### March 12

00:02 Suspicious Circumstance, Safeway

02:48 Agency Assist, 12190 Ski View Ln.  
15:53 911-Call, 18700 US Hwy. 2, Lake Wenatchee  
16:20 Harass/Threat, 330 Evans St., Cascade School District  
18:14 Welfare Check, 2429 Salal Dr., Lake Wenatchee  
18:31 Chest Pain, 11143 A. North Rd.  
19:53 Agency Assist, 15905 US Hwy 2, Lake Wenatchee  
20:04 Hazard, River Rd. MP 2, Plain area  
21:38 Domestic Disturbance, 810 US Hwy 2, Bavarian Lodge  
23:29 Public Assist, 590 US Hwy. 2, Enzian Inn  
23:50 Disturbance, 221 8th St., Ducks and Drakes  
23:51 Chest Pain, 12556 Chapel Dr., Plain

### March 13

11:00 Vehicle Prowl, Snow Lakes Trailhead  
11:31 Trespassing, 2304 Pine

Tree Rd., Lake Wenatchee  
15:14 Traffic Offense, Lynn and School Streets., Peshastin  
15:23 Suspicious Circumstance, Front and 8th Streets  
16:02 Welfare Check, 707 US Hwy 2  
20:08 Traffic Offense, Chumstick Hwy., and Eagle Creek, Lake Wenatchee  
21:56 Harass/Threat, 9820 Eagle Creek Rd., Lake Wenatchee  
22:31 Domestic Disturbance, 9630 Marson Dr.  
23:00 Extra Patrol, 10788 US Hwy. 2, Peshastin

### March 14

12:47 Traffic Offense, 14400 Chiwawa Loop Rd., Lake Wenatchee  
13:26 Parking/Abandoned Vehicle, Fish Lake Snow Park, Lake Wenatchee  
19:23 Juvenile Problem, Winton, Lake Wenatchee  
21:58 Noise Complaint, 517 Burke Ave.  
22:26 Welfare Check, 2609 Kinnikinnick Dr., Lake Wenatchee

### March 15

No Report.

### March 16

03:58 Alarm, 175 Deep Powder Ln., Lake Wenatchee  
09:23 911-Call, 525 Junction Ln.  
14:16 Suspicious, 21174 White Pine Rd., Cascade Meadows Camp  
15:17 Diversion, 4637 US Hwy. 97, Peshastin  
16:28 Traffic Offense, Prospect St., and Ski Hill Dr.  
16:38 Public Assist, 8333 River View Rd., Peshastin  
18:48 Suspicious Circumstance, 8734 School St., Dryden  
21:49 Traffic Offense 1250 US Hwy. 2, McDonald's.

### March 17

08:30 911-Call, 309 8th St. Post Hotel  
11:53 Agency Assist, 920 US Hwy. 2, Village Mercantile  
22:28 Harassment/Threat, 10788 US Hwy 2, Peshastin

## 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 [CityofLeavenworth.org](http://CityofLeavenworth.org) for Zoom meeting information. Call 509-548-5275. Email hello@cityofleavenworth.com

## MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

### AA Meetings:

Call for the Zoom link to Leavenworth AA meetings: 541-480-8946  
Call for the Zoom link to Leavenworth Alanon meetings: 509-548-7939  
509-548-1627, 548-4522, 664-6469, 206-719-3379  
Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.  
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin  
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.  
Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.  
Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.

**Alanon Meetings, call 509-548-7939**

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

**Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene, 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509-596-1510.**

Go online at [Cascadesd.org](http://Cascadesd.org) or all menu updates.



# Cascade School District board meeting



**Marlene Farrell**  
Correspondent

The Cascade School District (CSD) school board meeting on March 14th was the first one with masks optional and in-person guests permitted since the pandemic restriction were put in place in 2020. The first item on the agenda was recognition of Nation Education Support Professionals Week.

Superintendent Tracey Beckendorf-Edou read the governor's proclamation, including the praise, "By supporting the learning environment, education support professionals are crucial partners with teachers, parents, administrators and school boards."

Paraprofessionals Mary Nelson and Mary Cowan, co-presidents of the local union of classified staff, accepted certificates of appreciation from the school board. Also, Kathryn Praye, vice president of the classified union, attended the meeting on Zoom and received a certificate of appreciation.

The school board next heard a presentation about a mass tort lawsuit against vape product companies. Attorney William Shinoff, representing Frantz Law Group out of California was joined by attorney Garrett Williams from Stevens Clay in Spokane to explain the suit. They have given this presentation repeatedly across the state. Forty other districts in Washington so far have joined the 700 districts across the country. The defendants are Juul Labs and Altria and the claims are that these companies market to youth and that they fail to warn that their products are more potent and addictive than nicotine cigarettes. "One Juul pod, which can be used in a half hour, has the same amount of nicotine as two packs of cigarettes," Shinoff said.

The vaping product companies can be sued via public nuisance law, and the plaintiffs can seek monetary damages. If the case is successful, school districts can use the funds to cover vaping deterrence (vape detectors and time of school resource officers), addiction support (counseling) and education. If CSD became involved, it would not have a trial case. There would be a questionnaire to fill out that would take a few hours. Additionally, there's no financial risk.

At the end of the meeting (when the presenters were no

longer on Zoom), the school board discussed the pros and cons of joining the lawsuit, and considered postponing a decision until after getting further information from Garrett Williams about why Stevens Clay decided to join the suit pro bono. Beckendorf-Edou said the courts are looking favorably on the claims in court cases that are occurring now in other states.

Board chair Trey Ising said, as a district parent, he's heard that many students are vaping. Board member Cyndi Garza said, "The data about the Juul pod equaling two packs of cigarettes scared me." She said quitting cigarettes was one of the hardest things she's ever done.

Judy Derpack, board member, considered this an opportunity to guide the students. Taking a stand shows commitment to the work of lowering vaping prevalence in children, and can help foster more conversations about this issue. Beckendorf-Edou, when asked, recommended joining the lawsuit, saying "Sometimes litigation helps push the envelope."

The board voted unanimously to join the lawsuit.

Amanda Close, the education outreach coordinator from Waste Loop, a local nonprofit with a mission tied to waste reduction and sustainability, gave a talk about the growing partnership with CSD. A lot of resources are needed to educate and feed children, so it's important to look how to do it efficiently, with minimal waste, which can also yield a substantial financial saving. Sustainability efforts can be brought into the classrooms and integrated into curricula at

all levels.

The past recycling at CSD has been spotty, mostly focusing on cardboard and, at some schools, paper. When surveyed, there's a strong interest at all levels to see this improved. Close has spent the last several months connecting with staff and students at all the schools and also learning what works in other school districts.

Waste Loop has done the first three of several school cafeteria waste audits. These audits take cafeteria garbage cans and sort the waste into components of liquid, landfill, mixed recycling, compostable, glass and food rescue. So far they've determined that 53% of the waste could be composted. Currently CSD spends about \$32,000 annually on waste removal; this can be reduced with sorting.

Milestones from this year include that a mixed recycling dumpster is being delivered imminently to Cascade High School (CHS), and all schools that collect such materials can use it. The Winton Mfg. Compost Works will be officially opening in about a month, and Waste Loop will be helping with education and outreach. Close said she will do another analysis on the costs and savings of working with Winton Mfg.

She envisions a CSD "Green Team," made up of sustainability champions from all the schools and a few community members to help the district achieve the next steps in sustainability and waste reduction. Waste Loop is already connected with the Sustainability Clubs at both CHS and Icicle River Middle School.

The board commented on the dirty but important work

of the audits, and Close replied, "You definitely wear gloves, and you don't wear shoes that you really like." There was also a question about the potential for contamination, and Close explained that other schools have shown that sorting education and engagement can work.

She was thanked for her presentation, and Beckendorf-Edou said that Waste Loop is a great community partner to the district.

Under personnel there were a couple resignations and hires. Notable was the resignation/retirement of long-time groundskeeper, Dan Osborne, at the end of the summer.

During policy review the board approved, upon second reading, the policy regarding service animals in the schools, with minor changes made to clarify procedures if there were to be students with an allergic reaction to a service animal.

The board unanimously approved the extension of the contract for the superintendent for 2024-2025. This is the culmination of several weeks of work in which each school board member gathers data from various district departments and then the board comes together and discusses their findings for a few hours. Beckendorf-Edou recognized that this renewal of contract falls on the three-year anniversary of her first interview for the job.

The big change in the newest iteration of the Healthy Start Plan involves masks as optional, in alignment with recommendations from the department of health, and more normalcy around activities and field trips.

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## Making a difference in their World



PHOTO BY JOHN FISHBURNE

Pictured students from left are: Jess Donoghue, Parker and Paige Nunnally, Joey West, Grace Redman, Hunter Rodgers, Jackob Guzman, Giselle Navarro, and Charlie Lyons

The Interact Club, "Cascade Cares", is writing a check for \$500 to ShelterBox USA organization to help provide temporary shelters for Ukrainian refugees. Interact stands for International Action and is a high school club sponsored by the Leavenworth Rotary Club. Cascade Cares is one of thousands of Interact clubs in the World.

# UPPER VALLEY CHURCH GUIDE

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

<p><b>CASHMERE</b></p> <p><b>CASHMERE BAPTIST CHURCH</b> 103 Aplets Way • 509-782-2869 Sunday School, all ages, 9 a.m. Worship 10 a.m. Bible Study, Wed., 6:30 p.m. Pastor Bob Bauer Find us on Facebook at Cashmere Baptist Church</p>	<p><b>GRACE LUTHERAN CHURCH</b> • 509-860-0736 401 Elberta Ave., Morning Prayer or Holy Eucharist. Join us at 10 a.m. on Sundays. Pastor Rob Gohl</p>		<p><b>SEVENTH DAY ADVENTIST CHURCH</b> 10600 Ski Hill Drive • 509-548-4345 Saturday Services • Bible Study 9:30 a.m. Worship 11 a.m. • Fred Smith • 509-860-3997</p> <p><b>SPIRIT LIFE CENTER</b> 210 Benton Street • 509-548-7138 Sunday Worship 10 a.m., Prayer 6 p.m. Wednesday Bible Study 6:30 p.m. Pastor Russell Esparza</p>
<p><b>CASHMERE PRESBYTERIAN CHURCH</b> 303 Maple Street • 509-782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke www.cashmerepres.org</p>	<p><b>ST. JAMES EPISCOPAL CHURCH</b> • 509-860-0736 222 Cottage Ave., Morning Prayer or Holy Eucharist. 9 a.m. on Sundays. Pastor Rob Gohl</p>	<p><b>LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH</b> 418 Evans Street • 509-548-5619 10 a.m. Sunday Service, Pastor Matt Gorman Leavenworthumc.org leavenworthumc@outlook.com</p>	<p><b>MONITOR</b></p> <p><b>MONITOR UNITED METHODIST CHURCH</b> 3799 Fairview Canyon • 509-782-2601 Virtual Zoom Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana</p>
<p><b>CASHMERE UNITED METHODIST CHURCH</b> 213 S. Division • 509-782-3811 In-person Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana</p>	<p><b>DRYDEN</b></p> <p><b>DRYDEN COMMUNITY CHURCH</b> Hwy 2 at Dryden Ave. • 509-782-2935 Sunday School 9:30 a.m. • Worship 10:45 a.m. Pastor Steve Bergland</p>	<p><b>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS</b> 10170 Titus Rd. (across from middle school) Church: 509-548-7667 Meetings: Sunday - 10 a.m.</p>	<p><b>PESHASTIN</b></p> <p><b>LIGHT IN THE VALLEY COMMUNITY CHURCH</b> 8455 Main Street • 509-548-7517 Sunday Worship 10 a.m. • Pastor John Romine www.lightinthevalley.org</p>
<p><b>CHRIST CENTER</b></p> <p>In-person: Sunday Worship Service, 10 a.m. 5800 Kimber Road, Cashmere Online: christcentercashmere.com</p> <p>The UNDERGROUND: Sunday, Middle School, 5 p.m., &amp; 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 &amp; Creative Carmen Gamble, Office</p>	<p><b>LEAVENWORTH</b></p> <p><b>CASCADE MOUNTAIN BIBLE CHURCH</b> Office: 509-548-4331 11025 Chumstick Hwy. Please join us Sunday mornings 9 a.m., Sunday School 10:30 a.m., Worship Service</p> <p><b>CORNERSTONE BIBLE CHURCH</b> Leavenworth Grange Hall 621 Front St. • 251-635-3435 Sunday Worship 10 a.m.</p>	<p><b>FAITH LUTHERAN CHURCH - ELCA</b> "Reconciling Works Congregation" 224 Benton Street • 509-548-7010 Worship 9:30 a.m. w/coffee following www.faithleavenworth.org</p> <p><b>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC</b> 429 Evans Street, 509- 470-7745 Sunday Worship: 11 a.m. Website: www.leavenworthbaptist.com Email: info@leavenworthbaptist.com</p> <p><b>LEAVENWORTH CHURCH OF THE NAZARENE</b> 111 Ski Hill Drive • 509-548-5292 Sunday Worship 9 a.m. Lead Pastor: Greg Appleby www.LCN.org</p>	<p><b>NEW LIFE FOURSQUARE CHURCH</b> 7591 Hwy. 97 • 509-548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com</p> <p><b>PLAIN</b></p> <p><b>PLAIN COMMUNITY CHURCH</b> Serving Our Valley Since 1941 12565 Chapel Dr. 509-763-3621 Looking for you at 10:30 this Sunday! plaincommunitychurch.org facebook.com/plaincommunitychurch office@plaincommunitychurch.org</p>



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

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

**Wanted**

**Opening for City of Leavenworth Planning Commission**  
The City of Leavenworth is seeking a volunteer to fill a vacancy on the Leavenworth Planning Commission. Position #3 has two years remaining before reappointment. The commission is an advisory body to the City Council, providing recommendations for long-term planning and code amendments on topics related to housing, transportation, shorelines and more. The Planning Commission meets the first Wednesday of each month at 7:00 PM. Applicants must be at least 18 years of age and reside inside the city limits of Leavenworth. The appointment is made by the Mayor. Letters of interest can be submitted to:  
City of Leavenworth  
Attn: Sue Cragun, Executive Assistant  
PO Box 287 / 700 Highway 2  
Leavenworth, WA 98826  
or [scragun@cityofleavenworth.com](mailto:scragun@cityofleavenworth.com) or dropped off at City Hall. Letters of interest will be accepted until the position is filled. First review April 11, 2022.



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**CASCADE SCHOOL DISTRICT**

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

Cascade High School Resource Teacher

Peshastin-Dryden Elementary Counselor

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

**CASCADE SCHOOL DISTRICT**

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

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

Douglas PUD has an opening for:  
**Journey Electrician Wells Dam \$50.20/hour**  
Apply now at [douglaspud.org](http://douglaspud.org)

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**Help Wanted**

**City of Pateros Public Works Department**  
The City of Pateros has a current opening for part time seasonal public works position. Wage is \$24 hour with no benefits, thirty hours a week for eight months of the year. Primary duties include: Assisting public works, parks department and events. Applicant must have a valid WA State Driver's License and provide current driving record from DOL. A complete job description and application can be obtained by calling 509-923-2571, or email [pateros@swift-stream.com](mailto:pateros@swift-stream.com). Position is open until filled.

Jewels Hair & Nails is looking a cosmetologist or barber to lease a station. \$400/ month. Please call Julie at 509-679-4764.

**PARKS MAINTENANCE WORKER 7 MONTH SEASONAL POSITION**  
The City of Leavenworth, an equal opportunity employer, is now accepting applications for the following position:  
Two (2) vacancies for a Park Maintenance Worker - Returning Seasonal 7-month position. This position is a non union covered position with a starting pay of \$17.00 - 20.00/hr. DOE  
Requirements: minimum 18 years old and WA state driver's license with record that is acceptable to the City. Individual must be able to work weekends, holidays, and required overtime. Duties include: landscape and turf maintenance, building and restroom maintenance, litter control, irrigation maintenance, operation of light and/or special use equipment, (ball field and turf maintenance equipment), and cemetery maintenance.  
Job application and full job description are available at City Hall, 700 US Hwy. 2, from 9 a.m. to 5 p.m., via our website at [www.cityofleavenworth.com](http://www.cityofleavenworth.com), or by contacting us at 509-548-5275. Open until filled.

**Help Wanted**

**Parks Maintenance Worker - Part Time (24 HR) Seasonal Position**  
The City of Leavenworth, an equal opportunity employer, is now accepting applications for the following position: One vacancy for a Seasonal Parks Worker - maximum of 24 Hours per week position. This position is a non-union covered position with a starting pay of \$17.00 - \$20.00/hr DOE.  
Requirements: Minimum 18 years of age and WA state driver's license with record acceptable to the City; position will require a drug/alcohol screening and physical evaluation. Individual must be able to work weekends, holidays, and required overtime.  
Duties include: Landscape and turf maintenance, building and restroom maintenance, litter control, irrigation maintenance, operation of light and/or special use equipment (ball field and turf maintenance equipment), and cemetery maintenance.  
Job application and full job description are available at City Hall, 700 US Hwy. 2, from 9:00 AM to 5:00 PM, via our website at [www.cityofleavenworth.com](http://www.cityofleavenworth.com), or by contacting us at 509-548-5275. Applicants will be interviewed upon submittal of application. Job will remain open until filled.

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

**Help Wanted**

**Operations Manager Organization: Okanogan County Transit Authority (TranGO)**  
TranGO is seeking an Operations Manager. Office location is Okanogan, WA. This is an exempt position according to FSLA and Washington Wage Act. Compensation range is \$81,057 - \$87,672 DOE. Benefits include health insurance (including dental and vision), life insurance, retirement, sick leave, vacation). Must have a Bachelor's Degree and five years progressive experience in transit and/or operations with at least five years supervisory experience in both fixed-route and demand response services. Must have a minimum Class B CDL with Passenger endorsement or ability to obtain within 90 days of hire. Please visit [www.okanoganttransit.com](http://www.okanoganttransit.com) for full job announcement, required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to [financehr@okanoganttransit.com](mailto:financehr@okanoganttransit.com) Application Deadline: Application review will begin March 25, 2022 and will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

**NCW MEDIA NEWSPAPERS IS HIRING**  
We are looking to hire a Knowledgeable leader, manager-editor for our 4 weeklies and our monthly Business Journal. You need to know about small community newspapers. You can write and proof articles, meet deadlines, evaluate and motivate the current staff needs. Please send a resume to Publisher, PO Box 39, Leavenworth, WA. 98826. No phone calls please. An interview time will be scheduled. EOE.

[www.leavenworthecho.com](http://www.leavenworthecho.com) • [www.cashmerevalleyrecord.com](http://www.cashmerevalleyrecord.com)

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**Help Wanted**

**Two Elementary Teachers**  
**High School Health Sciences Instructor**  
 Applications may be obtained on the district website, [www.brewsterbears.org](http://www.brewsterbears.org) or by contacting the district office at 509-689-3418. These positions are open until filled.

**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](http://www.CityOfChelan.us/employment) for job application instructions or pick-up application at the Chelan Parks & Recreation Office at 619 W Manson Hwy, Chelan.

**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 our computer software. Pay depends on experience. Please email a resume to [Carol@leavenworthecho.com](mailto:Carol@leavenworthecho.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.

**Help Wanted**

  
 Douglas PUD has an opening for:  
**Student Trainees at Wells Hatchery & Wells Dam**  
 In the fields of fish health and industrial technology  
**\$15/hour**  
**Apply now at [douglaspu.org](http://douglaspu.org)**

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 It is easy to place your ad online 24/7 at [www.NCWMarket.com](http://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](mailto:mirrorads@lakechelanmirror.com) OR  
 Leavenworth Echo Cashmere Record 509-548-5286 or send email to [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)  
 Deadline is Friday by Noon for the following Wednesday issues of all newspapers

  
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**The Leavenworth Echo Cashmere Valley Record** 509-548-5286 [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)  
**Deadline: Noon on Friday for all papers.**

**Apparel**

**A Variety of Bavarian Clothing for Sale: PRICES REDUCED!**  
 3 Bavarian-styled vests, sizes small & medium, 2 woolen and one velvet. \$15 each.  
 One Beautiful Bavarian, Loden-grey and green wool suit, size 44. A steal at only \$40  
 One pink and green dirndl with apron. \$15.  
 2 aprons, satin light blue and 1copper-colored. \$5 each. One medium-sized long-sleeve white dirndl blouse. \$5.  
 3 girls' dirndls, sizes 6, 8 and 10. \$10 each.  
 Stop in to see items at The Leavenworth Echo 215-14th St. or call 548-5286 or Carol's cell:670-1723.

**Real Estate**

**Rentals**  
 Chelan Falls: 2 bedroom, 2 bath, spacious, W/D, carport/ shop, garden area, chicken coop. Secluded. \$1,500/ month. Pet charge. 509-470-0067.

**Vacation Rentals**

**LAKE CHELAN Sunset Marina**  
  
 40 ft. slip B 10 for rent \$600 month. Power, water, clubhouse.  
**808-298-1031**



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**\$149,000**  
  
 Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking.  
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**Legals**

**Public Notices**

**CITY OF CASHMERE SUMMARY OF ORDINANCE NO. 1309**  
 On the 14 day of March, 2022 the City Council of the City of Cashmere, Washington passed Ordinance No. 1309. A summary of the content provides as follows:  
**AN ORDINANCE OF THE CITY OF CASHMERE, WASHINGTON, GRANTING LEGAL NON-CONFORMING USE STATUS FOR A LIMITED USE IRRIGATION ONLY WELL TO BE DRILLED AT 300 SULLIVAN STREET IN THE CITY SUBJECT TO CONDITIONS IN THE ORDINANCE.**  
 Effective date of this ordinance is five days after publication  
 A copy of the full text of this ordinance is available at Cashmere City Hall or will be mailed to you upon your request to Kay Jones, City Clerk-Treasurer, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/Leavenworth Echo on March 23, 2022. # 3782.

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**Getting the most out of taking antibiotics**

When my daughter Maureen was a toddler, we would visit my mother-in-law's house. Having over a dozen grandchildren under the age of 8, she kept a giant toy box in the corner of her living room. It contained building blocks, crayons and coloring books, and empty prescription bottles with child-resistant lids. As a pharmacist, I was very uncomfortable having my daughter "play" with child-resistant tops of medicine vials. Each time we'd visit her, I would make sure I found and removed all the medicine vials from Grandma's toy box before letting Maureen near it. This irritated my mother-in-law because she could not understand my objection to providing something that would engage her grandchildren. I tried explaining that the purpose of putting a child-resistant top on medicine vials was to prevent them from being easily opened by a child. By treating pill bottles with child-resistant tops like toys, eventually, her grandchildren would discover how to open any medicine bottle quickly and easily. What does this have to do with antibiotics, and how to get the best out of them? Antibiotics work by interfering with how a particular type of bacteria survives and multiplies. To be effective, an antibiotic attacks a bacteria's weakest points. One common target is the membrane surrounding and protecting each bacteria, called the cell wall. Penicillins and similar antibiotics physically attach themselves to specific proteins essential to building and maintaining the cell wall. Once this happens, the protein molecules can't support the cell wall anymore, causing it to rupture. The bacteria dies. The more an antibiotic comes in contact with a bacteria, the more likely it is that bacteria will eventually find a workaround and survive to multiply despite you taking the antibiotic. Bacteria multiply themselves constantly. Eventually, a slight error occurs, and they mutate into a similar but not identical organism. If a bacterial cell mutates in a way that keeps an antibiotic from successfully attacking them, it can multiply unhindered. This creates a strain of bacteria that the antibiotic can no longer target. We call this developing resistance. It's like giving my daughter more opportunities to learn how to open a child-resistant top. Given enough time, eventually, she'll figure out how to open it. When attacked by an antibiotic, if bacteria are not killed fast enough, some of them can manage to change themselves just enough to allow them to survive the attack. If they are no longer affected by that antibiotic, it becomes useless against them. This is called "resistance." Suppose you don't take a



large enough dose of antibiotic or don't take it long enough. In that case, the targeted bacteria can find a "workaround" by accidentally mutating into something the antibiotic can't fight against. The biggest challenge of using antibiotics is to ensure they "cure" the infection without helping create a new strain of bacteria resistant to its attack. Many of our older antibiotics used to be more effective. Over time, with repeated courses of treating infections, bacteria have changed just enough to keep them from being targeted. Resistance to antibiotics is one of the most severe threats to medical care today. What if you got pneumonia which could NOT be cured because there were no antibiotics left that worked? Viruses work differently than bacteria. Like pirates, they target specific cells and enter them. Once inside, the virus replaces the building blocks of your own DNA and RNA with its own. It hijacks your own cells to produce more viruses, instead. Smaller than most bacteria, viruses move into and work inside our cells, protected from attack by antibiotics. Their outer covering has a very different cell membrane or cell wall than bacteria. Antibiotics can't attack viruses effectively, so don't work for viral infections. **Here are 4 Keys to Taking Antibiotics Effectively While Discouraging Resistance:**

- 1. Speak Up.**  
 If an antibiotic causes vomiting within an hour of taking it, eat some food before trying it again. If you can't keep an antibiotic down for at least an hour, call your doctor for something else.
- 2. Get to the Finish Line.**  
 You may feel wholly recovered when only partway through taking an antibiotic. Don't quit early.
- 3. Don't Hoard Leftovers for Future Infections.**  
 Using only one or two doses of an old antibiotic to "catch" an infection before it gets going encourages resistance.
- 4. Not All Infections Are Bacterial.**  
 Many infections are actually caused by viruses, NOT bacteria. Taking antibiotics for these infections won't help you. In fact, antibiotics can interfere with our immune systems' response to viral infection.


*Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog TheMedicationInsider.com. ©2022 Louise Achey*

  
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**CROSSWORD PUZZLE**  
 THEME: GARDENING  
 ACROSS  
 1. Betting probability  
 5. Once headed by J. Edgar Hoover  
 8. Formally surrender  
 12. Gravy holder  
 13. Nile dweller, for short  
 14. More certain  
 15. Tiny bit  
 16. a.k.a. Bruce Banner  
 17. One who plies one's trade  
 18. "Days to \_\_\_\_" on a seed packet  
 20. Big-ticket  
 21. Apartments, e.g.  
 22. \*Plumerias are often used in this Hawaiian greeting  
 23. Scrooge's visitors  
 26. Digging into  
 30. What Carl Lewis did  
 31. Bestow  
 34. Month before Nisan  
 35. Dress with a flare  
 37. Choler  
 38. On a store tag  
 39. Central points  
 40. Paul Reubens' Herman  
 42. Mother lode stuff  
 43. African bloodsucking pests  
 45. Salty dogs  
 47. Current tense of #30 Across  
 48. Retches  
 50. Bovine cries  
 52. \*Like an aggressive weed  
 55. Frustration, in a comic book  
 56. \*Holds a plant stem to a support  
 57. Type of hot sandwich  
 59. One born to Japanese immigrants  
 60. Urban legends, e.g.  
 61. Check out  
 62. Shakespeare's "at another time"  
 63. \*The \_\_\_\_ Who Loved Me"  
 64. \*Flower's location after a garden?  
 DOWN  
 1. Kimono closer  
 2. Banish to Hades  
 3. Crunched numbers  
 4. Facebook's update feature  
 5. \*Seed plant's harvest  
 6. \*Goes to seed  
 7. Rotten and stinky  
 8. \*Plant variety  
 9. Famous canal  
 10. Hold as a conviction  
 11. Make a blunder  
 13. Church service oil  
 14. Salesman's speech, e.g.  
 19. Loosen laces  
 22. Tennis do-over  
 23. \*Splice, to a gardener  
 24. Nimbi on ikons  
 25. In the cooler (2 words)  
 26. Former Saint Brees  
 27. "Pulling my leg," e.g.  
 28. Mother-of-pearl  
 29. \*Kind of thumb  
 32. Pizzeria output, pl.  
 33. "\_\_\_\_ you kidding?"  
 36. \*N in N-P-K  
 38. Sneaked glances  
 40. Slammer  
 41. "The Shawshank Redemption" theme  
 44. Served raw  
 46. Isaac of science fiction  
 48. This Dogg can rap  
 49. What Elton John tickles, sing.  
 50. Street in Anytown, USA  
 51. Guesstimate phrase (two words)  
 52. Bodily disorders  
 53. Lope de \_\_\_\_, Spanish playwright  
 54. Building extensions  
 55. Nurses' org.  
 58. \_\_\_\_ time in golf

**CROSSWORD**

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# The Washington Outdoors Report

## The Moses Lake Carp Classic

By JOHN KRUSE

The common carp is considered a trash fish here in the United States and harmful to the lakes, ponds and reservoirs it inhabits but it hasn't always been that way. The carp is a prized catch in Europe and considered good table fare. In the 1800's, carp were brought from Europe to America for both recreational and commercial fishing purposes. According to the Washington Department of Fish and Wildlife, they were introduced into the Pacific Northwest in 1880 when a sea captain living in Troutdale, Oregon received 35 German carp from California which he placed in his pond. The carp proliferated and within a year there were an estimated 7,000 carp in the captain's pond. In May of 1881 the carp nursery flooded and several thousand carp escaped into the Columbia River. Fast forward 12 years and commercial anglers were offering to supply carp as fertilizer to farmers for five dollars a ton.

Since that time carp have gotten into lakes and rivers all over the northwest. They are not classified as a game fish but instead as a food fish and no license is required to fish for them with either a rod and reel or a bow and arrow. There is also no limit on how many you can harvest.

Ty Swartout is a member of the Moses Lake Watershed Council and is also the Tournament Director for the annual Moses Lake Carp Classic, a bow fishing tournament that removes a good number of these fish from the lake.

I asked Ty why carp are bad for lakes and other game fish. Swartout replied, "The way they feed is to root through the vegetation on the bottom. The also spawn and thrash in shallow water." He went on to explain that in doing so they kick up the mud and sediment on the lake floor. This releases chemicals like phosphorus and nitrogen that can contribute to algae blooms. Blue-green algae blooms have become an issue in Moses Lake in recent years and can be toxic to humans, wildlife and pets. The mud the carp kick up also covers eggs



An angler with a fish taken at the Moses Lake Carp Classic

PHOTO COURTESY TY SWARTOUT.

from desirable game fish like bass and panfish which have spawning beds in the same areas the carp congregate. This kills the eggs and the gamefish populations suffer.

Swartout says there are an estimated 400,000 to 500,000 carp in Moses Lake. These aren't small fish either. During the last two tournaments the biggest fish brought to the scales weighed between 25 and 26 pounds.

Swartout says he has four goals in mind when it comes to the Moses Lake Carp Classic.

1. To raise education and awareness for the community in regards to damage that carp cause to Moses Lake.
2. To take some carp out of the lake.
3. To work with the state to update laws on the mitigation of carp and the damage they inflict.
4. To provide a fun, safe, exciting competition with awards provided by great sponsors.

This tournament is put on by the Washington Bowfishing Association. Last year 100 anglers shot out of 26 boats, making it the biggest carp fishing event in the state for 2021. They ended up harvesting 200 carp weighing some 2200 pounds. The tournament before that in 2019 saw fewer anglers but more carp harvested (500). Swartout explains the harvest could reach 1,000 carp if the sun is shining, the winds are light and the water is clear on tournament day.

This year the Moses Lake Carp Classic takes place May 21st out of Connelly Park in

Moses Lake. The entry fee is \$60 for all prize categories. The biggest fish brought in will net the winning angler a thousand dollars plus a unique metal art plaque. There are also cash prizes for the Big 10 (the heaviest ten fish weighed in by each team) and for the most fish harvested. Finally, there is a bonus prize of \$300 for the biggest koi brought in. Yes, people have released goldfish into the lake and they have grown over the years.

Swartout says local businesses in the community are great about supporting this event and donate a number of items that are given away at a raffle at the end of the tournament. Every angler entering the tournament gets one raffle ticket and has a good chance of winning something.

As for the future? Ty Swartout says with the support of the Moses Lake Watershed Council and the Grant County Conservation District they plan on making this a two-day tournament next year which should put even more of a dent into the carp population.

Registration for the Moses Lake Carp Classic takes place between 6 and 6:30 AM on May 21st at Connelly Park. The tournament runs from 7 AM to 5 PM. If you have questions about participating, want to help out or donate a prize for the raffle contact Ty Swartout at Tel. 206-459-2342 or by email at swartoutfamily@comcast.net

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



2021 Carp Classic winner Marc Noel (L) with Tournament Director Ty Swartout

PHOTO COURTESY TY SWARTOUT.

## James Hopkins interview

CONTINUED FROM PAGE A1

The situation is made messier because Ukrainians and Russians have many intertwined relationships. There are many Russians and Belarusians living and working in Ukraine, but the trust has deteriorated. Hopkins explained that Valya's sister lives in Russia, and, like all Russians, only gets propaganda-like news that comes from state-run outlets. Russians have been misinformed and told that the invasion is justified to free oppressed Ukrainians, protect ethnic Russians in Ukraine and as a response to Ukraine acting as an aggressor against Russia.

There are glimmers of hope. "Ukrainians are fighting for something. Russians are not," said Hopkins. Also, "Zelensky

has matured as a leader. He has gone through the fire and can lead us to making a better country." But with darker resignation, Hopkins said, "It's probably not going to get better. Our city could get leveled." He has made some preparations. "I've buried gasoline tanks in the yard. We have a generator, lots of non-perishable food, our own well, a root cellar." They've gone down into the root cellar a few times already, when they hear a nearby siren, or when they get warning text messages from the soldier parents of the children staying with them. "I am not fearful. We feel at peace." But he's certainly moved, despite his calm. "I cry about the tragedies. TV here doesn't blur the pictures. Nothing is hidden."

Hopkins was generous

with his time in the interview because he wants people to know the truth. Thousands are dead, overwhelming hospitals. The Russians have bombed hospitals, including a children's hospital, and over 200 schools. As the Russian envoys travel down roads, they shoot everything along the sides. They torture prisoners. "Ukrainians are angry, and they will never forgive Russia." In contrast, Hopkins said Ukrainians are treating the Russian wounded soldiers. Some of the Russian soldiers are very young. Ukraine's officials allow them to be released if their mothers cross the border and come and get them and see firsthand the devastation the Russians are creating in Ukraine.

While Hopkins understands international hesitancy

against military action which could provoke Putin, he thinks sanctions need to go further and close every bank, not just some of them. He also said, "I do not agree with sitting back and not protecting an innocent country like Ukraine." For those who would like to help with emergency relief and cover basic needs of refugees, Hopkins said donations can be made through Youth with a Mission. The link is: <https://prayforukraine.life/>.

Hopkins is fond of Leavenworth, and visits sometimes when he and his family come back to the U.S. every three years. He closed the interview that crossed ten hours of time zone difference with a request for residents of Leavenworth, saying, "I would appreciate prayers for Ukraine."

## Letter from Mayor

CONTINUED FROM PAGE A1

plan for a future built around what worked in the past. As Leavenworth seeks to move forward with two separate zoning changes that would reduce lot sizes from 12,000 sq. ft. and 10,000 sq. ft. to a maximum of 8,000 sq. ft., and allow duplexes to be built on standard lots - and then other types of housing that fulfill our growing community's needs - I am keeping in mind and understand that this is an uncomfortable place to go for many. People have expressed their support, concerns, desires, and even opposition. As I said above, we are upsetting the roots that support our nests. We are challenging past practices so that the future is brighter for everyone. If we take these steps - and I am confident that we will take many of them - there may be frustration, disappointment, even anger or a sense that concerns have not been heard. All of that is understandable. However, these are the voices of those who have a nest, who are secure in that nest, for whom

it is a place of safety and security. Those of us called to civil servants, who work for the future of our City, have the difficult job of listening to the voices of all of our community members - those who are able to attend meetings - or not. This includes listening to those for whom just eking out a living and caring for their families takes all their time and energy and they just don't have the personal capacity to engage on these issues. It is our duty to hear them - even in their silence. And this includes all those who work here, supporting our businesses, agencies, and organizations like our schools and hospitals, who are not living here because we have not created spaces for them to have their nest in our tree. Over the past decade or so, we have seen our workforce grow by many hundreds of jobs, many in the Hospitality industry. And yet, the "newest" and only subsidized affordable rental housing (that is not created for our senior population), is over 40 years old. We have not stepped up to provide the housing we need to keep our economic engine humming, nor our community

whole. Some do not see this as a problem. They do not see the importance of being able to house our workforce here. There are many western mountain communities that are no longer able to house their own workforce, who are basically resorts that import their workers. I understand that is an option, and the direction we have been heading by default. It's the path of least resistance; the path we take if we assume what worked in the past will work in the future.

Heading down a path that has resistance but looks to the future foremost but still learns from the past is the path my administration is recommending. There are multiple reasons why taking the path of least resistance is unhealthy for us. For me, personally, a big reason is the moral imperative. If we are asking people to help us build our community and keep it going, we should welcome them fully into our community and create spaces "at our table." Or, to use the above analogy, places where they, too, can occupy a nest on a branch that gives them a place of safety and security. There

are other compelling reasons why we should be doing more to provide housing for our workforce. From a purely economic standpoint, it is better for local businesses and organizations if at least some of their workforce is local. A local workforce does not require extra "incentive money" to get them to commute. We know from studies that those who live in the same community as their job have higher satisfaction. The "mom and pop" operations that have long been the lifeblood of our tourism economy are generally the ones who don't survive as communities lose the ability to house their workforce. There are also strong environmental reasons that we should attempt to house a significant number of our workforce here. As we move forward aware of the impacts of climate change, and trying to move towards a more green, sustainable economy, one of the big emphases of such a move is trying to get more housing closer to where the jobs are. These are the reasons why we are looking anew at our zoning and how we use our land. It is not that

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we don't appreciate quality of life concerns. It is just that we must figure out a way to bring that quality of life to future generations, and to more of a largely displaced workforce. While we know we will never create enough housing for all who work here, we also know that we will all benefit to the degree we keep a community with mixed ages, mixed incomes, mixed ethnicities, and mixed experiences. Diversity is a strength we don't want to lose. It will take all of us to keep this a real possibility moving forward.  
**Carl J. Florea, Mayor**  
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