



School Board Meeting Includes School Board Appreciation and Grant Awards



Marlene Farrell
Correspondent

The first item on the agenda of the Cascade School District (CSD) school board on January 24th was an overview of the proposed soccer pitch project next to Beaver Valley School. Teresa Disher, CSD Facilities Director, explained that it would be located behind the old Winton schoolhouse and how the current field would require some fill for leveling, over seeding and new safer sprinkler heads. The funding for this project is in the works.

Disher and Aaron Simon, board member of the Leavenworth Soccer Club, both emphasized that the Plain community is growing and needs more recreation facilities like this. Currently, those children of Plain who play soccer must travel down valley multiple times a week. A soccer field could be used for various

activities by the Beaver Valley School and for sports such as flag football and lacrosse.

Next, Lindsay Camp, teacher of Kodiak Cubs Preschool, shared an appreciation video in honor of School Board Appreciation month. Over images of preschoolers, Camp's narration included thanking the school board for helping the students learn and grow, and for making the hard calls without compensation. Due to school board efforts, Camp said, "I can teach. The kids can build, draw, play, and learn...together. We may not say it enough, but we all thank you from the bottom of our hearts."

Lori Duncan, the recently hired CSD Transportation Director, went over the challenges and accomplishments of the school year thus far. A major issue was staffing shortage, both of drivers and a mechanic. It forced her department to merge bus routes to cut down two for a while. The good news is that the final new bus driver just passed the test for a license and will start a route shortly. Also, two new mechanics were hired, and they



The School Board received a big thank you signed by an abundance of Alpine Lakes Elementary students.

PHOTO BY MARLENE FARRELL

CONTINUED TO PAGE A4

COVID-19 Weekly Update

COMPILED BY MEGAN SOKOL

Staff Writer

COVID-19 Testing Supplies Running Low

The Chelan-Douglas Health District may be limiting their testing hours at Town Toyota Center after reporting a low supply of COVID-19 tests.

Those who are symptomatic and are ages two and older may currently get tested with an appointment. However, the CDHD suggests that if you can't get tested and are symptomatic, assume you are positive in order to avoid further contact.

Omicron Emergency Operations Center Opens

The Emergency Operations Center began operations on Jan. 18 due to the rapid rise of Omicron variant cases earlier this month. This is the first time the EOC has been used since its construction back in 2019.

Chelan County commissioners contributed \$1.2 million to the EOC addition to the WVC. The EOC was set up by the Chelan-Douglas Health District and will be managed by Chelan County's Fire Marshal Steve Renaldi.

Rising Omicron Cases Throughout Chelan-Douglas County

The Chelan-Douglas Health District recorded the Omicron rate at approximately 3,000 per 100,000 residents over the past two weeks.

There are 16 Chelan County residents and eight Douglas County residents currently hospitalized with COVID-19. Numbers for those tested positive for COVID-19 may not reflect accurately due to increased use of at-home tests. Numbers may be higher than that recorded by the CDHD.

CDHD Whittles Selection Down to 10 Potential Health Board Applicants

The Chelan-Douglas Health District have continued their application process, starting with 34 applicants and have now boiled it down to 10 applicants.

The CDHD is looking to add five more people on to their health board. They hope to find two two healthcare providers, two that represent stakeholders and community nonprofits, and one to represent consumer health.

CONTINUED TO PAGE A2

Suicide Prevention Training in the Schools Begins with Cascade High School



Marlene Farrell
Correspondent

Two Wednesdays per month Cascade School District (CSD) students start school two hours later than normal. Students enjoy a little extra sleep, but the purpose of late starts is to allow staff to have critical team meetings for collaboration and shared learning.

On a recent late start morning, Cascade High School (CHS) staff met over Zoom for an important training on suicide prevention education, led by CSD social worker Katie Schmitt and Cascade Medical

psychologist Dr. Maxwell Moholy.

Schmitt, Moholy and two of their colleagues have received certification as trainers on this subject through Forefront, which is a Center of Excellence at the University of Washington. Their certification process and other related expenses were covered by a Community Health Initiatives grant that Cascade Medical Foundation won.

In their introduction, Schmitt said, "Trainings like today are some of the most important work we do."

This is because, as Moholy shared, only about 20% of people who complete a suicide had previously met with a mental health professional in the prior month, and that percent only goes to 33% for the prior year. This shows that mental health professionals aren't in the



Dr. Maxwell Moholy

SUBMITTED PHOTO.



CSD social worker Katie Schmitt

SUBMITTED PHOTO.

CONTINUED TO PAGE A7



Our 1992 Royal Lady of the Autumn Leaves Walburga (Wally) Butzlaff passed away on January 11, 2022 in Canby, Oregon where she resided the past few years with her Daughter Debbie and son-in-law Jim. See her obituary in this issue.

Housing Authority Purchases Bavarian Village Apartments in Leavenworth

SUBMITTED BY ALICIA McRAE

The Housing Authority of Chelan County and the City of Wenatchee (CCWHA) and the Office of Rural and Farmworker Housing (ORFH) in January announced the purchase of Bavarian Village Apartments, a 24-unit affordable housing community in Leavenworth, Washington.

"Leavenworth has a severe shortage of affordable housing and we are very pleased that we were able to purchase Bavarian Village and preserve its affordable status in the community," said Alicia McRae, Executive Director of the Housing Authority.

The Housing Authority purchased the property for over \$1.7 mil. utilizing funding through the Washington State Department of Commerce's Housing Trust fund in the amount of \$1,647,900. The Housing Authority also assumed an existing loan through USDA Rural Development in the amount of approximately \$645k. An application for additional funding has been submitted to the Washington

State Department of Commerce for property renovation. If awarded, Housing Authority officials anticipate construction to begin later this year.

"We cannot afford to lose any affordable housing, particularly in Leavenworth," said Marty Miller, Executive Director of ORFH. "The Housing Authority of Chelan County and the City of Wenatchee stepped up at a critical moment and now Bavarian Village will continue providing

affordable rental opportunities for decades into the future."

The 24 units at Bavarian Village include a mix of one, two, and three-bedroom apartments. All apartments house families and individuals earning a maximum of 80% of the area median income (AMI), depending on the unit. Rent will range from \$637 for a one-bedroom apartment to \$697 for a three-bedroom. The Bavarian Village is located at 330 Prospect Street.



PHOTO BY CAROL FORHAN

Inside The ECHO this week

Community Calendar.....2	Sports Schedule.....6	Inserts: Safeway
Bulletin Board.....2	Kodiaks Scoreboard.....6	Dan's Market
Sheriff Reports.....2	Classifieds.....8-9	
Epoch Times News.....3	Dr. Louise.....10	
Walk with Pastor.....4	Outdoors Report.....10	
Church Guide.....5	Business Directory.....10	



215 14th St. • P.O. Box 39,
Leavenworth, WA 98826
Phone: 509-548-5286
www.leavenworthecho.com



COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- Garage and Yard Sale Ads are paid events, please email: classifieds@leavenworthecho.com or place online at NCWMARKET.COM
- For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com
- Cashmere: 509-782-3781, email: reporter@leavenworthecho.com

THE LEAVENWORTH ECHO

© 2022 NCW Media, Inc.
215 14th St., P.O. Box 39
Leavenworth, WA 98826-0039
Phone: 509-548-5286
Fax: 509-548-4789

website:
www.ncwmarket.com
www.leavenworthecho.com
e-mail:
echo@leavenworthecho.com

Publisher
Carol Forhan • 509-548-5286
publisher@leavenworthecho.com
Bill Forhan publisher ex officio

Reporter/Photographer
Megan Sokol
Reporter@leavenworthecho.com

Advertising Sales Manager
Carol Forhan
509-548-5286 • Ext. 1002
carol@leavenworthecho.com

Creative Services
Echoads@leavenworthecho.com

Front Office
Classified / Legal Notices

Classifieds@leavenworthecho.com
Online ads at NCWMARKET.COM

Circulation for all NCW Media, Inc. newspapers.
1-509-293-6780

circulation@lakechelanmirror.com


DEADLINES:
Calendar Listings: Noon, Friday
News Submissions: Noon, Friday
Letters to the Editor: Noon, Friday
Display Advertising: Noon, Friday
Legal Notices: Noon, Friday
Classified Ads: Noon, Friday

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

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

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

The Leavenworth Echo (USPS 308 160) is published every Wednesday by NCW Media, Inc.
215 14th St., Leavenworth, WA
Telephone: 509-548-5286.
Fax: 509-548-4789.
Periodical postage paid at Leavenworth, Wash.
(and additional mailing offices)
Postmaster:
Send address corrections to:
The Leavenworth Echo, P.O. Box 39, Leavenworth, WA 98826-0039

 NCW Media, Inc. prints on recycled newsprint with soy ink. Please recycle.

Letters policy

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

Corrections

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

Contact the listed organizations or events for updates 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 Chelan Fire Department #9, 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.

Regional

CDHD Distributes COVID-19 Tests at NCW Library Locations

Chelan Douglas Health District (CDHD) will distribute limited quantities of at-home COVID-19 test kits through select NCW Library locations across Chelan and Douglas counties.

Testing kits will be distributed at the Cashmere, Leavenworth, Peshastin libraries which began February 1, while supplies last.

CDHD recommends checking an individual library's hours and then calling the library ahead of time to confirm test kit availability or visit www.ncwlibraries.org for a distribution site near you. Test kits cannot be reserved over the phone and are available on a first come, first-serve basis. NCW Libraries

requires masks for all patrons entering its libraries.

P.E.O. Upper Valley Scholarship Application for Local Women Returning to Higher Education

Applications are now 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 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

Apple Truck Tips Over 50k Pounds of Apples

By MEGAN SOKOL

A semi-truck filled with over 50k lbs. of apples and pallets were spilled when the semi rolled onto its right side near Smallwoods Harvest on Hwy. 2.

On Jan. 21 at 2:37 p.m., Washington State Patrol were called to investigate

the accident. WSPD Trooper John Bryant reports that the semi was headed westbound on US Hwy. 2 when the wheels started drifting to the right. The driver was 37-year-old Baljit Singh Kahlon from Abbotsford, British Columbia. Kahlon tried to correct his mistake but was unable to fix it in time. The truck started

leaning against the railing but was subsequently tipped over.

Local towing companies and law enforcement blocked the highway for several hours as they towed both the semi and the trailer. It took extra time to clean the apple spill-over. The truck took out nine apple trees in the process.

COLLEGE NEWS: Whitman College

Walla Walla, WA: Leavenworth native Sasha Morgan, a graduate of Cascade High School, earned academic distinction for the most recent semester at Whitman College. This recognition is given to students who have completed a minimum of 12 credits, passed all credits attempted, and have earned a grade-point

average of 3.5 or higher on no fewer than nine graded credits during the semester.

About Whitman College: Situated within the rich and complex landscape and history of the Walla Walla Valley, Whitman College provides a rigorous liberal arts education of the highest

quality to passionate and engaged students from diverse backgrounds. Whitman students develop their intellectual and creative capacities in a supportive scholarly community that prioritizes student learning within and beyond our classrooms. We help each student translate their deep local, regional, and global experiences into ethical and meaningful lives of purpose.

COVID-19 Update

CONTINUED FROM PAGE A1

They will also hold one seat for a tribal representative by the WA American Indian Health Commission.

The health board subcommittee includes Douglas County Commissioner Marc Straub, Waterville Mayor Jill Thompson, East Wenatchee Mayor Jerrilea Crawford, and Chelan-Douglas Health District Administrator Luke Davies.

Names have not been made public due to the board needing time to notify all applicants of the subcommittee's decision. Selection of the Health Board members has been changed to March 1 at 1 p.m., with the final decision deadline on July 1.



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.

January 21

14:35 Assist Agency, US Hwy. 2 MP 102, Peshastin.
14:46 Harassment/Threat, 116 River Bend Dr.
14:48 Abuse, 100 Ward Strasse #A107.
16:39 Abuse, 8402 Lake St., Peshastin.
17:15 Parking/Abandon, 920 Front St.
20:47 Assault, 505 US Hwy. 2.
22:15 Trespassing, 221 8th St. #B.
23:46 Assist Public, 15341 US Hwy. 2, Lake Wenatchee.

January 22

04:53 Suspicious Activity, 116 River Bend Dr.
07:28 Fraud/Forgery, 9792 Dye Rd.
09:23 Assist Public, Derby Canyon Rd. MP 3, Peshastin.
11:38 Driving Under the Influence, Chumstick Hwy. and Clark Canyon Rd.
12:50 Non-Injury Accident, 22494 Chiwawa Loop Rd.
13:11 Assist Public, 16752 Fir Dr., Lake Wenatchee.
19:55 Trespassing, 309 8th St.
20:57 Alarm, 12515 Shore St.

21:12 Suspicious Activity, 1300 Commercial St. #105.
22:18 Assault, 262 Dempsey Rd.

January 23

09:22 Theft, 1029 Commercial St. #A.
09:30 Non-Injury Accident, 208 West St.

January 24

00:57 Assist Agency, 3432 Hansel Ln., Peshastin.
09:36 Civil, 9630 Embroden Rd.
10:28 Civil, 23118 Lake Wenatchee Hwy., Lake Wenatchee.
11:15 Malicious Mischief, 200 Ward Strasse.
13:25 Suspicious Activity, 1100Blk Front St.
14:20Traffic Offense, US Hwy. 2 and Chumstick Hwy.
14:22 Warrant, Snohomish County Jail.
15:19 Theft, 700 US Hwy. 2.
15:40 Assist Public, 238 Benton St.
19:59 Traffic Offense, US Hwy. 2 and Alpanse Strass.
20:26 Alarm, 9810 Big Y Junction Rd., Peshastin.
22:00 Traffic Offense, US Hwy. 2 and E. Leavenworth Rd.

23:07 Burglary, 7664 Icicle Rd.

January 25

02:02 Assist Agency, US Hwy. 2 MP 82, Lake Wenatchee.
13:37 Civil, 238 Benton St.
18:23 Assault, 17458 US Hwy. 2.
20:13 Traffic Offense, US Hwy. 2 and Chumstick Hwy.
20:45 Attempt to Locate/Contact, 116 B River Bend Dr.
21:30 Burglary, 10461 Stemmm Rd., Peshastin.

January 26

10:35 Welfare Check, 16520 Chumstick Hwy. MP 9.
11:05 911 Call, 11225 Eagle Creek Rd.
13:36 911 Call, 3470 Ingalls Ln., Peshastin.
14:03 Harassment/Threat, 16161 N. Shore Dr., Lake Wenatchee.
14:39 911 Call, 590 US Hwy. 2.
14:53 Assist Public, 2600Blk Old Blewett Pass Hwy., Peshastin.
14:57 Non-Injury Accident, North Rd. & Chumstick Hwy.

January 27

06:07 Noise, 10190 Chumstick Hwy.
08:45 Burglary, 585 US Hwy. 2.
11:41 Assist Public, 238 Benton St.
13:30 Harassment/Threat, 16141 N. Shore Dr., Lake Wenatchee.
15:48 911 Call, 309 8th St.
18:42 Juvenile Problem, 12625 Maple St.

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

Go online at Cascadesd.org or all menu updates.

Post Office's Law Enforcement Arm Is Expanding Its Surveillance Powers

KEN SILVA

The U.S. Postal Service (USPS) has announced plans to provide its law enforcement branch with access to its vast trove of customer data, raising concerns among privacy activists about the organization's expanding surveillance powers.

The USPS came under scrutiny in 2021 when it was revealed that its law enforcement arm, the U.S. Postal Inspection Service (USPIS), was monitoring both left- and right-wing protest groups on social media. Multiple nonprofit organizations sued the USPS, seeking internal records about its surveillance program and questioning the legality of such activities.

Those lawsuits haven't stopped the Postal Service from seeking additional surveillance powers. On Dec. 17, 2021, the USPS announced that it intended to provide customer data to USPIS investigators.

"USPIS will collect and aggregate eight data elements—Name, Address, 11-Digit Delivery Point ZIP Code (ZIP 11), Phone Number, Email Address, Tracking Number, IP Address, and Moniker," the Postal Service stated.

According to the USPS, the influx of new data will allow postal inspectors to conduct "link analysis," using data analytics to discover patterns and trends in criminal activity.

But privacy activists have raised

concerns.

The Electronic Information Privacy Center (EPIC) filed comments with the USPS on Jan. 18, urging the Postal Service to halt its plans.

"By demanding access to more postal data, the Postal Inspection Service is exposing USPS customers to wrongful surveillance and a greater threat of data breach," EPIC said. "The Postal Service and the Postal Inspection Service should separate their information collection procedures and ensure that USPS customers do not come under greater surveillance simply by using a government mail carrier."

EPIC says that the USPIS is in danger of mission creep—when an agency has access to more tools or information than it needs to complete its designed mission, leading it to expand into another role outside of the designated mission to utilize those tools.

"The Postal Inspection Service has a well-defined mission in protecting the mail, but the agency has often overstepped its bounds," EPIC stated. "The Postal Inspection Service now claims a 'wide jurisdiction' to preserve the 'safety, security, and integrity of the nation's mail system from criminal misuse.'"

Such mission creep has occurred before, according to EPIC, which cited the Postal Service's surveillance of the LGBTQ community in the 1950s and '60s—when the USPIS investigated



A woman unloads a USPS truck in Norfolk, Va., in this file photo.

the delivery of homosexual publications under laws that were intended to restrict the mailing of obscene materials.

EPIC also reiterated its criticism of the Postal Service's Internet Covert Operations Program (iCOP), which was outed in 2021 by Yahoo News for surveilling protest movements.

"The availability of those tools facilitated monitoring protesters and organizers engaging in protected First Amendment activities," EPIC said, regarding iCOP. "The Postal Inspection Service should be wary of onboarding new tools and new data sources given the agency's troubled history with mission creep."

EPIC's comments to the USPS may be too little too late. The Postal Service's Dec. 17, 2021, notification stated that its new data-sharing initiative was to begin on Jan. 18.



Workers load mail at a U.S. Postal Service package support annex in La Vergne, Tenn., on Nov. 4, 2021.

The USPS didn't respond by press time to questions about whether it has already begun transferring customer

data to the USPIS or if it's considering EPIC's comments before moving forward.

Durham Keeps Active 'Criminal Investigation' Into Former Clinton Campaign Lawyer, Court Records Show

KEN SILVA

The U.S. government's criminal investigation into former Perkins Coie partner and Clinton campaign attorney Michael Sussmann isn't over yet.

This was revealed in Jan. 25 court filings from special counsel John Durham, who's investigating the origins of the Russia probe that cast a shadow over the presidency of Donald Trump. According to Durham, Sussmann worked with a group of individuals to devise allegations regarding a purported secret communications channel between the Trump Organization and Russia's Alfa Bank.

Sussmann pleaded guilty on Sept. 17, 2021, to a single-count charge of lying to the FBI.

Durham said on Jan. 25 that the "government also maintains an active, ongoing criminal investigation of the defendant's conduct and other matters." His filing was made in response to objections by defense attorneys about the timeliness of him providing discovery materials.



John Durham speaks at a conference in New Haven, Conn., on Sept. 20, 2018.

With the trial set for May 16, U.S. District Judge Christopher Cooper ordered the government on Dec. 14, 2021, to provide all unclassified discovery to Sussmann by Jan. 28 and all classified material by Feb. 11. Durham told the judge in his filing that his office is

working hard to make those dates.

"Nevertheless, because of more than two dozen broad and detailed written discovery requests ... the Government also continues to collect, process, and review certain discrete and limited categories of materials that may yield further discoverable

information," the filing reads. "Accordingly, while the Government has complied diligently with its discovery obligations, it respectfully requests permission from the Court to produce any residual discovery materials resulting from its ongoing reviews by March 18."

Durham said the defense counsel is fine with a delay in receiving all material by Feb. 11—as opposed to getting the unclassified records early. But the defendant objected to receiving the material by late March.

The special counsel attached in his filing an email from defense counsel Michael Bosworth, laying out the defense's position on the matter.

"Receiving ... potentially tens of thousands of documents six weeks before trial, two weeks before the exhibit deadline, and less than a week before motions in limine are due would impose an unreasonable burden on Mr. Sussmann's defense," Bosworth wrote on Jan. 21.

"Consenting to such an extension would hamper our ability to appro-

priately review those materials and prepare for trial, or potentially force us to move back the trial date, when Mr. Sussmann is entitled to a speedy trial and has repeatedly emphasized his desire for a quick resolution of this matter."

Noting the defense's objections, Durham asked Cooper to nevertheless grant him a time extension on discovery. He said his staff has been working to produce hundreds of thousands of pages of materials.

"In particular, the Government to date has produced more than approximately 133,000 pages of materials in classified and unclassified discovery," the filing reads. "The Government expects to produce approximately 492,285 additional pages of materials later this week."

The end of Durham's filing reiterates his request for an extension to March 18.

"The Government also will consent to the filing by the defense of any additional or supplemental motions that are based on, or prompted by, the Government's residual discovery," the filing reads. "Finally, and as it has done throughout the discovery process, the Government will update the defense (and the Court as appropriate) regarding its progress on all of the above discovery issues."

UN Giving 'Humanitarian Cash' to Migrants Heading to US Border

US taxpayers helping fund illegal immigrant passage to southern border via UN cash cards

CHARLOTTE CUTHBERTSON

DEL RIO, Texas—American taxpayers are increasingly funding the passage of a constant flow of migrants who ultimately cross illegally into the United States, according to new reports.

A United Nations "cash-based interventions" program provides migrants heading to the U.S. border

with debit cards, help with housing, transport, and medical assistance. The assistance is accessible in cities on the well-traveled routes from Latin America through Mexico.

Thousands of migrants converge in southern Mexico where they apply for asylum—which gives them unfettered travel in Mexico—then most head directly to the U.S. border, where they cross illegally and claim asylum again.

Migrants there are issued debit cards that reload each month, according to Todd Bensman, who is reporting from the city of Tapachula at Mexico's southern border with Guatemala. Bensman is the senior national security fellow at the Center for Immigration Studies.

In Tapachula on Jan. 14, a Haitian man was waiting for his 3,600 pesos owed (about \$180), Bensman said. A Honduran woman said her cash card provided 2,500 pesos a month for four people.

In the northern Mexico border city of Reynosa, families were receiving the equivalent of \$400 every 15 days, he said.

"The United Nations began ramping up CBI [cash-based interventions] in 2019, spending \$60 million on 29,000

migrants in Latin America, and then doubling the outlays in 2020, with plans to vastly increase its use in the Americas during 2022 and beyond," Bensman said.

In fiscal year 2021, the United States contributed nearly \$1.9 billion in humanitarian assistance to the United Nations High Commissioner for Refugees (UNHCR), according to the State Department.

The United States funds about 20 percent of the total United Nations budget, which comprises 193 nations, and 40 percent of UNHCR's revenue, according to a report by the Council on Foreign Relations. The UNHCR budget for 2022 is \$8.99 billion.

Cash-based interventions have been used by UNHCR for several decades.

They are "often a more dignified way of assisting affected populations, as they empower people to determine their own needs and the best way of meeting them," according to the UNHCR.

Silvia Garduno, the UN spokesperson in Tapachula, Mexico, said the cash cards are strictly regulated as a humanitarian intervention.

"Humanitarian cash assistance is available only to individuals with par-

ticular vulnerabilities who are seeking asylum in Mexico and who intend to remain in the Mexican state where they have applied for asylum until the process is completed," Garduno told Bensman.

"It is provided to help ensure they can meet basic living expenses while their requests for asylum in Mexico are processed. This process may last three to four months."

However, Bensman said he questions that the program only applies to highly vulnerable people and wasn't able to get the actual criteria from authorities.

"I suspect they are being very liberal on the definitions based on the migrant demographics I have seen," Bensman told The Epoch Times.

The vast majority of migrants congregating in Tapachula end up crossing the U.S. southern border within months.

Rep. Lance Gooden (R-Texas) recently introduced a bill to put a stop to U.S. payments to the UNHCR, the UN International Organization for Migration, and the UN Relief and Works Agency for Palestine Refugees in the Near East.

"U.S. taxpayers should not be subsidi-

dizing a mass invasion of our country by an endless stream of unknown and unvetted migrants," Gooden wrote in a statement at the time.

"It is time for the Biden administration to put an end to this crisis and regain control of our southern border."



A Haitian migrant shows his cash card provided by the United Nations. He said his 3,500 peso payment (about \$175 US) didn't deposit this month, in Tapachula, Mexico, on Jan. 14, 2022.

School Board Meeting

CONTINUED FROM PAGE A1

will get more in-depth training this summer. There's still a shortage of substitute drivers. Funding for new buses is based on ridership numbers. One new bus will arrive this spring.

The recent winter weather required extra effort and coordination. Duncan said she was in close contact with the county shop supervisors to communicate about plowing status. She said they prioritized bus routes in the road clearing.

The board and superintendent Tracey Beckendorf-Edou thanked Duncan. "You epitomize rising to the challenge," said Beckendorf-Edou. She went on to add that Duncan was excellent at problem-solving and the district was lucky to have her on board.

Cascade High School (CHS) principal Elia Ala'ilima-Daley cued up a video of a high school American Sign Language class (a new program this year taught by Ashley Kakish), numbering about twenty students, signing the song "We Bleed the Same," which was prepared for a Martin Luther King Junior celebration.

Under personnel there were a few resignations and hires including the hiring of a second temporary medical specialist to aid the school nurses with

COVID testing and other duties. The hire was Jen Barber, who has been a paraprofessional working with Home Link. This is a temporary reassignment, and Barber will work with Home Link again next school year.

The board voted to become an official Hispanic Serving School District, joining the Hispanic Association of Colleges and Universities (HACU). This membership will help CSD network and have other resources to help the Latinx students achieve their higher education aspirations. Wenatchee Valley College is likely to also join as a Hispanic Serving Institution.

The board approved a new version of the Healthy Start Update. Changes are based on recommendations from the Chelan Douglas Health District and the Washington State Department of Health. The update included decreasing the number of isolation days before someone with COVID can return to school; now if they are asymptomatic and test negative 5 days later, they can return. Three-foot spacing from student to student is now extended to include student to staff and staff to staff. Additionally, there's regular testing of all athletes regardless of vaccination status.

The board approved

Beckendorf-Edou's recommendation of the make up days for the snow days. The superintendent already conferred with the teacher's union. February 17th and 18th will now be regular school days instead of parent-teacher conferences (which will occur afterschool), and the last day of school is moved to June 16th.

For the good of the order Beckendorf-Edou shared that she's planning to send out quarterly newsletters to all households in the district's boundaries. This newsletter will be double-sided, one side in English, the other in Spanish. The newsletter, on a rotating basis, will cover topics like a student spotlight, athletics, the arts, outdoor education, new initiatives, a note from the school board chair, Cascade Education Foundation updates and more.

Beckendorf-Edou thanked Chipman Construction for going above and beyond with snow removal as they donated all the labor they contributed.

CSD won two grants from the Community Foundation of North Central Washington. A \$9000 Helping Hands for Youth grant covered some summer school expenses to aid students with learning gaps. CSD won a second such grant for \$1000 for some of the ongoing costs of the Afterschool Ski and Snowboard Program.

Cascade Education Foundation (CEF) announced its grant winners, which included special education director Brett Johnson for the Afterschool Ski and Snowboard Program, teacher Heidi Flake for a spring performance by first graders, counselor Meche Grace for the backpack meal program, the kindergarten team for a counting boxes activity, and middle school teachers Rachel Blythe for student headphones and Kim Gilreath for a space project for the seventh graders. At the high school, grants went to teachers Roselyn Robison for an ASB initiative and Malia Renner-Singer for AVID needs and librarian Tina Willett for increasing the collection of autobiographies and biographies.

CEF had to cancel their spring fundraising gala, One Big Event, due to health safety concerns with omicron. Community members who still want to support CEF can do so through their website, www.cascadeedfoundation.org. CEF board membership has rebounded and has eight current members, several of which have a background in school administration.

Finally, Beckendorf-Edou shared that they anticipate a shortage of COVID rapid tests due to issues of test distribution at the state level. It might impact their testing processes.

OBITUARY

Andrea G. Fletcher

September 8, 1946 - January 24, 2022



Andrea Gail Fletcher, 75, of Leavenworth, went home to be with the Lord on January 24, 2022, at her home with family. She was born September 8, 1946, in Sunnyside, WA. to Ira Lou and Yvonne Chenier. She was a 1964 graduate of Engram High School. In January of 1964 she moved to Port Wakefield, AK. and later moved back to Seattle, WA., the day of the big earthquake March 27. She moved to Kodiak, AK. in September of 1964 and resided there for several years before returning to Washington where she met the love of her life, Fred M. Fletcher in August of 1968, and married December 19, 1969.

Andrea is survived by her loving husband, Fred, of 53 years, 5 boys, Bill Fletcher of Leavenworth, WA., Michael Fletcher of CA., John (Angela) Fletcher of Post Falls, ID., Jason (Maggie) Fletcher of East Wenatchee, WA. and Hebrew Engram (grandson) of Cheney, WA. She is also survived by 2 sisters and 2 brothers,

Debbie Crenshaw of Leavenworth, WA., Jori (Henry) Schellenberger of Everett, WA., Jeff (Judy) Webster of Idaho Falls, ID., and Dan (Valerie) Webster of Concrete, WA. Andrea leaves behind numerous grandchildren and great grandchildren along with several nieces and nephews.

Andrea was very involved with her church (Light In The Valley) of Peshastin, WA. She loved kids, cows, gardening, and canning. Helping and caring for others brought her much joy. She loved cooking and baking cookies to share. Jesus was her closest friend and prayed many times for him to become others' closest friend.

Here today...



...gone tomorrow!

Get rid of all that extra stuff with an ad in the Echo/Record Classifieds.

Call us at 509-548-5286

one simple step

Help prevent opioid misuse in your community. Take back your meds today.

Cascade Medical Center has a safe medication disposal kiosk: 817 Commercial St

Learn more at **MED-Project.org**

Washington State Health Care Authority

What does your Social Media say about you?



A WALK WITH PASTOR John Smith

I recently read an article about a woman who died, and in it, they made all these conclusions about her from what she posted on her social media accounts. This got me thinking if I were to suddenly pass away, what would people's opinion be based on what I post? Is what someone posts on their social media truly a representation of who that person is?

Of course, what an individual chooses to share, like, or tweet isn't necessarily definitive of that person rather only provides a small insight. But that small glimpse is enough to discern what an individual values, what informs their opinions, preferences, etc. For example, suppose an individual often shares articles from a particular news source or retweets a specific political figure. In that case, it is a pretty good chance you can deduce that they support a particular political platform or ideology. Yet it goes deeper than the

content of what is posted on a Facebook wall or Twitter feed, but what is the intention behind it or the spirit in which it is shared. In confession, I am no stranger to social media flame wars or posting strong opinions about a whole host of various issues. However, in the 140 characters or so allotted on any given social media post, am I reflecting Christ-like character, or is it something else?

Social media, like any medium, can be used for good and for evil. It can be used to spread information, engage the marketplace of ideas, and express creativity to the glory of God. But, on the other hand, social media can be a vehicle for the flesh, inciting anger and division and ensnaring people in the deadly sin of pride to the glee of Satan himself.

If Christ were walking in this world today, teaching and preaching as he did in the 1st century, he would have invariably said, "Out the overflow the heart, the mouth speaks and the fingers type..."

My point, Christian, is what you post matters. On any given day, hundreds, if not thousands, scroll past your feed and see the overflow of your heart. What do they

CONTINUED TO PAGE A5

CHANGES ARE COMING

AND WE NEED YOUR INPUT



Link Transit your way to go!

LEARN MORE AT www.linktransit.com/movingforward

July 2022 Proposed Phase One Service Plan

Improvements to the bus system proposed for July 2022 represent the first phase of changes to provide faster, more direct service throughout the day. Other benefits include the following:

- Buses that arrive more often serving popular destinations in the Wenatchee/East Wenatchee area, including Walmart and Central Washington Hospital
- Express service connecting Leavenworth and Wenatchee
- In Chelan, addition of local circulators and a new regional connection from Waterville
- Service to new areas, including South Wenatchee, Saddle Rock trailhead, Chelan Falls, and Iclide Road in Leavenworth

Additional improvements to the system will be added in future phases.

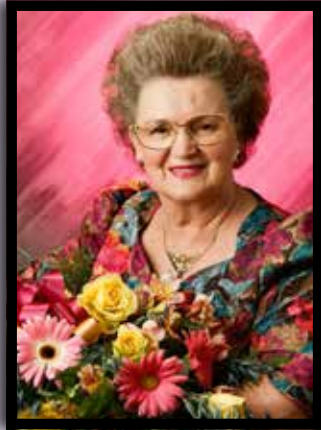
OBITUARY

Walburga Butzlaff (Przesdzienk)

Sept. 1, 1928 -
Jan. 11, 2022

Walburga (Wally) was embraced in Angels Wings entering Heaven at age 93 from natural causes, at Rackleff Place in Canby, Oregon with her daughter Debra by her side. Being born and raised in Schweinfurt, Germany to Maria Przesdzienk and Friedrich Schonstein. At an early age her father became a Siberian POW and was never seen or heard from again. Wally knew firsthand the destruction with WW11. She would help her family to the air raid shelters every time the sirens would go off. To sit and visit with Wally you could always hear her fascinating stories from her life. Wally met Dean Butzlaff at a dance club when she was almost 17 and he 18. They both loved to dance, and Dean stole her shoes so she couldn't dance with anyone else. and of course... LOVE blossomed! They were married on June 27, 1946. Wally's first visit to America was on the USS Rose on the evening of July 4th, fireworks exploding... Dean had to explain to her. NO, THE CELEBRATION WAS NOT FOR HER ARRIVAL IN THE UNITED STATES. Dean, Wally, and 2+ year old daughter Christa continued flying to Portland, Oregon.

Debra became part of the family in Anchorage, Alaska in 1953. A few years after retirement they took a drive to Leavenworth, Washington falling in love with the little German town. Both were very active in the Leavenworth community with the Royal Bavarians. They were also Mr. and Mrs. Santa Claus for many years while there. Dean passed away in 2012 just 2 months shy of their 66-wedding anniversary. Wally was honored to be chosen as the 1992 Royal Lady. That was a treasured highlight of her life in Leavenworth. Due to her health, she eventually moved to Canby, Oregon to live with her daughter Debra and her son-in-law Jim. As her health declined and short-term memory got worse, she entered an assisted living facility where she passed under Hospice Care on January 11, 2022. She is survived by her half-sister, Sonja Rossini (Frank). Daughters, Christa Currie, Debbie Bramlage (Jim), Granddaughter Rachel Debiaso (JP), grandson Nathan Bramlage (finance Kyrsten, her 3-year-old daughter Caitlynn), great grandson Cyrus Debiaso. We wish to Thank the staff and nurses at Rackleff Place in Canby for their continued support and excellent care



and compassion with mom. A special Thanks to Hospice for being there for us during this time. Especially Laura, for her shoulder to lean on. Also, a warm embrace to Father Steve for his continued support to be there when mom needed him. He was there with me at mom's passing. She was uncommunicative for days, but we knew she could hear us...One Tear slid down her right cheek and then she was gone. Yes, Mama that ONE TEAR was her final goodbye, ...and that ONE TEAR said it all... I LOVE You! We will be making arrangements to bring mom back to Leavenworth to place her next to daddy sometime in the Spring. Updates will follow.

MAMA...Auf Wiedersehen....Du wirst vermisst werden... LIEBE DICH

OBITUARY

Edward John Arness

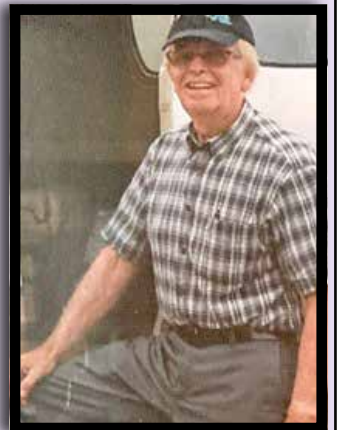
(AKA Flyboy)
April 21, 1942-
January 18, 2022

Edward John Arness made his final flight, totally free and unhindered by the numerous health issues the past two-plus years (not COVID-related). He loved the Lord and is rejoicing in His presence now. He fought a valiant fight and is no longer torn between the two realities.

Those of you who knew Ed know how difficult it is to summarize his amazing life in a few paragraphs. Edward was born in Glenwood, MN, to Palmer & Myrtle Arness. He attended grades 1-8 at a country school. He didn't speak English when he started First Grade, but his teacher spoke Norwegian (whew!). He graduated from the Brooten, MN, High School and from Concordia College in Moorhead, MN in 1964. College advisors put nearly everyone in teaching positions at that time. He tried it for two years and that was enough of that. From that point, he became Sales Manager for Minneapolis-St. Paul Hertz

Rent-a-Car. That's where he met the actor, James Arness's father...instant buddies! His love for the Lord and his faith and love for family, friends, and flying propelled him to be the caliber of man he became. He was involved in a variety of sales, ministry, evangelism, deferred-giving, photography, oil painting, and in retirement, driving a school bus. Many of the professions involved flying which he enjoyed so much. He loved the Lord and he loved people and was the one to call if you needed prayer. He had a zeal for life and adventure.

Edward earned his Pilot's License on November 19, 1967, so on the 50th anniversary of that, his wife and sons went along on a 50-year-commemorative flight. He flew a large variety of aircraft for various companies, ministries, and individuals and in diverse situations. He always said God is the Pilot and I'm His Co-Pilot. Edward received the Wright Brothers' Master Pilot Award in 2018 for 50 years of safe flying. That was a



huge accomplishment and meant so much to him. He had such a love for aviation and was pleased to publish his book a year ago. It is called My 50 Years of Flying Adventures.

Edward was preceded in death by his parents. He is survived by his loving & faithful wife Fern of nearly 59 years, two sons: Chris and Nick; brother: David (Darlene); Grandsons: Brandon and Zachary; former daughter-in-law: DeeDee, one step granddaughter, two great grandsons and two great granddaughters as well as numerous relatives and friends. Celebration of Life will be on Saturday, March 5, 1 p.m. at Grace City Chapel, Wenatchee, WA. Please no flowers.

Walk with Pastor

CONTINUED FROM PAGE A4

see? Do they see anger and malice directed at fellow image-bearers? Or crude joking and foul language right beside Bible verses? Which by the way, sends a conflicting message and contradicts the Biblical teaching, which says, "Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving" (Eph. 5:4). Now, I am not against social media, nor am I trying to police what you do in the privacy of your own home on your own personal account. However, social media is the antithesis of privacy, and what you say and do on the internet is done before a watching world and, more importantly, a watching God.

Before you post, share, like, retweet, etc., take a

pause to consider what this is communicating about my belief concerning Christ, the gospel, and my neighbor. Furthermore, consider whether or not it is of any value to the discussion, edifying people, giving a helpful and differing perspective, or is it just an excuse to act in the flesh.

It may happen that when you die, a person will stumble across your Facebook page to see who you in life were. May they find a person who was consistent in their walk with Christ online as well as offline and one who used their social media platform to bless, encourage, and share the truth along with a few funny cat memes and Dad jokes sprinkled here and there.

Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at pastorjohnsmith@bc@gmail.com.

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald

An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data.

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

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

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

Deadline is 4 p.m. on Friday - some exceptions may apply.

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

We are here to serve families in Leavenworth, Peshastin, Plain and the entire Upper Valley.



LOCALLY OWNED



JONES & JONES ~ BETTS
Funeral Home

302 9th St., Wenatchee • 662-2119 or 662-1561
jonesjonesbetts.com

Honoring the lives of residents in the Valley for over 100 years.
You can always rely on our dedicated staff.

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
Worship 9 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.



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

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

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
www.newlifeleavenworth.com

PLAIN

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



Local and Regional News

Link Transit Publishes Community Survey for 2022 Changes



PHOTO SUBMITTED BY LINK TRANSIT.
Screenshot of Proposed Route changes in Leavenworth which include route 22, 122, 32, and 34.

By MEGAN SOKOL
Staff Writer

Link Transit is entering their second phase of their proposed service changes due for July of 2022. Changes may include faster and more efficient commutes between Leavenworth and Wenatchee, along with new service routes between Chelan and Waterville.

“The first phase got cut pretty short because it was intended to go into action back in 2020, then with COVID-19 we cut a lot of service and changed things to deal with the pandemic,” Former Link Transit member Mia Bretz stated.

The first phase included adding later Sunday evening hours to stops within

Leavenworth. The second phase suggests improving the reliability of routes between Leavenworth and Wenatchee during the weekend.

The Link forward recommended plan was approved back in June 2021. In this round, Link Transit is asking Chelan-Douglas residents to fill out their survey and comment on what additional edits should be made to their proposed route maps.

Bretz states that “this survey is really just a continuation of the conversation.”

Some of the changes include streamlining Route 22, connecting downtown Leavenworth to downtown Wenatchee along with two new trips to North Central Washington to provide more

service during shift changes.

Phase one service plan highlights include increased bus service, improved access to area such as Chelan, Walmart, Central Washington Hospital, and Wenatchee Valley College, along with service to new areas in Wenatchee for example Boodry Street and Saddle Rock Trailhead, Chelan Falls, Leavenworth Ski Hill, and Icicle Road, Waterville and Chelan.

Their goal is to increase ridership, make transit competitive to commuting in a car, deliver promises made back in 2020, and encourage affordability for workers.

“We heard loud and clear through our community feedback that people really want commuter routes.

It’s really impactful for traffic congestion, as things continue over the years that we are able to do a commuter service,” Bretz states.

Both Chelan and Leavenworth would have 60-minute service intervals in the short-term plan.

There will also be on-call service for stops in Peshastin.

Future proposals may include longer hours, more access to rural areas like Plain and adding transportation options for seniors and those with disabilities.

Link Transit hope to hire more operators as soon as that is possible, along with extending service hours.

They will conduct a public hearing in mid-March and implement finalized changes in July 2022.

Give NCW Supports Rural Communities



Denise Sorom

Director of Philanthropy at the Community Foundation of North Central Washington

Give NCW, a crowd-funding campaign that runs from Thanksgiving Day to December 31, raised \$666,869 for 62 nonprofit organizations throughout Chelan, Douglas, and Okanogan Counties last year. The 2021 campaign broke all previous records, marking new heights for the total amount raised, the number of participating donors, and the number of participating nonprofits. It was a banner year for Give NCW overall and specifically for the smaller regional nonprofits that participated.

While most participating nonprofits in Give NCW are from the region’s population center, the Wenatchee Valley, a full one-third of the groups from the 2021 campaign were based in smaller communities in North Central Washington. These smaller regional nonprofits are fine examples of the “love of place” that defines so many of our smaller rural communities. Let’s look at a breakdown of each of these regions and how Give NCW impacted them:

Upper Valley = \$116,604 raised for 11 Nonprofits

- Cascade Medical Foundation, Greater Leavenworth Museum, Icicle Creek Center for the Arts, Ingalls Creek Enrichment Center, Leavenworth Summer Theater, Mountain Meadows, Mountain Sprouts Children’s Community, Upper Valley Connection, Upper Valley Mend, Waste Loop, and the Wenatchee River Institute.

Okanogan Valley = \$30,519 raised for 7 Nonprofits

- Green Okanogan, Okanogan Behavioral Health Care, Okanogan County Child Development Association, Okanogan Land Trust, Okanogan Regional Humane, Okanogan Valley Orchestra and Chorus, Pateros Brewster Community Resource Center

Chelan Valley = \$24,861 raised for 3 Nonprofits

- Chelan Valley Hope, Chelan Housing Trust, Heritage Heights at Lake Chelan

What is behind the success of these numbers? First and foremost, it is the donors who step up year after year and give generously to their favorite organizations. In addition, it is the visibility, infrastructure, and capacity that the campaign offers to small nonprofits. The Community Foundation of NCW invests several thousand dollars each year in giving incentives for Give NCW, as well as paying credit card fees from online donations and covering the cost of the technology behind the campaign. This gets our vital rural nonprofits in front of new donors and makes online transactions easy and cost-free.

Grace Larsen, of Pateros Brewster Community Resource Center, states: “As a board member as well as supporter of a small nonprofit in very rural NCW, a great deal of our work is done as volunteers. Our small budget and donor base limits our ability to hire staff and increase capacity. But when you pool us small nonprofits together, share out

our stories and missions in one place, it makes it much easier for donors to get to know us —what’s out there. Finally, this campaign has cultivated a local community giving habit and expectation that leaves everyone feeling supported. It truly energizes us little guys!”

Karen Schimpf, of Okanogan Valley Orchestra and Chorus, adds: “It is currently so difficult to hold fund raisers in this rural county because of Covid risk and restrictions...With CFNCW helping with some of the marketing, listing requests from all over the region and doing the tax work, it is a SAFE way to raise funds for participating small organizations, no one has to go anywhere with crowds, so it was a MUST to join.”

Kaylin Bettinger, Executive Director of Upper Valley MEND describes the campaign’s impact on her social service organization: “Give NCW has helped the sustainability of Upper Valley MEND’s programs by giving visibility to the organization. It’s introduced new donors to our programs and increased gifts from existing donors. It’s been an amazing partnership!”

To build on the success of Give NCW, this year CFNCW aims to make some improvements to its usability, making it easier for donors to find nonprofits they support as well as discover new ones. If you know of a nonprofit in your community that would benefit from participating, visit www.cfncw.org/givencw for all the details. We know 2022 has great things in store for our cherished rural communities!



Chelan Varsity Girls’ Basketball vs Cascade

By COACH NICK LONGMIRE
Chelan High School

On January 28, the Chelan Mountain Goats faced the Cascade Kodiaks. With a full gym and lots of buzz around the celebration of the Mountain Goat seniors, the Goats and Kodiaks stepped out on the floor to face each other for the final time of

the season. The Goats came out timid offensively. While forcing several turnovers with their defense they also gave up many possessions to careless passing and poor decision making but did build a small 10-4 lead. In the second quarter the Goats were still not clicking on all cylinders offensively and lacked the attacking method of their offense that breaks down zones and draws defenders. The Goats continued to add to their lead however, going into halftime with a 22-10 lead over the Kodiaks. The Goats came out of the locker room ready to play in the 3rd quarter finding offense from several players. While holding the Kodiaks to only a 4 point quarter for the 2nd time in the game. The Goats pulled away, building a

26 point lead going into the 4th quarter.

With both teams in the bonus the Goats and Kodiaks spent most of their time at the free throw line to finish out the contest. The final score was Chelan 50, Kodiaks 22.

Boys’ Basketball

By COACH ANTHONY CALLERO
Chelan High School

On January 27th Chelan picked up a league victory on senior night and moved to 10-2 in the CTL and 13-6 overall. Chelan had 9 players score. Final score, Cascade 46, Chelan Boys 91

State agencies begin implementing improvements to WA Cares Fund

SUBMITTED BY THE DEPARTMENT OF SOCIAL AND HEALTH SERVICES

Gov. Jay Inslee signed two bills, House Bill 1732 and House Bill 1733, which make changes to the WA Cares Fund, a first-of-its-kind program ensuring all Washingtonians have access to affordable long-term care when they need it. House Bill 1732 enables near-retirees to qualify for partial benefits and delays the WA Cares Fund by 18 months, directing employers to begin withholding premiums starting July 1, 2023. House Bill 1733 will allow certain veterans with disabilities, spouses and registered domestic partners of military service members, workers on temporary nonimmigrant visas, and employees who work in Washington but live in a different state to opt out of WA Cares.

“Washington is the first state to take bold action to address the looming long-term care crisis,” said DSHS WA Cares Director Ben Veghte. “Over the past year, we have heard concerns from the public regarding coverage gaps in the program. The reforms enacted today address those concerns.”

The Department of Social and Human Services and the Employment Security Department are two of several state agencies partnering to deliver this benefit to Washingtonians. Some of ESD’s responsibilities for the program are employer

reporting, premium collection and exemptions while DSHS is generally responsible for WA Cares Fund benefits. Both agencies have started implementing the changes.

Beginning in July 2023, employees will pay \$0.58 per \$100 of earnings into the fund. ESD has started work to delay employer reporting and premium collection by 18 months. It has updated its website with basic information for employers and people who’ve applied for exemptions. ESD won’t accept any WA Cares premium payments for the first quarter of 2022 and will communicate more detailed guidance to employers in February.

“The Legislature and Gov. Inslee’s work to improve WA Cares this session will give employers and the public more time to understand and prepare for this first-in-the-nation program,” said ESD Commissioner Cami Feek.

Employers should:

- Stop withholding WA Cares premiums from employee earnings.
- Reimburse employees for WA Cares premiums within 120 days of the date premiums were collected.
- Continue to maintain copies of exemption approval letters for workers who provided them.

Exemptions.

ESD is continuing to monitor legislation that could

affect exemptions and will communicate any changes as soon as we can. Benefits. Employees’ contributions will allow them to later receive up to \$36,500 in long-term care benefits over their lifetime. Eligible employees will now begin to receive benefits in July 2026. The benefit will be adjusted annually up to inflation. It can be used for services like professional personal care in your home, dementia support, respite for family caregivers and much more. You can read more about the available benefits here.

According to Veghte, “WA Cares will protect many Washingtonians from being driven into poverty by the need for long-term care and serve as a model for the rest of the nation. The program will make it easier for all of us to age with dignity and independence in the setting of our choice.”

The number of Washingtonians over 75 is expected to double in the next 15 years. Research shows that 70% of us will need some type of long-term care, yet only 7% can afford private long-term care insurance. Medicare does not cover it, and many families are forced to spend down their savings to qualify for Medicaid. Caregiving can also place a tremendous burden on family members who are often forced to reduce work hours, forego promotions, or leave the workforce entirely to care for a loved one.

What is your legacy?
Provide for your family and future generations. Leave a gift to your community, forever.
www.cfncw.org • (509) 663-7716

Find the best qualified local employee

...with the Echo/Record Classifieds.
Email your ad to classifieds@leavenworthecho.com
by noon on Friday
215-14th Street, Leavenworth
509-548-5286

Sports Schedule

GIRLS BASKETBALL:	
Feb. 2:	Cascade vs. Cashmere; 5:45 p.m.
BOYS BASKETBALL	
Feb. 2:	Cascade vs. Cashmere; 7:15 p.m.

Kodiaks Scoreboard

GIRLS BASKETBALL:	
Jan. 25:	Cascade 15, Royal 53; Loss
Jan. 28:	Cascade 24, Chelan 59; Loss
BOYS BASKETBALL:	
Jan. 25:	Cascade 51, Royal 73; Loss
Jan. 28:	Cascade 46, Chelan 91; Loss

Suicide Prevention

CONTINUED FROM PAGE A1

day-to-day lives of teenagers like school staff are. Thus, school staff can be trained to combat the likelihood of suicide ideation and attempt.

The presentation began with facts. This includes that suicide affects everyone; when a suicide occurs, on average 147 people are affected by the trauma. Suicide is preventable. Asking someone whether they might be contemplating suicide does not spur it to happen, and suicide results from the combination of multiple factors.

In 2019, 47,511 Americans were lost to suicide and 1.2 million suicide attempts occurred. 3:1 is the ratio of male to female deaths, though the ratio is flipped for attempts, with 3 females attempting for every 1 male attempting. These ratios reflect the fact that

males are more likely to use lethal means, such as firearms.

Data from the 2019 WA State's Healthy Youth Survey showed that 21% of CHS students considered suicide and 40% had experienced a sense of hopelessness for more than two weeks.

The factors that come together and push someone toward suicide include a thwarted sense of belonging, a perception of burdensomeness and acquired capability, which can mean access to lethal means but also includes experience (other traumatic experiences) that counter the human drive to survive.

Moholy explained that suicide is not about dying forever but ending a terrible pain. A victim of suicide will have felt a physical and mental exhaustion which might prevent them from reaching out for help.

Moholy and Schmitt then

shared the acronym LEARN, for the key steps to helping someone if you're worried. L = look for signs, such as big changes in behavior or activity from norm, E = empathize and listen actively without trying to fix the person (because this is not like a physical wound or ailment). They need to feel heard and a sense of connection and have their feelings validated.

A = ask about suicide. The key is being courageous and direct. Vague questions allow for vague answers. One might have to ask more than once. R = reduce danger by asking the person if there's a plan and/or means. Danger reduction also includes identifying allies, barring means and continued frank empathy. N = next steps of care, and it depends on the situation, but the person cannot be left alone.

This training is timely. "Like every other school

district right now, our students' mental health needs have skyrocketed," said Schmitt. "I believe it's our due diligence to meet our students' mental health needs first and foremost before they can be able to function adequately and put their learning caps on in a classroom. And when I refer to "our due diligence" I am referring to myself, our district staff, coaches, parents, and community members alike. It's a team effort.

"Also, the conversation of suicide and measures of prevention/intervention/postvention is a topic that I think our society's culture tends to shy away from for many reasons. But that makes it even more important to bring to the table and discuss in order to educate and help prevent suicide in the future."

CSD is committed to continuing the work. "In February, IRMS School

Counselor, Dani Steele, and Cascade Medical's Clinical Social Worker, Aisha Houghton, will be conducting the training for our middle school staff," said Schmitt. "After that, we have two trainings in March for our elementary schools. After that, we will conduct trainings for our transportation department, coaches, parents/community, etc."

While it was a sobering way to start a Wednesday, the training was appreciated. Schmitt said, "We've experienced a couple suicides over the past several years, so naturally, it's difficult for staff to process and be able to talk about too. However, my takeaway, in speaking with staff members, was that it was a good training - informational, tangible, and necessary."

Considering that whole person health, including mental health, is critical to students' success in school, it's

key that so many people are coming together to prioritize suicide prevention training. "I would like to thank our school board, superintendent and administrators, along with Cascade Medical Center, of course, for this collaborative partnership and implementation," said Schmitt.



City Council and the Planning Commission Reach Common Ground

BY: MEGAN SOKOL
Staff Writer

On Jan. 25, councilmembers held a thorough sit-down discussion with the Planning Commission, with the City Council accepting the drafted 2022 Docket. The docket is a tally sheet and workplan for what issues the commission should prioritize in 2022, including the zoning and duplex amendments which the City Council remanded back to the Planning Commission in December.

The meeting began with the council adopting a resolution supporting Mayor Florea's Emergency Proclamation on Jan. 7, due to extreme snowfall on January 6, 2022. Chelan County Sheriff Corporal Monika Haynes then gave a summary on the aftermath of the Village of Lights.

The public comment period was brief and mainly consisted of commenters such as Taylor Boyd, who commented on sidewalk provisions and overall design for commercial businesses.

Following the public comment period founding

member of the Design Review Board Robert "Bob" Smith was awarded a Service Award for his time contributing to the Bavarian theme. The award was presented by Senior Planner Maggie Boles.

Mayor Florea presented former councilmember Mia Bretz an award via zoom, commending her for working on issues that pertain to people of each ethnicity and economic background.

The joint meeting with the Planning Commission started with Development Services Manager Lilith Vespier. Planning Commissioners Andy Lane, Steven Booher, Dr. Kenny Renner-Singer, Alison Miller, and Angela Harrison were present for the joint meeting with the city council. The docket included looking back at the remanded items from December: R-8 zoning changes, duplex regulations, and several development standards. High priority items on the docket included to continue to look at affordable housing incentives, a review of options on driveways and on-site parking requirements, and lastly to investigate triplexes and

evaluate the on-site open space requirements for triplexes and how they fit within the neighborhoods.

Andy Lane explained to the council, regarding the housing action plan, that there may be community opposition no matter what they choose, and if council were to wait until the community accepted items like the remanded code amendments, which are part of the housing action plan, then they may need to drop them from the agenda.

Lane also stated that conflict would be inevitable and if it were to come up, he would want councilmembers to focus on legitimate concerns rather than false concerns, to make rational decisions.

Commissioner Steven Booher explained that it had been a frustrating 1-2 months for the Planning Commission and hopes to have a clear discussion as to what the council wants to see from the commission.

Clint Strand congratulated the commission on working on the remanded zoning and duplex amendments. Strand later echoed his concerns from

their December meeting, which was whether higher density housing would guarantee affordable housing, especially with the influx of developers looking to build higher-priced apartments.

Lane assured Strand that increasing supply is helpful and that there is no single solution with affordable housing. He also reiterated that zoning changes are a separate matter from duplex changes, and that the goal of the zoning amendment would be to allow smaller lot sizes, which are generally more inexpensive to build. He also echoed a point he made last December, which is the UGAs have been labelled as such since the 1990s and they were meant to be a buffer for urban sprawl under the Growth Management Act.

Councilmember Zeke Reister had also echoed his increasing concern for the height requirements for duplexes, which prompted both Commissioners Lane and Miller to comment that the height requirement would be a separate issue from what they were discussing.

Councilmember Marco Aurilio congratulated Lane for his contribution to the discussion and had added to Strand's question as to how affordability would be guaranteed. He explained how the key thing to look at was to look at a diversity of affordability and pitched a

possible collaboration with both public and private sectors to make more incentives for affordable developing.

Commissioner Miller pointed out that many of the councilmembers' concerns regarding further private development has already occurred under present-day code and stated that these codes would be a separate improvement to the affordability problem. She also asked Councilmember Reister if he had an issue with height requirements for single-family homes along with his question for multi-family homes

Planning Commissioner Harrison reiterated that the council's noted hesitancy for these items and fear that they may be making a drastic decision, and may lose their opportunity to provide workforce housing for Leavenworth workers. She states that if they don't figure out something soon, they will lose the possibility for a well-rounded community and "I find that really sad," Harrison said.

Anne Hessburg agreed with the commission's plea for the council to stay focused on the task at hand, stating that although present code is not perfect, they should move forward with what the council presented in the docket.

Vespier reminds the council that they may review progress on the docket and whether prioritized items change. The

docket was passed, with only one may from Councilwoman Sharon Waters.

The council went into a 25-minute executive session, then proceeded to the rest of the city council meeting with discussion of an amendment to the 2022 Phase III Capitol Sewer Fund, Wastewater Treatment Supplemental Agreement #4, which will include new upgrades to the wastewater collection system and wastewater treatment plant contract closeout. The contract was passed unanimously.

Finance Director Chantell Steiner reported that the city would not collect any money for the Care Tax due to its extended deadline, and stated that they, the city, would only risk a \$1000 fee if they chose not to collect it.

Other items that were passed unanimously include the Professional Services Agreement with Gray and Osborne regarding parking lots design and planning; Mayor Ad Hoc Committee Assignments and confirming Mayor Pro-Tem Anne Hessburg's City Council appointments to the 2022 City Council Standing Committees.

Councilmembers reported updates from each of their subcommittees. Updates include assigning Councilmember Reister as chair of the Housing Committee, he reported that the ADU design plans may go live in early February.



**Rare Opportunity:
Cottage Now Available!**

**Beautiful Independent
Living Cottage
Now Available!**



Avoid the cold and worries of snow removal and enjoy the beauty of winter from your independent living Cottage at Mountain Meadows Senior Living Campus. The Cottages are rented on a month-to-month basis and include all utilities, weekly housekeeping, maintenance, and one meal per day in the main dining room.

- 2-Bedroom Cottage with garage, patio and storage area
- Washer, dryer & Full kitchen with appliances in every cottage
- Views of the Cascade Mountains from every Cottage
- Easy access and walking paths to the main building

Stop by today, take a tour and experience for yourself why our residents love living at our beautiful community!

MOUNTAIN Meadows
Senior Living Campus

Independent Living Cottages • Assisted Living • Memory Care

320 Park Avenue | Leavenworth, WA 98826 | (509) 548-4076

mountainmeadowsliving.org

A subscription makes a wonderful gift!

Wenatchee Business Journal	There's something for everyone in the local newspaper
Serving the North Central Washington Business Community for over 40 years!	
- Business News	- Local news
- BNCW News	- Local school news
- Keeping Up With People	- Local sports
- Top Properties	- Local arts & entertainment
- Business Opinions	- Event notices
	- Public & legal notices
	- Outdoor activities
	- Health tips
	- Online Access for all Newspapers
	- Meeting notices
	- Breaking News

Please indicate your subscription choice:

Wenatchee Business Journal Subscription Rates for 12 months

\$24 1 year \$35 2 years - Chelan & Douglas Counties

\$28 1 year Outside Chelan/Douglas \$48 1 year Out of State

Community newspaper Subscription rates:

Print and Premium on-line access - **\$45 per year**

RECORD ECHO HERALD MIRROR

Print only - **\$40 per year**

RECORD ECHO HERALD MIRROR

On-line only - **\$40** - includes E-edition of paper exactly as printed

RECORD ECHO HERALD MIRROR

Print only out of state - **\$52 per year**

RECORD ECHO HERALD MIRROR

Out of state Premium/E-Edition on-line - **\$40 per year**

Name of person ordering: _____

Address: _____

Email: _____ Phone: _____

Send gift subscription to: _____

Address: _____

Email: _____ Phone: _____

Payment information (pay by credit card or check):

Credit Card number: _____ Paying by check?

Exp: _____ Visa Mastercard Discover AMEX Check enclosed:

MAIL TO:
NCW Media Inc.,
Attn: Circulation
PO Box 249
Chelan, WA 98816
OR CALL with your Card #
509-293-6780
FAX: 509-882-4209
EMAIL: circulation@lakechelanmirror.com

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



PUBLISHER'S NOTICE

All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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

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



Administrative
Puzzle Solution

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

S	T	A	S	C	P	A	A	R	I	A			
M	A	C	R	O	L	I	P	A	X	I	A		
O	C	T	A	L	O	E	R	S	L	E	W		
G	O	S	L	I	N	G	O	T	H	E	L	L	O
A	D	O	S	N	O	B							
C	A	B	I	D	O	L	W	I	D	I	S	H	
U	V	E	A	E	L	U	L	N	A	C	H	O	
P	I	L	L	S	I	M	O	N	S	H	I	N	
I	S	L	A	M	O	B	O	E	H	O	V	E	
D	O	S	S	E	S	E	M	I	T	R	A	Y	
R	E	A	R	G	E	L							
V	I	N	E	G	A	R	C	H	A	U	C	E	R
A	L	I	K	E	O	W	L	C	L	O	S	E	
N	I	T	E	R	M	O	O	U	L	N	A	E	
S	A	S	S	A	N	D	P	S	E	U	D		

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?**
HAPPY BIRTHDAY CONGRATULATIONS!
WILL YOU MARRY ME?
HAPPY ANNIVERSARY
Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

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

Employment

Help Wanted

THREE RIVERS HOSPITAL
ULTRASOUND TECHNOLOGIST Part-time
Three Rivers Hospital is seeking an Ultrasound Tech responsible for the independent operation of sonographic equipment, and for performing and communicating results of diagnostic examinations using sonography. Candidate must have an active ARDMS, ARRT, RDMS or RDCS certification and a minimum of one year clinical experience. Graduate of a formal Diagnostic Medical Sonography Program or Cardiovascular Technology Program that is accredited by CAAHEP. Candidate must be able to perform general, OB and abdomen studies; vascular studies (i.e. Echo, Carotid, Arterial) and Cardiac capabilities are required. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

Help Wanted

THREE RIVERS HOSPITAL
COVID-19 COORDINATOR / MA-C Full-time/Temporary
Three Rivers Hospital is seeking a COVID-19 Coordinator to work in our medical clinic. This position performs essential tasks, which includes answering and returning phone calls to patients related to questions around the COVID vaccine, testing, results, and general questions; administrator COVID-19 vaccinations. High school graduate or equivalent, must have valid WA State MA License. Required: ability to communicate in English and Spanish. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

CASCADE SCHOOL DISTRICT
The Cascade School District is seeking qualified applicants for the following position:
• Head Cook
Fast Track application process and information can be found on our website at: www.cascadesed.org EOE

City of Pateros Public Works Department
The City of Pateros has a current opening for part time seasonal public works position. Wage is \$24 hour with no benefits, thirty hours a week for eight months of the year. Primary duties include: Assisting public works, parks department and events. Applicant must have a valid WA State Driver's License and provide current driving record from DOL. A complete job description and application can be obtained by calling (509) 923-2571, or email pateros@swift-stream.com. Application deadline is February 14, 2022, at 4:30 pm. Position is open until filled.

Windermere REAL ESTATE
Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists
Looking for real estate in the Upper Valley? Give us a call today!
Carmen Bagdon - 237-2060
Momi Palmieri - 433-2211
Geordie Romer - 679-8958
Allyson Romer - 630-9898
See all available properties at windermereleavenworth.com

Help Wanted

CASCADE SCHOOL DISTRICT
The Cascade School District is seeking qualified applicants for the following positions:
Icicle River Middle School Head Boys Soccer Coach
Icicle River Middle School Boys Assistant Soccer Coach
Fast Track application process and information can be found on our website at: www.cascadesed.org EOE

THREE RIVERS HOSPITAL
NA-C Per Diem
Three Rivers Hospital is seeking a Nursing Assistant-Certified. Duties include assisting in the daily care, personal needs, and treatment of each patient in an acute care setting. Current NA-C WA State License, BLS and one year NA-C experience required. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Department PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

Brewster School District Para Educator - Special Education Bus Driver/Custodian Assistant Cook for the 2021-22 School Year Accounts Payable Specialist
Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. These positions are open until filled.

Two full-time paid salespersons needed, along with 6 part-time volunteers wanted at Chelan Station Re-runs. Apply at 410 Chelan Falls Road, Chelan; email: downtnotup@outlook.com or call (509) 682-9808 or (206) 445-2600.

Help Wanted

THREE RIVERS HOSPITAL
LAB TECHNICIAN TECHNOLOGIST Full-time
Three Rivers Hospital is seeking a Lab Tech to perform various technical, clerical and information systems related procedures in Chemistry, Hematology, Microbiology, Blood Bank. A.S Degree in Medical Laboratory Technology or related scientific field with a one-year internship or one year of clinical experience. Professional certification as a MLT (ASCP) or equivalent is highly recommended. Sign-on Bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

THREE RIVERS HOSPITAL
RADIOLOGY/MAMMOGRAPHY TECH Part-time
Three Rivers Hospital is seeking a Radiology/Mammography Tech to provide the best diagnostic images possible for the Radiologists, Physicians and ER Providers. Requirements: Registered by the ARRT and Certified by the State of WA. Graduation from an AMA – approved school of Radiologic Technology. Must have ARRT advanced certification in mammography, and completed an accredited program in radiology or imaging and have a minimum of 1 year experience as a Mammography Tech. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE



Help Wanted

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

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

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@leavenworthecho.com
Deadline is Friday by Noon for the following Wednesday issues of all newspapers

www.leavenworthecho.com • www.cashmerevalleyrecord.com

RUN IT 'TILL IT SELLS

Housing sales are **HOT!**

Is your home getting the attention it needs!

Advertise your property on **NCWMarket.com** for one low fee!

- \$100 fee includes:**
- Up to 5 photos of your home & property
 - 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



Help Wanted

THREE RIVERS HOSPITAL
RADIOLOGY/CT TECH Full-time
 Three Rivers Hospital is seeking two Rad/CT Techs to produce CT scans and assist the Radiologist with interventional procedures that require CT guidance and to provide the best diagnostic images possible for the providers. Registered by the ARRT and Certified WA State. Graduation from an AMA – approved school of Radiologic Technology. Minimum of one year CT experience. (Technical staff can be crossed trained). Current BLS certification. Prefer ARRT certification in CT. Sign-on Bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net 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 mirrors@lakechelanmirror.com or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@leavenworthecho.com **Deadline: Noon on Friday for all papers.**

Firewood

Firewood For Sale \$225.00 / Cord 360-921-4745

General Merchandise

For Sale Fresh brown farm eggs, \$2.50 per dozen Leavenworth, 509-548-1465

Real Estate

Rentals

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. \$1650 plus \$100. flat utility fee. References required. \$1000 security deposit. 509-860-4564.

WHAT'S HAPPENING
EVENTS
 Need to promote your event? Have you thought about NCWMarket.com the best online promotion available

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In re the Estate of MARY ELIZABETH BECHTOL Deceased. NO. 22-4-00019-04 AMENDED NOTICE TO CREDITORS
 The personal representative named below has been appointed and has qualified as the personal representative of this estate. Persons having claims against the deceased must, prior to the time such claims would be barred by any otherwise applicable statute of limitations, serve their claims on the personal representative, or the attorney of record, at the addresses stated below, and file an executed copy of the claim with the clerk of this court within four months after the date of first publication of this notice, or within four months after the date of filing of the copy of this notice with the clerk of the court, whichever is later or, except under those provisions included in RCW 11.40.011 or RCW 11.40.013, the claim will be forever barred.
 DATE OF FILING COPY OF NOTICE TO CREDITORS with clerk of the court: January 28, 2022
 DATE OF FIRST PUBLICATION: February 2, 2022
 Personal Representative: Russell W. Bechtol 104417 Nicole Drive Kennewick, WA 99338
 Attorney for Estate: Kyle D. Flick Attorney at Law 222 South Mission Wenatchee, Washington 98801 (509) 662-3333
 DATED this 28th day of January 2022.
 LAW OFFICE OF KYLE D. FLICK, P.S.
 By /s/ KYLE D. FLICK
 KYLE D. FLICK, WSBA #14963
 Attorney for Estate
 Published in The Leavenworth Echo/Cashmere Valley Record on February 2, 9, and 16, 2022. #3557.

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In re the Estate of LOIS H. ABPLANALP, Deceased NOTICE TO CREDITORS NO. 21-4-00470-04
 The personal representative named below has been appointed and has qualified as the personal representative of this estate. Persons having claims against the deceased must, prior to the time such claims would be barred by any otherwise applicable statute of limitations, serve their claims on the personal representative, or the attorney of record, at the addresses stated below, and file an executed copy of the claim with the clerk of this court within four months after the date of first publication of this notice, or within four months after the date of filing of the copy of this notice with the clerk of the court, whichever is later or, except under those provisions included in RCW 11.40.011 or RCW 11.40.013, the claim will be forever barred.
 DATE OF FILING COPY OF NOTICE TO CREDITORS with clerk of the court: January 18, 2022
 DATE OF FIRST PUBLICATION: January 26, 2022
 Personal Representative: John Abplanalp 15-2822 Popa'a Street Pahoa, HI 96778
 Attorney for Estate: Kyle D. Flick Attorney at Law 222 South Mission Wenatchee, Washington 98801 (509) 662-3333
 DATED this 18th day of January 2022.
 LAW OFFICE OF KYLE D. FLICK, P.S.
 By KYLE D. FLICK, WSBA # 14963 Attorney for Estate
 Published in The Leavenworth Echo/Cashmere Valley Record on January 26, and February 2, and 9, 2022. #3481.

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 1648: An ordinance of the City of Leavenworth, WA, amending Leavenworth Municipal Code Chapter 13.04 Water Utility and Water Distribution System. 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 February 2, 2022. #3558.

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON COUNTY OF CHELAN

IN PROBATE
 In the Matter of the Estate of MYRNA R. SCOTT, Deceased. NO: 22-4-00029-04
 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. 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; or (2) four months after the date of first publication of the notice. If the claim is not presented within this time period, the claim will be forever barred, except as 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: February 2, 2022
 By LOWELL A. SCOTT, Personal Representative
 Address: 97 Riverfront Drive Cashmere, WA 98815
 Dated: January 24, 2022
 Attorneys for Personal Representative: GATENS GREEN WEIDENBACH, PLLC By LINDSEY J. WEIDENBACH, WSBA #43523 305 Aplets Way / PO Box 523 Cashmere, WA 98815-0523
CHELAN COUNTY CLERK'S OFFICE
 Ms. Kim Morrison, Clerk Chelan County Superior Court 350 Orondo Avenue, Suite 501 Wenatchee, WA 98801-2885
 Published in The Cashmere Valley Record/Leavenworth Echo and Lake Chelan Mirror on Feb. 2, 9, 16, 2022. #3494

Public Notices


SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

Estate of CORNELIO TOVAR, Deceased. NO. *21-4-00460-04
 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)
 PLEASE TAKE NOTICE
 The above Court has appointed Roberto Tovar as Personal Representative of Decedent's estate. Any person having a claim against the Decedent must present the claim: (a) Before the time when the claim would be barred by any applicable statute of limitations, and (b) In the manner provided in RCW 11.40.070: (i) By filing the original of the claim with the foregoing Court, and (ii) By serving on or mailing to me at the address below a copy of the claim. The claim must be presented by the later of: (a) Thirty (30) days after I served or mailed this Notice as provided in RCW 11.40.020(1)(c), or (b) Four (4) months after the date of first publication of this Notice. If the claim is not presented within this time period, the claim will be forever barred except as provided in RCW 11.40.051 and 11.40.060. This bar is effective for claims against both the Decedent's probate and non-probate assets.
 Date of First Publication of this Notice: January 19, 2022
 Decedent's SSN (for WDSHS only): Richard Montoya WSBA # 10881
 Attorney for Personal Representative 100 31st Street NE East Wenatchee, WA 98802
 Published in The Leavenworth Echo/Cashmere Valley Record on January 19, 26, and Feb. 2, 2022. #3357.

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), 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 #1328 Attorney for Plaintiff
 Published in The Cashmere Valley Record/Leavenworth Echo on Feb. 2, 9, 16, 23, and Mar. 2, and 9, 2022. #3551.

Address Changing?
 Call the Circulation Department today so you don't miss a single issue of your Local Community Newspaper or our monthly publication, the Wenatchee Business Journal!
 509-293-6780 or email circulation@lakechelanmirror.com

 131 S. Apple Blossom Drive, Ste. 109 in the Chelan Business Center - Chelan

Announce those special events with us!
 Milestones | Weddings | Births | Birthdays | Anniversaries
 Call or email us for details!

 Leavenworth 509-548-5286
 Cashmere 509-782-3781
 509-682-2213 • 509-689-2507
ruth@lakechelanmirror.com

SUDOKU PUZZLE
 SUDOKU
GRAND ALASKAN CRUISE & TOUR
 12 days, departs May - Sep 2022
 FROM \$1,949 \$1,699
 1-855-208-9533 promo code N7017

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

CROSSWORD PUZZLE
 THEME: VALENTINE'S DAY ACROSS
 1. Fantasy sports data
 6. Accounting acronym
 9. Stark daughter on "Game of Thrones"
 13. Branch of economics
 14. All talk, no action type of service
 15. Relating to symmetry, in geometry
 16. Base-8 numeral system
 17. "___ the land of the free..."
 18. Lots and lots
 19. "Actor Ryan of "Blue Valentine"
 21. "Desdemona's suspicious husband"
 23. Big fuss
 24. Nose-in-the-air type
 25. Uber alternative
 28. One on a pedestal
 30. Moderately wide
 35. Eye layer
 37. Twelfth month of Jewish year
 39. Cheese-covered chip
 40. Popped relief?
 41. "Love, ___" movie
 43. Splints site
 44. Muhammad's teachings
 46. Orchestra instrument
 47. Past of have
 48. Avoids work, in British slang
 50. Give off
 52. Dose of sunshine
 53. Back seat
 55. Hair-raising product
 57. "___ valentine, an opposite of love note"
 61. English author perhaps best known for "The Canterbury Tales"
 65. Like Mary-Kate and Ashley
 66. Pooch's "wise" friend
 69. Bring to an end
 69. Potassium nitrate
 70. Farm sound
 71. Arm bones
 73. Uniting conjunction
 74. Imposter
 DOWN
 1. Smoke plus fog
 2. Comes in hard or soft shell
 3. Parts of a play
 4. ___-la
 5. Plural of solidus
 6. Heidi's shoe
 7. "Sweetie follower"
 8. Cook's cover
 9. Wheel holder
 10. Cambodian money
 11. Two-masted vessel
 12. "The Sun ___ Rises"
 15. Trash can for fireplace (2 words)
 20. Source of lymphocytes, pl.
 22. Pull along
 24. Dormant boat
 25. "Famous archer 26. Dispatch state 27. "___ and whistles"
 29. Hedgepodge
 31. Mr. and Mrs. Incredible's son
 32. Blood of the gods, Greek mythology
 33. Seven days postmortem
 34. "Hive-related endearment"
 36. Unfortunately, exclamation
 38. Rumpelstiltskin machine
 42. Stallion's cry
 45. Business combination
 49. Old Man's turf, according to Hemingway
 51. Darjeeling server
 54. Smell, usually pleasant
 56. Calms
 57. Ford Transit and such
 58. Pelvic parts
 59. Lice eggs
 60. Augments
 61. Scoop
 62. Scap holder
 64. Biblical twin
 64. Donna or Lou
 67. Get a blue ribbon

dish BRING EVERYTHING YOU LOVE TOGETHER!
 2-YEAR TV PRICE GUARANTEE \$69.99 MO. 190 CHANNELS
 CALL TODAY - For \$100 Gift Card 1-888-416-7103

Outdoor/Community

The Washington Outdoors Report



PHOTO COURTESY JOHN LEHMKUHL

Commissioner John Lehmkuhl enjoys horseback riding



PHOTO COURTESY METHOW VALLEY CITIZENS COUNCIL

Commissioner Melanie Rowland

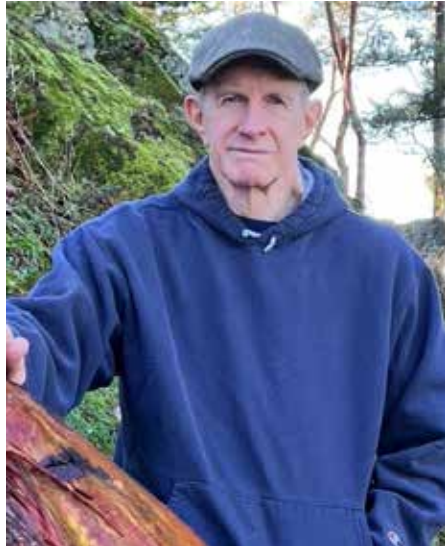


PHOTO COURTESY WDFW

Commissioner Tim Ragen

Outdoor Roundup

By JOHN KRUSE

RESUCITATING THE SPRING BEAR HUNT:

In November half of the Washington Fish and Wildlife Commission went against the advice of Department of Fish and Wildlife Director Kelly Susewind and his staff and postponed the 2022 spring bear hunt, an event that has occurred for decades in our state. This month, the Commission revisited that issue and in a 4 to 3 vote decided to look at a rule change that could result in the spring bear hunt occurring, albeit not before May 1st. A public comment period will occur prior to that time for those for and against the hunt to express their views.

NEW FISH AND WILDLIFE COMMISSIONERS:

Three new Washington Fish and Wildlife Commissioners will get a chance to weigh in on this possible hunt. Governor Jay Inslee appointed Dr. John Lehmkuhl, Melanie Rowland and Dr. Tim Ragen to the Commission, filling two vacancies and taking the place of longtime Chair Larry Carpenter, whose term on the Commission expired at the end of 2020.

John Lehmkuhl is a former U.S. Forest Service research wildlife biologist from North Central Washington. He

has served on the WDFW Wildlife Diversity Advisory Council since 2015 and is an avid horseman who operates a saddlery business south of Wenatchee. Lehmkuhl describes himself, “as a life-long hunter, angler and conservationist” and fills the seat vacated over a year ago by Dave Graybill.

Another North Central Washington pick for a commission seat is Melanie Rowland. She is an environmental attorney who formerly worked with the National Marine Fisheries Service to implement Endangered Species Act protections for salmonoid fish and marine mammals in the northwest. In recent years, Rowland has served as legal counsel for the Methow Valley Citizens Council. This group advocates for, “the protection of the Methow Valley’s natural environment and rural character.” The organization sued to stop the expansion of ATV use on Forest Service roads in Okanogan County without an environmental review, a lawsuit this non-profit won. The Council also supports the reintroduction of grizzly bears into the North Cascades.

The other new commissioner is Tim Ragen, the former Executive Director of the U.S. Marine Mammal Commission who calls Skagit County home.

Ragen has been an advocate for suspending commercial whale watching around the San Juan Islands and for reducing or eliminating Chinook salmon fishing in portions of Puget Sound to protect resident Orca whales in the Salish Sea.

One fact about the current commission is worth noting. Only three out of nine of the commissioners identify as hunters and anglers, the rest of them stick to non-consumptive outdoors pursuits. WDFW’s mandate is to, “preserve, protect and perpetuate the state’s fish, wildlife, and ecosystems while providing sustainable fish and wildlife recreational and commercial opportunities”. It will be interesting to see how well the Commission supports those fishing and hunting opportunities in the months ahead.

NAVY HALTS TRAINING AT STATE PARKS:

Over the last two years a number of citizens complained to the State Parks Commission about U.S. Navy SEALs who were using some of the saltwater state parks for special operations training purposes. This is something that has occurred for years without any problems. The training includes approaching the beaches using scuba gear and submersibles as well as rock and cliff climbing at certain parks. The Navy submitted a

plan to continue doing this for five more years in 2020. The plan was narrowly approved by the Washington State Parks Commission last year with new restrictions that include only allowing the use of replica weapons.

Reaching out to Washington State Parks about this issue, Spokesperson Amanda McCarthy said they could not comment because of the ongoing litigation. In the meantime, the readiness and training of these elite sailors will likely suffer.

STURGEON RETENTION CHANGES:

The harvest quota for sturgeon has been met in the Bonneville Pool of the Columbia River but the Dalles Pool is open for catch and keep sturgeon fishing on Mondays, Wednesdays and Saturdays until February 28th or until the harvest quota of 190 fish is met. The John Day Pool remains open for catch and keep sturgeon fishing every day of the week.

The limit is one sturgeon per day, two per year, and the fish have to measure between 43 and 54 inches from the nose to the fork of the tail. There are no restrictions on catch and release fishing for sturgeon.

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

4 Tips to Getting Just Enough Potassium

Last month, at age 71, Diane had 3 stents placed into her heart. As I looked over her medication list, I asked her, “Any medication changes?”

“My heart doctor changed my lisinopril to another medicine. Oh, and I’m not taking those big potassium pills anymore.”

“Hmm... Here’s the record of your visit with your cardiologist. He did change your lisinopril to losartan, but that’s all. It says here that he wants you to stay on your water pills and potassium tablets.”

“I thought the losartan was my potassium pill. See, it says losartan potassium on the pill bottle.”

“Yes, that IS confusing. Some medicine names now include the words sodium, potassium, or sulfate. This means that the medication contains a tiny amount of sodium, potassium, or sulfate, helping it to stay potent.”

“Despite what that label says, your new medicine actually contains very little potassium. Your water pills and potassium pills go together, and you need to keep taking your potassium pills.”

Water is not all that people lose when taking a “water pill” or diuretic. Besides the water, diuretics remove essential minerals like sodium, magnesium, and potassium from your body.

Potassium supplements are described either by weight in milligrams (mg) or chemically by milliequivalents (mEq). Most prescription forms of potassium are labeled as mEq

and are available as either 10 mEq or 20 mEq tablets.

Unfortunately, most prescription potassium pills are large. They can be awkward or hard to swallow, leading some folks to try smaller, non-prescription potassium pills instead. One common over-the-counter (OTC) potassium is 595 mg potassium gluconate. This may sound like a lot, but it isn’t. There’s only 99 mg of elemental potassium in each tablet, with the rest being gluconate.

A potassium gluconate tablet with 99 mg of potassium has only 2.5mEq of potassium. You’ll need to take 4 tablets of OTC potassium gluconate to match the potassium in one prescription tablet of 10mEq potassium chloride.

The average American adult gets about 2,600 mg of potassium daily through their diet, nearly 400 mg less than recommended. This is considered a public health concern for the general U.S. population.

How much potassium can you gain by eating a banana or drinking an 8-ounce glass of orange juice every day? Eating a medium-sized banana gives you 422 mg of potassium, and an 8-ounce glass of orange juice contains 473 mg of potassium. One potato with the skin has 610 mg of potassium, with sweet potatoes containing 694 mg potassium.

Leafy green vegetables and foods like tomatoes that grow on vines are good potassium sources. So are milk and yogurt. More information

on the potassium content of foods is available in the online resource Dietary Guidelines for Americans 2020-2025, at www.dietaryguidelines.gov.

Eating bananas and drinking orange and tomato juice regularly may not be enough to keep your potassium level balanced. People taking “water pills” every day may need more potassium than they can get by eating bananas and oranges.

One easy and inexpensive way to get more potassium is to use a salt substitute made with potassium. Salt substitutes such as Nu Salt® or Morton Salt Substitute® are sodium-free. They contain potassium chloride salt crystals instead of sodium chloride salt crystals. There are also low-sodium salt substitutes like Morton’s Lite Salt, with a 50-50 sodium to potassium chloride ratio.

Both sodium-free and low sodium salt substitutes are concentrated sources of potassium. Switching from a typical table salt made with sodium chloride to a salt substitute with potassium chloride can dramatically increase your potassium intake.

People with kidney disease should avoid using a salt substitute containing potassium. But for people taking a water pill, switching to a salt substitute can be more effective than taking OTC potassium tablets and easier to swallow than prescription potassium pills.

Here Are 4 Tips to Getting Just Enough Potassium:



1. Eat potassium-rich foods.

Sweet potatoes, white potatoes, and 8 ounces of low-fat or non-fat yogurt have more potassium than bananas. Low-sodium V-8 has nearly twice the potassium that orange juice has.

2. Switch your salt.

Nu-Salt® has 795mg of potassium in each ¼ teaspoon. That’s 20mEq of potassium, more than many prescription-strength potassium tablets. Morton Salt Substitute® has 610 mg of potassium per ¼ teaspoonful, which is (15mEq) of potassium.

3. Check with your doctor.

Certain heart medicines like lisinopril, losartan, and spironolactone encourage potassium to stay in your body. Ask your doctor before switching to a salt substitute containing potassium.

4. Avoid potassium if you have kidney problems.

Discuss potassium-rich foods and salt with your doctor.

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

BUSINESS & SERVICE Directory

Add your business or service to this directory: 548-5286

DRILLING

Tumwater Drilling and Pump Inc.

“Water Treatment Systems Built to Your Individual Problem”

Free Water Analysis/Estimates

Conveniently located on Hwy 2 across from the Big Y Cafe in Dryden @ 9290 Hwy 2

Tumwater Drilling & Pump, Inc.

548-5361

www.tumwaterdrilling.com • email info@tumwaterdrilling.com

WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE, SALT SALES

STORAGE



DOWNTOWN CASHMERE MINI STORAGE

5x10 - \$65 Per Month
10x10 - \$85 Per Month
8x14 - \$90 Per Month

•Secure Timed Keylock System•
•Mobile Platform Available•
•Burglar Alarm•
•Camera Surveillance•

782-8113

201 Cottage Ave., Cashmere

EXCAVATION

Complete Excavating Service

Power & Water Systems
Dump Truck & Dozer
Drainfield Repair
Free Estimates
Septic Systems
Road Grading



GENERAC

Prepare for power outages with a Generac home standby generator

REQUEST A FREE QUOTE!
877-330-1491

FREE 7-Year Extended Warranty* A \$695 Value!

Limited Time Offer - Call for Details

Special Financing Available Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.



Please help us meet our needs by donating the following items:
• Cereal • Juice • Canned Fruit • Cooking Oil • Eggs • Meats • Chili • Soups
Open: Monday through Saturday 11 a.m. - 5 p.m.
509-548-6727



Open: Monday-Saturday 10:30 a.m. - 5 p.m. and Sunday 12 - 5 p.m.
Kindly bring donations to our sorting center.
509-888-9990

This announcement sponsored by The Leavenworth Echo

Here today... ...gone tomorrow!

Get rid of all that extra stuff with an ad in the Echo/Record Classifieds.
Call us at 509-548-5286