

Outdoors Repor See Page B4

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UPPER VALLEY NEWS SINCE 1904

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Staffing Shortage

Through the Eyes of a Worker

BY: MEGAN SOKOL

Staff Writer

After roughly 925k+ US residents died from COVID-19, many workers feeling that work is unsafe, while others have been able to draw from unemployment and pay bills, Chelan County employers and employees alike have been trying with little success to keep up with their usual pace.

For the past six months, almost every sector and industry has been feeling the effects of the pandemic. Many working-class people have communicated some concerns that they have with working. Here are some of their perspectives while working in the pandemic.

AnnaLee Zenkner is the hiring manager for Water from Wine in Leavenworth. Zenkner explained that former employees from Water from Wine were normally retirees, who saw the wine industry as a way to keep social. However since the pandemic, many of her former retired employees steered away from Water from Wine after the rising concern of COVID-19 kept them feeling unsafe to work.

"Now they're not seeing the benefit of coming back to these jobs because once it was fun," Zenkner explained. "Now you have customers who are extra demanding, extra entitled, and blatantly disrespectful."

Zenkner described the lockdown of 2020 as an opportunity for those



in the food industry to see how toxic their workplace environment was, which she claims is a factor in why less workers are coming back to the food service industry.

"If you're met with violence from a customer, you're not going to want to go into work. I also think that there's this 'old-school' mentality about employment, that after being out of work for so long, people don't wanna come back to that tyrant boss.³

Zenkner elaborates on how staff, especially in the service industry, usually have more than one job and in the case of tourist towns like Leavenworth or Chelan, would need to commute to work and requires staff to commute daily due to lack of housing and reliable public transportation.

On top of that, Zenkner illustrates how her staff were met with unreliable hours from their second job that fluctuated greatly with spikes of holiday tourists.

"I've had employees come to me after leaving one place asking for more hours. Then weeks later, finding out that the entire staff, where they had been, got laid off like the day after Christmas."

In Wenatchee, Tammy Smith recalled quitting her hotel job on Dec. 31, 2021. Smith states that she quit due to the intensifying staffing shortage at her job along with other unhealthy conditions. She claims that employees were leaving due to the hotel's lack of benefits and bonuses that other hotels were able to offer.

"They don't offer benefits. They weren't offering more money. They weren't offering sign-on bonuses, which I think was a big downfall considering a few of these other hotels, especially the new ones, were offering benefits and everything," Smith explained. "Our managers have jump ship and go into other hotels and now we're stuck with no managers at that hotel. Nobody's even applying."

Smith was hired to work the front-end reception with a crew of 30 workers. However, in the last few months of her employment, she ended up working approximately

60+ hours per week with a skeleton crew of 25 workers. Smith was working in the kitchen, shoveling snow outside, and eventually cleaning the rooms.

"Our housekeeping staff has been so short that most housekeeping staff at all hotels are off by 3 p.m. at the latest. Ours would work until 6-8 p.m. almost every night just to get the rooms done.'

When asked how employers could improve their recruiting process, Zenkner states that on top of raising wages, employers need to make their workers to feel safe along with being treated fairly.

"Employers aren't seeing the whole person when they hire, they're just looking for a cog in the system and that's not what people are," Zenkner explained. "Employers have to look at their employees as full humans with a full set of other things going on in life. You might not necessarily need to know all the other things that are going in their life, but just consider that this is not their only situation."

Mid-February school board meeting includes **PRSA** updates



Marlene Farrell Correspondent

The first agenda item for the Cascade School Board's meeting on February 15th was an update from Upper Valley Parks & Recreation Services Area (PRSA) representative and district liaison, Aaron Simon. Simon reminded the board that PRSA is a special taxing district whose footprint is almost identical to that of the school district. Homeowners pay a small tax annually for the PRSA.

The PRSA working group completed a recent needs assessment to understand the community's top priorities, which included an indoor pool, shared use trails and a community center. As for the Osborn site, Simon was excited to announce that the city officially rezoned it as a public recreation zone, which is designated green space. Several community center concepts have been presented to the public, and the most popular concept increases the amount of green space over what is currently there and includes a multipurpose building, a playground, a splashpad and a covered area. The city will next research project funding.

With the assistance of US Representative Kim Schrier, the City of Leavenworth applied for and is hoping to win a large federal grant (\$941K) that would be split, with about two thirds of the money funding parts of the Osborn project and/or the pool, and the remaining third going toward affordable housing programs. If funding went toward the pool, it would be used for a temporary or permanent cover over the pool. "The PRSA is going to run an RFQ process to get costs and concepts for various

The Washington Outdoors Report

Outdoor Round Up

My son worked as both a park

BY JOHN KRUSE

STATE PARKS HIRING: It's already time to think about a summer job if you are a college student or graduating high school and one great place to work if you enjoy the outdoors is with Washington State Parks. Some 350 park aides and an additional 40 senior park aides are hired to work at our parks from April through September. Typical work includes registering campers, maintaining trails and grounds, cleaning campsites and restrooms, performing maintenance chores and interacting with the public in a positive way.

aide and as an intern for Washington State Parks while in college and really enjoyed the experience. Many applicants will use these summer jobs as a stepping stone towards working full time with Washington State Parks. Others, looking fondly back at these summer jobs years ago, come back as retirees to work or volunteer in our parks. The salary range for these temporary positions range from \$16.09 to \$20.23 an hour, depending upon qualifications and experience. To find out more and apply go to www.governmentjobs. com. Once you are there, search for Parks Aide Jobs in Washington State.



PHOTO COURTESY AUSTIN'S NORTHWEST ADVENTURES.

Continued to page B4 Anglers with triploid trout at Rufus Woods

Pedestrian underpass gains traction

BY MEGAN SOKOL

Staff Writer

Amidst the uncertainty of whether or not state legislature will include the Confluence Parkway proposal in the "Move Ahead Washington" plan, Leavenworth sees a glimmer of hope for the Leavenworth Pedestrian Highway 2 underpass proposal.

The underpass is set to tackle onset safety concerns for bicyclists and pedestrians crossing US Hwy. 2. The project would connect residential neighborhoods north of US Hwy. 2 and downtown Leavenworth and Wenatchee River Waterfront and would be constructed near the Leavenworth Park and Ride.

The underpassing would be accessible via the Park and Ride lot to Sherbourne St. on the north and Division St. on the south.

The bill has been sponsored by the Chelan-Douglas Transportation Council and by Sen. Brad Hawkins, along with being part of the "Move Ahead Washington" plan. The "Move Ahead Washington" plan

is a \$16 billion transportation investment package that is investing in key construction projects needed to keep up with Washington growth for the next 10 years

Mayor Carl J. Florea felt that



the possible acceptance of this proposal has looked promising so far, even with state government giving little acceptance to the Confluence Parkway proposal in Wenatchee. Although he is glad that this project is part of the "Move Ahead Washington" plan, he hopes that some of Hawkins' bigger transportation projects make some headway.

"Senator Hawkins is not giving up and they're still working hard to get some of those bigger packages that deal with the highway, especially the Cascade loop and the additional bridge across the Wenatchee River down in Wenatchee and tying in Olds Station."

Florea also hopes to continue focusing on traffic issues that are related to US Hwy. 2, specifically to include the roundabout corner of US Hwy. 2 and Icicle Road.

designs," said Simon. "We have not yet begun fundraising or grant writing efforts."

Other pool updates include that the fee structure will remain the same this summer. The PRSA is hoping to work with the school district to bring back the swim program, in particular, for 3rd through 5th graders.

Chelan County is planning to widen the Icicle Road bridge, which will allow for a proper bike lane. Also, in conjunction with this bridge work, re-striping of Icicle Road will occur to include a much-needed bike lane.

Finally, Simon shared that the PUD is working toward the valley trail that connects Leavenworth all the way to Wenatchee. It's a challenge to get all critical landowners on board: however. the PUD is offering a half million dollars to fund goodwill projects.

Next, the board approved a threenight overnight trip for CHS and IRMS Technology Students Association members to attend the state conference in SeaTac. Board member Mike Worden asked if students report back to the board about highlights when they attend these special opportunities. Superintendent Tracey Beckendorf-Edou explained they hadn't in the past, though the board learns about accolades achieved, such as when some qualify to go to Nationals. The board agreed it would be nice to hear from students more frequently in the future.

Under personnel there were several hires and resignations. Notable among them included the resignation of CHS and IRMS chorale director Mindy Wall at the end of the school year, and the hire of Carl Haberberger as assistant high school track coach.

The board reviewed policies, with many first readings and subsequent

Continued to page A4



Community

 ${}^{\bullet}$ Items pertaining to local events that are free or minimum charge.

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- Serage and Yard Sale Ads are paid events, please email:
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S For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com

Scashmere: 509-782-3781, email: reporter@leavenworthecho.com



COMMUNITY

BULLETIN

BOARD

A2

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MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

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

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

AA Meetings:

Local,

Regional

News &

Events

Community

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.)
- helan Doug

information concerning the application process, as well as request the application form by sending an email to Mimi Keller at the following address: peoleavenworth@nwi.net

Regional

The Wenatchee Valley Symphony

Announced the winners of the 2022 Angela Schuster Svendsen Memorial Young Musicians Competition. The winner will be featured at the WVSO concert on Saturday, February 26 at the PAC. This year's winner is Julian Frank a student from Leavenwoth. For more information on the competition, contact Gordon Schuster, 509-669-1467, www. wenatcheesymphony.org for more information.

Upper Columbia Salmon Recovery Board

The Upper Columbia Salmon Recovery Board (UCSRB) Directors' will meet on Thursday, February 24 from 9 a.m. to 12:15 p.m. The meeting will be held as a webinar/ teleconference call. То participate in the GoToMeeting or call in for the teleconference: Join via webinar: https:// global.gotomeeting.com/ join/251048853. Join via teleconference: 1-224-501-3412 access code: 251-048-853# For info: Alicia Meier, Natural Resource Coordinator, Upper Columbia Salmon Recovery Board, 541-420-5472, hwww. ucsrb.org/, Facebook www. facebook.com/UCSRB/, Twitter twitter.com/ucsrb, Instagram www.instagram.com/ucsrb/

Free Virtual Book **Club Discussion about** Navigating Conflict

Get support and find tools for navigating conflict during one of two free virtual opportunities to discuss the book High Conflict: Why We Get Trapped and How We Get Out by Amanda Ripley on Thursday, February 24, noon or Saturday, February 26 at 1p.m.

NCW Libraries is proud to partner with the Wenatchee Valley Dispute Resolution Center (WVDRC) to host and moderate these discussions through Zoom. Attendees are encouraged to read the book in advance, available through NCW Libraries in multiple formats.

NCW Libraries mission is to connect the people of North Central Washington to vital resources and opportunities that foster individual growth and strengthen communities.

The Wenatchee Valley Dispute Resolution Center's mission is to change relationships through peaceful conflict resolution. "Building strengthening bridges, connections, and promoting community are goals that NCW Libraries and the WVDRC share. Partnering on this program has been a perfect fit, " said Amanda Brack, Communications and Community Engagement Manager for NCW Libraries. All NCW Libraries' virtual programs are free and open to the public. This event will be held through the zoom digital meeting platform. To participate, register at www. ncwlibraries.org. Registrants will receive an email with the Zoom meeting information.



February 11

23:47 Welfare Check,

February 13

Chumstick Hwy.

MP 12.

Hwy. 2.

Bend Dr.

Peshastin.

St.

MP 5.

Rd.

February 14

10:31 Malicious Mischief, 4637 US Hwy. 97, Peshastin. 17:06 Non-Injury Accident,

Chumstick Hwy. and North Rd.

17:25 Civil, 9860 Blewett Cutoff Rd., Peshastin. 18:27 Unknown Accident. 03:47 Assist Public, 2467 Salal

23400 Blk Lake Wenatchee Hwy., Lake Wenatchee.

21:51 Welfare Check, 2657

Chumstick Hwy.. MP 4.

06:56 Parking/Abandon, 13030

10:19 Property, 820 Front St.

11:05 Hazard, Chumstick Hwy.

12:33 Property, 810 US Hwy. 2.

12:57 Welfare Check, 894 US

14:40 Disturbance, 116 River

22:16 Diversion, 3343 Allen Ln.,

06:21 Trespassing, 932 Front

07:51 Hazard, Chumstick Hwy.

09:45 Vehicle Theft, 7375 Icicle

Alder Ln., Lake Wenatchee.

Valley Scholarship Application

P.E.O. Upper

Leavenworth

Applications are being accepted for the Upper Valley Scholarship supported by P.E.O. Chapter JF, Leavenworth, WA. The purpose of the scholarship is to assist women in need of financial help return to higher education at an accredited university, college or technical school in the State of Washington. This needs-based scholarship must be used for school expenses and will be paid directly to the school. Applications must be received for consideration by April 30, 2022. Scholarship funds will be available by the Fall of 2022, and be sent directly to the school financial department upon confirmation of enrollment. Women applicants must be seeking further higher education at either the undergraduate or graduate level in one of the following ways:

•Applicant must be age 30 or above and reside in Chelan or Douglas County, WA

 Applicant must be currently enrolled in, or returning to, a higher education program after a two-year or more absence. The colleges, universities, or technical schools where applicants have been accepted must be fully accredited and within the State of Washington. Out-of-state, on-line accredited schools are acceptable. Applicants may re-submit applications each year until they complete their programs of study. Women interested in applying for the scholarship may receive more detailed

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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 on the Covid-19 regulations.

Republican Women, Meetings at Red Lion, 1225 N. Wenatchee Ave. Please, RSVP if you want to have lunch. Cost for lunch is \$18; Cost for meeting with beverage only is \$7 (no outside food please). Check-in begins at 11:30 a.m. and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon.,monthly).

Tuesday

- Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)
- Icicle & Peshastin Irrigation Districts Meeting Current meeting time 8 a.m. at 5594 Wescott Drive. Call Tony Jantzer, cell, 509-433-4064, or 509-782-2561 or tony.iid.pid@nwi.net, (2nd Tues.)
- Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 509-548-5815. (4th Tues.)
- Cascade Education Foundation. Contact: CEF@cascade.org LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st. Tues.)
- Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leaveworthmasons. org. (1st Tues.)
- Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.).

NCW Libraries

- Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.
- Leavenworth Public Library. Located at 700 Hwy. 2, Call 509-548-7923 or online Leavenworth@ncwlibraries.org
- Open:10 a.m. to 2 p.m. on Monday, Tuesday and Saturday. 10 a.m. to 7 p.m. on Wednesday and Thursday. 10 a.m. to 5 p.m. on Friday. Closed Sunday.
- Peshastin Public Library. Located at 8396 Main St., Peshastin. Call: 509-548-7821 or Peshastin@ncwlibraries.org Open from 10 a.m. to 1:30 p.m. and 2:30 to 7 p.m. on Tuesday and Wednesday, 1 to 5 p.m. Thursday and Friday. 10 a.m. - 2 p.m. on Saturday. Closed Sunday and Monday.

Other events

- The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is open Friday-Sunday, 11 a.m.- 4 p.m. Please check our Facebook page or our website at www.leavenworthmuseum.org for updates and information.
- Leavenworth Fish Hatchery, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.
- Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.
- Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho. com or call 509-548-5286. Otherwise we are not responsible for any misinformation.

- Dr., Lake Wenatchee. 09:01 CPS/APS Referral, 6145
- US Hwy. 97, Peshastin. 14:19 Non-Injury Accident,
- 34491 US Hwy.2. 14:20 Assist Public, 8300 Lynn St., Peshastin.
- 14:45 Assist Public, 611 Birch St. 18:28 Alarm, 219 Dempsey Rd.
- 18:51 Hazard, Fish Lake Sno Park, Lake Wenatchee.
- 18:59 Hazard, 500 Pine St., Lake Wenatchee.
- 21:59 Assist Public, 590 US Hwy. 2. 22:23 Trespass, 920 US Hwy. 2. 22:36 Assist Public, 900 Front
- St. #C.

February 12

- 01:13 Suspicious Activity, 10183 County Shop Rd. 10:43 Civil, 12686 Wheeler St.
- 17:13 Diversion, 22744 Lake Wenatchee Hwy., Lake Wenatchee.

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



• 25 Years Experience • Fine References

For an appointment please call

1-360-322-2536

22:07 911 Call, 10495 Simpson Rd., Peshastin.

February 15

02:11 Noise, 100 Ward Strasse. 08:24 Alarm, 23379 Lake Wenatchee Hwy., Lake Wenatchee. 08:54 Theft, 8158 E. Leavenworth Rd 09:21 Non-Injury Accident, US Hwy. 2 and Front St. 15:33 Assist Public, 1214 Commercial St 18:29 Domestic Disturbance, 14905 Chumstick Hwy. 20:25 911 Call, 18451 Camp 12 Rd., Plain.

February 16

- 12:37 Assist Agency, 9605 E. Leavenworth Rd.
- 12:59 Burglary, 293 Pinedrop Ln. 14:15 Harassment/Threat, 10190
- Chumstick Hwy.

February 17

- 09:38 Welfare Check, 18451 Camp 12 Rd., Plain.
- 10:18 Diversion, 100 Ward Strasse #B230. 10:50 CPS/APS Referral, 8300
- Lynn St., Peshastin.
- 12:27 CPS/APS Referral, 4702 US Hwy. 97, Peshastin.
- 15:00 CPS/APS Referral, 39 Amas Pl., Peshastin.
- 15:52 Harassment/Threat, 100 Ward Strasse
- 17:48 Assist Public, 405 US Hwy. 2 #319.
- 18:30 Hazard, 9500 Blk E. Leavenworth Rd.
- 19:34 Lewd Conduct, 100 Ward Strasse.
- 22:04 Trespassing, 342 Wild Rose Ln.
- 22:41 Traffic Offense, North Rd. and Main St., Peshastin.
- 23:42 Alarm, 829 Front St.

Go online at Cascadesd.org or all menu updates.

Sports/Community



Cascade High School sophomore Mya Herrera wrestling Kennewick senior Veronica Arroyo during a 105-pound match. Mya took second place at the Girls Region 4 tournament on Saturday, February 12 at Ephrata High School and advances to the state Mat Classic in Tacoma on February 18 and 19th.

WIAA Region 4 Girls Results for Cascade (Leavenworth) (Girls)

Mya Herrera (2-1) placed 2nd and scored 18.0 team points.

- Champ. Round 1 Mya Herrera (Cascade (Leavenworth) (Girls)) 2-1 received a bye () (Bye)
- Quarterfinal Mya Herrera (Cascade (Leavenworth) (Girls)) 2-1 won by decision over Veronica Arroyo (Kamiakin (Girls)) 2-2 (Dec 11-9)
- Semifinal Mya Herrera (Cascade (Leavenworth) (Girls)) 2-1 won in sudden victory - 1 over Alexia Fabian (Chiawana (Girls)) 1-3 (SV-1 4-2)
- 1st Place Match Libby Roberts (University (Girls)) 6-0 won by fall over Mya Herrera (Cascade (Leavenworth) (Girls)) 2-1 (Fall 1:59)

	A subscriptio a wonderf	
	Wenatchee Business Journa	There's something for everyone
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ECHO RECORD MIRROR	On-line only - \$40 – indudes E-edit	Image: Second state sta

2022 Ninth Circuit Civics Contest

The theme of this year's contest The First Amendment and the Schoolhouse Gate asks contestants to consider what rights the First Amendment provides to students engaging in free speech, both inside and outside of school. Participants are also asked to consider the responsibilities, if any, that students, schools, or the government have with

respect to speech by students, including whether it may cause harm to others. The United States District Court for the Eastern District of Washington will conduct a local contest to select finalists for the circuitwide competition. The top three finishers in the essay and video competitions at the local level will go on to compete in the Ninth Circuit contest. To be

eligible for selection, entrants must reside in one of these counties Chelan, Douglas, Grant, Okanogan. The deadline for entries is March 18, 2022. For more contest information and rules, please review the contest website.

Questions about the districtlevel contest may be directed to civicscontest@waed.uscourts. gov.

Cascade Technology Student Association goes to state

SUBMITTED BY JULIE WINTERS Cascade School District (CSD) is delighted to announce that its Technology Student Association (TSA) is heading to state competition.

TSA is a non-profit national student organization with a mission to inspire its student members to prepare for careers in a technology-driven economy and culture.

TSA membership includes 200,000 middle and high school students from 2,000 schools spanning 48 states. TSA members compete in exciting individual and team competitions that include Engineering Design, Catapult, Robotics Challenge, Cybersecurity, Forensic Science, Software Development, Digital Photography, Fashion Design, Children's Book Illustration, and many more. This year, Icicle River Middle

School is sending 21 students to the state competition and Cascade High School is sending 14 students.

The competition takes place Dille

from Wednesday, March 16 through Saturday, March 19 in SeaTac.

If students place in the top five in a TSA event, they qualify to compete at the national competitions that will be held in Dallas, Texas from June 26-30.

Cascade School District chapters started six years ago and that our students have earned spots to Nationals three times in the past. The IRMS TSA advisors are Jodie Tremberth and Kim Gilreath. The CHS TSA advisors are Teara Dillon and David Harvill.

JOURNAL

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COVID-19 testing supply and distribution update

SUBMITTED BY VERONICA FARIAS

East Wenatchee, – The Chelan-Douglas Health District (CDHD) is now allowing asymptomatic individuals and those without an appointment to get tested for COVID-19 at the Town Toyota Center testing site.

Due to a decrease in the number of tests conducted in the past few weeks and an increase in testing supplies and at-home COVID-19 testing

kits, CDHD is able to offer and support the change in operations.

The Town Toyota Center testing site will continue to operate Monday through Saturday from 10:30 a.m. to 4:30 p.m. Pre-registration is no longer required and anyone who believes they were exposed to COVID19 (with or without symptoms) can get tested.

In addition, CDHD

is working with local organizations and community agencies to offer various at-home test kit distribution sites through Chelan and Douglas counties. To find your nearest distribution site and get a free at-home COVID-19 test kit, visit cdhd.wa.gov/ covid-19#testing.

For ongoing updates, visit www.cdhd.wa.gov and follow us on Facebook, Twitter and Instagram.

COVID-19 trends give leaders confidence to look towards next phase of pandemic response

OFFICE OF GOV. JAY INSLEE

With dropping hospitalization rates, improving vaccination rates, and broad access to masks and tests, Gov. Jay Inslee today announced the state can soon move into a less restrictive phase of the COVID-19 response. The lifting of statewide measures does not prohibit local governments from the ability to enact measures in response to COVID-19 activity in their communities.

"The virus has changed significantly over the past two years, and so has our ability to fight it. While caution is still needed, we are entering a new phase of the pandemic," Inslee said at today's press conference.

Inslee and leaders from the state Department of Health said the combination of dropping COVID-19 hospitalization rates and efficacy of vaccines in preventing severe illness and hospitalization are important indicators that statewide requirements can begin to loosen.

"Vaccination remains our most essential protection against severe illness and death from COVID-19. It's also crucial to prevent our hospitals from being overwhelmed again," Inslee said. "If you've been procrastinating, now is the time to get the shot."

Masks no longer required in most places beginning March 21

Beginning March 21, face masks will no longer be required in most settings, including K-12 schools and childcare facilities.

Masks will still be required in health care settings such as hospitals, outpatient and dental offices, long term care settings, and correctional facilities.

In addition, beginning March 1, vaccine verification for large events will no longer be required.

Businesses and local governments can still choose to implement vaccination or face mask requirements for workers or customers, and school districts can still choose to have students and teachers wear masks. Federal law still requires face masks in certain settings such as public transportation and school buses.

Guidance for K-12 schools will be updated

The week of March 7, DOH will issue updated guidance for

K-12 schools to go into effect March 21. The guidance will be released early to help schools prepare for this transition.

Schools will still be required to report COVID-19 cases and outbreaks, and cooperate with public health authorities in responding to these consistent with procedures for other communicable diseases.

Students and staff with symptoms of COVID-19 will continue to be required to quarantine away from school buildings. Schools must also ensure access to testing for staff and students who have symptoms of or who may have been exposed to COVID-19. If a student or staff member tests positive for COVID-19, they must remain at home and follow the CDC and DOH isolation protocol.

DOH will also shift existing requirements regarding distancing, ventilation, and sanitation so they become recommendations.Until Monday, March 21, the K-12 Schools Requirements 2021– 2022 remain in effect.

"Our students, educators and school employees, and families have been incredibly resilient as we've navigated the impacts of the pandemic,"

Superintendent said of Instruction Chris Public Reykdal. "Our efforts over the past two years have led us to this moment. Nearly all of our school employees are vaccinated, the number of vaccinated students increases each day, and we have one of the most robust COVID-19 school testing programs in the country. Moving away from a statewide mask mandate to masks being encouraged is a safe next step as we move from pandemic to endemic."

Safe workplace protocols remain in place

remains a COVID-19 recognized workplace hazard. When masks are no longer required in the workplace, employers must continue taking steps to assess COVID-19 transmission risks to employees and taking steps to minimize those risks. Risks vary depending on the work space and conditions. Possible steps could include promoting improving vaccination, ventilation, offering face masks, encouraging social distancing or installing sneeze guards or barriers.

Employers are still required to notify workers of potential exposures when a co-worker has a suspected or confirmed case of COVID-19. In worksites with 50 or more employees, report outbreaks of 10 or more confirmed cases to the state Department of Labor & Industries.

Employers must also allow workers to continue to wear masks if they choose. In 2021, the Legislature passed SSB 5254, which protects a worker's right to wear a face covering and other protective devices during a public health emergency. The governor is amending an existing worker safety and protection emergency order, Proclamation 21-08, to reflect this new state law. Proclamation 21-08 already prohibits employers from taking adverse action against a worker for taking COVID-related health actions, including getting vaccinated and taking time off to get vaccinated or seek treatment, and it will now also protect workers from any adverse action for wearing a face covering while we remain in a state of emergency.

"Caution, compassion and kindness is what will allow us to move forward, together"

While the transition to the next phase of the pandemic is reason for hope, Inslee emphasized many families and individuals will continue taking precautions such as wearing face masks at school and work.

"People fall all along the spectrum when it comes to feeling safe and ready to be in public spaces," Inslee said. "And here's the hard truth: while we have the tools we need to fight back, COVID-19 is still a danger to many people. I encourage people to continue doing what's necessary to keep themselves, their families, or their workers safe. Caution, compassion and kindness is what will allow us to move forward, together."



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Community

School Board Meeting CONTINUED FROM PAGE A1

discussions. Two policies about Special Education, related services and use of restraint and isolation were simplified to remove redundancies. Beckendorf-Edou explained that another policy about personnel leaves needed clarification about the procedure to request and use leave without pay after other forms of leave are used up. Dwight Remick, CSD business manager, recommended to the board, for another policy, to change the minimum fund balance from 8.5% to 10% for a healthier conservative minimum in expectation of future challenges such as COVID.

Final policies under review included one that clarifies when certain projects must go out to competitive bid and when it's not necessary, and another that explained when the district can cover the costs of a working lunch.

In response to a question from Mike Worden, Beckendorf-Edou explained that policies come up for review due to recommendations coming from the Washington State School Directors' Association (WSSDA) and also the day-today realities within the district that bring to light a needed update. WSSDA supplies the model language for policies and then that can be customized to suit the needs of each individual district. school Worden suggested that the board review all policies within a series at the same time for consistency. Beckendorf-Edou said she does something similar, which is to look at all cross-referenced policies connected to the policy being reviewed.

Teresa Disher, CSD facilities director, in speaking about the Dryden irrigation rights dispute, said that spring and summer watering of the softball fields will continue as needed because the district and others involved have two years to resolve the issue. The problem stems from a compliance issue between the PUD and the Department of Ecology, and this affects CSD and others who have agreements with the PUD. Disher will be working with a PUD program manager to investigate solutions. The board voted on the new

name of the Beaver Valley soccer pitch from four options presented by a committee. Board member Zachary Miller explained the significance of naming it after James Adamson. an outstanding resident of Plain who contributed to the community in many ways and who was a former teacher. All board members voted in favor of naming it the James Adamson soccer pitch, though Mike Worden recused himself given his position as president elect of the Leavenworth Rotary Club.

Madi Gillespie, vice president Carli Ostrem, treasurer Britni Harris and secretary Olivia Cappellini, shared their revised constitution, explaining how they made changes to simplify language, to improve formatting and, most notably, add a section about how the ASB can continue activities during an emergency school closure. ASB went dormant at the beginning of the pandemic because there wasn't a clear procedure about how to continue to meet. School board members and the superintendent approved the changes and congratulated the ASB officers on excellent improvement efforts that are setting future ASB groups up for success.

a resolution for an emergency waiver of high school graduation credits. Due to the challenges presented during the pandemic's remote and hybrid learning, a few seniors might benefit from the waiving of a couple credits. This resolution mirrors similar resolutions passed in other school districts.

Beckendorf-Edou shared communications about a grant that Home Link teachers and students, in conjunction with Waste Loop, applied for and won from the Department of Ecology to improve district recycling. Also, the district received a thank you from the Leavenworth/Cashmere Community Farmers Markets for their partnership.

CHS ASB officers, president

Finally, the board approved

OBITUARY

Tulia Ceceile "Tulie" Larsen

September 21, 1950 -February 15, 2022 Leavenworth, Washington

Julia Ceceile (Mathena) Larsen passed peacefully on February 15, 2022. Julie lived with Alzheimer's Dementia for eight years, and while the disease darkened our lives, her laughter and bright smile remained.

Julie was born on September 21, 1950, in the old Leavenworth Hospital to Gladys and Cecil Mathena. The youngest of five siblings, Julie grew up surrounded by the chaos of a fun-loving family. She followed her father Cecil and older brothers into law enforcement, pursuing a degree in Police Science from Washington State University and working in the court system throughout her life.

Julie met and, after considerable persuasion, married Elmer Herbert Larsen in 1971. They lived for a short while in Cashmere before spending 8 years in Vancouver, Washington where Julie enjoyed hunting for treasures at Portland's



Saturday Market and spending time with family along the Oregon coast.

Julie and Elmer enjoyed 50 years together, returning to Leavenworth in 1984. Some of her happiest memories were made on the coast of Oregon, with the autumn leaves of New England, beside friends at Elro's Pizza, along the Cliffs of Moher in Ireland, and in visits to relatives in North Dakota. Julie and Elmer raised two children (Annie and Ben) and Julie cherished watching them grow.

Julie was engaged in many community activities



and for years she devoted her time and efforts to the Leavenworth Friends of the Library. Julie loved garage sales; some of her greatest treasures were Leavenworth memorabilia. She loved crime novels, history, and old things (including Elmer). Nothing made her happier than a bath, a good book, and laughing with those she loved.

Julie was preceded in death by her parents, sister Ramona, and brother Michael. Remaining to celebrate her life and honor her memory are her brother Daryl (Louise), sister Carolyn

(Ron), husband Elmer, daughter Annie (Aaron), son Ben (Katie), grandchildren Ava, Stella, Erik, Penny, and Teddy, many nieces and nephews, and countless friends.

The family would like to thank the staff at Mountain Meadows in Leavenworth for their love and compassion.

A Graveside Service will be held at Mountain View Cemetery in Leavenworth on March 3, 2022, at 11:00 AM with a Celebration of Julie's life later in the spring. In lieu of flowers, donations may be made in Julie's memory to local Leavenworth non-profit organizations: Leavenworth Friends of the Library, Mountain Meadows, or the Leavenworth Museum. You are invited to view Julie's Online Tribute at www. HeritageMemorialChapel. com where you can share a memory with the family. Arrangements are in the care of Heritage Memorial Chapel, East Wenatchee and Cashmere, WA.

Obituary & Memorial Policies

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Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later.

Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.

Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited.







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Protesters on the east steps of the U.S. Capitol in Washington on Jan. 6, 2021.

Police Beating of Unconscious Trump Supporter Was 'Objectively Reasonable,' Department Rules

Internal Affairs Bureau conducted probe in response to a police-brutality complaint

JOSEPH M. HANNEMAN

The beating of an unconscious Trump supporter by a DC Metropolitan Police Department officer at the U.S. Capitol building on Jan. 6, 2021, was deemed to be "objectively reasonable" after an investigation by the department's Internal Affairs Bureau, The Epoch Times has learned.

The Internal Affairs investigation was opened in September 2021, based on a complaint filed by a Texas man who assembled video evidence of the officer striking an unconscious Rosanne Boyland with a steel baton and a large wooden stick at the entrance to the West Terrace tunnel at the U.S. Capitol.

Boyland, 34, of Kennesaw, Georgia, was pinned under a pile of protesters who fled the tunnel when police de-

There is nothing reasonable about hitting a nonresponsive woman lying on the ground over the head with a baton.

Philip Anderson, protester

Capitol. Testimony before a congressional committee suggested that police attempted CPR at 4:26 p.m., which wasn't possible because, at that time, Boyland still lay on the concrete receiving CPR by protesters Jake Lang and Ronald McAbee.

The DC medical examiner said Boyland died of an accidental overdose of Adderall, a prescription medication used to treat attention deficit hyperactivity disorder; that ruling has sparked skepticism and outrage from Boyland's friends and family. Her father, Bret Boyland, said Rosanne had been taking Adderall for about 10 years.



Justin Winchell (top R) reacts to a Metropolitan Police Department officer striking his unconscious friend, Rosanne Boyland.



Bret Boyland asked the Metropolitan Police Department for copies of bodycam video from various police officers in the terrace tunnel. That request was denied.

"Wednesday was nine months from our daughter's passing and we still have many unanswered questions to what happened to her that day," he wrote in a Freedom of Information Act (FOIA) request in fall 2021.

[embed]https://rumble.com/embed/ vrwsft/?pub=vuqsl[/embed]

On Oct. 12, 2021, Shania Hughes, a FOIA specialist with the Metropolitan Police Department, told Bret Boyland that MPD wouldn't release any bodycam footage.

"It has been determined that the information you are seeking is part of an ongoing investigation and criminal proceeding," Hughes wrote. "With exception of the portions of the video that has been shown publicly, MPD cannot fulfill your request. The release of this information could interfere with the enforcement proceedings by revealing the direction and pace of the investigation."

The Epoch Times also made a FOIA request for Morris's bodycam footage for her entire shift on Jan. 6, 2021. That request was denied, but for different reasons than those given to Bret Boyland. The department cited privacy grounds for denying the newspaper's request.

Officers Attempted CPR After Boyland Moved Inside Capitol

Bret Boyland said the family was initially denied a copy of Rosanne's full autopsy report, but since has obtained the document.

"Through our lawyer and additional FOIA requests, we have obtained the full autopsy report, which has been forwarded to the pathologist," he told The Epoch Times.

The family hired its own forensic pathologist to review the DC medical examiner's report on Rosanne Boyland's death.

Bret Boyland said heavily redacted bodycam footage he obtained shows that police did attempt CPR on Rosanne after she was moved into the Capitol.

"There were two BWC [bodyworn camera] videos that started with the officers pulling Rosanne into the building past the police line," he said, "and it did show multiple officers attempting to revive Rosanne and gave CPR for about 10-12 [minutes] straight; then they appeared to load her on some kind of mail-room cart and moved her somewhere else."

McBride said one thing he found especially troubling on one of the videos is that despite being unconscious during the attack, it appeared Rosanne Boyland could feel the blows to the head. "When she takes that second hit to the head, watch her left arm, her left arm straightens up and lifts off the ground," McBride said. Winchell told an Atlanta television station in 2021 that when Rosanne was struck by Morris for the final time, Rosanne's nose started bleeding.

ployed crowd-control gas. After several minutes of being crushed by the weight of other fallen protesters, Boyland lost consciousness and stopped breathing, witnesses have said.

Boyland traveled to Washington that day to attend the "Stop the Steal" rally and hear President Donald Trump speak at the Ellipse. She became trapped in a crowd that sought entry to the Capitol through the West Terrace tunnel.

As Boyland lay unconscious, DC Metro Police Officer Lila Morris repeatedly struck her with a steel baton and what appeared to be a wooden walking stick, according to a video recording.

The sudden attack horrified Boyland's friend and traveling companion, Justin Winchell, who pleaded with police and protesters to provide first aid to Boyland. Police bodycam video shows Winchell's shock when he saw Morris strike Boyland in the head.

"She's gonna die! She's gonna die! ... I need somebody! She's dead!" Winchell cried.

While Boyland wasn't pronounced dead until more than 90 minutes later, she appeared lifeless when police dragged her body from the West Terrace tunnel entrance into the Capitol at 4:31 p.m.

For 11 minutes after Boyland fell, protesters made repeated attempts at CPR—efforts that were frustrated in part by police beating and squirting pepper spray into the faces of those trying to help her, video shows.

There is confusion about what lifesaving efforts were made by police after Boyland was moved into the

Citizen Complaint Filed in September 2021

The attack on Boyland disturbed Gary McBride of Decatur, Texas, so much that he filed a police brutality complaint with the Metropolitan Police Department on Sept. 14, 2021.

McBride, who spent most of his career in the oil and gas industry, has assembled a library of videos recorded at the Capitol on Jan. 6; he's become a professional video sleuth after studying thousands of hours of footage from that day.

McBride went back and forth with various Metropolitan Police Department officials for more than two months before being told via email on Nov. 15 that Morris had been cleared of any wrongdoing.

"The use of force within this investigation was determined to be objectively reasonable," wrote Capt. David K. Augustine, director of the Risk Management Division of the MPD Internal Affairs Bureau. "Officer Morris is still employed with the MPD and not facing criminal charges related to the use of force on January 6."

McBride said he found the reasoning and conclusion shocking.

"It told me right there that it's OK for them to do what they do. They are doing exactly what they want to do. They don't care if you know or see," McBride said.

Bret Boyland with his wife, Cheryl, and daughter, Rosanne (R), during a family vacation.

"They just showed me that they're going to go beat somebody and kill them, but they have the power to say, 'That was objectively reasonable.' And we're supposed to accept that and say, 'OK.'"

Morris, who had just reached the front line in the West Terrace tunnel, is seen on bodycam video picking up what appears to be a walking stick or a tree branch. She raised the weapon over her head with both hands and struck Boyland at least four times in rapid succession. While the stick broke at one point, Morris continued to strike at Boyland until other officers pulled her back.

Morris, who was hailed as a hero after Jan. 6, was feted as a guest of honor at Super Bowl LIV in Tampa, Florida.

Philip Anderson of Mesquite, Texas, who was at the bottom of the same pile that crushed Boyland, called MPD's use-of-force ruling "absolute [expletive]."

"There is nothing reasonable about hitting a nonresponsive woman lying on the ground over the head with a baton," Anderson, 26, told The Epoch Times. "They say it's reasonable because she [Boyland] was a Trump supporter."

Anderson says there was cause from the beginning for an independent investigation by a special prosecutor or a grand jury.

"The fact that they have been lying from the beginning is reason enough for investigation," he said. "The only reason why anyone even knows this is because I barely survived and am here to now call out their blatant lies [about] the woman that they killed."

McBride sent two videos as evidence along with his police-brutality complaint. One of the videos was removed from YouTube but is available on Rumble; the other video is still accessible on YouTube.

"In our mind, she was still alive at that point," Bret Boyland said.

Rosanne also suffered three or four broken ribs on each side of her chest, her father said. Those injuries could have come from the repeated CPR attempts, the pressure of being under the large pile of bodies, or from the baton blows from Morris, he said.

Augustine said a report on Officer Morris's use of force hasn't been released to the public. He said the factors involved in police use of force are outlined in MPD's online policy, updated in January 2021.

"Members of the Metropolitan Police Department (MPD) shall value and preserve the sanctity of human life at all times, especially when lawfully exercising the use of force," the policy states. "In situations where the use of force is justified, the utmost restraint should be exercised."

Bret Boyland said the family wants to know why Morris attacked Rosanne.

'She had a choice; that officer had a choice," he said. "She could have helped her right there at that point in time. But she chose to grab the stick and start hitting her."



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Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge. Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions. The Lake Chelan or Quad City Herald or email mirrorads@ lakechelanmirror.com For The Leavenworth Echo or Cashmere Valley Record Call 509-548-5286 or email classifieds@leavenworth echo.com

Employment

Help Wanted

The 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

Looking for a great local employee? It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site. Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email mirrorads @lakechelanmirror.com OR Leavenworth Echo **Cashmere Record** 509-548-5286 or send email to classifieds@leavenworth

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

echo.com



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

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.

Looking for real estate Carmen Bagdon - 237-2060	Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists						
in the Upper Valley? Momi Palmieri - 433-2211 Geordie Romer - 679-8958 Allyson Romer - 630-9898	l 8						

Help Wanted

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 morninas. 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

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

Help Wanted

Receptionist-Administrative Assistant The Lake Chelan Mirror newspaper is looking for an outgoing person for full-time this iob Monday-Friday. Qualified applicant will answer phones, take ad orders, keep circulation records up to date, prepare the daily cash receipts journal, make deposits, affidavits prepare and sheets tear for advertisers and assist with other administrative

activities. Must have good customer service skills, utilizing adept at 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



For Sale

Antiques & Collectibles

Get cold hard CA\$H for your Antiques and Collectibles by placing them in our classifieds. Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site. Want Print Only? Call Lake Chelan Mirror **Quad City Herald** 509-682-2213 or email mirrorads @lakechelanmirror.com or call The Leavenworth Echo **Cashmere Valley Record** 509-548-5286 classifieds@leavenworth echo.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.

www.leavenworthecho.com • www.cashmerevalleyrecord.com

RUN IT 'TILL IT SELLS Housing sales are HOT!

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www.cascadesed.org

EOE

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

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



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.

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

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, In the Matter of the Estate husband and wife; the UNKNOWN HEIRS of ALBERT DIEDE; the UNKNOWN HEIRS of BERNICE DIEDE; HENRIETTA GRIFFITH, a single woman; named below has been appointed KERRY JOHN GRIFFITH and JANE DOE GRIFFITH, husband as personal representative of this ANN wife; LAURIE and GRIFFITH, as her separate property; and ALL UNKNOWN CLAIMING PERSONS AN INTEREST IN THE PROPERTY, Defendants.

THE STATE OF WASHINGTON TO THE SAID DEFENDANTS: UNKNOWN HEIRS of JOHN R. WERST and VIRGINIA WERST. UNKNOWN HEIRS OF the ALBERT DIEDE AND BERNICE DIEDE, and ALL UNKNOWN PERSONS CLAIMING AN

Public Notices

CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARINGS NOTICE IS HEREBY GIVEN that NOTICE IS HEREBY GIVEN

that the Leavenworth City Planning of Leavenworth will hold a Public Commission will hold a public hearing on March 2, 2022 at 7:00

PM via Zoom. Meeting ID: 999 2949 1100 and Passcode: 225225, Dial by your location +1 253 215 8782.

the corresponding zoning district,

amending I MC Sections 18 20.060.

18.21.060, 18.23.060, 18. 36.045;

and removing 18.52.130, condition-

al use permit - two-family dwelling

Hall, phone 509-548-5275 or

16, and 23. 2022. #3578

email

Public Notices

SUPERIOR COURT OF

WASHINGTON

FOR CHELAN COUNTY

NOTICE

representative

otherwise

TO

of WILLIAM E. FORHAN,

personal

by

PROBATE

The

barred

Deceased. No. 21-4-00474-04

CREDITORS RCW 11.40.030

estate. Any person having a claim

against the decedent must, before

the time the claim would be

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

any

attend

ID: 873 5181 0843, Passcode: If you do not have computer 335577; Or the call-in phone access, please contact City Hall for number: 1-253-215-8782. special accommodations. The CUP2022-002: Request for a Hearing will address a new Conditional Use permit, submitted Leavenworth Municipal Code by Caroline & Matthew Moser Chapter 18.42 Affordable Low- (owners), to utilize an existing Income Housing Incentives, to pro- two-bedroom Accessory Dwelling vide incentives for the creation of unit as a Bed & Breakfast (B&B), affordable low-income housing. At pursuant to LMC 18.52.120. The this same meeting, remanded items project is located at 162 W for the following will be considered Whitman Street, within the and sent back to the City Council Multifamily Residential zoning (1) Leavenworth Comprehensive district; Assessor's parcel number Plan - creation of a new Residential 241711697210.

Low Density 8,000 designation The public is encouraged to (removing Residential Low Density attend via zoom and to submit 12,000 and 10,000); (2) Zoning Lot written comments prior to the Size Requirements - combining hearing. Materials may be viewed land use designations LMC 18.21 by appointment only at City Hall, Residential Low Density 12,000 or on the City's Public Portal at and LMC 18.23 Residential Low https://bit.ly/2RMadlw; Search Density 10,000 into a new LMC LUA2022-002, address, or use 18.18 Residential Low Density the interactive map. Questions 8,000 zoning which would change may be directed to Maggie Boles, the minimum lot sizes from 12,000 Development Services, phone and 10,000 square feet to 8,000 509-548-5275 email (respectively); and, (3) Duplex Lot seniorplanner@cityofleavenworth. Size Requirements - change the com. Published in The Leavenworth minimum lot size requirement for a Echo/ Cashmere Valley Record on duplex from 12,000 square feet to February 23, 2022. #3660

Public Notices

Public Notices

NOTICE OF PUBLIC HEARING

the Hearing Examiner for the City

Hearing to consider and make

decision on a Conditional Use

Permit Application. Hearing will be

held at 10:00 am, Friday, April 15,

2022, online via Zoom, Meeting

SUPERIOR COURT OF WASHINGTON

units (duplexes). Interested citizens FOR CHELAN COUNTY are encouraged to comment and/or In the Matter of the Estate of the public hearing. CHRISTOPHER C. HAUGE, Questions may be directed to Deceased. No. 22-4-00047-04 Development Services within City PROBATE NOTICE TO CREDITORS RCW 11.40.030

personal representative The Published in The Leavenworth Echo/ Coshmers Vell Cashmere Valley Record on February. 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

(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 copy of the claim and filing the 11.40.051 and RCW 11.40.060. original of the claim with the Court This bar is effective as to claims in which the probate proceedings against both the decedent's probate and nonprobate assets. Date of First Publication: Personal Representative: Diana M. Starcher the Personal for 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. 22-4-00047-04 DIANA M. STARCHER 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 Feb. 9, 16, and 23, 2022. #3573

Using spices as supplements

I can't stand fried chicken. I never go to KFC, and I'll avoid fried chicken at potlucks unless there's nothing else available. Then, I peel off the fried coating until there's just plain chicken on my paper plate.

My grandparents retired and moved from Arizona to Washington State when I was in primary school. Every few months, we'd visit, driving from Seattle to Ocean City, just north of Ocean Shores on the coast.

I loved staying with my grandparents, but getting there wasn't fun. We always left right after Mom fed us lunch, usually fried chicken. Halfway there, I'd get queasy sitting in the back seat of our station wagon. One particularly twisty section of the road was excruciating. I'd often lose my lunch by the side of the road or into a trash bag inside the car.

I suffered motion sickness on boats and planes, too. One day, I discovered that ginger root might help. I tracked down candied ginger root in the spice section of my local grocery. After measuring out the suggested dose, I took it about an hour before my next road trip.

What a difference. Without a headache or queasy stomach, I enjoyed riding and reading in the back seat of the car. What a relief to master my motion sickness.

Years later, the airport was crazy busy on the early morning of Christmas Eve, and I almost missed my flight to Dayton, Ohio. In the confusion, I forgot my dose of ginger. Everything went well until we hit turbulence on the final approach. Staggering off the plane and feeling four shades of green, I raced for the nearest restroom. Finally arriving at my in-laws, I spent the rest of the dav in bed.

Cinnamon, ginger, and turmeric are spices with additional medicinal proper-

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ties. Although some people seem to experience benefits from these natural products, many others do not. How can you tell if they are helping vou?

When your doctor gives a prescription medicine to try to lower your blood sugar, they will have a way to decide how you respond to it. You may poke your finger to measure your blood sugar. If your blood sugar levels don't change, then another approach is needed. You may get a higher dose or different medicine.

Not everyone who takes a medicine, food supplement, or herbal product will respond to it. There's no way to predict who will benefit and who won't. Even with dozens of glowing testimonials, taking any supplement or herbal product doesn't guarantee similar results. Each of us responds to medications and supplements in our own way.

The best way to determine if your supplement is helping you is to document your results. Before you start, write down how you feel before taking the first dose of your medication or supplement, then at regular periods afterward. Trying to recall exactly how you felt a week ago is not as nearly as accurate as documenting it in writing.

In the words of a Chinese proverb, "The palest ink is better than the best memory."

Despite recent studies showing that ginger is ineffective at relieving nausea from motion sickness, I have confirmed that it works for me. And that's what counts.

Other medicinal spices include clove oil and cinnamon. Clove has been used as a dental analgesic and

antiseptic for decades. I think the hint of clove is part of what gives dental offices their distinctive smell. Pure Cassia cinnamon has been shown to lower blood sugar by up to 25 points, and turmeric may help your knee pain.

Here are 5 steps to help determine if a supplement works for you:

1. Decide which symptoms you hope will improve.

Answer the question, "If this really helped you, how would you know?" What exactly do you expect it to do? Relieve your pain? Increase your energy? Help you lose weight?

2. Create a before and after scoring system.

Before taking the first dose of your supplement, score yourself on how you are doing on each symptom. If you want increased energy, score your current energy level on a scale of 1 to 5 or 1 to 10.

3. Start your new supplement.

4. Score yourself on each symptom.

Every week, notice how you are doing on each symptom and record it in your symptom diary.

5. Evaluate your progress.

Check your before and after scores to determine any changes to your symptoms. If you don't see any measurable difference after four to six weeks, it's not helping you. Try something else, instead.

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



INTEREST IN THE PROPERTY

appear within sixty (60) days after of: (1) Thirty days after the February 9, 2022 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 months after the date of first 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 Court of Probate Proceedings 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.

were commenced. The claim You are hereby summoned to must be presented within the later personal representative served or mailed the notice to the creditor RCW Attorney as provided under 11.40.020(1)(c); or (2) four publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: February 9, 2022 Personal Representative: Carol L. Forhan Attorney for the Personal Representative: David J. Bentsen Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 and Cause Number: Chelan County Superior Court Cause No. 21-4-00474-04 CAROL L. FORHAN Personal Representative Attornevs Personal for Representative: SPEIDEL BENTSEN LLP By: DAVID J. BENTSEN WSBA No. 42107 7 North Wenatchee Avenue. Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in The Leavenworth Echo/Cashmere Valley Record on



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Khan

THEME: THE 1940s ACROSS

Monk Kidd

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

72. Nucleic acid 73. Term of endearment DOWN Emergency acrony... *1949 international org. 4. Chicken feet 1. Emergency acronym 3. Copycat . Christian hymn (2 words) 7. Gone by 6. Graveside sound . TV's Yellowstone, e.g. 9. Uses a Singer 10. Underwater hermit 11. Ethereal 12. Gridiron official, for short 15. Apollo Creed's son 20. City in northern England 22. Old towel, e.g. 24. Rollerskater's protector (2 words) 25. *Disney's 1942 orphan 26. Abstractionism using optical illusion 27. Kind of salami ," pl. 29. Crafts' companion 31. Network of nerves 32. Treasure collection 33. Dreamer? 34. *Popular music style 36. Ship canvas 38. *1939-1945 42. Parallel grooves 45. Acid turns it red 49. "Bingo!" 51. Daryl Hannah's 1984 movie 54. Open up56. In spite of the fact, arch.57. Church sound 55. Beer acronym 57. *____ Doctrine, U.S. foreign policy 58. Swedish shag rugs 59. Plotting 60. Velum, pl. 61. Zeal 62. New Haven University 63. IRS employee? 65. Yang's opposite 67. Canny

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Feb. 9. 16. and 23. 2022. #3566.

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Recreation/Opinion



Park Aides at one of our state parks

Outdoors Report

CONTINUED FROM PAGE A1

B4

FISHING REPORTS:

COLUMBIA GORGE: Both the staff at Gorge Outfitters Supply in Rufus and creel checkers with the Washington Department of Fish and Wildlife report anglers are catching walleye out of both The Dalles and John Day pools of the Columbia River. Try trolling a Mack's Lure spinner worm harness deep and bait it with a nightcrawler. Once you find a fish, anchor up and try jigging for additional fish that may be schooling there.

YAKIMA RIVER: Bill at Red's Fly Shop near Ellensburg says fishing has been good. The water has had good clarity

and the trout are not in the deeper winter holes but the inside edges and softer water in the Yakima River Canyon. There have been no afternoon hatches and subsequently no dry fly fishing yet. However, fishing streamers and nymphs will work well right now. Try fishing a Skwala stone nymph or worm imitation for success.

LAKE ROOSEVELT/ROO-SEVELT/RUFUS WOODS **RESERVOIR:** Austin Moser, owner of Austin's Northwest Fishing Adventures, has been doing quite well fishing near the net pens on Rufus Woods Reservoir though some days are better than others depending on current flows. High current flow days can be challenging. Having said that, the effort is worth it. These trout are huge and known for their succulent fillets that are great for eating whether it be from the frying pan or the smoker. The limit is two triploid trout and the average size of the fish run from 5 to 8 pounds with some fish coming between 10 and 17 pounds.

As for Lake Roosevelt, the Kokanee and trout are what you are targeting this time of year. Moser fishes from Keller Ferry down to Grand Coulee Dam. The fishing for Kokanee has been good and the biggest one so far this was a 24 • inch salmon weighing 4 • pounds. The rainbow trout fishing has also been good and they are averaging 18 to 21 inches. Moser is trolling standard kokanee gear and also using side planers to get his fish.

The limit is two wild kokanee and five fin-clipped trout per day. Moser will be fishing both Rufus Woods Reservoir and Lake Roosevelt through March. If you want to book a trip with him, go to www. austinsnorthwestadventures. com FISH LAKE: Scott West at

PHOTO COURTESY WASHINGTON STATE PARKS

The Cove Resort at Fish Lake northwest of Leavenworth says the ice is not safe and there are very few people out on the ice that remains. Your best bet is to come here after ice-off to target the perch, rainbow and brown trout that are found at this 500-acre lake.

John Kruse - www. northwesternoutdoors.com and www. america out doors radio.com



It started out as a tea made of willow or poplar bark, which contains a natural form of salicylic acid. Starting in 1838, salicylic acid was used as a powder dissolved in water to ease fever and discomfort from headache and arthritis pain. Unfortunately, it tasted

cold, headache, backache, toothache, premenstrual and menstrual cramps; minor pain of arthritis; and reduction in fever."

The FDA also requires that all aspirin products include this statement on the label:

pains associated with a NOT prevent stroke or heart attack in healthy patients over the age of 65. However,, it did increase the chances of experiencing stomach bleeding or bleeding into the brain, the most devastating type of stroke.

This suggests that taking



aspirin. Unfortunately, it won't decrease your risk of bleeding.



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terrible and often caused nausea and stomach pain.

In 1899, scientists from the German company Bayer developed an improved version of salicylic acid, called acetylsalicylic acid, which they trademarked as Aspirin®. One year later, Bayer introduced Aspirin as the world's first water-soluble tablet, causing a revolution. Aspirin was everywhere, helping to relieve fever, headache, toothache, and muscular aches and pains.

Birchbark and wintergreen plants contain a compound similar to aspirin, methyl salicylate. Its strong characteristic aroma gives it the name wintergreen oil. Used in topical rubs for sore muscles, it is also available in Doan's pills. Initially sold in the early 1900s, Doan's Kidney pills were marketed for back pain. Today's formulation contains methyl salicylate in a dose equivalent to 500mg of aspirin or acetaminophen.

In the United States, there are two strengths of aspirin: 81 mg strength, also called baby aspirin, and 325mg tablets. Aspirin tablets containing 325mg are approved by the Food and Drug Administration (FDA) for "the temporary relief of minor aches and

Talk to your doctor or other healthcare provider before using this product for your heart.

Aspirin works to interfere with the action of specific cells in your blood called platelets. Platelets act to plug up blood vessels that are damaged and leak blood. Without enough platelets, you cannot stop bleeding and can bleed to death from minor injuries like bumps and cuts. Sometimes platelets clump up in the wrong places, blocking blood flow inside vessels in your heart and brain, causing a heart attack or stroke. Aspirin can help prevent that by interfering with how platelets form into clumps.

You can buy aspirin in several formulations: as an enteric-coated formula (Ecotrin®). two different buffered versions (Bufferin® and Alka-Seltzer®), combined with acetaminophen and caffeine (Excedrin® and Excedrin Migraine®), or plain (Bayer®), St. Joseph®.

One recent concern about aspirin is who should take it to prevent heart attacks and stroke. A study published in late 2018 in the New England Journal of Medicine showed that taking daily aspirin did

daily aspirin should be limited to those whose risk of heart attack and stroke is high enough to justify the possibility of having severe bleeding.

In a survey published in 2019 of 14,000 adults 40 years old or older, 23% of people taking aspirin to prevent heart attack had no heart disease. In addition, 23% of those same people took a daily aspirin without their doctor's knowledge.

Here are 5 Tips to **Taking Aspirin Safely:** 1. Ask your doctor FIRST.

Aspirin does not prevent stroke and heart attack in healthy people with no previous stroke or heart attack or those who are not diabetic. Your doctor can tell you if you would benefit from taking it.

2. More is not better.

It only takes an 81mg dose of aspirin to protect against stroke and heart attack. Higher doses can double your risk of bleeding in your brain or stomach.

3. Any aspirin product will work.

Taking an enteric-coated or buffered aspirin version works just like plain

4. It's safe to take without food.

Taking aspirin with water is a good idea. You don't need food to "cushion your stomach" when taking an 81mg tablet of aspirin unless it bothers your stomach. The increased risk of stomach bleeding from aspirin is not from the tablet itself sitting in your stomach but from its generalized effects in your body.

5. Avoid using "full dose" aspirin if you take a blood thinner.

Taking aspirin for pain or fever increases your risk of bleeding if you take a blood thinner like clopidogrel (Plavix®), warfarin, Pradaxa®, Xarelto®, or Eliquis[®]. You should also avoid taking a daily aspirin unless your doctor recommends it.

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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ILETTERS TO THE EDITOR

Peshastin Dryden & Alpine Lakes Parent Teacher Organization Announces

Heartfelt Thank You to:

Leavenworth Community Partnerships. With the generous support of our community partnerships, each and every student who needed warm winter clothing at Peshastin Dryden

Elementary and Alpine Lakes Elementary schools were provided for this year. The schools and PD-Alpine Lakes PTO partnered with local businesses and our local Rotary club to raise funds, purchase clothing, and distribute those to kids in need. We would like to acknowledge the following community partnerships that made this possible:

- Mike West Leavenworth Realty
- Leavenworth Rotary Club
- · A Little Twisted Leavenworth Nutcracker Haus &
- Tannenbaum Shoppe

Magenta Boutique

Please join us in expressing our gratitude to these local partners along with volunteers of PD-Alpine Lakes PTO for their generous donation of time and money in this effort. We are fortunate to work with such community minded people.

2021-2022 PD-Alpine Lakes PTO Board:

Mercy Rome, President Melissa Roe, Vice President Pete Teigen, Recording Secretary

Jenelle Landgraff, Volunteer Coordinator Jill Svilar, Treasurer Taelor Carvitto, Teacher **Support Chair** Chelsea Murphy & Mandy Terry, Enrichment **Committee Co-Chair** Rebeca Wadkins Bagwell, **Fundraising Chair** Elizabeth Foster, Scholastic Book Fair, Peshastin-Dryden **Co-Chair** Anette Bjorklund, Scholastic

Book Fair, Alpine Lakes Co-Chair



This announcement sponsored by The Leavenworth Echo