

Sharon Waters Named 2022 Royal Lady



PHOTO BY HEIDI SWOBODA PHOTOGRAPHY.

Sharon Waters Chosen as 2022 Royal Lady of the Autumn Leaves

BY: MEGAN SOKOL
Staff Writer

Sharon Waters wears many hats in this community. Whether it be as a City Councilmember, a board member on multiple community committees and coalitions, a mother, grandmother, and great-grandmother. Now she will wear the official title of Leavenworth's 2022 Royal Lady of the Autumn Leaves.

"Leavenworth is an amazing place to live. With its breath taking view of the mountains and the energy of Mother Nature's ever changing seasons, not many places can compare."

When she received the news that she would be the next Royal Lady, Waters confided that she was surprised that she was chosen. Waters had always watched the Autumn Leaf Festival Parade on the sidelines and never thought that she would be the one to lead the glorious chicken dance.

"I joined the Autumn Leaf Festival Association a few years ago and attended meetings and was always excited and interested to see who the Royal Lady would be," Waters said. "I walked in one of the parades in Cashmere a couple years ago and people are very receptive to Leavenworth."

Sharon Waters grew up in Northern Seattle. In 1962, Waters left to work at Boeing and was assigned to document equipment shortly after graduating from Shoreline High School.

In December of 1963, she married Leavenworth local boy Walter "Butch" Waters and moved to his hometown in 1970.

On August 1978, Waters worked her first Cascade School District job as a kitchen aide for 8 years. Her career in education spans across 32 years, which includes her time as a para-educator for band and P.E., chaperoning for dances and field trips, and spent her last 12 years as

the the Icicle River Middle School Librarian.

During her time as a P.E. para, Waters was the Step-Star Satellite Telecommunications Coordinator for English, Calculus, Spanish, Japanese and Russian, which was taught via a television broadcast from Spokane.

"That room was split in half and the AP Classes were in the front half and in-house suspension occupied the back half, [which was an] interesting combo," Waters described. "I loved the kids who are always in trouble. We had some interesting conversations. I would like to think that I had helped them sort things out."

Her career in the local sports scene was just as lengthy as her school contributions. She was a volunteer umpire for the Golden Oldies Softball Games, announced Cascade High School Baseball Games for 23 years, ran the down marker for Cascade High School Boys' football games for 29 years, ran the clock for Cascade High School Boys' basketball games, and kept the scorebook for Cascade High School Girls' softball home and away games for 8 years.

In whatever free time she had, she played softball in the Wenatchee League on the Leavenworth Loggeretts Women's Fast-pitch Team for 10 years and lifeguarded for the City Pool for 22 years. In 2003, she became the Assistant Manager for the pool.

This year will be her 39th summer season at the pool, along with her 6th year serving on the Leavenworth City Council.

"I always wanted to be either on the school board or city council. When I was looking for the opportunity to be on one or other, the city council position opened up and someone had resigned, so I ended up coming on the council at that time."

Sharon Waters is on so many boards, committees, councils and coalitions, that all of her community contributions need to be ordered on a list.

Committees include: the Solid

Waste Council, the Festhalle Oversight Committee, the Residential Advisory Committee (RAC), the Parks Committee, the Public Works Committee, the Downtown Steering Committee, the Housing Committee, the Osborn Building Committee, the Chumstick Wildfire Stewardship Coalition, and the Leavenworth Area Promotion (LAP).

Boards include: the Chelan/Douglas Health District Board, the Greater Leavenworth Museum Board, the Upper Valley Historical Society Board, and the Mosquito District Board.

Meetings include: the Design Review Board, the Commissioners Meeting for Fire District #3, the Cascade Medical Foundation, the Parks and Recreational Service Area (PRSA), and the Leavenworth Chamber of Commerce.

Memberships include: the Leavenworth Chamber of Commerce, the Autumn Leaf Association (ALEA), the Greater Leavenworth Museum, and the Leavenworth Women's Exchange.

On top of all of these obligations, Waters volunteers to bag lunches for the Cascade School District every Wednesday and opens the Festhalle for the Morning Winter Walking Program.

She is a devoted mother to her six children Jessie, Nick, Kaylene, Michael, Shannon (Bunker) and Shaylee. She is also a grandmother to 16 grandchildren and 14 great-grandchildren.

She wants to thank the community that she loves so much. She remembers how both the Cascade school district and the Leavenworth community helped make her Christmas special after her house burned down back in 1996.

"I thank those on the selection committee who have offered me the opportunity to represent Leavenworth as the Royal Lady for 2022. I am truly honored and look forward to setting out on this new journey of parades and the 'Chicken Dance.'"

City to study the affects of Front Street closure

BY MEGAN SOKOL
Staff Writer

Leavenworth City Councilmembers held a brief general meeting on Feb. 22, 2022. The key focus of the meeting was pointed towards first steps in selecting a firm that would study the impacts of the Front Street closure.

The meeting began with Mayor Carl Florea giving a brief reminder to the public that the council is only authorizing the advertising for a Request for Qualifications (RFQ), and will not require any other action at this time other than considering approving the Downtown Steering Committee's recommendation to hire an outside agency to study the affects of the Front Street closure.

The consideration for authorizing a Request for Qualifications (RFQ) to review the Downtown Street Closure Impacts & Options also included an update the Downtown Master Plan. The Downtown Steering Committee budgeted an estimated \$70,000, with the council leading the RFQ process alongside input from both the community and Downtown Steering Committee. The Council approved the authorization to advertise the RFQ.

The January Public Safety Report was presented by Chelan County Corporal Monika Haynes. She reported that January had much less calls from the downtown sector due to the immense snow they had in January.

Leavenworth received 111 service calls and issued 81 warnings and 13 citations. Haynes also reported that people were using the Fritz Strasse Roadway to bypass the traffic light near Safeway along with an assault that occurred at Icicle Village Resort. Chelan County Sheriff's deputies logged over 941 hours patrolling within the city limits and approximately 28 hours of foot patrol.

Another item on the agenda was to approve the Aquatics Center Interlocal Agreement with the Upper Valley Park and Recreation Service Area (PRSA). The item was first introduced during a study session back on Feb. 8.

The agreement would allow for the transition of property taxes from the PRSA to the city to support the operation of the Leavenworth Hopkins Memorial Pool / Aquatic Facility. The City operates the pool while the PRSA District collects the area wide property taxes which funds a large percentage of the pool operations. The item was passed unanimously.

Next up were changes to the City's Right of Way Use Permit, which was in regards to the Development Services receiving a request for a new roof structure over the 815 Front St. sidewalk.

The Right of Way Use Permit would provide a guide of responsibilities and insurance requirements for the applicant and had been vetted by the City's legal counsel, Thom Graafstra and Leavenworth's Washington Cities Insurance Authority (WCIA) agent. The item was passed unanimously.

The council was asked whether they would adopt Ordinance 1649, an updated version of the 2022 Salary Schedule that would consider increasing wages for non-union employees. As of now, only a set cost of living adjustment will be increased by 5.5%, with other factors requiring more discussion.

Councilmember Sharon Waters stepped out of this item discussion in order to avoid hearing discussion as Councilmember Waters is employed at the City Pool, a city employee.

The council moved to adopt Ordinance 1649 for the 2022 Salary Schedule retroactive to January 1, 2022. It was passed unanimously.

Public Works Director Tom Wachholder reported progress on the

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PHOTO BY STEVE SCOTT

Left to right: Safeway Store Director Jeremy Goforth gifting a \$5,000 check to Upper Valley MEND Executive Director Kaylin Bettinger and Human Services Director Bob Mark during the Grand Reopening of the Leavenworth Safeway store.

"We're just really grateful for the support," Bettinger states. "It takes a lot of community partnerships to continue to make Upper Valley MEND successful and to be able to support our neighbors in need. We appreciate the support from Safeway."



PHOTO BY STEVE SCOTT

On February 23, the Leavenworth Safeway had a Grand Reopening of their totally remodeled store. Cutting the ribbon is senior employee, Lucia Canales who has worked for Safeway when it was in the now current Chamber of Commerce building. With Lucia is store director, Jeremy Goforth, employees, Safeway representatives, food producers and suppliers for Safeway stores.

The Washington Outdoors Report

FISHING NEWS ROUND-UP
BY JOHN KRUSE

COLUMBIA RIVER SPRING CHINOOK SEASON SET: Spring Chinook won't arrive in large numbers until late March but there will be plenty of anglers going after them sooner than that. The river has been open from the mouth to the Interstate 5 bridge and on March 1st opens from the Buoy 10 all the way

to Beacon Rock through April 6th. From April 1st through May 5th the area between the Tower Island power lines six miles below The Dalles Dam upstream to the Oregon/Washington border will be open until May 5th. We don't yet have dates for an Icicle River spring Chinook opener.

The run is going to be pretty good this year. Fisheries managers project

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PHOTO BY JOHN KRUSE. Faith Kruse casting for trout at Burke Lake last spring



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SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

5 Tips for Buying Life Insurance

(StatePoint) More and more people are realizing that adding life insurance to their financial plan can provide a measure of security for their loved ones. In fact, according to a survey by the financial services trade association LIMRA, the first six months of 2021 saw the highest number of U.S. life insurance policies sold since 1983, and nearly one in three Americans said they were more likely to purchase coverage due to the COVID-19 pandemic.

Whether you're buying life insurance for the first time or reviewing your policy to make sure you have the right coverage, here are five tips to help guide you in the right direction:

1. Know the difference between term and permanent life insurance. Term life insurance coverage lasts for a set amount of time – most policies are for 10 to 30-year terms – while permanent life insurance covers your entire lifetime. There are advantages and disadvantages to both, but some prefer term since

it has a lower premium compared to permanent; it can be tailored to the length of time it's needed (such as long enough for your mortgage or your children's college educations to be paid for). On the other hand, permanent policies often have cash accumulation and can be tailored to last your lifetime.

2. Determine how much you need. There are several factors to consider, including your age, debts, monthly expenses and number of

children. Did you know that even stay-at-home parents and student loan cosigners could have a definite need for life insurance? An insurance agent can help you figure out who and what you need to protect. To estimate your coverage needs, use the free Erie Insurance life insurance calculator found at www.erieinsurance.com/life-calc.

3. Purchase sooner rather than later. If you hold off buying term life insurance until age 50, the rate can be up to 212% higher compared to buying at age 30. So don't wait. Policies are more affordable than you may think. Permanent policies can also drastically change over time. For example, a

\$250,000 Erie Family Life policy could cost less than \$15 a month, or about what you might spend on three or four coffee shop drinks.

4. Talk with a trusted advisor.

An insurance agent can help answer any questions you have, walk you through the process, lay out the options that make sense for your life and budget, anticipate your needs and make the process efficient. In many cases, your advisor can tell you how much you need and how much it can cost in just a couple of minutes.

5. Choose a proper beneficiary.

In other words, decide who you want your benefit to go to when you pass away, such as a spouse, close family member or grown child. There's also the option to leave it to a charity, school or church. It's important to make sure you think through who your beneficiaries are and if any proceeds meant to benefit a minor should be held in trust. When selecting a beneficiary, a policy owner must select someone with "insurable interest" in the life of the insured. Insurable interest generally means that the beneficiary will incur some type of loss should the life insured pass away.

"Insurance is a critical part of any financial plan," said Louis Colaizzo, senior vice president of Erie Family Life. "This is why we're continuing our efforts to educate customers about the importance of having adequate coverage that ensures their loved ones are protected."

Taking an over the counter Anti-inflammatory

Where were you in 1974? Were you watching the Miami Dolphins beat the Purple People Eaters in the Super Bowl? Did you see Paul Newman and Robert Redford in the movie *The Sting*? I fell head over heels in love with ragtime watching that movie, and I still am in awe of Scott Joplin's musical genius. Were you watching as Richard Nixon resigned his presidency?

The year 1974 was when the Food and Drug Administration approved ibuprofen for mild to moderate pain and inflammation, available only with a doctor's prescription.

Although acetaminophen eases headache and fever, a non-steroidal anti-inflammatory medication (NSAID) like ibuprofen is more effective for relieving muscle aches and inflammation. Ibuprofen is also less irritating to your stomach than aspirin, allowing higher doses with fewer side effects.

Facing the expiration of its patent protection, ibuprofen's manufacturer applied to the FDA for approval to sell it at a lower dose without a prescription. In contrast to the 400mg, 600mg, and 800mg tablets of prescription-only Motrin® in 1984, the FDA approved ibuprofen as non-prescription Motrin-IB®200mg tablets.

Years later, naproxen followed the same path: first



As a prescription-only anti-inflammatory, then approved for OTC use as Aleve®. There are four options for pain relief by mouth without a prescription: aspirin, acetaminophen, ibuprofen, and naproxen.

For muscle pain, menstrual cramps, and toothache, non-prescription doses of naproxen or ibuprofen are much safer than aspirin and more effective than acetaminophen.

NSAIDs are sold by themselves and as an ingredient in many over-the-counter (OTC) cold, flu, and allergy remedies.

78-year-old Rose has heart failure. She takes a water pill to keep fluid from building up in her lungs. Six months ago, Rose came down with a flu-like illness, becoming so short of breath that her doctors first suspected COVID or pneumonia and hospitalized her. It turned out that despite taking her water pill, her lungs were filling with fluid from an exacerbation of her heart failure. Over the next 3 days, she recovered and went home.

Last month, Rose returned to the Emergency Department,

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SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

Anti-inflammatory

CONTINUED FROM PAGE A2

short of breath. The only thing she did differently was take Advil® Cold and Flu, which contains ibuprofen. She continued taking her water pills, but it wasn't enough. The ibuprofen triggered fluid retention, causing her breathing problems from the fluid building up in her lungs.

Ever since, she has avoided all NSAID medicines, and she feels great.

Although NSAIDs are usually safe when taken to relieve fever and muscle aches, they can be dangerous for people with certain medical conditions like Rose's heart failure.

NSAIDs can also spell trouble for people with kidney

problems, like diabetics. Taking prescription or OTC ibuprofen or naproxen can trigger kidney damage in certain situations, especially if you get dehydrated. Sweating a lot when outside in hot weather or experiencing nausea, vomiting, or diarrhea can cause dehydration. Taking any NSAID when your body is too dry can seriously harm your kidneys.

People who have had a bleeding ulcer should also avoid taking NSAIDs like ibuprofen and naproxen. That's because these medicines interfere with maintaining the protective gel layer that lines your stomach. This vital gel layer ensures that your stomach acids digest your food instead of your stomach. Taking ibuprofen or naproxen encourages thin

spots and erosion of the lining of your stomach, setting you up for an episode of stomach pain or bleeding.

Even considering these possible side effects, NSAIDs like ibuprofen and naproxen are powerful against muscle sprains or strains, tension headache, dental pain, and menstrual cramps.

When taken at the beginning of menstrual flow, just one dose of ibuprofen or naproxen can head off debilitating abdominal cramps. One dose of an NSAID right before a tooth extraction can avoid suffering from swollen "chipmunk cheeks" afterward.

Here are 5 Tips to Help Keep Yourself Safe When Taking NSAIDs:

1. Keep yourself well hydrated.

Even young, healthy people can suffer severe kidney damage if they become dehydrated while taking an NSAID medicine. NSAIDs interfere with your body's safety net for your kidneys when you get low on fluid. Several professional athletes have discovered this the hard way, and ended up needing a kidney transplant.

2. Ask your doctor first.

Most people can take low doses of ibuprofen or naproxen without harm. For those who have kidney problems, it's much safer to take Tylenol® or acetaminophen for your aches and pains. NSAIDs can aggravate and accelerate kidney problems. Please consult your doctor first before taking ibuprofen, naproxen, or any other

NSAID for more than a couple of days.

3. Protect your heart.

Have you been diagnosed with congestive heart failure, also called CHF? If so, avoid taking any medicine that includes an NSAID, which causes sodium and water retention. NSAIDs counteract the beneficial effects of drugs that work to keep fluid out of your lungs and reduce swelling in your hands and feet.

4. Watch your blood pressure.

NSAIDs cause sodium retention, triggering water retention. This can cause your blood pressure to rise, interfering with how most blood pressure medicines do their job.

5. Don't double up. Avoid taking more than

one NSAID at a time. It's surprisingly easy to take two NSAIDs at the same time. That's because the prescription strengths have different brand names than the OTC versions of the same medicines. Not realizing that you are taking two medicines with the same ingredient puts you at risk for overdose and side effects like stomach pain, bleeding, or kidney problems.

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

How Home Healthcare Can Improve Lives and Deliver Better Care

(StatePoint) There is a growing demand for in-home caregivers and there is good reason for that, say experts. There are many unique advantages that healthcare at home, or in another familiar setting, provides. "Offering a full continuum of care, home healthcare includes pediatric, adult nursing, senior care, postoperative care, Medicare-approved visits and hospice, allowing for an individualized approach focused on empowerment and the pursuit of possibilities rather than perceived limitations," says Jennifer Sheets, president and CEO of Interim HealthCare Inc., the nation's leading franchise network of home healthcare, personal care, healthcare staffing and hospice services. "The home is where care can happen in the most personal way, typically resulting in higher quality care, reduced hospital readmissions, optimization of healthcare dollars, improved outcomes and greater patient satisfaction."

As part of "The Difference is Home," a campaign aiming to educate people on the value of home healthcare, Interim HealthCare is sharing the experiences of individuals profoundly impacted by home healthcare:

• **Kaitlyn Metro**, pediatric care patient. Born with a condition causing seizures and severe developmental delay, Kaitlyn requires a feeding tube and total nursing care. She's received home healthcare for 16 years. While she doesn't speak or walk, home healthcare allows her to be surrounded by her loving family and nurses who adore

her and closely monitor her condition.

• **Louis Klein**, COVID-19 recovery patient. After spending four days in the hospital with COVID-19, Louis was discharged into home health services as part of his Medicare benefits. Prior to that, he was an active 85-year-old who played golf every week. The compassionate nursing care, physical therapy, and occupational therapy he received helped him improve significantly in a matter of weeks, with the goal of full recovery without the need for rehospitalization.

• **Howard and Charlene Russell**, hospice patients. Married for 65 years, Howard and Charlene have had many wonderful life experiences and wanted to continue living well as they aged. After receiving home health services, the couple transitioned to hospice due to declining health. The nursing and aide care, social services and chaplain support that hospice at home uniquely provides have allowed them

to make the most of their time, while surrounded by loved ones. To see more stories like these, visit: differenceishome.com.

Behind the Success "The tireless helping hands behind the scenes of these inspiring stories often go unrecognized," says Sheets. "From home health professionals and paraprofessionals who provide care and the certified agencies who employ and support them, to physicians, discharge planners and social workers who support their outcomes and the health plans that reimburse this invaluable service, there is an entire community of care that the home healthcare industry thrives on."

Asthenation's first home care company, Interim HealthCare continues to innovate the care delivery process. For more information on Interim HealthCare's services, visit interimhealthcare.com. "Every day, we see the difference home-based care has on clients' lives," says Sheets. "What the last two years have taught us is that home is where outcomes are better and where people truly want to be."

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10 Doctor-Recommended Ways to Improve Your Overall Health



PHOTO SOURCE: (C) RIDOFANZ / ISTOCK VIA GETTY IMAGES PLUS

(StatePoint) While investing in your health and wellness can sound like an overwhelming goal, doctors say that there are easy, tangible steps you can take to feel your best and better protect your health.

"It is always the right time to consider your personal goals, and how you can make positive health choices," says American Medical Association (AMA) president, Gerald E. Harmon, M.D. "Small lifestyle changes today can have a lasting effect in improving your health."

Not sure where to start? Consider these tips from the AMA:

1. Make sure your family is up to date on their vaccines, including the annual influenza vaccine for

everyone age six months or older and the COVID-19 vaccine for everyone age five and older. Anyone with questions about the COVID-19 vaccines should speak with their physician and review trusted resources, including getvaccineanswers.org.

2. Learn your risk for type 2 diabetes by taking a simple online 2-minute self-screening test at DoIHavePrediabetes.org. Steps you take now can help prevent or delay the onset of type 2 diabetes.

3. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

4. Know your blood pressure numbers. Take the time to visit ManageYourBP.org to better understand your numbers and take necessary steps to get high blood pressure -- also known as hypertension -- under control. Doing so will reduce your risk of heart attack or stroke.

5. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your consumption of sugar-sweetened beverages and drink more water instead.

6. If your health care professional determines

that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or flu.

7. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

8. Talk with your doctor about tobacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.

9. If you are taking prescription opioids, follow your doctor's instructions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication.

10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a friend or mental health professional when you need it.

More health resources and tips can be found my visiting ama-assn.org. For a happy, healthy future, consider making these 10 doctor-recommended tips for improved wellness.

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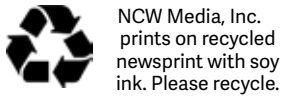
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Corrections

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Contact the listed organizations or events for updates on the Covid-19 regulations.

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.

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.

Over 100 illegally parked cars at Stevens Pass Summit

By MEGAN SOKOL Staff Writer

During the three-day Presidents' Day weekend on Feb. 20, nearly 100 cars were piled high to the side on the Stevens Pass summit, vying for a spare parking space in the packed Stevens Pass resort

parking lots.

Washington State Trooper John Bryant reported that the line of parked cars led to a backup on US HWY. 2, stating that the illegally parked cars led to dangerous driving conditions.

"It's a dangerous situation because when you park in that

area and maybe you want to walk up, there's no paths to walk up to the ski resort. You gotta walk along the highway, a busy highway, a dangerous highway, a highway that's snow packed."

The majority of drivers drove away once Leavenworth tow trucks arrived. In the end, four cars were towed away.

Community Cupboard Program Manager Bob Mark steps into new role

SUBMITTED BY KAYLIN BETTINGER

As you all know, Upper Valley MEND is growing, and with that our staffing capacity needs to change as well. I am excited to announce that Bob Mark will be stepping into a new role as Human Services Director, overseeing MEND's service-related programs. "I'm excited to kinda lean into it and stretch myself in different ways. The overall thing for me is it kind of feels like a natural evolution of this organization," Mark said. "This new position that I'll be in is more or less overseeing the food programs, emergency assistance, the healthcare free clinic program, the human services, and things that I've been connected to in one way or another for the

time that I've been here." Bob has been a tremendous asset to MEND over the past 13 years. I know he will do a great job in this new role and I hope you will join me on congratulating him.

"I've been here 13 years and ever since I've been here, this organization has been growing and evolving and we're on that same path now." With this change, we will be hiring a new Food Programs Manager who will oversee the Community Cupboard and glean over grocery rescue, which we expect will improve our capacity to glean more food during the summer months. We also have two seasonal job openings right now, a Temporary Emergency Assistance Program Manager

and a Community Harvest Gleaning Coordinator position. I'm excited to see MEND growing to meet the challenges ahead for our community. Please spread the word about these opportunities to join our team and don't hesitate to call 509- 293- 4428 or email your questions to kaylin@uvmend.org.



PHOTO SOURCE: UV MEND. Bob Mark

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.

Table with columns for dates (February 18, 19, 20, 21, 22, 23, 24) and corresponding incident reports including times, locations, and descriptions.

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 for Zoom meeting information. Call 509-548-5275. Email hello@cityofleavenworth.com

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Go online at Cascadesd.org or all menu updates.

What We Get When We Give



Denise Sorom

Director of Philanthropy at the Community Foundation of North Central Washington

More happiness, less stress, better relationships. Sounds pretty good, doesn't it? Latest research shows that living generously – that is, developing a consistent practice of donating your time, talents, and treasures—may reap more rewards for the giver than the receiver.

We all can relate to the “warm glow” sensation—that feeling of satisfaction, or goodness, or (maybe there isn't a word in the English language for it) that befalls us when we've done something generous for another person. We may understand intuitively that being generous makes us happier, but you can take heart in knowing that this link has been studied and confirmed by dozens of researchers over the past several decades.

In 2018, the Greater Good Science Center out of the University of California at Berkeley prepared a white paper entitled “The Science of Generosity” written by Summer Allen, Ph. D. Dr. Allen cites over 300 different studies and meta-studies on generosity and provides a summary report that examines roots of human generosity, the consequences of generosity, and the individual, social and

cultural factors that influence generosity.

I zoomed in to the section that describes the consequences of generosity, and I liked what I found:

1. Acts of generosity decrease stress. Dr. Allen cited evidence that “helping others may act as a stress-relieving buffer—which may, in turn, delay severe health problems and death.” People who were assigned to engage in generous acts toward specific others were found to generate less of something called the CTRA gene, which is a gene that links negative psychological and social events with negative health outcomes. So, less CTRA gene means your body is experiencing less stress! Maybe that “warm glow” is us healing ourselves from the inside out?
2. Generosity makes us happier. The most compelling link that was confirmed in the report was that between generosity and happiness. Dr. Allen asserts,

“While popular culture may imply that happiness comes from focusing on yourself, research suggest the opposite: Being generous can make you happier.” Studies have shown that everything from volunteering your time to help others, donating money (especially when you understand the positive impact your dollars are making, caring for loved ones, and performing small acts of kindness throughout your day improves one's sense of well-being.

3. Generosity leads to better relationships. Dr. Allen cites several studies that confirm that acting generously improves romantic relationships, friendships, and general interactions with others. Imagine this scenario: Your friend does not respond to your email because of technology problems. Instead of assuming it is because you are not a priority and acting in a fit-for-tat fashion, act a bit more generously than that person's last action. “Adding a small generosity buffer and giving someone the benefit of the doubt may lead to more cooperation and stronger relationships.”

So, go forth in life with more generosity and you may find you are the one who is really receiving the most! To learn more about how CFNCW may be able to help you build on your generosity and happiness check out our new website at www.cfncw.org.



GOOD GROWS HERE



PHOTO SUBMITTED BY AMBER HERRERA
Mya Herrera (sophomore) took 4th at Mat Classic XXXIII State Championships in the Girls 105 weight class February 18th -19th 2022. The girls have to wrestle ALL school classifications which makes it a lot harder to even qualify for state. Only top 8 girls in each weight class will medal. Mya is the first girl wrestler from Cascade H.S. to qualify for state and also the first girl wrestler from Cascade H.S. to place (medal) at state.

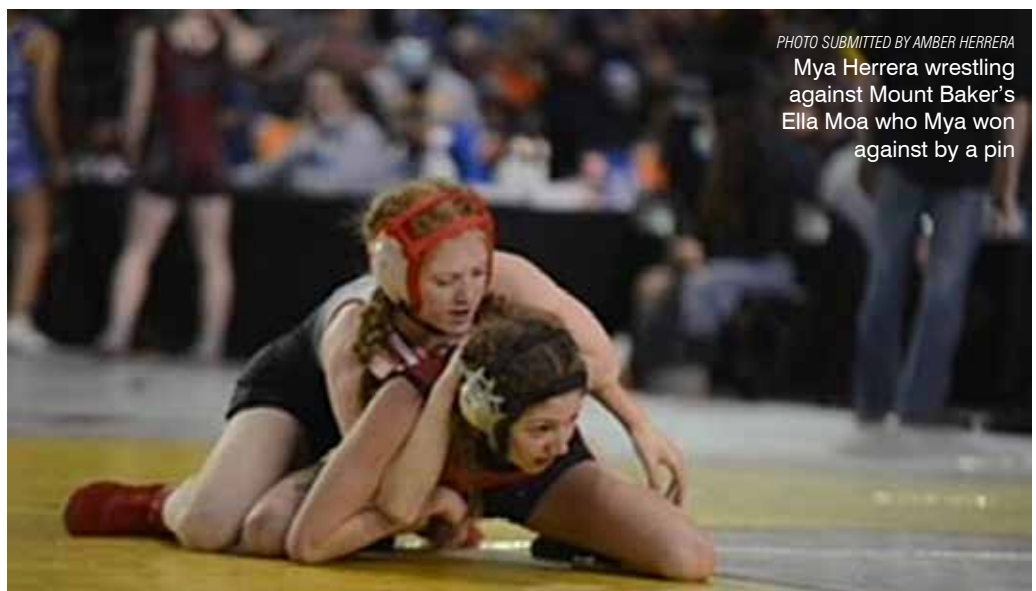


PHOTO SUBMITTED BY AMBER HERRERA
Mya Herrera wrestling against Mount Baker's Ella Moa who Mya won against by a pin

Outdoors Report

CONTINUED FROM PAGE A1

close to 123,000 Springers will return to the Columbia, well over the 92,000 that came back last year. In fact, this is projected to be the best run since 2016 though we are still far short of the 152,000 ten-year average.

The daily limit is six fish, including no more than 2 adults and only one of those can be an adult hatchery Chinook salmon. All wild salmon or steelhead caught must be released. The minimum size limit is 12 inches.

COASTAL STEELHEAD FISHING CLOSES:

The steelhead season in Washington is officially a bust. First there were historically low returns of summer steelhead up the Columbia River in 2021 and now WDFW is looking as some of the lowest returns ever in several Western Washington streams. In fact, preliminary data shows only 30 percent of the forecast run of steelhead has occurred in these rivers. With the bulk of the hatchery fish in (and the wild fish just starting to come back in force) the state is closing steelhead on all coastal and Olympic Peninsula Rivers to conserve what wild stocks remain in these streams. The closure goes into effect March 1st.

MARCH 1ST TROUT OPENERS:

Mike Schmuck, the WDFW District 5 Fisheries Biologist, reports none of the lakes

around Quincy or George that open on March 1st are likely to be ice free. Having said that, there may be a few open patches of water for intrepid anglers but he recommends staying off any ice that is on the lakes because it is likely not safe.

The trout being caught out of the Quincy Lakes Wildlife Unit will be holdover fish from 2021 (measuring 11 to 13 inches) or 2020 (13 to 15 inches in length). A few two to five-pound rainbow trout were also put into Burke and Quincy Lakes last fall. Additional catchable trout will be planted in several of these lakes in April.

Staci Lehman with WDFW says as of February 25th, the Tucannon Lakes still had a thin layer of ice on them and WDFW personnel had not been able to stock them yet. However, the word from The Last Resort near the Tucannon lakes is the trout will probably be stocked next week so you might want to hold out a few days beyond March 1st before heading to this Southeast Washington trout fishery.

All of the above lakes are open to catch and keep fishing with bait allowed. There are also several lakes in Grant County opening up March 1st under selective regulation rules (no bait and only single pointed barbless hooks on artificial lures). These lakes are also closed to boats with outboard motors but offer quality size trout in a more peaceful setting with an emphasis on catch and release

angling. They include Dusty Lake in the Quincy Lakes Unit, Dry Falls Lake and Lake Lenore south of Coulee City and Nunally as well as Lenice Lake near Beverly.

WALLEYE WILLIE MEMORIAL SHOOT OUT:

Walleye Willie Ross, a well-known and well-liked fishing guide based out of The Dalles, passed away this winter. Several of his friends are putting together an event called the Walleye Willie Shootout Memorial Benefit Tournament as an opportunity to go fishing, commemorate Willie, and raise funds for the Cello Cancer Center Fund in honor of both Willie and his wife Sheila who passed away two years ago.

The event will happen April 2nd at The Dalles Marina. Sign in and a safety meeting takes place at 7 AM, fishing occurs on the Columbia River from 8 to 4. Right after that high-end fishing rods from Stryker Rods will be given to the anglers who catch the largest bass or walleye of the day. On top of this, a number of manufacturers have provided prizes that will be raffled off.

The suggested donation is \$25. You can find out more and find a link to donate, whether you are coming to fish or not, at <https://www.facebook.com/Walleye-Willie-Shootout-Memorial-Benefit-Tournament-112100761396308>

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

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UPPER 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

CHRIST CENTER
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 Pilgrath, 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.midvalleybaptist.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.

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

SPIRIT LIFE CENTER
210 Benton Street • 509-548-7138
Sunday Worship 10 a.m., Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 509-782-2601
Virtual Zoom Service, Sunday,
11 a.m. until further notice.
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.com
www.newlifeleavenworth.com

PLAIN

PLAIN COMMUNITY CHURCH
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plaincommunitychurch.org
facebook.com/plaincommunitychurch
office@plaincommunitychurch.org

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
www.faithleavenworth.org

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

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

CLASSIFIEDS



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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@leavenworthecho.com or **Lake Chelan Mirror** 509-682-2213 or **Quad City Herald** 509-689-2507 or email mirrorads@lakechelanmirror.com
Deadline Noon on Friday for the next week's papers

Happy Ads

Do you have a **SPECIAL EVENT COMING UP?**
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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@leavenworthecho.com

Employment

Help Wanted



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

Cascade High School/Icicle River Middle School Choral Director

Icicle River Middle School STEM/Honors Math Teacher

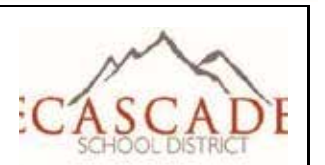
Cascade High School Spanish Teacher

Track application process and information can be found on our website at: www.cascadesed.org EOE

Bartenders wanted.

Full-time and part-time positions available immediately. Brewster American Legion. Applications available at Post or on our Facebook page: American Legion Columbia Post 97, (under jobs, open jobs click the bartender, click view applicant). Call 509-689-3307 after 1 p.m. Thursday-Friday or call 509-733-2700 after 4:30 p.m. Monday-Friday.

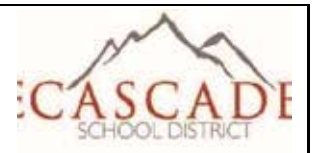
Help Wanted



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

Cascade High School Fall and Winter Cheer Coach(es)

Fast Track application process and information can be found on our website at: www.cascadesed.org EOE



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

• Icicle River Middle School Assistant Track Coach

• Icicle River Middle School Boys Head and Assistant Soccer Coach

Track application process and information can be found on our website at: www.cascadesed.org EOE

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 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.

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.

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Looking for real estate in the Upper Valley? Carmen Bagdon - 237-2060 Momi Palmieri - 433-2211 Geordie Romer - 679-8958 Allyson Romer - 630-9898
Give us a call today!
See all available properties at windermereleavenworth.com

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.okanogantransit.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@okanogantransit.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.

Help Wanted

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

Receptionist-Administrative Assistant

The **Lake Chelan Mirror newspaper** is looking for an outgoing person for this full-time job, Monday-Friday. Qualified applicant will answer phones, take ad orders, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, prepare affidavits and tear sheets for advertisers and assist with other administrative activities. Must have good customer service skills, adept at utilizing computer systems and software including Excel and Word, and have good math skills. If you're looking for a fun job where you get to work with talented people and be involved in the daily activities of the Lake Chelan area communities, this is the job for you. Dependability and dedication are important work skills for this rare opportunity.

Interested applicants can apply at the Lake Chelan Mirror office, 131 S. Apple Blossom Drive, #109, 9 a.m.-5 p.m. or send your resume to: publisher@leavenworthecho.com EOE

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Earn Some Extra \$ money

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

The Bridgeport School District is seeking qualified individuals for the following positions for the 2022-23 school year:

- Psychologist
 - Speech Language Pathologist
 - Elementary Music Teacher
 - Secondary Music Teacher
 - HS Foreign Language Teacher
 - HS CTE/Computer Applications Teacher
- All positions are open until filled. Apply on-line: <https://bridgeportjobs.hrmplus.net/Home.aspx>. For further information, please contact the HR office at 509-686-5656 or email jobs@bsd75.org. BSD is an equal opportunity employer.

Larviciding Assistant Wanted.

\$18.51/ hr. plus mileage (need your own rig). 5 to 20 hours / week applying bacterial larvicides. Must be available all of May and June and pass pesticide license tests in Public Health and Laws and Safety in Wenatchee March 17 at 12:30 pm. Study materials provided. Call or text 509-548-5904 and send resume and cover letter by March 5 to P.O. Box 34 Leavenworth, WA 98826 or info@leavenworthmosquitodistrict.com



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EVENTS
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Help Wanted

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Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email mirrorads@lakechelanmirror.com

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

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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

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Fill your pockets with CASH \$\$ Let others know what items you are selling!

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

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

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Real Estate

Rentals

IN TOWN CASHMERE 3 bedroom, 2 bath, private backyard. Cute, clean available mid-February - March 1. 2 vehicle parking limit. No campers, trailers, ATVs, etc.

\$1750 per month. Garbage included. one year lease required References. \$1000 deposit. Cats ok, no smoking. Call 509-860-4564.

IN TOWN LEAVENWORTH 3 bedroom, 1 1/2 bath, washer, dryer. No garage, shared patio, and small tool shed, 2 car parking limit.

No ATVs, motorcycles, snowmobiles, trailers, etc. No pets, or smoking. Available Mid-February or March 1. \$1600 plus \$100. flat utility fee. References required. \$1000 security deposit. 509-860-4564.

Two bedroom apartment at the Chelan Airport area. Includes parking, electricity, laundry, and garbage, \$1,300 month. 509-860-6400.



Vacation Rentals

\$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. 808-298-1031

Vehicles

Trucks & Vans

For Sale: 1995 Dodge 2500 Cummins Diesel truck. Excellent condition inside and out. Color match canopy. Two wheel drive, standard cab, automatic. 162,000 miles. \$7,995 firm. 509-679-9318.

Legals

Public Notices

Superior Court of Washington for Chelan County

In the matter of the estate of James D. Willems, Deceased.

No. 22-4-00033-04 Notice To Creditors (RCW 11.40.030)

The person named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or his attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020 (1)(c); or (2) four months after the date of first publication of this 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: March 2, 2022.

Wesley Jennings, Personal Representative Attorney for the Personal Representative: Joseph C. Brown, Jr., WSBA# 17991 Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509)782-1111 Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 22-4-00033-04 Published in the Cashmere Valley Record / Leavenworth Echo on March 2, March 9, and March 16, 2022. #3677

Public Notices

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

No. 22-2-00062-13 SUMMONS BY PUBLICATION FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman.

Plaintiff, vs JOHN R. WERST and VIRGINIA WERST, husband and wife; the UNKNOWN HEIRS OF JOHN R. WERST; the UNKNOWN HEIRS OF VIRGINIA WERST; ALBERT DIEDE and BERNICE DIEDE, husband and wife; the UNKNOWN HEIRS OF ALBERT DIEDE; the UNKNOWN HEIRS OF BERNICE DIEDE; HENRIETTA GRIFFITH, a single woman; KERRY JOHN GRIFFITH and JANE DOE GRIFFITH, husband and wife; LAURIE ANN GRIFFITH, as her separate property; and ALL UNKNOWN PERSONS CLAIMING AN INTEREST IN THE PROPERTY, Defendants.

THE STATE OF WASHINGTON TO THE SAID DEFENDANTS: UNKNOWN HEIRS OF JOHN R. WERST and VIRGINIA WERST, the UNKNOWN HEIRS OF ALBERT DIEDE AND BERNICE DIEDE, and ALL UNKNOWN PERSONS CLAIMING AN INTEREST IN THE PROPERTY You are hereby summoned to appear within sixty (60) days after the date of the first publication of this summons, to wit, within sixty (60) days after the 2nd day of February, 2022, and defend the above-entitled action in the above-entitled court, and answer the complaint of the Plaintiff, FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman, and serve a copy of your answer upon the undersigned attorneys for Plaintiff, FARRAH WARDENAAR (f/k/a FARRAH BROWN), a married woman, at their office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the clerk of said court. The object of Plaintiff's action is to quiet title in and to Grant County Parcel No. 15-0956-000, which is more particularly described as follows: Those portions of the Southwest quarter and the West half of the Southeast quarter of Section 4, Township 17 North, Range 24, E.W.M., Grant County, Washington, not included within the boundaries of Irrigation Block 79, Columbia Basin Project, Grant County, Washington, according to the plat thereof filed April 17, 1956. DATED this 27th day of January, 2022.

STW LAW, PLLC By: Stephen W. Reagan, WSBA #41328 Attorney for Plaintiff Published in The Cashmere Valley Record/Leavenworth Echo on Feb. 2, 9, 16, 23, and Mar. 2, and 9, 2022. #3551.

Public Notices

CITY OF LEAVENWORTH

On the 25th day of January, 2022, the City Council of the City of Leavenworth, Washington passed the following ordinances. A summary of the contents provides as follows:

Ordinance 1649: An ordinance of the City of Leavenworth, WA, amending the 2022 salary schedule for the 2021-2022 budget and repealing ordinance 1646.

A copy of the full text of the ordinances is available at Leavenworth City Hall or will be mailed to you upon your request to Chantell R. Steiner, Finance Director/City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in the Leavenworth Echo/Cashmere Valley Record on March 2, 2022 # 3685

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of R.J. REILLY, Deceased. No. 22-4-00104-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: March 2, 2022 Personal Representative: Patrick J. Reilly Attorney for the Personal Representative: Russell J. Speidel Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 22-4-00104-04

PATRICK J. REILLY Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: RUSSELL J. SPEIDEL WSBA No. 12838 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in The Leavenworth Echo/Cashmere Valley Record on March 2, 9, and 16, 2022. #3689

Public Notices

The Leavenworth Mosquito Control District board

will hold their first meeting of the 2022 season on Monday March 7th at 7 p.m via ZOOM. Those wishing to attend can find the link to the meeting at http://leavenworthmosquitodistrict.com/ under Activity Calendar or may call or text Manager Jenny Mullins at 509-548-5904 with their email address to receive a link or other assistance in attending. Meetings are scheduled at 7 pm on the first and third Mondays of each month but are often cancelled due to a lack of pressing business. For up-to-date information call Jenny Mullins at 548-5904.

The District will begin larvicide treatments as soon as mosquito larva are found (but no earlier than March 14) continuing until October 15 at the latest. Larvicides used include Bacillus thuringiensis subspecies israelensis, Bacillus sphaericus, and methoprene. Spinosad may also be used. In addition, a paraffinic white mineral oil may be used as both a larvicide and a pupicide.

The District seeks to reduce mosquitoes through habitat reduction and larviciding. Adulticides were not used from 2007 through 2021. If an adulticide is needed, we may choose to use malathion, natural pyrethrins, piperonyl butoxide (PBO), permethrin, etofenprox, naled, prallethrin, resmethrin and / or sumithrin. Such spraying could occur in June, July or August anywhere within the District and will be noted at our website: www.leavenworthmosquitodistrict.com. Larvicide treatment locations are also posted at this website. Additional sites may be added as needed.

More information on these pesticides is available online at npic.orst.edu/pest/mosquito/. For additional information or to be placed on a "No Spray" list, leave a message for Manager Jennifer Mullins at 509-548-5904. Placement on the list is not a guarantee on non-treatment. The Department of Ecology Aquatic Pesticides Permit Manager may be reached at 360-407-6600 or nathan.lublimer@ecy.wa.gov Published in The Leavenworth Echo/Cashmere Valley Record on March 2, 2022 # 3679

Public Notices

NOTICE OF PUBLIC HEARING ON 5701 EVERGREEN DRIVE ANNEXATION

Pursuant to RCW 35.13, the Cashmere City Council will hold a public hearing on Monday, March 28, 2022, at 6:00 p.m. at Cashmere City Hall, 101 Woodring Street on the following petition proposal for annexation into the incorporated City Limits of Cashmere The proposed annexation is located at 5701 Evergreen Drive, Cashmere WA 98815, also identified by Chelan County Assessor's Parcel Number's 231905120300 and 231905120250. Complete legal description and site survey of the proposed annexation and petition are available at Cashmere City Hall for viewing by request.

The public is invited to attend and make comment or send written comments c/o Tammy Miller, Director of Planning and Building, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815, Tammy@cityofcashmere.org Published in the Cashmere Valley Record/ Leavenworth Echo on March 2, 2022. #3659

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Community

Front Street Closure

CONTINUED FROM PAGE A1

rehabilitation for Well No. 1, relaying that they received two well drilling bids by their Feb. 11 deadline.

Aspect Consulting LLC estimated the cost to be \$106,754.00, an increase from the Public Works' projected

\$70,000 budget. The increase is due to Public Works needing to expedite the process due to an air entrainment issue that was discovered in 2021 on Well No. 1.

The first bid was \$114,901.50 from Holt Services Inc., with the second being a \$112,243.25 by Schneider Water Services. The council moved to accept Schneider's cheaper bid and

was passed unanimously.

Wachholder noted that he is hopeful that this project will have a quick turnaround. He also states that Well No. 1 will be offline during the repairs and the city will need to use a different water supply during this rehabilitation project.

The final items that were passed were focused on equipment. They included a lease agreement for Chelan County Fire District #3 to purchase a 1939 Historic Fire

Truck, the purchase of new snow removal equipment: a S450 T4 V2 Bobcat Skid-Steer Loader for \$37,117.96 and the surplus purchase of a 2007 Bobcat S185 Skid-Steer Loader. They also passed a vote to buy a 2000 Nilfisk AS6690T Floor Scrubber in the amount of \$5,675.16 and to authorize a surplus of existing equipment of a 2015 Viper 26T Walk Behind Floor Scrubber and the circa 2000 Karcher floor scrubber currently being used at the City owned Festhalle.

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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
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