



Cascade High School Presents: *Little Women*

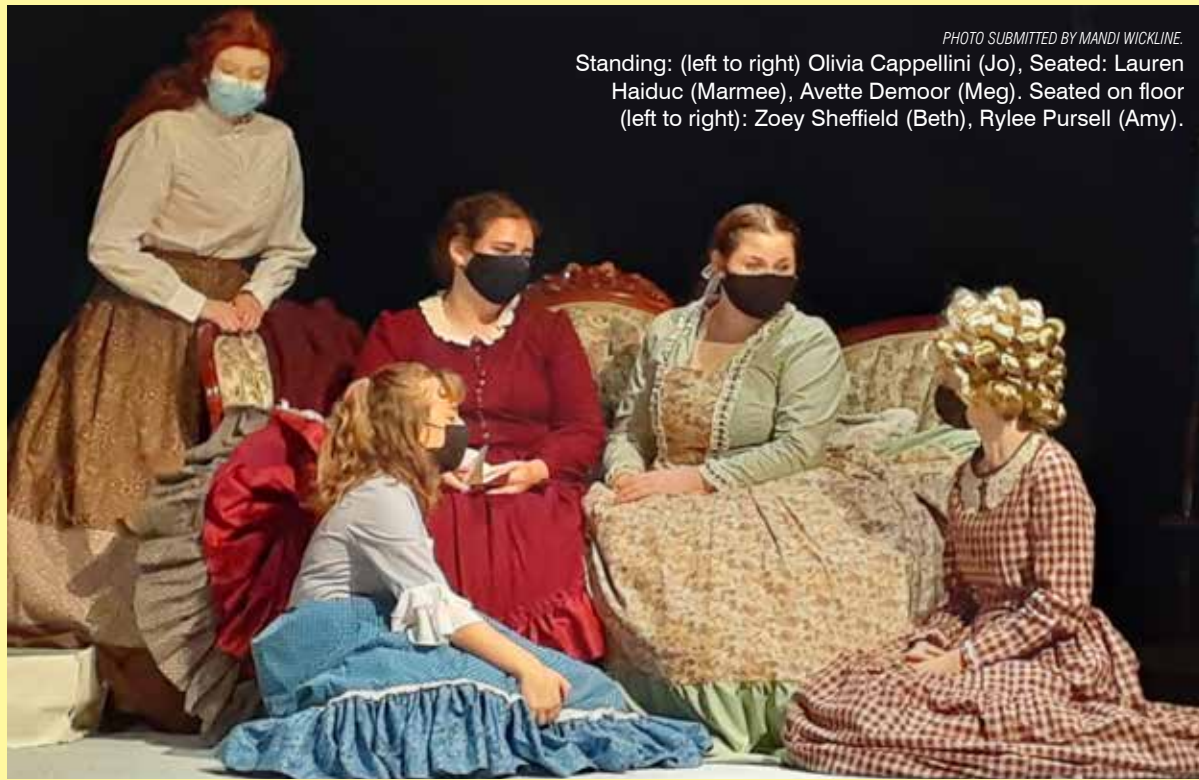


PHOTO SUBMITTED BY MANDI WICKLINE.
Standing: (left to right) Olivia Cappellini (Jo), Seated: Lauren Haiduc (Marmee), Avette Demoor (Meg). Seated on floor (left to right): Zoey Sheffield (Beth), Rylee Pursell (Amy).

By: MEGAN SOKOL

Louisa May Alcott's classic feminist novel *Little Women* is coming to life at the Cascade Drama Club on November 4-6 at 7 p.m. The ground-breaking tale of the matriarchal March family will be directed by Cascade Drama Coach Mandi Wickline, who will be using the Kevin Cunningham adaptation for the performance. "They should expect a beautiful

production that is very faithful to the book," Wickline states. "I chose the adaptation that I thought captured the spirit of the book the closest." *Little Women* is a semi-autobiographical coming of age story of four sisters, Meg, Jo, Beth, and Amy March, as they try to weather through the American Civil War. "This is a really sweet, sincere adaptation of the original classic.

It's just a beautiful traditional story." Wickline linked together missing pieces of information from the book to the stage by adding recorded bits of narration that provide necessary context. "That's been fun for us as a group to kind of put together those missing pieces with the narrations, like 'how did the March family

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Wenatchee-Entiat Beaver Project 4th Season Overview

'Ecosystem Engineers' become tools for habitat restoration

By: MEGAN SOKOL

Wrapping up their 4th season in October, the Wenatchee-Entiat Beaver Project summarizes some of their recent beaver developments after receiving \$30k from the Salmon Recovery Board.

Kodi Jo Jaspers is the Program Manager for Beaver-Powered Restoration through Trout Unlimited, a national nonprofit that is partnered with U.S Fish and Wildlife service and Leavenworth Fish Hatchery.

The program has been in operation since 2018, utilizing beavers' innate building ability to restore the Wenatchee-Entiat ecosystem and sustainably managing the beaver population with the assistance of neighboring land-owners.

A recent development of the project has been the implementation of a low-tech process-based restoration called "beaver dam analogs" or BDAs, which is essentially a man-made beaver dam.

"Some of these streams where we want to put beavers [in] aren't quite ready for beavers, they need ponds or some more deciduous vegetation for the beavers," Kodi Jo Jaspers explained. "We'll go in with these BDAs and install them along stretches of streams to kind of help kickstart that restoration with hope that either beavers come back naturally on their own or it could be a future relocation site."

Jaspers dubbed the beavers as "ecosystem engineers" for their natural ability to transform a habitat in a matter of weeks.

"We relocated some beavers this summer and within a month they have built three dams already."

Jaspers and her team hope that the influx of beavers in the new relocation sites will help with neighboring fish populations by stabilizing water temperature, adding complexity to streams, and pool larger bodies of water for wildfire season.

"Beaver engineered habitats are really green, lush, riparian areas, so they help act in providing some resiliency on our landscape and fire breaks against those wildfires as well."

Jasper later explains how the ponded

water goes into the groundwater, a beneficial safety measure during the increasingly dry summers.

"It's retaining that water and it's released slower so that we have water in our streams later into the season."

The project oversees the coexistence between the beaver population and their human land-owning neighbors, making sure that both parties maintain a beneficial cohabitation.

"That's like tree wrapping with wire to keep beavers from chewing trees down or putting flow devices in beaver dams to keep them from flooding out property," Jaspers explained. "Sometimes that doesn't work, sometimes we have a bigger problem going on."

When a bigger problem does arise, the beavers are non-lethally trapped and relocated to the Leavenworth Fish Hatchery where they are kept for a week and then released as a family unit higher into the watershed.

"For a long time, and still, the number one way that we deal with beavers as a society and as a community has always been lethal removal, you call a trapper and they take care of it," Jaspers said, recounting previous fur trading rings in the 19th century.

"I think that what we're really trying to focus on in this project is shifting that mentality and showing people the importance of beavers and why we need to have them in our system."

Although they initially requested \$125k from the Salmon Recovery Board, the awarded \$30k will be used to build up to 80 BDAs over the next two years. If funds can be matched to meet their \$125k goal, they hope to continue coexistence measures with landowners and further develop relocation efforts.

"That's alright, some is better than none," Jaspers said. "We're happy to keep doing what we're doing and finding funds where we can find it."

The Beaver Project team hope to work more on their community engagement and outreach and to connect the community with restoration and wildlife within the valley.

You can learn more about the Beaver project on their facebook page at <https://www.facebook.com/pg/Wenatchee-EntiatBeaverProject/posts/>

School Board Meeting includes Informative Update about Icicle River Middle School

Five CSD employees discharged because of Vaccine Mandate

Before the Cascade School District (CSD) school board meeting on October 25th, there was a study session. "We reviewed the dress code and the process of enforcement and creation," said Trey Ising, board chair. "No action was taken."

Once the official meeting began, the board first heard a presentation by James Swanson, the new principal of Icicle River Middle School (IRMS). Swanson's presentation focused on the three intertwined aspects of academics, social/emotional learning

and school culture. He mentioned that standardized testing was occurring to get baseline data on students' learning compared to grade level expectations after the challenges of remote learning due to the pandemic. The NWEA results showed that there was between 36% and 42% of students struggling in math and 27% to 34% struggling in English across grades six through eight. "We expected to see a high need around academics as our students came to school full time," Swanson said.

The SBA is occurring now, and that, combined with teachers' formative and summative assessments, will help staff strategize how to support



Marlene Farrell
Correspondent

students at all levels. Current strategies for individualized learning include a three-tier system of learning. Students who need more one on one intervention receive it during Tier 2 and 3 time slots. Swanson praised Kristen Ward and Eric Merriman for getting the tier system up and running.

"We are positive about our direction and response to all our students' needs," said Swanson. "The staff is working hard to provide a robust experience for all students at IRMS, and they deserve a big thank you."

Swanson also mentioned the many outdoor learning opportunities that have occurred (which serve to achieve health safety during COVID and also utilize the outdoors, an enunciated value in CSD's strategic framework). Students on field trips have visited nearby Rattlesnake Hill and Barn Beach but also Mission Ridge, Icicle Ridge and the Pinnacles soon.

Electives, including art, music, PE, STEM, and AVID classes, are now

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PHOTO BY DWIGHT REMICK

Cascade Education Foundation volunteers put in many hours organizing donated socks so every student in the Cascade School District can receive 3 pairs of socks for the coming winter, along with an inspirational message.



PHOTO LIZZIE BRIDGES PHOTOGRAPHY

With the COVID-19 restrictions relaxed, take time to visit our local businesses for Shopping, Dining and Events

Inside The ECHO this week

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Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- 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

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Letters policy

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a 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 BillF@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.

Last week's article on the Meadowlark property suggested there was litigation regarding the property. MEND executives said there is no legal action over the property and none is expected.

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 wilkeam2015@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).

Leavenworth Mosquito District Board Meeting 7 p.m. via ZOOM link posted at leavenworthmosquitodistrict.com Contact: Jenny Mullins, 509-548-5904. (1st & 3rd Mon.)

Tuesday

Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)

Icicle & Peshastin Irrigation Districts Meeting Current meeting time 8 a.m. at 5594 Wescott Drive. Call Tony Jantzer, cell, 509-433-4064, or 509-782-2561 or tony.iid.pid@nwi.net, (2nd Tues.)

Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 509-548-5815. (4th Tues.)

Cascade Education Foundation. Contact: CEF@cascade.org
LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st. Tues.)

Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leaveworthmasons.org. (1st Tues.)

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

NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.
Leavenworth Public Library. Located at 700 Hwy. 2, Call 509-548-7923 or online Leavenworth@ncwlibraries.org
Open Mondays, Tuesdays, and Saturdays. 10 a.m. to 2 p.m., Wednesdays and Thursdays, 10 a.m.-7 p.m., Fridays, 3 p.m.-7 p.m., and Saturday 10 a.m.-2 p.m. Closed Sunday and Monday.
Peshastin Public Library. Located at 8396 Main St., Peshastin. Call: 509-548-7821 or Peshastin@ncwlibraries.org
Open Tuesdays and Wednesdays 10-2 p.m. and 3-7 p.m., and Saturday 10 a.m.-2 p.m.

Other events

The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is open Friday-Sunday, 11 a.m.- 4 p.m. Please check our Facebook page or our website at www.leavenworthmuseum.org for updates and information.

Leavenworth Fish Hatchery, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.

Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho.com or call 509-548-5286. Otherwise we are not responsible for any misinformation.

Leavenworth

Cascade High School Actors Guild presents

Little Women, the play, November 4-6 at 7 p.m. in the High School Auditorium. Mask and distancing required. Free admission.

Tierra Village

Join us for Benevolent Night at Munchen Haus, on Monday, November 8 from 3-7 p.m.



October 22

- 05:13 Non-Injury Accident, 960 US Hwy. 2.
- 06:06 Alarm, 9101 Icicle Rd.
- 09:27 Alarm, 907 Front St.
- 10:44 Parking/Abandon, 1121 Commercial St.
- 12:54 Hazard, 700 Blk., Commercial St.
- 13:46 Malicious Mischief, 2626 Cottonwood Ln., Lake Wenatchee.
- 14:12 Fraud/Forgery, 22508 Saddle St., Plain.
- 14:17 Welfare Check, 11642 River Bend Dr.
- 15:01 Assist Public, 15131 Chumstick Hwy.
- 15:19 Assist Public, 15121 Chumstick Hwy.
- 15:33 Littering, Duncan Rd.
- 17:57 Welfare Check, 315 Benton St.
- 18:16 Non-Injury Accident, 8050 E. Leavenworth Rd.
- 20:29 Domestic Disturbance, 8350 Lake St. #A, Peshastin.
- 21:08 Welfare Check, 1250 US Hwy. 2.
- 21:41 Disturbance, 801 Front St.
- 22:07 Disturbance, 185 US Hwy. 2.
- 22:25 Traffic Offense, 1016 Commercial St.
- 23:14 Noise, 18226 Chumstick Hwy.

October 23

- 06:34 Domestic Disturbance, 15251 A US Hwy. 2.
- 09:27 Animal Problem, US Hwy. 2 and Chumstick Hwy.
- 09:32 Diversion, 116 River Bend Dr.
- 10:31 911 Call, 917 Commercial St.
- 10:46 Vehicle Prowl, 1016 Commercial St.
- 11:32 Civil, 8350 Lake St. #A, Peshastin.
- 12:02 Alarm, 17095 Mule Tail Flats Rd.
- 12:08 Hazard, 2400 Blk., Old Blewett Pass Hwy., Peshastin.
- 12:46 Assist Public, 810 US Hwy. 2.
- 13:09 Malicious Mischief, 239 Prospect St. #A.
- 13:15 Alarm, 18595 US Hwy. 2, Lake Wenatchee.
- 13:31 Assist Public, 20200 Blk., SR 207, Lake Wenatchee.
- 14:03 Parking/Abandon, 585 US Hwy. 2.
- 17:56 Disturbance, 633 Front St.
- 19:43 Trespassing, 933 Front St. #B.
- 19:47 Welfare Check, 920 US Hwy. 2 #A.
- 20:04 Suspicious Activity, 505 US Hwy. 2.
- 20:20 Harassment/Threat, 920 US Hwy. 2.
- 20:21 Disturbance, Front St. and 9th St.
- 22:02 Attempt to Locate/Contact, Colchuck Lake Trail.
- 22:55 Suspicious Activity, 185 US Hwy. 2.
- 23:06 Trespassing, 505 US

Letter from Santa Project

Wouldn't your loved ones, naughty or nice, like a letter from Santa this holiday season? Leavenworth Lions Club is offering letters from Santa, arriving in a red envelope with a North Pole postmark. To order for a youngster, or someone mature, go to our website, leavenworthlions.com or www.facebook.com/leavenworthlionswa Hurry! Order form must be postmarked by November 20th.

October 22

Hwy. 2.
23:09 Domestic Disturbance, 225 Prospect St.

October 24

- 00:54 Trespassing, 505 US Hwy. 2.
- 02:46 Civil, 17057 Chumstick Hwy.
- 08:43 Harassment/Threat, 77 Fox Hollow Rd.
- 09:16 Non-Injury Accident, US Hwy. 2 and Front St.
- 12:44 Disturbance, 280 US Hwy. 2.
- 13:28 Malicious Mischief, 9028 E. Leavenworth Rd.
- 14:56 Assist Public, 935 Front St.
- 15:48 911Call, 393 Totem Pole Rd., Manson.

October 25

- 00:43 Assist Agency, US Hwy. 97 MP 164, Peshastin.
- 07:05 Non-Injury Accident, 1250 US Hwy. 2.
- 08:33 Trespassing, 932 Front St.
- 09:40 Property, 111 Ski Hill Dr.
- 12:38 Drugs, 221 8th St. #B.
- 13:09 Parking/Abandon, 10769 Lone Pine Dr., Peshastin.
- 13:31 Parking/Abandon, 1329 US Hwy. 2.
- 14:32 Welfare Check, 19735 SR 207, Lake Wenatchee.
- 20:36 Weapons Violation, 100 Ward Strasse #A111.
- 20:48 Non-Injury Accident, Front St. and US Hwy. 2.
- 21:44 Trespassing, 213 9th St.

October 26

- 07:31 Traffic Offense, Beaver Valley Rd. MP 15, Plain.
- 11:11 911 Call, 18238 River Rd., Plain.
- 11:28 Runaway, 324 Whitman St.
- 11:33 Welfare Check, 22116 Appaloosa Ln., Plain.
- 11:56 Animal Problem, 8324 River View Rd., Peshastin.
- 19:08 Unknown Accident, US Hwy. 2 and Chumstick Hwy.

October 27

- 05:55 Burglary, 600 Sherbourne St.
- 10:19 Theft, 105 Pine St. #C.
- 10:45 Sex Offense, 128 W. Center St.
- 10:52 Parking/Abandon, 228 Chumstick Hwy.
- 11:11 Hazard, 9310 Icicle Rd.
- 15:04 Assist Public, 10 Whiskey Ridge Ln.
- 19:25 Traffic Offense, Mountain Home Rd.

October 28

- 01:51 Noise, 223 12th St.
- 08:42 Harassment/Threat, 3407 Ingalls Ln., Peshastin.
- 08:58 Warrant, 820 Front St.
- 13:53 Malicious Mischief, 3274 US Hwy. 97, Peshastin.
- 13:16 Suspicious Activity, Sprint St. and Ski Hill Dr.
- 14:18 Property, 116 River Bend Dr.
- 20:58 Domestic Disturbance, 116 River Bend Dr.

A Matter of Balance in-person workshop

This is a free workshop starting November 4 and 5, 11 and 12, 18 and 19, December 2 and 3, (8 sessions total). The times are 10 a.m.-12:00 and location is TBD. Interested people can call and register with me -- sailwithmeee@gmail.com or 509-393-9113.

Attention Quilters

Paul Anderson of Utah has been commissioned by the Leavenworth Nutcracker Museum to craft an Amish Quilted Nutcracker, the small quilt square is 10 inches by 12 inches, and must be received at the Nutcracker Museum, 735 Front Street, Leavenworth, WA. 98826 by December 1. A ceremony announcing the winner will be held on Sunday, December 5, at 3 p.m. Each person who sends in a quilt will receive 4 free admissions to the museum. Winning quilter will receive a copy of the "The Art & Character of Nutcrackers" book and a tour of the Museum for 10 people. All quilts will be displayed. Call the museum 509-548-4573 for more information.

BREAKFAST MENU

Wednesday, November 3 to Wednesday, November 10

Assorted cereal, assorted pastries, milk, oranges, apples

ALPINE AND IRMS LUNCH MENUS

Wednesday, November 3

Chicken & Dumplings, Chicken Burger, Carrots, Tater Tots, Peaches, Ketchup, Milk

Thursday, November 4

Pork Carnitas Sandwich, Pico De Gallo, Carrots Pinto, Hamburger, Asian Broccoli Salad, Pears, Ketchup, Milk

Friday, November 5

Chili, Home Made Cornbread Muffin, Cucumber & Tomato Salad, Santa Fe Wrap, Sliced Strawberries, Milk

Monday, November 8

Beef Gyro, Tater Tots, Ham & Cheese Sandwich, Peaches, Milk

Tuesday, November 9

Baked Chicken Drumsticks, Cheese Dog, Mashed Potato, Chicken Gravy, Spinach Salad, Ranch dressing, Mixed Fruit, WW roll, Milk

Wednesday, November 10

Chicken Alfredo, Kodiak Bacon Cheeseburger, Asian Green Bean Salad, Pears, Ketchup, Milk

Thursday, November 11 NO SCHOOL-Veterans Day

P-D SCHOOL LUNCH MENU

Wednesday, November 3

Chicken Burger, Peaches, Carrots, Ranch Dressing, Milk

Thursday, November 4

Cheeseburger, Pears, Asian Green Bean Salad, Milk

Friday, November 5

Chicken Nuggets, sliced strawberries, Cucumber & Tomato Salad, Ranch Dressing, Milk

Monday, November 8

Beef Gyro, Tater Tots, Peaches, Milk

Tuesday, November 9

Baked Chicken Drumsticks, Mixed Fruit, Rice Pilaf, Carrots, Milk

Wednesday, November 10

Cheeseburger, Pears, Asian Green Bean Salad, Milk

Thursday, November 11 NO SCHOOL-Veterans Day

NEW MEDIA 'Bringing the community to your door' isn't just our slogan... **It's our purpose**

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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

OBITUARY

Michael G. Mathena, Sr.

January 7, 1945 - September 8, 2021

Michael G. Mathena, Sr. passed away on September 8, 2021, at the age of 76. He was born on January 7, 1945, to Cecil and Gladys Mathena. Mike was a wonderful and playful brother to his siblings: Ramona, Daryl, Carolyn, and Julie. Michael was baptized and confirmed at Faith Lutheran Church in Leavenworth, WA.

Mike was raised in Leavenworth and attended local schools, graduating from Leavenworth High School, in 1963, where he was active in football, basketball, baseball, and student government. He attended Wenatchee Valley College and Central Washington University.

In 1965, Mike joined the U.S. Army Reserves, where he reached level Specialist Five with Military Justice as his focus. He ended his military service with an honorable discharge, in 1971.

In 1967, Michael met and fell in love with Patricia Harrison and they were married, in 1968. Michael and Pat were married for 25 years. They had a family of three beautiful

daughters: Debra, Jeanette, and Rachel, and one son, Mike, Jr. Michael took pride in his family and always making time for kids by coaching and supported his children in softball, sporting, and school events, even with his demanding career obligations.

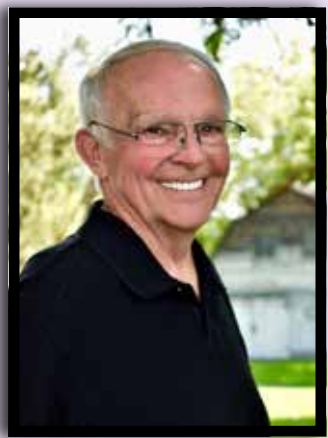
In 1970, Mike started his career in law enforcement with the Chelan County Sheriff's Office, where he had a distinguished career as a Field Deputy, Sergeant, Detective, and S.W.A.T team member and leader. During his law enforcement career, he received many awards and accommodations for his outstanding accomplishments. His most prized was the Citizenship Award for dedication and exemplary service to the community from the Kiwanis Club of Apple Valley in Wenatchee. Mike was devoted to helping all people in need, as he would tirelessly devote himself to 16.5 years of service to the public before, retiring from CCSO as a Chief Criminal Deputy, in 1987.

After working in the

private sector for a decade, he returned to service with the Chelan County Juvenile Justice Center, in 1997. He spent 13 years working as a Juvenile Custody Officer, retiring in 2010. He then again, joined the private sector with his last position held at Sportsman's Warehouse, which was a dream job for him. Mike loved anything and everything outdoors, fishing, hunting, or just a drive out in the open or in the mountains. He was an avid reader and would tinker with firearms, knives, fishing, and hunting gear for hours. He made a mean pie crust and was the instigator of many a lefse heist. He kept a vegetable garden that was envied and often sent his vegetable bounty home with his loved ones.

Michael married Sandra Carey in 1999.

Mike will always be fondly remembered by the way he always greeted people with a firm handshake and a welcoming smile. Mike was a kind and caring man, who gave the best of himself to everyone he knew. He was known for his integrity, service



to others, and his witty sense of humor. He will live in our hearts forever... Love never forgets!

Michael was preceded in death by his parents; and sister, Ramona Richardson. He is survived by his loving family: daughter, Rachel Mathena-Darlington (Dan) of Peshastin, WA; son, Michael Gary, Jr. of Oroville, WA; step-daughters: Debra Woidyla-Barham (Bob) of Utah and Jeanette Woidyla-Zodrow (Chris) of Wenatchee, WA; brother, Daryl (Louise) of Leavenworth, WA; sisters: Carolyn Barnes (Ron) of Wenatchee, WA and Julie Larsen (Elmer) of Leavenworth, WA;

Wife, Sandra Mathena of Surprise, AZ; mother-in-law, Betty Weitzel; step-sons: Steve and Scott (Christina) Rohig; ten grandchildren; ten great-grandchildren; and many nieces and nephews.

Little Women

CONTINUED FROM PAGE A1

become poor? Why didn't the dad have money anymore when they used to be wealthy when they were kids?"

The sets are minimalist and mimic the usual decor of the 1860s. The cast hopes to capture every social aspect of that time period, including the stark wealth disparity that permeated during that time period and the burgeoning discussion of women's rights and setting your own path.

"They're going to dances at people's mansions and they're dealing with friends that are marrying wealthy. The girls are expected to marry wealthy. There's a lot of expectations placed on women to not work, to marry rich, but the March girls had to work."

The production will be featuring theater veteran Avette Demoor (playing Meg), Olivia Cappellini (playing Jo), and Rylee Pursell (playing Amy), all of whom are Seniors this year.

"[Avette DeMoor's] come such a long way. She's a natural performer. She really stood out to me when she tried out for Alice in Wonderland, I cast her as queen of hearts six years ago or so. We did that show when she was a kid and she's just really helpful, really energetic, is so committed to her role. Every role that she plays in, she's so committed to drama and I'm gonna miss her a great deal."

"[Olivia Cappellini] I believe has been with Cascade Drama since she was in fourth grade, as an eel in little mermaid and she is just a joy to work with because she's so funny and she's just incredibly smart and she's got the most lines out of anyone in this show. [...] She is just doing a bang up job playing [Jo March] who was pretty mad to be born a girl."

"[Rylee Pursell] is one of the sweetest people, I think on the face of the earth actually. She told me the other day, her character is very snooty, she's supposed to be a snooty, attitudinal teenager, [...]. She literally had to look up how to have an attitude, she went to WikiHow and looked [it] up. Have you ever heard of a teenager looking up how to have an attitude on WikiHow?"

Wickline notes that her most notable trait is her dedication, even going far as to keep practicing while her and her family were kept in a four-week long quarantine.

"She learned all her lines word for word, she showed up knowing her blocking because she worked with her understudy, Breanna Loomis) who taught her, her blocking over zoom."

The rest of the Little Women cast will feature Zoey Sheffield as Beth, Lauren Haiduc as Marmee, Breanna Loomis as Hannah, Miles Hunt as Laurie, Derek Sheffield as Mr. Laurence, Danielle Rotman as Aunt March, Rhonan Allen as Professor Bhaer, and Gabe Summers as Mr. Brooke. The rest of the crew includes Technical Director James Mitsuyasu, Costume Director Barbara Roberts, and Set Designer Nik "Tails" Taylor.

"There's a lot of really intelligent, talented kids. They're so unique and they crack me up and I like hanging out with them and working with them," Wickline remarked. "We have some really incredible people in our cast, so that's what I'd like the public to know."

Admission is free and will be held at the Cascade High School Auditorium. Masks and social distancing are required.

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DeSantis Sues Biden Administration Over COVID-19 Vaccine Mandates

NANETTE HOLT

LAKELAND, Fla.—Gov. Ron DeSantis has announced that Florida is suing President Joe Biden, NASA Administrator Bill Nelson, and others over mandates requiring employees of federal contractors to be vaccinated for COVID-19.

The lawsuit, filed Oct. 28 in a U.S. District Court, names as defendants Biden, Nelson, six other officials, and five federal agencies.

In the complaint, Florida Attorney General Ashley Moody seeks an injunction to block the federal government from mandating that its contractors require all workers to be vaccinated by Dec. 8.

“We have a responsibility to stand up to those requiring vaccine mandates, or new mandates will just keep coming,” said DeSantis, a Republican.

“We’ve gone from 15 days to slow the spread, to three jabs to keep your job. Are you kidding me?”

While DeSantis was making the announcement on Oct. 28, space workers 100 miles to the east on the Atlantic coast were wrapping up an anti-mandate protest that had begun well before sunrise.

About 700 workers representing five unions gathered outside the Cape Canaveral Space Force Station, waving American flags and holding signs. The employees have been told if they don’t have proof of vaccination when they show up for work on Dec. 1, their access to the base will be denied.

And that’s exactly what the lawsuit is designed to stop, DeSantis said at a news conference at the Florida Air Museum.

“We’ve been clear in the State of Florida that we want people to be able to work and provide for their families,” he said.

“In Florida, you have an opportunity to earn a living, and it should not depend on these shots.”



Florida Gov. Ron DeSantis departs after signing Senate Bill 7072 into law at Florida International University in Miami on May 24, 2021.

By requiring vaccinations of all employees of businesses providing services to the federal government, the Biden administration has created “heavy-handed mandates hanging over people’s heads.”

People have a wide variety of reasons, DeSantis said, for not wanting vaccines—religious objections, health conditions that make vaccines risky, or natural immunity following a recovery from COVID-19.

Many worked throughout the pandemic and now are being “kicked to the curb,” he said. “That’s just wrong.”

The Governor’s Office says new data show that Florida has the lowest per capita infection rate for COVID-19 in the continental United States.

And when a new federal report was released showing 194,000 jobs

had been created across the nation in September, 84,500 of those jobs were in Florida.

DeSantis said requiring vaccinations would deal a serious blow to an already faltering economy if workers walk off jobs or are fired. And it will cause the supply-chain crisis to worsen as more Americans leave the workforce, he said.

He said that many institutions, including health care providers, will have a difficult time functioning if they lose workers to vaccine mandates.

Matthew Dawley, a 38-year-old Air Force veteran, has worked for 16 years as an EMT and firefighter for a contractor that provides those services for Cape Canaveral Space Force Station.

“I love my job,” he said. “It’s the best job I’ve ever had.”

But employees there have been told that, because the space center is a federal facility, they must be fully vaccinated against COVID-19. If not, the identification cards that allow them to enter to do their jobs for Space Force will be deactivated.

Dawley is not willing to get the vaccine because he believes he should have a right to choose what to put in his body. The idea that his government could compel him to take the vaccine, or any medical treatment, terrifies and enrages him.

But if he loses his job, “we’ll be broke,” says the married father of two. “We’re a single-income family.”

Pressure on the federal government will increase when vaccinated workers walk off the job with their unvaccinated colleagues at Cape Canaveral. That’s the plan for many, he says.

“If 900 people don’t show up for

work, you can’t launch a rocket, so good luck,” he says. “They’re going to have an inoperable space center.”

Every worker there “plays an essential role in accomplishing our day-to-day mission,” said Heather Scott, spokeswoman for Space Launch Delta 45.

That’s the new name for the military’s 45th Space Wing, overseeing Patrick Space Force Base and Cape Canaveral Space Force Station.

The installations are “committed to continuing to deliver assured access to space for the warfighter and our nation.”

Why would the vaccinated quit too? “Most of us are veterans, and we’ve seen things like this imposed in other countries,” Dawley said. “We’re not having it. If you want to take away our rights and freedoms, we’re going to take away your ability to operate your space center.”

When he was hired, there were no health requirements other than passing an annual physical, he says. Now the rules have changed.

That’s another huge problem with a requirement for federal contractors to have vaccinated workers, DeSantis said. It’s not fair to change the rules after businesses have bid on and won government contracts.

DeSantis said he expects more litigation to follow his lawsuit.

The governor will soon announce the dates for a special session of the Florida Legislature, the main goal of which, he said, will be to “make sure people can keep their jobs.”

He said he hopes his fight to keep people from losing their livelihoods “based on their decision about an injection” will ultimately help people around the country.

He didn’t say how many Floridians may be facing job loss due to the federal mandates.

“There will be a lot of people in the crosshairs,” he said.

NIH Removes Language on ‘Gain-of-Function’ From Website Amid Criticism Over Funding Chinese Research

Collins and Fauci are under heightened scrutiny for their funding of research in China.

ZACHARY STIEBER

The National Institutes of Health (NIH) altered a key portion of its website last week around the time it disclosed to Congress that experiments it funded in China met the definition of gain-of-function.

The federal agency had a detailed explanation of gain-of-function research on its site, noting that the term refers to any research “that modifies a biological agent so that it confers new or enhanced activity to that agent.”

But the explanation was wiped between Oct. 19 and Oct. 21—possibly ahead of the NIH’s most recent disclosures on Oct. 20 about research it funded in China that increased the potency of a virus by modifying it.

The updated page now says, in its only reference to that type of research, that research involving enhanced potential pandemic pathogens (ePPPs) “is a type of so-called ‘gain-of-function’ (GOF) research.” It claims that “the vast majority of GOF research does not involve ePPP and falls outside the scope of oversight required for research involving ePPPs.”

Oversight involving research on ePPPs is governed by a framework

SARAH SILBINGER / POOL/AFP VIA GETTY IMAGES



NIH Director Fr. Francis Collins testifies during a hearing on Capitol Hill in Washington on May 26, 2021.

issued by the U.S. government in late 2017, on the same day the NIH lifted its yearslong funding pause on most gain-of-function research.

There’s no definition of gain-of-function inside the framework. The only mention of it refers people to a list of examples of activities that would and would not be considered to involve ePPPs. That list was last available in May 2017, according to an Epoch Times review.

An NIH spokeswoman confirmed that the webpage, a “backgrounder” on the framework, was altered last week, around the same time the disclosures were made.

The information concerning gain-of-function “was being misused/used incorrectly (and still is) and creating confusion (and still is),” the spokeswoman told The Epoch Times in an email.

“The backgrounder was updated to

provide clarity on the scope of the framework,” she said.

The NIH Office of Communications and Public Liaison made the decision to alter the page, according to the spokeswoman. She noted that a separate page still gives details on gain-of-function research, but it doesn’t contain nearly as much information about what exactly the type of research is as the other page did.

The Epoch Times has submitted a Freedom of Information Act request for all communications and other internal NIH documents concerning the alteration.

The agency’s outgoing director, Dr. Francis Collins, and one of its top officials, Dr. Anthony Fauci, are under heightened scrutiny for their funding of research in China during and after a pause in funding of most gain-of-function research.

The new disclosures, some experts say, showed the funding did go toward GOF research, which runs counter to what Collins and Fauci told members of Congress in Washington during public hearings earlier this year.

While Collins and Fauci are standing by their statements, Fauci shifted his defense on Oct. 24, saying the experiments didn’t meet the definition of “gain-of-function research of concern”—after earlier claiming they were not gain-of-function at all.

Meiling Lee contributed to this report.

‘Ample Scientific Data’: Rep. Harshbarger Introduces ‘Natural Immunity Is Real Act’

ZACHARY STIEBER

There is plenty of evidence that people who have recovered from COVID-19 have natural protection against reinfection, Rep. Diana Harshbarger (R-Tenn.) said.

“There’s ample scientific studies that show that natural immunity is absolutely one of the best things you could have—and some studies even show that it’s more effective [than vaccination],” Harshbarger said during a recent appearance on NTD’s “Capitol Report.”

Natural immunity refers to post-recovery antibodies that shield an individual against reinfection by the CCP (Chinese Communist Party) virus, which causes COVID-19.

Multiple studies have indicated that natural immunity among past COVID-19 patients is strong and similar or superior to the protection gained from COVID-19 vaccines. Some experts have pushed for federal health officials to take natural immunity into account when issuing recommendations and rules. But federal authorities currently recommend that virtually everybody be vaccinated, including those who have recovered, arguing that the strong protection gets even better when those people get the shot.

Harshbarger says a number of Americans have objections to getting the vaccine, while point-

ing out that natural immunity to other diseases is accepted as an alternative.

She and 10 other members of the House of Representatives late last week introduced the “Natural Immunity Is Real Act,” a companion to a Senate bill from Sens. Mike Lee (R-Utah), Tommy Tuberville (R-Ala.), Mike Braun (R-Ind.), and Dan Sullivan (R-Alaska).

It would require federal agencies to “acknowledge, accept, and agree to truthfully present, natural immunity pertaining to COVID-19 pursuant to promulgating certain regulations.”

The lawmakers are presenting the proposal as President Joe Biden’s administration works to finalize a regulation that would force private companies with over 100 employees to mandate presenting proof of COVID-19 vaccination or have staff members be tested weekly for the disease. There is no opt-out for natural immunity.

Other mandates are already in place on the federal, state, and local levels that have led to some Americans losing their jobs.

The other co-sponsors are Reps. Jeff Van Drew (R-N.J.), Chris Stewart (R-Utah), Bill Posey (R-Fla.), Mary Miller (R-Ind.), Mariannette Miller-Meeks (R-Iowa), Dan Bishop (R-N.C.), Mo Brooks (R-Ala.), Madison Cawthorn (R-N.C.), and Chip Roy (R-Texas).

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Border Sheriff Says State Threatened to Pull Resources If He Didn't Stop Militia

CHARLOTTE CUTHBERTSON

BRACKETTVILLE, Texas—Days after a militia made its presence known in a rural Texas town, the county sheriff said he received a call from a Texas Department of Public Safety (DPS) official who threatened to pull all its resources from the county.

Kinney County Sheriff Brad Coe said that during the call, the official said they “didn’t know who these people were” who were wanting to come help on the border.

“He basically said, ‘I’ll pull all my resources out,’” Coe said.

Coe said he understood the call to mean that all state troopers assigned to the county would be relocated, and other resources including jail space could be made unavailable to Kinney County if militia personnel were operating in the county, even on private ranches.

“I said, ‘They’re not working for me. They’re not deputized. They’re just here on their own accord. And they have that right to be here,’” Coe told The Epoch Times.

Sam Hall, leader of the militia Patriots for America, said the group planned to operate as a deterrent in areas of high traffic.

“As a militia, we can’t detain or arrest people. We can disrupt and frustrate until the county or DPS can get there,” Hall told The Epoch Times.

Border Patrol agents recorded almost 4,000 illegal aliens who evaded capture in the Del Rio Sector in the seven days from Oct. 18, according to provisional Customs and Border Protection numbers provided to The Epoch Times. Most have to pass through Kinney County to get from the border cities of Del Rio and Eagle Pass to San Antonio.

“What we’ve seen is an invasion of this county,” Hall said during a county commissioner’s meeting on Oct. 18. “What we’ve seen is residents that are scared to death right now, and they don’t feel like they have support from the state.”

Coe said he had spoken to Hall and requested to know where they’d be operating, for safety purposes. The sheriff said he understood the concerns DPS might have of a “friendly fire” incident if they don’t know where people are working.

DPS has had a significant impact in Kinney County since the governor’s Operation Lone Star border enforcement effort began in March, especially with the extra state troopers on the roads arresting human smugglers and on the ranches apprehending illegal aliens for trespassing.

DPS didn’t respond to requests for



A Border Patrol agent picks up four illegal aliens after Kinney County sheriff’s deputies arrested a U.S. citizen smuggler who was transporting them to San Antonio, in Kinney County, Texas, on Oct. 20, 2021.

comment.

Possible Kidnapping Charge

It’s not the first time DPS has threatened to pull back.

Rancher Cole Hill figured he was being proactive when he invited four men onto his ranch to help guard the property against trespassers one night in September. He was fed up with the constant illegal alien traffic, damage to his property, and slow (or no) response from overwhelmed law enforcement agencies.

The men ended up detaining a group of seven illegal alien men for DPS to subsequently pick up and charge with trespassing.

The next day, Hill told The Epoch Times, he received a phone call from DPS.

“Almost verbatim it was, ‘Look, you can’t do that. That’s not even legal what you guys did. That’s technically kidnapping. You cannot do anything to impede the travel of any other human being. And if you do so, if you try to detain somebody against their will, that is kidnapping, and you can be charged with kidnap for that,’” he said.

As a militia, we can’t detain or arrest people. We can disrupt and frustrate until the county or DPS can get there.

Sam Hall, leader, Patriots for America

Hill said the DPS officer told him that they will no longer come to his ranch to pick up detained illegal aliens because it would reflect badly on the agency to transport illegal aliens that had been “technically kidnapped.”

Hill’s ranch sits about 35 miles from the U.S.–Mexico border on a main thoroughfare for illegal immigrants who have evaded Border Patrol and are traversing his land on foot to skirt a highway checkpoint. The usual plan is to then be picked up by a smuggler who will drive them to a big city, often San Antonio.

Hill said he’s dealt with illegal aliens traversing his land for years, but only about 25 people a year, on average;

sometimes months would go by with no activity.

Until January.

Since then, he’s had men in full camouflage clothing on his front porch; a group surrounding his house, banging on the walls and peering in the windows; his ranch worker house broken into; and his truck ignition destroyed during a theft attempt.

The damage to his property is also increasing. In the past few months, he’s had his perimeter fence cut seven times, most of the time from top to bottom, and in three cases, an entire section was pulled out.

“Sure, there’s probably some good apples in there as well. But I don’t think the good apples are 35 miles off the river trying to evade every law enforcement they can as aggressively as they are,” Hill said.

He said he’s lost count of the number of confrontations he’s had with groups of five or six men while working alone on his ranch. The idea of having a group of men out on security one night seemed appealing.

“All they were doing was giving me a better night’s sleep,” he said.

He was shocked to get the call from

DPS.

Kinney County Attorney Brent Smith said ranchers have been detaining illegal aliens for years for Border Patrol and the sheriff’s office to pick up.

“No one’s ever brought this issue up until now with DPS,” Smith told The Epoch Times.

“Any citizen can arrest someone, or detain them, for breach of peace or a felony committed in their presence. And trespassing has been found to be a breach of peace before.”

Smith said that most of the time when a group of illegal aliens is walking through a ranch, one of them is the guide, or coyote, which constitutes a felony.

“So one of those guys is committing a felony. Can you detain all 10 of them until you find out who that one is? How do you know which one the guide is unless you detain them?” he said.

DPS didn’t respond to multiple requests for comment by The Epoch Times about this incident and about whether the agency has warned other ranchers in Texas that they could be charged with kidnapping.

5 Percent of Unvaccinated Workers Have Left Jobs Over Vaccine Mandates: Survey

TOM OZIMEK

Five percent of unvaccinated workers have left their jobs over workplace vaccine mandates, while 37 percent say they plan to do so if their employers impose such requirements, according to a new poll, which provides an early indication of labor market impacts of mandates.

The survey, carried out by the Kaiser Family Foundation on a nationwide representative sample of 1,519 adults and published on Oct. 28, showed that 1 in 4 workers said their employer has required them to get the COVID-19 vaccine—up 16 percentage points from June. And while 25 percent of all adults polled said they know someone who has left their job due to a vaccine mandate, 5 percent of unvaccinated workers—or 1 percent of

all adults—have done so themselves.

At the same time, around 50 percent of workers said they’re against their employer imposing a vaccine requirement and 37 percent of unvaccinated workers—5 percent of adults overall—said they would leave their job if a vaccine mandate were imposed even if it included a weekly testing opt-out. That proportion rose to 70 percent of unvaccinated workers (9 percent of all adults) in the absence of a testing option.

Meanwhile, 60 percent of unvaccinated workers (8 percent of all adults) said they would seek an exemption if their employer imposed a COVID-19 vaccine mandate.

While the question remains hypothetical for the 75 percent of workers whose employers haven’t imposed a vaccine mandate, the findings of the

survey are an early gauge of the impact of requirements on the labor market.

In September, President Joe Biden announced a vaccine mandate with a weekly testing option for businesses with 100 or more employees. It’s estimated that the mandate, which remains under review, would cover about two-thirds of the private-sector workforce.

A number of business groups have asked Biden to rescind the rule or postpone it until the end of the busy Christmas shopping season, citing concerns that the mandate might prompt workers to quit, exacerbating the labor shortage and worsening the supply chain crunch.

Neither OSHA nor the White House has provided a firm timeline on when the emergency rule on private businesses would go into effect.

ED JONES/AFP VIA GETTY IMAGES



Municipal workers march across Brooklyn Bridge during a protest against the COVID-19 vaccine mandate, in New York, on Oct. 25, 2021.

“I PASS ON YOUR ARTICLES TO ENLIGHTEN SOME OF THE UNENLIGHTENED.” —Philip Lewis

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Cross Country Headed to State!



SUBMITTED PHOTO.

CHS top runners Owen Bard and Aiden Tuttle hang close behind League race winner Kaden Miller from Cashmere. The three boys finished within three seconds of each other.



SUBMITTED PHOTO.

The start of the girls' League race. Lauren Muscutt is front center, with her teammates and competitors close by.

School Board

CONTINUED FROM PAGE A1

offered in every grade level. Extracurriculars include school sports, a popular Technology Student Association and an Environmental Sustainability Club.

IRMS and the high school both conducted a universal mental health screening with students recently, and counselors Dani Steele and Katie Schmitt connected with all students who showed a need for extra help.

Swanson invited the school board members to visit IRMS and see the multitude of student work on proud display all over the school. "We are celebrating student work everywhere," he said. Swanson is upping the game in terms of school culture, with fun assemblies and class competitions including one for Dia de Muertos.

Next, the school board approved a request for an overnight trip for the Cascade High School (CHS) cross country team to attend the state meet in Pasco on November 6. Superintendent Tracey Beckendorf-Edou said, "They successfully followed a health and safety plan for their other overnight trip to Whidbey Island, so I am comfortable recommending approval." Both the boys' and girls' teams qualified for state by having the best team score at the League meet on October 26. Eight boys and eight girls will travel to Pasco with their coaches.

There were a few agenda items under Personnel, including the hire of two

new paras, Alexis Ciri at IRMS and Jackie Frank at Peshastin-Dryden Elementary. While it wasn't discussed at the meeting, in an all-district email, Beckendorf-Edou and the board shared that "CSD did sadly lose five staff members due to [the staff vaccination mandate]." But the email also stated that 92% of all instructional staff are vaccinated (with others having exemptions and accommodations).

The board discussed the first reading of a few policies, including ones dealing with animals as part of instructional program, medication at school, and infection control. A new policy on accommodating students with seizure disorders or epilepsy is being added to fill a policy gap.

The board approved a new version of the 21-22 Healthy Start Plan, which is updated on a monthly basis. The current version is 29 pages long. "I wrote the original before the 20-21 school year began, with feedback from a lot of people," said Beckendorf-Edou. It can be found on the district's website under "For Parents," and labeled "2021-2022 School Year."

The update deals with the changing definition of "outbreak" as described by the state Department of Health. They have distinctions on what is an outbreak when various people are found to be COVID positive, based on whether a school setting, like a classroom, was the main connection between the infected individuals. Beckendorf-Edou said the COVID cases in CSD are "popcorn" COVID right now; i.e., if positives are

grouped, it's through family membership.

Another adjustment to the plan is language about intervention requirements. When staff are working one to one with a student, it's difficult to maintain a six-foot radius. Staff who are unable to maintain physical distancing due to their job assignment must wear more protective face coverings.

Beckendorf-Edou shared that the district's symptomatic testing is very beneficial because it allows unvaccinated students to return to school sooner after a close contact, whereas in other districts without testing, the student must have a full two-week quarantine. The nurses have, in fact, run 470 rapid tests to date, showing its value to district families.

The superintendent has been working with Sheriff Burnett to arrange for CSD to share School Resource Officer (SRO) Dominic Mutch's time with Cashmere School District while current SRO Daane Dunlap is on maternity leave. Under communication, she also shared that IRMS has been recognized as a US News and World Report "Best Middle School" in Washington, ranking high in the state.

Finally, the Cascade Education Foundation (CEF) completed a campaign to give every student three pairs of socks to be distributed during the teacher conferences. Dwight Remick, CSD liaison to CEF, explained that the "sock brigade" required many volunteer hours, and the socks come with inspirational messages.



Marlene Farrell
Correspondent

"This is the first year in Cascade High School history that we are taking both a boys' and girls' team to state," said Dayle Massey, head coach. Eight boys and eight girls will travel, with their coaches, to Pasco to race against the other top 1A schools from other regions of the state on November 6.

That's a big deal, and not an easy feat, because for boys and girls to go to state, they have to be the best in the Caribou League, which also includes Cashmere, Chelan, Quincy and Omak. But it was not a huge surprise to Massey.

"I was, of course, hoping we would qualify both teams, but you never know! Cashmere gave us a good battle on the boys side; we needed good performances from our top five runners to beat them."

A strong cross country program is built over time. Massey has served as head coach for twelve years. "We've been developing our boys' and girls' teams for a number of years now, using the success of our older runners to inspire and recruit new runners so we can maintain competitive teams," explained Massey. "Fortunately, even with COVID, we've had pretty good turnout; I know many other schools have had trouble getting kids to turn out, what with all the mask and other COVID protocols and limited recruitment opportunities."

The CHS team was strong last school year too, when

sports happened in a modified form with shorter seasons and fewer races. "Both teams qualified last year, but there was no state tournament due to COVID," said Massey.

Top individual performances at state (and all meets) are recognized, but cross country is, at its heart, a team sport. The winning team has the lowest cumulative score of its top five runners, and the score is based upon individual finishing place, not time. In this way, the fifth runner matters just as much as the first runner. The more competitors each teammate passes helps lower the cumulative score. It's not unheard of for a team to win by only one point, or even by the exact placing of the sixth runner in a tie.

Over the fall season, CHS cross country runners developed speed and endurance to improve their times over various 5k courses. It's a sport with a lot of variables, because runners have different trajectories of improvement, different levels of motivation, sometimes a runner gets sick or injured, and most exciting of all, sometimes a runner has a "breakthrough" race when they get a huge personal record (PR).

Massey mentioned some of the standouts from this year. "Seniors Lauren Muscutt and Owen Bard are our clear front runners. That being said, Aiden Tuttle has really come on strong this year. And Caroline Menna has been challenging Lauren until she broke a bone in her foot. I've also been very impressed with how well Antonio Aurilio is running; he just keeps getting better every race. On the girls' side, Isabel Menna has been running really well, and freshman Alice Farrell has

been a valuable addition to our top five."

Massey has the privilege to work with many talented student athletes and also credits a great coaching staff with the program's success. "I have the most awesome coaching staff," he said. "We all love running, are competitive, and are on the same page when it comes to making coaching decisions. It's so much fun working with them." The other coaches include Eric Bard, Stephanie Astell and Cesar Mendoza.

Senior runner Lauren Muscutt is the fastest girl on CHS's team, but she hasn't been to state for cross country before because she played soccer her freshman and sophomore year, and did get to go to State with those teams. "I hope that everyone has a good time [at state]," she said. "It has been a long season, and going to state should be a chance to get one more improvement in time, but also just have fun."

She's a bit nervous because, although she won League, she said, "My League race felt really bad."

No matter what happens at state, the experience will be the next level of competition and help Muscutt and others who will transition to winter training for spring track. "I am so excited to run track," Muscutt said. "I prefer track over anything else." As for possibly running in college, she added, "I'm talking to a couple of schools but it all just depends on scholarships."

And Massey is excited about what this means for next year. "We're on track to be highly competitive again," he said "The challenge will be to keep kids motivated to stay in shape in the offseason and get a lot of miles in over the summer."

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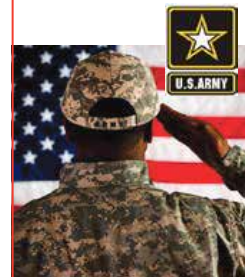
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The Washington Outdoors Report

The Camping Crunch

By JOHN KRUSE

Crowded Camping

The Center for Western Priorities released a study this month titled, "The Camping Crunch". The study looked at camping at reservable public lands such as national parks, national forest service campgrounds, Bureau of Land Management campgrounds and other lodging you can reserve online thru the website Recreation.gov. The study showed a 39 percent increase in reservations in the lower 48 states between 2014 and 2020 with reservations skyrocketing during the coronavirus pandemic in 2020.

In Washington State, the most popular camping areas were:

1. Kalaloch (Olympic National Park on the coast)
2. Willaby Campground (Olympic National Forest at Lake Quinault)
3. Colonial Creek South Campground (North Cascades National Park)
4. Charbonneau Park (Army Corps of Engineers Park on the Snake River near Burbank)
5. Eight Mile Campground (Wenatchee-Okanogan National Forest near Leavenworth)

If you are looking for uncrowded camping options the campgrounds with the least number of reserved sites through Recreation.gov were:

1. Cayuse Horse Camp (Wenatchee-Okanogan National Forest near Ronald)
2. Gillette Campground (Colville National Forest near Lake Gillette)
3. Lakeview Campground -

Stehkin (North Cascades National Park)

4. Lake Creek Campground - Entiat River (Wenatchee-Okanogan National Forest)
5. Lake Gillette Campground (Colville National Forest on Lake Gillette)

To give you an idea of the difference between these reservable sites the campground at Kalaloch had 96 percent of its campsites reserved while the Cayuse Horse Camp, which is only open for campers with horses or other stock, was reserved 15 percent of the time. Overall, the number of campsites reserved thru Recreation.gov in Washington State increased 20 percent between 2018 and 2020.

Aaron Weiss, Deputy Director for the Center of Western Priorities, says the study found in some cases campers are, "Loving our public lands to death". Weiss explained that when reservable campgrounds fill up, as they often have in recent years, campers will gravitate towards nearby campgrounds with fewer facilities or dispersed camping areas with no facilities at all. Couple this with the fact many campers are new at this and don't understand the ethics of "pack it out" or "leave no trace" and damage is definitely being done to our public lands. Weiss believes not only educating new campers, but increasing camping opportunities with more campgrounds and infrastructure are important goals for the federal government to address.

Tumwater Campground Update

Earlier this year we

addressed the continuing closure of the Tumwater Campground near Leavenworth which has 86 campsites as well as a group site for 55 people and a picnic area. The campground closed in 2014 due to wildfires in the area. Three attempts since the middle of August for information about plans to reopen the campground (or not) have gone unanswered by officials at the Wenatchee-Okanogan National Forest.

State Parks Free Days

There are two more free days to recreate in Washington's State Parks this year where no Discover Pass is required for day-use activities. Those days are Veterans Day, November 11th and Black Friday, November 26th. Entry is not only free at state parks, but also at Washington Department of Fish and Wildlife Areas and Department of Natural Resource lands where a pass is required.

However, instead of waiting for free days to recreate on our state public lands, you should consider investing in an annual Discover Pass which only costs \$35. You can purchase one online when you renew your vehicle registration tabs or buy one at a local sporting goods store. They also make great Christmas gifts too for anyone who loves to recreate outdoors.

State Parks Director Update

Joseph O'Sullivan, writing for the Seattle Times, found out a lot more information regarding the resignation of Washington State Parks Director Peter Mayer in October after just seven months on the job. It turns out multiple employees, to include six regional park



PHOTO BY JOHN KRUSE.

Fall camping at Confluence State Park

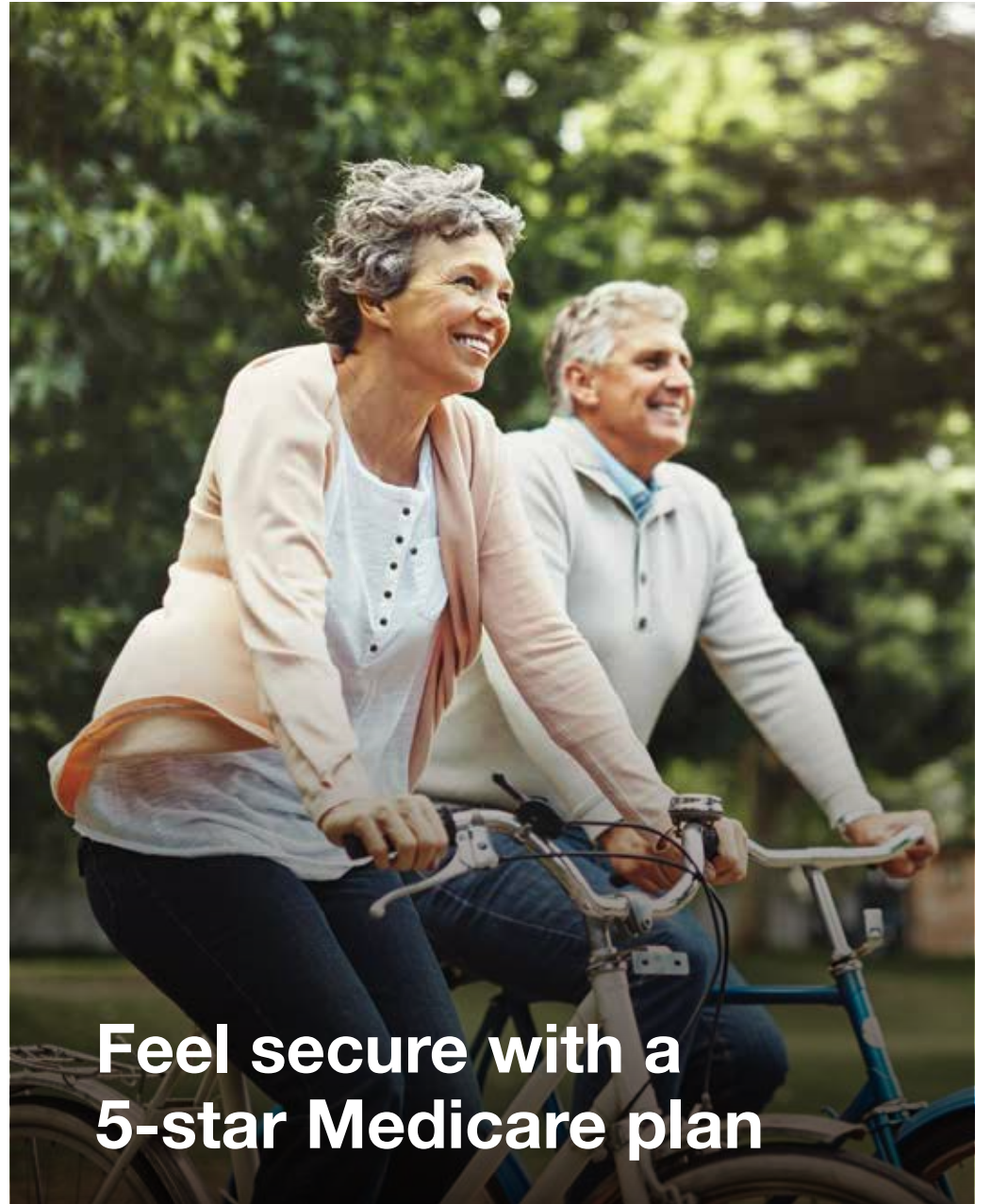
managers, filed complaints about Mayer's leadership style. Mayer allegedly used coarse language and belittled employees in public. Another complaint alleged Mayer tried to steer the agency towards a particular firm he had worked with previously for a

\$29,000 contract in violation of established bidding procedures.

Mayer denied the allegations to the Seattle Times about this but through a spokesperson, apologized for any offensive language. Although he has announced his resignation,

Mayer remains on home assignment and will continued to be paid until the end of the year.

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



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The Power and Flexibility of a Donor Advised Fund



Tyler Mickey
CPA, MST
Senior Tax Manager,
Moss Adams LLP

I have been working with clients for over 25 years and I have found that Donor Advised Funds (DAFs) like those managed by the Community Foundation of NCW offer some of the best opportunities for not only substantial tax savings but also the ability to carry out your charitable intentions.

Some time ago, I was talking with a client who had worked at a publicly traded technology company for many years. The appreciation in some of the stock he held was about 100%. On the verge of retirement, we discussed his future goals as well as estate planning and charitable giving. The client said that he and his wife gave consistently every year, about \$15,000 to their favorite organizations, and did not see this changing. These gifts had always been in cash. Since he did not have a mortgage and they were capped at \$10,000 for deducting state and local

taxes, he was receiving very little benefit from their annual charitable giving since his total itemized deductions were around the standard deduction for a married couple (\$25,100 for 2021).

I suggested an alternative for leveraging his highly appreciated stock. Instead of giving his cash to charity, why not give multiple years' worth of highly appreciated stock to a DAF? Since he had held the company stock for more than a year, a gift to a qualified charitable organization would result in a tax deduction of the fair market value of the stock. By gifting the stock, he could avoid the long-term capital gains tax at 20% as well as the Net Investment Income Tax at 3.8%. In addition, his charitable contribution could offset his ordinary income which was currently being taxed at 37%. The potential tax benefit was therefore 61.9% on his \$100,000 gift. While this example is extreme, given the client's tax brackets and stock appreciation, it highlights the power of giving appreciated assets to charity. Further, by using the DAF specifically as his charitable vehicle, he can continue his regular annual giving to his favorite charities every year.

Another client of mine left a substantial amount in his will to a specific charity in which he was very involved throughout his life. After his passing, the charity headed in a new direction which the donor's family felt was not in line with his intentions. However, there was nothing that could be done because that specific bequest was made in his will. Had he instead established a DAF with his family as the advisors, the family would have had more latitude in advising as to which organizations the client's generous donations went. This option might have allowed them to pause gifting to a specific organization or redirected to other causes that were important to the him. A charitable bequest at death to a DAF with family or friends listed as advisors allows the donor to better support his or her passions long past their lifetime.

Using the Community Foundation of NCW's DAF gives you the opportunity to maximize the benefits of charitable giving. I encourage you to consult with your professional advisor (CPA, lawyer, or financial planner) in supporting the causes you care about most.

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“ Cascade School District and the *community* we have created has helped guide and shape me into a *successful young adult* ready to take on what comes after high school. ”

Carly Ostrem, 12th Grade
Cascade High School, Cascade School District

This month we **Focus on Education** because we ♥ our schools! Our communities are stronger when our schools are stronger, and we thank you for supporting your local school districts.

Help Wanted



Med/ Surg RN Full-time/ Nights
 Three Rivers Hospital is seeking a Med/ Surg RN to perform general nursing duties in an acute care setting with adequate supervision. Current WA State RN license and must have current BLS/ CPR & obtain ACLS certification within one year. Rotating days and includes some weekends. 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



Director of Quality Full-time
 Three Rivers Hospital is seeking a Director of Quality to manage our quality program, including risk and compliance. Registered Nurse with a BSN degree is preferred; however, a minimum of a bachelor's degree in Business or related field may be considered. Three to five years healthcare experience is preferred. Strong skills required: organizational, interpersonal, communication, analytical, risk assessment, computer, statistics & math, and problem-solving. Attention to detail and a high moral integrity is crucial. 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



Patient Registration Representative Part-time/Weekends
 Three Rivers Hospital is seeking a Patient Registration Rep. Collects required patient information and enters into computer database for in-patient & out-patient services. Candidate must have good computer skills & excellent customer service, interpersonal & office skills and portray a professional manner. High school diploma required. Spanish bi-lingual is 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

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

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Wood Desk
 2 Computer Desks with shelf 32"x18"x30"
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Lake Chelan Mirror
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 Wish you were here with me in Leavenworth.
 'Special Friends' Or I miss you.
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 Many more titles. No boxed cards. Thank you for your support.
 Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286.

Real Estate

Acreage



One of a kind Blewett Pass, 2.5 acres, 500' m/l creek front with well. 15 minutes from Leavenworth \$299,000. Email: dutchpeddler@outlook.com

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Legals

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN
 In the Matter of the Estate of: WILMA DORIS KING, (Deceased) NO 21-4-00352-04
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(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
 Date of First Publication: **October 20, 2021**
 Personal Representative: Rex Harold King
 Attorney for Personal Representative: Steve D. Smith
 Address for Mailing of Service: 617 Washington Street Wenatchee, WA 98801 (509) 662-3551
REX HAROLD KING
 Personal Representative
DAVIS, ARNEIL LAW FIRM, LLP
 Attorneys for Estate
 By STEVE D. SMITH
 WSPA #16613
 Published in The Cashmere Valley Record/ Leavenworth Echo on Oct. 20, 27, and Nov. 3, 2021. #2943.

Public Notices

CORRECTED NOTICE OF PUBLIC HEARING
 NOTICE IS HEREBY GIVEN that the Hearing Examiner for the City of Leavenworth will hold a Public Hearing to consider and make decisions on a Planned Development Vacation applications and three Administrative Appeals The Hearing will be held at 10:00 am, Thursday, November 18, 2021, online via Zoom, Meeting ID: 810 7608 4420, Password: 225588; Or the call-in phone number: 1-253-215-8782.
 1. PDV 2021-050: A request by the City of Leavenworth to vacate the expired Planned Development (PD), known as Meadowlark (PD 2021-01). The preliminary approval and Development Agreement associated with the project has expired; The City is requesting the formal vacation of the Planned Development to revert the subject properties to the original underlying zoning districts of Multifamily Residential and Residential Low Density 6,000 (RL6). The property is located on vacant land, between Titus Road and Chumstick Hwy, and identified by Assessor's Parcel Numbers: 241701550135, 241701550135, 241701550143, 241701550153, 241701550111, 241701550114, 241701550138, 241701550240, and 241701550142.
 2. 2021-057 A request by property renter, Beth Walker, to appeal the First New Letter of Assessment issued for violation of the Leavenworth Municipal Code regarding charging for parking, which is an unpermitted commercial use in a residential zone (COD2021-051). The property is located within the Multifamily Residential Zone and identified by the Assessor's Parcel Number: 241712676112.
 3. AA 2021-056 A request by property owner, Bill Evans, to appeal the Notice of Violation and Order issued for violation of the Leavenworth Municipal Code regarding storage of a Recreational Vehicle in the front yard setback and within the required 10 feet parking setback (COD2021-042). The property is located within the Residential Low Density 6000 District and identified by the Assessor's Parcel Number: 241711910060.
 4. AA 2021-055 A request by property owner, Kimberlee Larson, to appeal the Third New Letter of Assessment issued for violations of the Leavenworth Municipal Code regarding an unpermitted carport, parking, and Recreational Vehicle Storage (COD2021-008). The property is located within the Residential Low Density 6000 District and identified by the Assessor's Parcel Number: 241711836040.
 The public is encouraged to attend via zoom and to submit written comments prior to the hearing. Materials may be viewed by appointment only at City Hall, or on the City's Public Portal at <https://bit.ly/2RMadlw>. Questions may be directed to Maggie Boles, Development Services, phone 509-548-5275 or email seniorplanner@cityofleavenworth.com.
 Published in The Leavenworth Echo/Cashmere Valley Record on Nov. 3, 2021. # 2996

Public Notices

City of Leavenworth Request for 2022 Comprehensive Plan Amendment Proposals
 The City of Leavenworth is entering into the annual Comprehensive Plan Amendment cycle and is now receiving requests for proposals to amend the City's Comprehensive Plan, including the Land Use Zoning Map. For a proposed amendment to be considered for sponsorship by the City Council, submittal is due by December 31, 2021. Privately sponsored map proposals are due by January 31, 2022. Applications for amendments to the Comprehensive Plan are available online or by contacting the Development Services Manager, Lilith Vespier, at (509) 548-5275, or by e-mail at dsmanager@cityofleavenworth.com or mail City of Leavenworth, P.O. Box 287, Leavenworth, WA 98826.
 Published in The Leavenworth Echo/Cashmere Valley Record on November 3, and December 1, 2021. #2997

Public Notices

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

In the Matter of the Estate of: JERRY LEE CLARK, Deceased. NO. 21-4-00354-04
PROBATE NOTICE TO CREDITORS RCW 11.40.030
 The administrator named below has been appointed as administrator 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 administrator or the administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) Thirty days after the administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
 Date of First Publication: **October 20, 2021**
 Administrator: Brenda Marty
 Attorney for Administrator: Steve D. Smith
 Address for Mailing of Service: 617 Washington Street Wenatchee, WA 98801 (509)662-3551
BRENDA MARTY Administrator
DAVIS, ARNEIL LAW FIRM, LLP
 Attorneys for Estate
 By STEVE D. SMITH
 WSPA#16613
 Published in The Cashmere Valley Record/ Leavenworth Echo on Oct. 20, 27, and Nov. 3, 2021. #2944

Public Notices

NOTICE OF PUBLIC HEARING ON CITY OF CASHMERE FINAL 2022 BUDGET

The City of Cashmere Preliminary 2022 Budget has been filed with the City Clerk-Treasurer. The Cashmere City Council will hold a public hearing on the Final 2022 Budget for the City of Cashmere on Monday, November 22, 2021, at 6:00 p.m. at the Cashmere City Hall, 101 Woodring Street. Copies of the preliminary budget are available by November 19th at Cashmere City Hall, 101 Woodring Street, between the hours of 9:00 a.m. and 5:00 p.m., Monday through Friday. The public is invited to attend said hearing and make comment. If you are unable to attend in person, please call City Hall or access the agenda on the City's website for login information. Written comments can be sent to Kay Jones, City Clerk-Treasurer at kay@cityofcashmere.org. Kay Jones City Clerk CITY OF CASHMERE
 Published in Cashmere Valley Record/ The Leavenworth Echo on November 3 and 10, 2021. #2704

Public Notices

The Leavenworth Mosquito Control Board will be holding a Public Hearing at 7:00 pm on Monday November 15, 2021 via ZOOM, to discuss and approve our operating budget and per parcel tax rate for 2022. To receive a link to attend please use the link posted at <http://www.leavenworthmosquitodistrict.com/id5.html> or call or text your email address by noon November 15 to Manager Jennifer Mullins at 509-548-5904. Published in The Leavenworth Echo/Cashmere Valley Record on Nov. 3, and 10, 2021 # 3018

Public Notices

NOTICE OF PUBLIC HEARING
 Notice is hereby given the Upper Valley Park and Recreation Service Area, Chelan County, Washington will conduct a public hearing via Zoom Conferencing on Friday, November 12, 2021 at 9:00 AM to review and approve the 2022 Final Budget that includes proposed expenditures, revenue sources, and a possible increase in property taxes. Copies of the proposed budget will be available at the front desk of Leavenworth City Hall by November 5, 2021. The public is invited to attend said Zoom conferencing hearing and make comment; for more information on Zoom conferencing, copies of the budget, or general questions you may contact Kiah Patzkowsky, PRSA Coordinator, via email at prsa@cityofleavenworth.com.
 Published in The Leavenworth Echo/ Cashmere Valley Record on October 27, and November 3, 2021. #2960.

Public Notices

CITY OF LEAVENWORTH
 On the 26th day of October, 2021, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents provides as follows:
Ordinance 1636: An ordinance of the City of Leavenworth, WA, amending chapter 2.04 City Council. 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 November 3, 2021. #3014

Public Notices

STEVENS PASS SEWER DISTRICT PO BOX 98, LEAVENWORTH, WA 98826 WWTP ULTRAVIOLET DISINFECTION REPLACEMENT
 General Notice
 Stevens Pass Sewer District (Owner) is requesting Bids for the construction of the following **Project:** Stevens Pass Sewer District WWTP
 WWTP Ultraviolet Disinfection Replacement Bids for the construction of the Project will be received at HDR Engineering, Inc., located at 929 108th Ave NE, #1300; Bellevue, WA 98004, until December 9, 2021 at 2:00pm local time. At that time the Bids received will be publicly opened and read. The Project generally includes the following Work: Replacement of an existing UV disinfection system, associated electrical, plumbing and I&C work and the provision of a temporary peracetic acid disinfection system. The Project shall take place during the summer of 2022. Owner anticipates that the Project's total bid price will be approximately \$1.4M to \$1.7M. The Project has an expected Substantial Completion date of September 19, 2022.

Obtaining the Bidding Documents Information and Bidding Documents for the Project can be obtained at the following designated website under the project name above: <https://www.abadanplanroom.com/jobs/public>
 Bidding Documents may be downloaded from the designated website. Any costs for document access will be provided on the plan room website. Prospective Bidders are urged to register with the designated website as a Bidding Documents holder, even if Bidding Documents are obtained from a third-party plan room or source other than the designated website in either electronic or paper format. The designated website will be updated periodically with Addenda, lists of registered Bidding Documents holders, reports on the Site, and other information relevant to submitting a Bid for the Project. All official notifications, Addenda, and other Bidding Documents will be offered only through the designated website. Neither Owner nor Engineer will be responsible for Bidding Documents, including Addenda, if any, obtained from sources other than the designated website. Contact Andrew Staples with HDR Engineers, Inc. with any questions at 509-343-8459 or by email at andrew.staples@hdinc.com.

Pre-bid Conference A pre-bid conference for the Project will be held on November 10, 2021 at 1:00pm local time. Registered plan holders will be provided a link to a virtual project walk through. Attendance at the pre-bid conference is encouraged but not required. For all further requirements regarding bid submittal, qualifications, procedures, and contract award, refer to the Instructions to Bidders that are included in the Bidding Documents. All work performed on this project will be subject to state prevailing wage rates. Stevens Pass Sewer District is an Equal Opportunity and Affirmative Action Employer.

This project is partially funded through the Washington State Public Works Board program with state funds. Stevens Pass Sewer District reserves the right to reject any and all bids. All Contractors must be licensed in the State of Washington to conduct business. This Advertisement is issued by: Owner: Stevens Pass Sewer District By: Tom Maher
 Title: Business Manager
 Published in The Leavenworth Echo/Cashmere Valley Record on Oct. 27 and Nov., 2, 2021 #2990

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Can Probiotics and Prebiotics Help You?

Two months ago, Sally was diagnosed with a bladder infection. When the first antibiotic didn't fix the problem, her doctor gave her a different one. Within 3 days of starting the second antibiotic, she developed diarrhea. After a week of misery, she called, asking for help.

"I'm trapped in my own home," she wailed. "I can't walk past my bathroom without having to go."

I suggested she start taking a probiotic, and she called back a week later to report that her bowels were back to normal.

Probiotics are "friendly" microorganisms that live in our intestines and vagina. They include more than 400 separate bacteria, yeast, and parasite strains that help us absorb nutrients and metabolize our food.

Probiotics have another important job: they discourage the growth of "unfriendly" bacteria and other organisms that can make us sick. Probiotics can "crowd out" other organisms by using up available space and nutrients. Some probiotics secrete antibacterial compounds like hydrogen peroxide, lactic acid, or acetic acid.

Sally's second antibiotic killed off the bacteria responsible for her infection but attacked her "good" intestinal bacteria as well. Eliminating her "friendly" bacteria left room for some "bad" bacteria to multiply and cause a condition called antibiotic-associated diarrhea.

Taking probiotics can decrease the risk of antibiotic-associated diarrhea by over 50%. Unfortunately, it isn't clear how protective they are against a common cause of antibiotic-associated diarrhea, a bacteria called *Clostridium difficile* or C. diff.

The 3 most common probiotics shown to help keep our intestines in balance are *Lactobacillus*, *Bifidobacteria*, and a fungus called *Saccharomyces*.

Lactobacillus makes lactic acid, which increases the acidity of vaginal tissue. This helps protect you from both bacterial and yeast infections. The bacteria *Gardnerella* is an organism that typically lives in your vagina. Some antibiotics can disrupt that balance and allow the overgrowth of certain bacteria, causing inflammation and an infection called bacterial vaginosis. Along with lactic acid, *Lactobacillus* secretes hydrogen peroxide, which is deadly to *Gardnerella* bacteria, helping to prevent bacterial vaginosis.

The fungus *Saccharomyces*, available as Florastor®, has been shown to help prevent antibiotic-associated diarrhea. There is also evidence that taking both *Lactobacillus* and *Bifidobacteria* bacteria is more effective at treating antibiotic-associated diarrhea than either organism by itself.

Lactobacillus has more than one strain. Some strains are good at adhering to the lining of your intestine. In contrast,

others can overcome or push out "bad bacteria" that already have established themselves. One of the best ones for adhering to your gut lining is *Lactobacillus GG*, available as the product Culturelle®.

There is now a lot of interest in using prebiotics instead of probiotics to help your intestines and vaginal tissue stay healthy. Prebiotics are different than probiotics because probiotics are actually living organisms, while prebiotics are carbohydrates. Prebiotics work as support staff to your probiotics, feeding them and encouraging their growth by the way they change your intestinal environment.

Prebiotics work like "Miracle Grow®" to help certain bacteria and fungi grow and multiply. They are less expensive than probiotics because they don't have to be protected from excess heat and preservatives.

6 Tips for Maintaining a Healthy Intestinal Environment:

1. Eat live yogurt.
Eating yogurt with live cultures can be an excellent way to get *Lactobacillus* into your intestine. Beware: most commercial yogurt brands are processed and do NOT contain live bacteria. Check the label.

2. Avoid acid-blocking medicines.

Stomach acid is an effective defense against the overgrowth of unfriendly bacteria in your intestine. Powerful acid-blocking medicines like omeprazole (Prilosec®), lansoprazole (Prevacid®), and pantoprazole (Protonix®) tame heartburn by decreasing the amount of acid that is pumped into your stomach. Unfortunately, the decrease in stomach acid puts you at



an increased risk of getting antibiotic-associated diarrhea.

3. Choose probiotics containing more than one organism.

There is good evidence that taking both *Lactobacillus* and *Bifidobacteria* bacteria together to treat antibiotic-associated diarrhea works better than either organism by itself.

4. Store probiotics properly.

Probiotics are living organisms and need controlled conditions to stay viable. Whether at room temperature or in the refrigerator, be sure to observe any storage recommendations and avoid extreme heat like in a parked car in the summer on the way home from the store.

5. Try fermented foods.

Fermented foods are some of the best and least expensive prebiotics. If you like sauerkraut or kimchee, eating it regularly can help support a healthy balance of intestinal bacteria.

6. Time your probiotics for maximum effectiveness.

Start taking probiotics within 2-3 days of beginning an antibiotic, and continue for at least 3 days afterward.

Dr. Louise Achey, Doctor of Pharmacy, is a 42-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. ©2021 Louise Achey



LETTERS TO THE EDITOR

Art vs War

Could a work of art have saved the U.S. from Colin Powell's WMD speech to the U.N. Security Council and the eventual Iraq War? What if Nelson Rockefeller's loan to the U.N. of the Guernica tapestry had not been shrouded the day of Powell's visit? What if Powell and Tenet (C.I.A.) Chief had paused in front of the tapestry and appreciated Picasso's message? Would the silent screams of the Guernicans have brought out Powell's better angels? But art appreciation was not to be. When a German officer visited Picasso's apartment in WW II occupied Paris, he asked if the Guernica photo was something the artist had

done. "No" replied Picasso, "Something you did."
Joe Bissonette,
Cashmere

Note: Background of the Tapestry. NYTimes: For more than three decades, a 25-foot long canvas tapestry replica of "Guernica" hung outside the United Nations Security Council chamber, the backdrop for speeches by diplomats who were working to avert the atrocities depicted in Picasso's iconic antiwar painting. But now the tapestry is gone, repossessed by its owner, Nelson A. Rockefeller Jr., whose family had commissioned the tapestry in the 1950s and lent it to the United Nations in 1985.

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| FOOTBALL | |
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| Oct. 28: | Cascade 14, Omak 41; Loss |
| SOCCER | |
| Oct. 26: | Cascade 0, Cashmere 1; Loss |
| VOLLEYBALL | |
| Oct. 19: | Cascade 3, Quincy 0; Win |
| Oct. 21: | Cascade 0, Brewster 3; Loss |

Home for the Holidays

5 Tips to Prep Your Home for Holiday Guests

(StatePoint) Cooler temperatures, outings to the Christmas tree farm, game nights and holiday feasts. Now that the holiday season is here, it's time to prep your home for seasonal fun! Whether you're hosting a big or small group of family and friends this holiday season, decorating and decluttering around the house can make party prep easier and more enjoyable for everyone. With that in mind, here are some top tips to create functional and stylish

spaces that are easy to keep clean and tidy throughout the festivities.

Delightful décor. Make any room feel warm and welcoming with EasyLiner Removable Adhesive Shelf Liner by Duck Brand. Decorating with laminate is an affordable way to add pops of color to a kitchen backsplash, reading nook or old side table. Choose a print that matches your style and easily stick the laminate to smooth, flat surfaces for a fresh new look that will wow

your guests.

Mudroom without messy floors. Preparing an area near your entryway for bags and shoes is a must when expecting visitors. If you have a bench with storage, add machine-washable liner to the cubby to keep shelves clean and dry. Placing liner by the entrance of your home will also offer extra space to store muddy or wet shoes and stop salt and snow from tracking in the house. When guests leave, toss the liner in the wash and reuse.

Spotless spaces for kids. All holiday gatherings need a space for kids to have fun and play together. While setting up for arts and crafts, line the table with a clear, textured liner to prevent crayons, markers or glue from damaging surfaces. When it's time to clean up, simply wipe the liner or toss it in the dishwasher.

Get your guest room ready. If you have family staying overnight, it's time to get your

guest room in shape. Dress up drawers and closet shelves with Smooth Top EasyLiner. The grip bottom will keep the liner and items in place. Trendy patterns will elevate your home décor and guests will appreciate how clean and homey the space feels during their stay.

Bathroom basics. Once you're done prepping the guest room, don't forget about the guest bathroom. Keep styling stations and the bath clean and tidy with shelf liner and a bath mat. Duck Brand offers a variety of cushioned, machine-washable bath and shower mats for extra comfort and safety. The Clorox mat is also designed to prevent the growth of mold and mildew on the mat.

Making these small updates around the house now will keep your most-used spaces clean and tidy to ensure family and friends are comfortable and happy over the holidays.

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