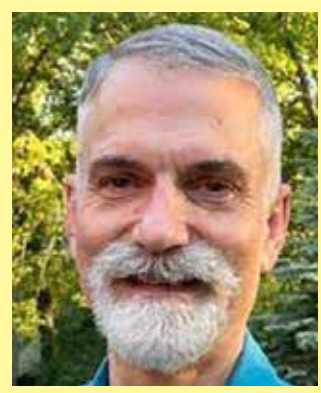




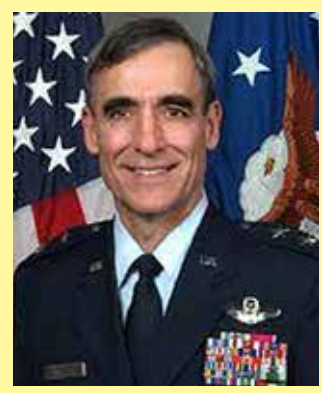
## Cascade School Board Elections - Get to know the candidates



**Cody Burgess Bench**  
SUBMITTED PHOTO.



**Marty Young**  
SUBMITTED PHOTO.



**Mike Worden**  
SUBMITTED PHOTO.



**Trey Ising**  
SUBMITTED PHOTO.



**Zachary Miller**  
SUBMITTED PHOTO.

Burgess-Bench's experience in education lies in her extensive career in coaching collegiate athletics, which includes involvement with the NCAA DII West Region Advisory Committee, and University of Fairbanks Title IX Committee. Her chief campaign goals are to provide a voice for parents and families in the community, being a mother of four herself, and to make sure that parents can make their own decisions for their children regarding recent COVID-19 mandates. Her other priorities include getting classrooms and educators the resources they need and will be responsible and resourceful with school resources.

BY: MEGAN SOKOL

Chelan County Elections are looming toward us at a shockingly fast pace, with General Election day landing on Nov. 2nd. If you want to be prepared, read up on the following candidates for Cascade School Board Districts #1, #3, and #5, and stay tuned for Leavenworth City Council elections in the following issues.

### Cascade School District No. 228-School Board Member Director District #1

**Misha Whitfield:**  
Media contacted Misha Whitfield, but was unavailable to give comment before publishing. If you would like to read more on her position when she talked with us back in July under article "Continued School Board Interviews," please check out our website at [leavenworthecho.com](http://leavenworthecho.com).

**Mike Worden:**  
Mike Worden is a former Air Force Major General and retired Seattle Director of Citywide Mobility Operations Coordination.

He is personally involved with Leavenworth Rotary, American Legion Post 10 in Wenatchee, and the Veterans of Foreign Wars in East Wenatchee.

Worden's experience in education stems from his experience as a history professor at USAF Academy and University of Maryland, along with witnessing his wife's career as a teacher.

Worden's three main campaign priorities include being a parent advocate, maximizing each student's continuous learning, and making sure that the people's taxdollars are accounted for and that they have full transparency of what the school board is doing.

"Our challenging futures are going to be in their hands, so I want to invest in the future by fully supporting the children"

He is passionate about gaining local control for school boards regarding mandated COVID-19 vaccinations or masking.

"It's sad to see how the state is continuously mandating bylaws

[to] the school districts. The school districts were founded to have local discretion as to how laws were applied, how policy is made, etc," Worden explained.

"They're laws, we need to be law-abiding. I hope that in the future we can get more local control over some of these things than we have been able to recently."

He is also concerned about the recent implementation of the mandated Diversity and Equity training and what is has to offer for staff (specifically it is SB 5044 (Concerning professional learning, equity, cultural competency, and dismantling institutional racism in the public school system)).

Everybody I've talked to in this school district doesn't think there is plentiful institutional racism in our public school systems," Worden states.

"I just want to make sure that I go through the training with an open mind to ensure that the cure isn't worse than the alleged disease."

Worden clarifies that he supports

equity and accessibility, but is also a proponent for individual accountability and wants more focus on traditional academic subjects.

"[We need to] make sure that our over-burdened teachers are not being distracted by something that isn't helping the environment," Worden said.

He also hopes to further improve test scores and raising the standards for student excellence.

You can find more information of Mike Worden's campaign goals here: <http://wordenforschoolboard.com/>.

### Cascade School District No. 228-School Board Member Director District #3

**Cody Burgess-Bench:**  
Cody Burgess-Bench is a self-described hometown person who values community and relationships. She grew up in Leavenworth alongside opponent Zachary Miller. Her passion lies within local athletics, youth teams, and operating kids camps, along with volunteering for reading camps and foodbanks.

Burgess-Bench wants to raise standards for science, math, and english subjects. She feels that school has been more focused on cultural issues, rather than traditional subjects and wants traditional education courses to be more in the forefront, creating an education environment free of political intrusion.

"Education is paramount to our future," Burgess-Bench states.

She believes that no one should lose their position because of the recent vaccine mandate.

She states that she will do her best on the schoolboard and make decisions based on the parameters she is given and to meet the needs for school, staff, and facilities, accomplishing goals that the school board has in place.

You can find more information of Cody Burgess-Bench's campaign goals here: [facebook.com/](https://www.facebook.com/)

CONTINUED TO PAGE A10

## The New Normal



**Ruthie Biebesheimer**  
Cascade High School Correspondent

Last school year was unprecedented, crazy, chaotic, and abnormal. Despite all the changes, Cascade School District's teachers managed to continue providing a high-quality education for every student in the district as they simultaneously navigated online and hybrid schooling. From March 17, 2020, to January 18, 2021, all students participated in online school. Starting January 19, 2021, students and teachers began a hybrid school schedule that continued until the end of the school year.

These changes created many difficulties for students and teachers alike. Coming back to completely in-person school this August was a highly anticipated event for everyone. Other than the obvious health and safety protocols in effect to keep students and staff safe, the "new normal" has shifted. The year of online/hybrid learning may have officially passed, but it has resulted in many long-term changes.

The pandemic forced school district employees to quickly adapt to using online learning platforms in an effective manner. While daily health screening checks may be a thing of

the past, it would appear many of these platforms are here to stay.

Superintendent, Dr. Tracey Beckendorf-Edou, explained that the Cascade School District "moved really quickly during the pandemic to using Seesaw for grades K-2 and Canvas for grades 3-12. Especially the use of Canvas has already been continuing this school year, and I think it's helpful overall."

For the younger students, Peshastin-Dryden Elementary School Principal, Ms. Emily Ross, shared that Seesaw is used for "student and parent communication" and "Smore is used for "parent communication through email and text."

At the high school, many teachers have continued to use Canvas for a variety of reasons: Canvas can be used to post assignments in an easy-to-access fashion, share resources, and keep students in the loop. Students have access to Canvas on any device with internet capabilities. Parents can oversee student progress by using the canvas app, and teachers also have easy access to grading and communication within these platforms.

CHS Spanish teacher, Ms. Angelita Guzman plans to continue the use of certain aspects of online school in the future. I enjoy "the streamlined use of Canvas," she said. "If we all use it, students will just grow accustomed to using it and will develop their skills of time management and organization, which will make them better equipped to be successful after high school."

These programs were all quickly put

into action as a necessity last school year, due to quarantine mandates, but have paved the way for better communication and organization throughout the district.

These various learning platforms are likely to remain a part of public schooling into the future, because they provide a resource for absentee students. These technologies allow students who are not at school due to illness, quarantine, or traveling for sports/family vacations to stay up to date with classwork and avoid falling behind. The longevity of these resources has been assured, because students can easily access assignments and reach out to their teacher via tools like Canvas and Seesaw.

"It would be great for students who are absent to be able to keep up with their classes by utilizing technology," explained Principal Emily Ross. In the past, when a student was absent, they typically had to wait until they returned to school to collect work they missed and often fell behind.

Accessibility to online learning tools and programs has been enormously improved. Alpine Lakes Elementary 5th grade teacher and Homelink administrator, Mr. Terry Muscutt stated, "We have more technology tools than ever before. Every student has a device and can take one home."

Cascade High School senior, Hanalei Alejo shared that while recently working from home, she was able to "easily stay up to date with everything that was happening in the classroom." The inability for students to directly speak to teachers in person and learn in the classroom, while they work from home, doesn't

prevent them from being able to keep up with their learning, as it could have in previous years. It is likely that online platforms will continue to impact future sick days, snow days, and vacations.

Schooling during the pandemic permitted students more freedom in their schedules and also forced students to be more responsible for their own learning. While some students flourished in the independence of online school, others quickly fell behind. Students who are good self-motivators were able to keep themselves on task when distractions (like TV, phones, family, friends, pets, etc.) were pulling many away from their learning. Online schooling permitted students more

freedom to complete schoolwork on their own time, essentially allowing each student to create their own daily schedule.

This year, with in-person school back in full swing, all students are back to the "normal" eight a.m. to three p.m. scheduled class times, and teacher guidance and instruction. The school day might look more normal, but the independence and individual responsibility cultivated through the pandemic experience is something that is sure to be around for years to come.

For many, the return to "normal" is yet another adjustment. Peshastin Dryden Elementary School principal

CONTINUED TO PAGE A7



Cascade High School students, junior Elise Almeida and sophomore Dawson Chase complete an assignment, for their classes on contrasting learning platforms. Elise described that she likes, "being able to use online resources while also participating in class with friends and teachers."

**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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# Honoring Breast Cancer Survivors

**Allstate**

*Together we make a difference.*

**Heidi Huddle**

T: 509-664-4000  
F: 509-664-4040  
235 N Mission St Wenatchee, WA 98801



**Kathy Bangsund**  
Survivor: 26 years and 20 years.  
Occupation: The Dwelling Place



**Marjory Blake**  
Survivor: 11 years, 6 months  
Occupation: Retired -Cascade Medical



**Pamela Brulotte**  
Survivor: 6 1/2 years  
Occupation: Owner of Munchen Haus and Icicle Brewing Co. and Wellness Place Board member 2020



**Carol L. Forhan**  
Survivor: 31 years  
Occupation: NCW Media, co-owner & ad manager, Ordained Episcopal Deacon, and Nutcracker board member.

**State Farm**

*Hope*

*Together for Breast Cancer Awareness*

**Bruce Cheadle, Agent** | 509-782-1659 | Cashmere, WA



*No One Fights Alone.*



We give FREE cancer support and services to all cancer warriors in Chelan, Douglas, Grant and Okanogan counties.

LEARN MORE AT:  
**WellnessPlaceWenatchee.org**  
#509-888-9933

**Breast Cancer Glossary**

COMPILED BY CAROL FORHAN  
*Survivor*

Educate yourself on these terms when your doctor talks to you about breast cancer

**Adjuvant therapy:** Treatment such as chemotherapy, hormonal therapy, or radiation used following surgery to cure, reduce, or control cancer.

**Aspiration:** The use of a hollow needle and syringe to suction out fluid or cells from a cyst or tumor.

**Atypical lobular hyperplasia:** Abnormally shaped cells multiplying excessively in the normal tissue of a breast lobe.

**Atypical lobular hyperplasia:** Abnormally shaped cells multiplying excessively in the normal tissue of a breast lobe.

**Axillary:** In the armpit.

**Benign:** Not cancerous.

**Biopsy:** Tissue or cells removed from the body and examined microscopically to determine whether cancer is present.

**Calcifications:** Small calcium deposits in breast tissue that can be seen by mammography.

**Carcinoma:** Cancer that arises from

epithelial tissue (tissue that lines a cavity or surface); occurs often in the breast.

**Chemo-prevention:** The use of drugs or chemicals to prevent cancer.

**Chemotherapy:** Treatment of cancer with powerful drugs that destroy cancer cells.

**Core needle biopsy:** Use of a hollow needle to extract a sample of a lump or other suspicious tissue for examination.

**Cyst:** A lump or swelling filled with fluid or semifluid material.

**Duct:** A channel in the breast that carries milk from the lobule to the nipple during lactation.

**Estrogen:** A female sex hormone produced chiefly by the ovaries.

**Estrogen receptor:** A site on the surface of some cells to which estrogen molecules attach.

**False negative:** Test results that incorrectly indicate that the tested disease or substance is not present.

**Fibroadenoma:** A benign, fibrous tumor commonly found in the breast.

**Free radicals:** Toxic atoms produced by chemical reactions within a cell.

**Hematoma:** A swelling formed of blood. Infrequently occurs at the site of surgery, such as in a biopsy cavity

after a lumpectomy.

**Hyperplasia:** Excessive cell growth.

**Infiltrating cancer:** A cancer that has spread from its site of origin into surrounding tissue.

**In situ:** Latin for "in place." As part of the term "ductal carcinoma in situ," it means that cancer cells exist and are still contained within the ducts of the milk-producing gland.

**Lobules:** Milk-producing glands of the breast.

**Lymphedema:** An accumulation of lymph fluid in the arm, hand, or breast that may develop when lymphatic vessels or nodes have been removed or blocked by surgery, or after radiation therapy. It can appear immediately after treatment or many years later.

**Lymph nodes:** Small, bean-shaped organs linked by lymphatic vessels. As part of the immune system, they filter out germs and foreign matter. Also called lymph glands.

**Malignant:** Cancerous.

**Metastasis:** The spread of cancer cells from the site of origin to another part of the body.

**Metastases:** Secondary cancers that form after cancer cells spread to other parts of the body.

**Neoadjuvant therapy:** Therapy with anticancer drugs or radiation given before surgery in order to shrink a tumor.

**Palpable:** Able to be felt.

**Progesterone:** A hormone produced by the ovaries and adrenal glands; essential for healthy functioning of the female reproductive system.

**Radiation therapy:** The use of x-rays at very high doses to treat or control disease.

**Seroma:** An accumulation of lymphatic fluid under an incision.

*Content provided by MammoSite Breast Cancer Information. www.mammoSite.com*

**Screening saves lives by helping find breast cancer early.**  
Finding cancer early may give you more treatment options, including Breast Conserving Therapy instead of a mastectomy. Get your mammogram. Tell your friends, mothers, sisters, aunts and daughters to do the same. Be a Friend. Tell a Friend. Get Your Mammogram.

*Information from American Cancer Society*

## October is Breast Cancer Awareness Month

CAROL L. FORHAN  
*Survivor*

**Pink Ribbons, Pink Shirts,** walks, runs, fundraisers, and now in 2021 because of the COVID-19 and the Delta Variant we return to virtual auctions, benefits, and other events that we hope will continue to help raise more AWARENESS and funds in our communities.

**What is so special about this month of October?**

It is like other months that bring awareness of a special need. Every disease or affliction now has a colored ribbon to commemorate their cause, whether it is Heart Month, Diabetes Month, Alzheimer's Month, and so on. October 1-31 is a campaign month intended to educate people about the importance of early screening and detection of Breast Cancer. This month is personal for me. It was my personal fight with breast cancer at a young age with unknown causes. At the age of 43 I had my first mammogram, I had just learned how to do breast self-exam by watching CBS Journalist, Connie Chung on a TV program she presented on breast self-exam. I also had a close friend at the age of 39 years old diagnosed with breast cancer and she encouraged me to get a mammogram after I felt a lump in my armpit. I am so thankful for both of them and the

encouragement of my friend I am sure she saved my life. I was then diagnosed with Stage 2B-breast cancer with all of my lymph nodes involved on the same side.

Breast cancer effects 1 in 8 women who will get diagnosed with cancer in her lifetime, and some men actually get breast cancer as well. Many years of research has been done on this disease, and breast cancer comes in many forms and stages. We know about the BRAC genes and HER-2, but not all cancer is inherited. Great strides have been made in research to find the cause, different treatments and therapies then are developed to kill the cancer cells. Some treatments like surgery can make one lose a breast(s), some treatments will cause you to lose your hair, self-esteem and dignity, and unfortunately some will die.

We can replace a breast with a prosthesis or with reconstructive surgery or do nothing, our hair will grow back as well as our self-esteem and dignity. Many women work through the process day by day, whether at a job or career and/or keeping up a home, children, spouse, daily chores and just day to day living.

Many friendships develop in this cancer club, help and encouragement from another survivor, like the American



PHOTO FREEPIK.COM

Cancer Society's Reach to Recovery program. Support groups may become a part of your life for now, (if you choose too). We move on, some tell others of their survivorship some tell no one. When we do the survivors' page, in our NCW Media newspapers the first week of October, we are happy to show our smiling faces that we are surviving and thriving and showing others that life goes on. If you know of someone that didn't tell her story, then that is a personal choice and is respected.

Though it is scary, cancer does not have to be a death sentence, and cancer is not a one person disease, it affects the whole family.

A few things that are very important to remember and you will be reminded especially in October Awareness Month.

Get a mammogram. Know your family history, Learn to do breast self-exam. If a relative like, mom, grandmother, or aunt have or had breast cancer, depending on your age, the current recommendation for a mammogram is 45 years old or earlier. Schedule a

consultation with your doctor or health provider. Call the American Cancer Society for free information, 1-800-ACS, or www.cancer.org

When or if you are diagnosed, you have the right to get a second or even a third opinion. Surgery is not always the answer, talk to your team of doctors and nurses, and other caregivers. BE an advocate for yourself, or take someone with you to be an advocate. Ask questions, do your research, but do not just rely on internet information, it can be misleading. There are also some great books and magazines you can read. One of the best books about the breast anatomy therapies and other information, is Dr. Susan Love's Breast Book. There are different therapies and opinions out there. 31 years ago I was not expected to live "5" years; and years ago I heard the phrase

"I want to see Breast Cancer eradicated in my life time!" and it still hasn't been eradicated. I still have Hope and Faith that it will happen before my 4 granddaughters have to deal with it. I thank God everyday that I have another day to enjoy, by continuing my faith career as an ordained deacon in my church, a business owner, community leader and supporter of many causes. Have Faith my friend, I will support you as well.

Sincerely, **Carol Forhan**, 31 years, Surviving and Thriving!

**Are you helping an adult who needs care?**



**Family caregivers are all around us. They care for friends, relatives, and neighbors and never ask for anything in return. But sometimes the "helpers" need a little help too.**

**Aging & Adult Care has free and low-cost services such as respite, housekeeping, home-delivered meals and shopping.**

**Keep helping them with a little help from us!**



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# Think Pink

In honor of breast cancer awareness month, Cascade Medical is offering free mammograms to those without insurance. Same-week appointments, 3D imaging, and fast results. Call 548-2512 for details.



During our 20 years of compiling the Breast Cancer Survivors' pages, many of these ladies have moved, no longer are participating at this time or have died. **Our sincere Best Wishes to all of our SURVIVORS.**

- Ann Avey
- Joan Baldwin
- Gale Bates
- Carla Carey
- Bev Carlson
- Janice Clark
- Terri Clarke
- Floy Detwiler, M.D.
- Joy Fields
- Elsie Fogelstrom
- Carol Hanson
- Pat Hills
- Sonja Hurt
- Jordi Kimes
- Dorothy Kellison
- Wendi Krieg
- Verna Lotts
- Beverly Lobe
- V Gay Neese-Sweat
- Mary Ellen McKinney

- Jodi Ostrem
- Dorene Parise
- Winifred Pflugrath
- Kelley Rose
- Terri Scenard
- Kara Shephard
- Dorothy Shipley
- Camille Stemm
- Wendy St. Germain
- Dorothy Spanjer
- Lori Vanderbrink
- Camieon Voss
- Julie Williams

**Sad remembrances of those who have passed away either from the cancer or other causes throughout these twenty years.**

- \*Grace Clausen
- \*Jessica Green
- \*Mary Newberry
- \*Marie V. Peck
- \*Judy M. Peck-Cameron
- \*Charlotte Turner
- \*Elizabeth Peyrollaz and others not known



## We Support Breast Cancer Awareness Month.

And all the survivors!







# Breast Cancer Awareness Month



**Lisa Halseth**  
**Survivor:** 6 years, 2 months  
**Occupation:** Hi-tech Inside Sales, Product Line Manager, Wine Ambassador and Retail Sales Associate



**Deborah Hartl**  
**Survivor:** 14 years, 10 months  
**Occupation:** HR Director, Sleeping Lady, Trail runner



**Rebekah Nugent**  
**Survivor:** 14 years, 11 months  
**Occupation:** Retired



**Kris Taylor**  
**Survivor:** 13 years, 4 months.  
**Occupation:** Financial Advisor



**Diane Wells**  
**Survivor:** 10 months  
**Occupation:** Retired, Nutcracker Museum Current board member



**Carolyn Wilson**  
**Survivor:** 15 years  
**Occupation:** Leavenworth City Council, Law Enforcement

## Phytoestrogens, Menopause and Hot flashes

### Q: Can phytoestrogens relieve common menopausal symptoms like hot flashes and night sweats? What about women with breast cancer?

In a stuffy auditorium in Pullman, Washington one March afternoon, I experienced my very first hot flush. While describing how a particular weight loss medicine worked to my audience of 120 students, I felt my scalp go hot and prickly. Two heartbeats later, sweat gushed down my neck and back, soaking my white oxford shirt!

Shocked and shivering, I glanced at the large clock on the wall, cleared my throat, and announced, "Let's take a 10-minute break, starting now. See you back here in 10."

Can phytoestrogens relieve the physical and social discomfort of menopausal symptoms like sudden hot flashes/flushes or their nighttime equivalent, night sweats?

For decades, researchers have noticed how Asian women don't suffer as much from hot flashes during menopause as Western women do, labeling it the "Japanese Effect." The primary reason for this difference is believed to be diet.

A typical Asian diet

contains a lot more soy than a standard American diet. Foods containing soy and soy concentrates contain phytoestrogens, which are plant-based substances acting in your body in ways and places similar to estrogen.

But eating more soy is only part of the answer. Protection against hot flushes may also depend upon whether your body can change the basic phytoestrogens found in soy into equol, a powerful phytoestrogen. Overall, 30-50% of North American women can convert soy into equol, with Asian and Hispanic women able to do this more easily.

Phytoestrogens act by attaching or binding to the same places in your body that other types of estrogens do. These binding sites are called estrogen receptors, or ERs. The two main types of ERs are ER alpha and ER beta. Most estrogens and phytoestrogens bind to ER alpha receptors, which can stimulate breast and uterine cancer.

Some phytoestrogens bind to ER beta receptors instead, which can create the opposite effect from ER alpha

receptors. Binding to ER beta receptors can BLOCK the action of estrogen on breast tissue. This is similar to the estrogen-blocking medicines tamoxifen and raloxifene (Evista®) and may help prevent certain types of breast cancer.

Unfortunately, it's difficult to study the effects of any particular phytoestrogen on the body. One reason is that food and other sources of phytoestrogens often contain multiple types of phytoestrogens. These individual phytoestrogens may bind to ER alpha receptors, ER beta receptors, or both, causing varying effects.

Plants can also have variable concentrations of phytoestrogens depending on their growing conditions. An additional complication is how

much estrogen is already in place. Phytoestrogens may act differently in pre-menopausal women compared to post-menopausal women whose bodies contain much less estrogen.

How much soy do you need to reduce hot flash/hot flush symptoms? Most clinical studies have used between 40 and 80 mg daily of phytoestrogens from soy-based products. Recent evidence suggests you should start with 2 servings a day of soy foods for 3 months, noting whether you experience fewer episodes of hot flushes/flushes.

One serving of soy food can be 3 ounces of tofu, ½ cup of edamame, ½ cup tofu, ¼ cup soy nuts, or 1 cup of soymilk. Flaxseed, chickpeas, beans, peas, green leafy vegetables, cauliflower, and nuts are good sources of phytoestrogens. After trying soy for 3 months, if you don't notice any decrease in your hot flashes or hot flushes, you can stop it.

Can eating soy cause breast cancer? If you're not a vegetarian, it's unlikely that you're getting enough soy in your diet to increase

your risk of breast cancer.

However, the phytoestrogens and estrogen-like compounds in soy concentrates and herbal products like black cohosh marketed for "menopause support," like Remifemin® may increase your breast cancer risk.

### Here are 3 Tips for Taking Phytoestrogens Safely:

**1. You can eat food containing soy, even if you have breast cancer.**

Moderation is the key. If you are vegetarian or vegan, don't eat tofu or tempeh every day and control your soy milk consumption.

**2. Be cautious with supplements for menopausal symptoms.**

If you have a family history or an increased risk of breast cancer, avoid taking supplements containing concentrated phytoestrogens like soy concentrates or black cohosh until more is known about their long-term effects.

**3. Stick to phytoestrogens that have had their potency tested.**

Exact concentrations of certain phytoestrogens differ depending on growing conditions. The best phytoestrogen supplements measure and standardize every batch to



**Ask... Dr. Louise**  
 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](http://TheMedicationInsider.com). ©2021 Louise Achey

- LOCAL SUPPORT**
- \* Cancer Care of NCW, Inc. Our House, Wenatchee: 663-6964 or email: [cancare@nwi.net](mailto:cancare@nwi.net)
  - \* Wellness Place, Wenatchee, 888-9933. Support groups, and resources.
  - \* Confluence Health/Wenatchee Valley Medical, 663-8711 x 64100
  - Confluence Health, Breast, Cervical and Colon Cancer Health Program
  - \* EASE Cancer Foundation, Cashmere: 860-1322 or [www.easecancer.org](http://www.easecancer.org)
  - \* Cascade Medical, Leavenworth, 548-5815.
  - \* Lake Chelan Community Hospital, Chelan, 682-3300
  - \* Columbia Valley Community Health, 662-6000
  - \* Three Rivers Hospital, Brewster, 689-2517
  - \* Family Health Center, Brewster, 509-422-7629, 800-660-2129
  - \* Seattle Cancer Alliance, 800-804-8824, [www.seattlecca.org](http://www.seattlecca.org)

- NATIONAL SUPPORT:**
- \* American Cancer Society, (ACS) 800-ACS-2345, [www.cancer.org](http://www.cancer.org).
  - Programs include: I Can Cope, Look Good, Feel Better, LookGoodFeelBetter.org, 800-395-LOOK
  - Reach to Recovery, a one to one survivors' help program.
  - New Birthday Campaign: Less Cancer, More Birthdays. [MoreBirthdays.com](http://MoreBirthdays.com), Facebook and blog [OfficialBirthdayBlog.com](http://OfficialBirthdayBlog.com) or [Cancer.org/circleofsharing](http://Cancer.org/circleofsharing).
  - \* American Society for Therapeutic Radiology and Oncology, 703-502-1550, [www.astro.org](http://www.astro.org).
  - \* American Society of Plastic Surgeons, 800-514-4340, [www.plasticsurgery.org](http://www.plasticsurgery.org).
  - \* AVON Foundation, [www.avonfoundation.org](http://www.avonfoundation.org)
  - \* Blood & Marrow Transplant Information Network-Seattle, [www.seattlecca.org/bmt](http://www.seattlecca.org/bmt), [bmtinfoNet](http://bmtinfoNet)
  - \* Dr. Susan Love Foundation for Breast Cancer Research, 1-310-828-0060 x 157
  - \* Living Beyond Breast Cancer, 855-807-6386, [www.lbbc.org](http://www.lbbc.org).
  - \* National Breast Cancer Foundation-1-972-248-9200, [NationalBreastCancer.org](http://NationalBreastCancer.org)
  - \* National Coalition for Cancer Survivorship, [Cancersurvivor.org](http://Cancersurvivor.org)
  - \* Susan G. Komen For the Cure, [www.komen.org](http://www.komen.org)
  - \* The Breast Cancer Alliance, [www.breastcanceralliance.org](http://www.breastcanceralliance.org)
  - \* National Lymphedema Network, 1-510-809-1660, [www.lymphet.org](http://www.lymphet.org).
  - \* SHARE (Breast Cancer Hotline), 1-866-830-4576, 844-ASK-SHARE, or [www.sharecancersupport.org](http://www.sharecancersupport.org)
  - \* Vital Options International, 1-800-477-7666, [www.vitaloptions.org](http://www.vitaloptions.org)
  - \* Zero Breast Cancer: 1-415-507-1949, [www.zerobreastcancer.org](http://www.zerobreastcancer.org)
  - Free Cancer magazine: print and online: CancerToday, American Association for Cancer Research, 615 Chestnut St. 17th floor, Philadelphia, PA 19106

## BREAST CANCER FACTS

COMPILED BY CAROL FORHAN

### 31 year Survivor

The two main risk factors for breast cancer are: Being female and getting older.

**Statistics**  
 Breast cancer is the second most common cause of cancer for American women except skin cancer, and the overall cause of cancer death in women between the ages of 20 and 39.

In the United States, one in 8 women will develop breast cancer in her lifetime.

An estimated 276,480 new cases of invasive breast cancer are expected to occur in women in this year with an estimated 48,530 additional cases of in-situ (non-invasive) breast cancer. 64% of breast cancer cases are diagnosed at localized stage for

which the 5-year survival is 99%. There are more than 2.4 million women in the United States with a history of breast cancer. 42,170 or 1 in 39 women (3%) will die. But there are 3.8 million survivors in the USA.

In the United States, breast cancer is expected to be newly diagnosed every three minutes, and a woman will die from breast cancer every 13 minutes.

**Breast cancer in men**  
 Though rare, 2,620 new cases of invasive breast cancer are expected to be diagnosed, in men in 2020. 520 will die. Black men have the highest breast cancer incidence over all, Hispanic men have the lowest. Median age of diagnosis for men in the U.S. is 68 years old. Breast cancer in ethnic groups African American women have a higher breast cancer death rate than

women of any other racial or ethnic population. American Indian/Alaska Native females have the lowest breast cancer incidence rates.

**Breast cancer and age**  
 The risk of breast cancer increases with age: About 18 percent of diagnoses are among women in their 40's and 77 percent of women with breast cancer are older than 50 when they are diagnosed.

White women have a higher incidence of breast cancer than African American women after age 40, while African American women have a slightly higher incidence rate before age 40.

**Risk and recurrence of breast cancer**  
 Postmenopausal women with early breast cancer are at their greatest risk of disease recurrence during the first five years after diagnosis.

The absolute number and percentage of recurrences in the first five years after surgery is much highest than the following five to 10 years.

Treatment received during these first five years is paramount in combating the disease.

**Early Detection**  
 One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast, abnormal thickening of the breast, or a change in the shape or color of the breast. Finding a lump or change in your breast does not necessarily mean you have breast cancer.

**Additional changes that may also be signs of breast cancer include:**

Any new, hard lump or thickening in any part of the breast/and armpit. Change in size or shape. Dimpling or puckering of the skin. Swelling, redness or warmth that

does not go away. Pain in one spot that does not vary with your monthly cycle.

Pulling in of the nipple, nipple discharge that starts suddenly and appears only in one breast. An itchy, sore or scaling area on one nipple.

It is important for women to practice the elements of good breast health. It is suggested women obtain regular mammography screening starting at the age of 45, or earlier if you have a family history. Obtain annual clinical breast exams, perform monthly breast-self exams and obtain a risk assessment from a physician.

*This information was acquired from the American Cancer Society, 1-800-ACS-2345. Or [www.cancer.org](http://www.cancer.org) and The Susan G. Komen organization.*

# Early Detection is the Best Protection.

## Breast Cancer

**AWARENESS MONTH**

[confluencehealth.org](http://confluencehealth.org)





## COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

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

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- Garage and Yard Sale Ads are paid events, please email those to classifieds@leavenworthecho.com or NCWMARKET.COM
- For more info call: Leavenworth: 509-548-5286, Cashmere: 509-782-3781
- Email to: editor@leavenworthecho.com or reporter@leavenworthecho.com

## THE LEAVENWORTH ECHO

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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 and 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.

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

## MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

### AA Meetings:

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

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

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

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

## COMMUNITY CALENDAR

### Wednesday

**Children and Youth Program**, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 548-5292.  
**Leavenworth Rotary Club**, Zoom meetings, noon. For more info. call President Joel Walinski, jtwalinski@gmail.com

### Thursday

**Leavenworth Chamber of Commerce**, 8 a.m. Call Chamber, 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 wilkieam2015@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.

**Young Life Club**, 6:30 p.m. All high school age students welcome. TJ Kaapuni, 509-679-3247. (2nd & 4th Mon.)  
**Cascade School board meetings**, 7 p.m., District Office board room. Call 548-5885. (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 leavenworthmosquodistrict.com Contact: Jenny Mullins, 548-5904. (1st & 3rd Mon.)

### Tuesday

**Peshastin Water District**, 5:30 p.m. Meeting now in the Park behind Peshastin Library. Contact Steve Keene, 548-5266. (2nd Tues.)

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

**Cascade Medical Board Meeting**, 9 a.m. Call Cascade Medical, 548-5815. (4th Tues.)  
**Cascade Education Foundation**. Contact: CEF@cascade.org  
**LWSC Alpine Committee**, 7 p.m., Ski Hill Lodge. Call 548-5477. (1st Tues.)

**Leavenworth Masons**, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)  
**Cascade Garden Club**, 1 p.m., at a member's home or other venue. Call President Claudia, 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 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.  
**Peshastin Public Library**. Located at 8396 Main St., Peshastin. Call: 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**, 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 548-5286. Otherwise we are not responsible for any misinformation.

### Cascade High School

Cheer tryouts for 2021-2022 winter sports season. Mandatory parent meeting on October 18, 5:30 p.m. in the CHS Library Tryout Dates are October 20 and 21 at 6 p.m.-8 p.m. in the IRMS commons. Must be current 9th-12th graders in order to participate.

### Oktoberfest Markt

Will take place again for the next two weeks in the Festhalle and surrounding parking lots. Projekt Bayern, the non-profit that has historically organized and put on the traditional Oktoberfest celebration in Leavenworth, has put together something a little different this year: The Oktoberfest Markt will have a street fair or harvest festival type celebration with up to 100 unique local vendors, artists, and crafters, as well as a Kinderplatz area designed with kids in mind.

### NCW Libraries

"Preparing For the Winter Blues". Dr. Patrick Carrillo, Clinical Director for Outpatient Behavioral Health

at Confluence Health, will offer strategies for dealing with the "winter blues" in a free virtual program hosted by NCW Libraries. The program will be at 7 p.m. October 19 and will be held through the Zoom digital meeting platform. Attendees will hear from Dr. Carrillo, a licensed psychologist, and then have the opportunity to ask questions through the chat features that Carrillo will answer live. To register for this event, go to www.ncwlibraries.org and click on "Events" to find it on the calendar.

### Leavenworth Nutcracker Museum is seeking Docents

If you are interested in being a Docent (guide) in a fun, and educational environment please call our Curator/Executive Director, Ms. Arlene, or Assistant Curator, Michelle, at 548-4573 to schedule an interview at the Museum from 11-5 weekdays. This is "a volunteer position," but training and the rewards of knowing about the history of nutcrackers and the museum is a plus. You can also

contact the museum at info@nutcrackermuseum.com

### Alpine Water District

The monthly meeting will be on Wednesday, October 13, at 1p.m., at the Lake Wenatchee YMCA Camp. 15263 N Shore Drive. If you are interested please contact Timcelrav@lwyecamp.org

### Emergency blood and platelet shortage

Red Cross supplies drop to lowest post-summer levels since 2015. Donor turnout sharply declines while patient needs remain high. The American Red Cross is experiencing an emergency blood and platelet shortage and must collect 10,000 additional blood products each week over the next month for the blood supply to recover and meet hospital and patient needs. Donors of all blood types – especially type O – and platelet donors are urged to make an appointment to give now and in the weeks ahead to overcome this current shortage. Donate on Oct. 7, 2 p.m. - 6:30 p.m., at the LDS on 10170 Titus Road.



## Sheriff/Fire/EMS

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

### September 24

03:57 Trespassing, 116 River Bend Dr.  
08:58 Property, 721 Commercial St.  
11:08 Vehicle Prowl, 500 Alpine Pl.  
15:29 Theft, 3845 B Old Blewett Rd., Peshastin.  
16:58 Non-Injury Accident, Chiwawa Loop Rd. MP 7, Lake Wenatchee.  
17:31 Harassment/Threat, 1329 US Hwy. 2.  
18:19 Attempt to Locate/ Contact, Icicle Creek Trail.  
18:35 Civil, 446 Fox Hollow Rd.  
19:14 Weapons Violation, Chumstick Hwy. and Stargazer Ln.  
19:31 Attempt to Locate/ Contact, Snow Lakes Trailhead.  
19:47 Weapons Violation, Chumstick Hwy. and Stargazer Ln.  
23:45 Suspicious Activity, 116 River Bend Dr.

### September 25

00:25 Disturbance, 3845 B Old Blewett Rd., Peshastin.  
03:39 Domestic Disturbance, 11600 River Bend Dr.  
08:56 Welfare Check, 10001 School St., Peshastin.  
11:00 Trespassing, 900 Front

St.  
11:57 Non-Injury Accident, 116 River Bend Dr.  
15:24 Attempt to Locate/ Contact, Eight Mile Lake Trailhead.  
16:28 Attempt to Locate/ Contact, Icicle Rd. MP 8.  
17:01 Property, Coles Corner, Lake Wenatchee.  
17:38 Assist Public, 935 Front St.  
19:05 Attempt to Locate/ Contact, Snow Lakes.  
19:35 Noise, 321 9th St.  
20:06 Attempt to Locate/ Contact, Trap Lake, Lake Wenatchee.  
21:16 Traffic Offense, 9249 E. Leavenworth Rd.  
21:27 Noise, 11000 Eagle Creek Rd

### September 26

911 Call, 820 Front St.  
02:21 Domestic Disturbance, 4637 US Hwy. 97, Peshastin.  
09:15 Alarm, 920 Front St.  
11:29 Parking/Abandon, 1329 US Hwy. 2  
12:19 Property, 500 Pine St.  
13:31 Civil, 446 Fox Hollow Rd.  
14:16 911 Call, 309 8th St.  
16:34 Non-Injury Accident, 12828 Chumstick Hwy.  
20:19 Search and Rescue, Snow Lakes Trail.  
20:21 Non-Injury Accident, 265

US Hwy. 2.  
20:31 Assist Public, 116 River Bend Dr.  
20:42 Assist Public, 3681 Old Blewett Rd., Peshastin.  
21:39 Attempt to Locate/ Contact, Snow Lakes Trailhead.  
23:02 Disturbance, 820 Front St.

### September 27

00:49 Disturbance, 820 Front St.  
05:55 Alarm, 20910 Steller Jay Rd.  
09:19 Diversion, 200Blk Central Ave.  
10:46 Non-Injury Accident, 167 W. Whitman St.  
11:57 Welfare Check, 22609 Corral St.  
13:53 Suspicious Activity, 4800Blk Kelly Rd., Monitor.  
20:48 Attempt to Locate/ Contact, Snow Lakes Trailhead.  
21:06 Suspicious Activity, 1029 Commercial St.  
22:39 Assist Public, 817 Commercial St.

### September 28

08:27 Suspicious Activity, Evans St. and Sherbourne St.  
11:38 Disturbance, 4637 US Hwy. 97, Peshastin.  
17:16 Theft, Saunders Rd. & US Hwy. 2, Peshastin.  
18:38 Suspicious Activity, 11645 North Rd.  
20:38 Suspicious Activity, 726 S. Shore Summer Homes.

### September 29

23:21 Suspicious Activity, 11645 North Rd.  
02:28 Assist Public, Icicle Rd. MP 4.  
17:32 Drugs, 9097 Icicle Rd.  
17:43 911 Call, 13011 Bayne Rd.  
17:51 Property, 9097 Icicle Rd.  
18:40 Civil, 100 Ward Strasse #D152.  
19:17 Noise, 10037 Eagle Creek Rd.  
21:32 Alarm, 10171 Chumstick Hwy.  
22:29 Noise, 10190 Chumstick Hwy.

### September 30

10:47 Non-Injury Accident, 116 B River Bend Dr.  
11:09 Assist Public, 20752 Chiwawa Loop Rd., Lake Wenatchee.  
11:13 Animal Problem, 9957 School St., Peshastin.  
15:56 Disturbance, 940 US Hwy. 2.  
20:10 Harassment/Threat, Peshastin.

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**CASCADE SCHOOL DISTRICT**

**VIEW THE CURRENT MENUS ON THE CASCADE SCHOOL DISTRICT WEBSITE: CASCADESD.ORG**

### CITY COUNCIL MEETINGS

**Planning Commission**, 7:00 p.m. (1st Wed.)  
**City Council Study Session**, 8:30 a.m. (2nd Tues.)  
**City Council Meeting**, 6:30 p.m. (2nd & 4th Tues.)  
**Design Review Board**, 3:00 p.m. (2nd & 4th Wed.)  
For more information, visit the city website [CityofLeavenworth.org](http://CityofLeavenworth.org) for Zoom meeting information. Call 509-548-5275. Email hello@cityofleavenworth.com

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# Rivercom 911 Management still Contending with Understaffing

## New Hiring Strategies and Executive Director Hiring Hopes to alleviate Staffing Workload

MEGAN SOKOL

At the Wenatchee Convention Center, Misty Viebrock waits in anticipation for one person to show up to her booth at the Wenatchee Job Fair. She looks at the crowd, in search of potential dispatchers to help fill her chronically understaffed Rivercom 911 Call Center. "We did get to talk to, I would range, probably 15-20 people that stopped by that were interested," Viebrock confided.

"Hopefully that results in maybe a few people applying, definitely was not a wasted day in my opinion." In 2019, Rivercom processed nearly 48,385 calls with only 30 telecommunicators at the time. With the pandemic severely limiting the general applicant pool, Rivercom's understaffing problem becomes even more extreme. "Many 911 centers, not only in Washington State but nationwide, do struggle and have struggled for years to staff their centers," Viebrock explained. "Some do believe, in our industry, that COVID has really changed people and

what's important to them." Rivercom Board Member and Chelan County Commissioner Kevin Overbay maintains his stance on Rivercom's priority be focused on staffing. He also agrees with Viebrock in regards to staff recruitment issues and retention "You just don't have the workforce level that you've had in years past." With the job requiring staff to work long hours and miss holidays with loved ones, employment opportunities that may leave dispatchers more time with families cause a sharp turnover. Viebrock admits that there are many complexities to

staffing problems and tries not to paint COVID-19 as the main culprit for Rivercom's staffing, but she does admit that it has impacted Rivercom's ability to motivate individuals to join the center. "They realize long-term that this is not what [they] wanna do for the rest of [their] life, I'm missing out on Christmas morning with my children or missing out on my best friend's wedding," Viebrock said. Another complexity within Rivercom's hiring process involves lengthy tests and training programs that new hires must complete before starting. Some of the main traits a telecommunicator needs are things that cannot be measured by testing. Viebrock provides an example of one of these hard-earned traits called a "split-ear," where they listen to a 911 call in one ear and Police and EMT authorities in another ear. This can be a tremendous hurdle to new trainees. "We believe it is either a natural skill, it's not really something that you can learn to do, so you have it or you don't," Viebrock said. "It takes a very unique individual to be able to do the multitasking, of all the demands that are coming their way at one time. There are just aspects to the job that we simply cannot test for."

Lowell Porter. She believes that her institutional knowledge and his executive leadership would make the pair a dynamic team. "I wish he was starting tomorrow." Porter will start working for Rivercom 911 on Nov. 1.

## The New Normal

CONTINUED FROM PAGE A1

Emily Ross noticed that students need "more support with the 'school schedule,'" and that by the time the final bell rings, students appear to be exhausted. "The transition back to full-day school has been a bit hard for all of us because some feel they've lost some of that independence," explained CHS social studies teacher, Mrs. Renner-Singer. Cascade High School freshman Hunter Lang expressed that he is glad to be back in person, to be around friends again and be able to, "Get back to normal learning and regular class periods."

While some students miss the independence of online school, many have learned to appreciate the in-person, student-teacher interaction that they used to take for granted. A concern with online schooling was the effects of how much learning was happening from behind the screen and a general loss of content. In some classes, students seem to be able to jump right back in to a more normal, hard-copy routine, while other classes seem to be having to focus on a lot of review of previous material. Mr. Terry Muscutt pointed out that "it is not fair to say that students 'lost a year'—not all

students are behind. Some did quite well. We owe it to them to see who did well and who did not and decipher why. It's not fair to label them all as behind." While there are many changes going on in the classroom, students and teachers both are adjusting to ensure success. CHS Principal, Mr. Elia Ala'ilima-Daley said, "We have SBA (Smarter Balanced Assessment) testing in October that will give us a glimpse into what information students have not picked up on." Teachers are using information from what they have observed both in class and online to streamline their teaching style and best help students. Especially for classes that depend on prior knowledge from prerequisite classes, some students are having trouble recalling previously learned information. As Blue Knutson, a sophomore in Calculus 1 at Cascade put it, "the numbers, they just don't add up anymore."

The pandemic is a hardship every person has been forced to face, but it has opened a lot of opportunities for change in the Cascade School District. Easy access to technology and online platforms, utilized during the 2020 to 2021 school year, will be a game-changer. Administration and staff are working hard to create the best learning experience tailored to match each student's needs.

# VFW National President Jean Hamil visits North Central Washington

BY: MEGAN SOKOL

Mayors of Leavenworth, Cashmere, and Wenatchee, all greeted Veterans of Foreign Wars (VFW) Auxiliary National President Jean Hamil on September 25, 2021.

The morning of Sep. 25 began with a VFW breakfast meet and greet at the VFW Office in East Wenatchee, where Wenatchee Mayor Frank J. Kuntz proclaimed Sep. 25, 2021 as "Soaring Above and Beyond Day," in reference to the VFW 2021 theme.

Jean Hamil is currently on her nationwide tour, making Washington the 13th state she has visited thus far.

The VFW Auxiliary's roots can be traced back to 1899, when veterans of both the Spanish-American war and Philippine Insurrection advocated for more health and housing services for soldiers returning home.

Currently, the VFW Auxiliary

hosts 3,580 auxiliaries across the nation and has approximately 465,000 VFW members. The key purpose of VFW Auxiliary is to assist veterans and their dependents, whether that be with mental health services, financial assistance, housing, or any community support program that assists veterans.

The day continued with the VFW attending the Autumn Leaf Festival Parade. Those involved in the parade included Jean Hamil, VFW Auxiliary Washington State President Barbara L. Heston-Moore, Former VFW Auxiliary National President Virginia

Carman, and VFW Department of Washington Commander Chad Hassebroek.

Mayor of Leavenworth Carl J. Florea had given Jean Hamil another proclamation, marking September 25, 2021 as Jean Hamil day in Leavenworth.

Lastly, the day had concluded with Jean Hamil having a banquet dinner at the American Legion #64 Office in Cashmere. The Mayor of Cashmere Jim Fletcher presented a proclamation to Jean Hamil, which states Cashmere's support and gratitude for veterans and the VFW Auxiliary program.



SUBMITTED PHOTO.

Jean Hamil

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# Workplace Giving Alive and Well in NCW



Denise Sorom

Director of Community Philanthropy

On a Thursday morning last winter, we opened our database system here at the Community Foundation of North Central Washington to discover that one generous soul had made gifts to no less than 26 different funds over our online system. The donor supported 12 local non-profits, 10 scholarships, three of our competitive grant programs as well as our Partners in Giving program.

That donor, Sarah, is an employee with Confluence Health who had used her Workplace Giving Card to make her donations. All year Sarah had been deducting a modest amount from her paycheck to load onto her charitable giving card and Confluence had matched those deductions dollar for dollar. When it came time to spend her giving card, she used our system to find a variety of causes that were important to her. She told us: "I try to give to programs that provide opportunities for people that may not be able to afford them otherwise. I look

at programs that are helping to elevate and support our youth - CASA, Alatheia, YMCA, etc. I feel strongly that when kids get to experience teams and connection, they grow up to be better people."

Sarah's generosity of spirit was exactly what we were hoping to preserve when we took on Workplace Giving as a service offering a few years ago. At the time, the closure of the United Way of Chelan and Douglas County meant their Workplace Giving program was no longer available to scores of employees who were supporting local charities.

The deductions that local employees made from their paychecks every month amounted to hundreds of thousands of dollars of charitable giving to good causes throughout our region. Here at CFNCW, we did not want to see that loss of the charitable goodwill that those dollars represented.

When leaders of both Confluence Health and the Chelan County PUD asked if there was any way that we could step up and take over this program for their employees, we didn't hesitate to say yes. Thanks to the trust of the community and relationships with the dozens of nonprofits that make up our charitable landscape in North Central Washington, we created the program to make it happen.

Workplace Giving - as an option for supporting these nonprofits - continues to be a charitable giving option for donors in our community. As of today, the numbers are inspiring:

- Over 200 employees from Confluence Health and the Chelan County PUD participate in Workplace Giving.

- Since 2017, they have donated \$423,676, every penny of which has gone out to charitable causes throughout our region. This is a remarkable difference from most Workplace Giving programs, where the intermediary organization takes a percentage to cover their costs.

- The Workplace Giving Card that we developed gives the donors great flexibility. Donors can choose from more than 70 local nonprofits, over 100 scholarships, and several grant programs. Donors can also use their cards on Give NCW and Give Methow.

As Sarah told us: "Thanks for the cool process with our Giving Cards. It was fun!" Making philanthropy fun and accessible is what gets us up every morning. Thank you to Sarah and thank you to all our Workplace Giving donors for caring for this place we call home.

For more information about Workplace Giving, visit [cfncw.org/workplacegiving](http://cfncw.org/workplacegiving) or give us a call at 509-663-7716.

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# Recreation

## Wenatchee River Salmon Festival

SUBMITTED BY CORKY BROADDUS  
Festival Director

The 2021 Wenatchee River Salmon Festival (Salmon Fest) is alive and well, as it welcomes North Central Washington teachers, students, and the general public to engage in the exciting new 2021 Virtual Salmon Fest. Salmon Fest Team members are thrilled to re-introduce the heavily expanded, "Salmon On-Line," a virtual supplement to the live festival event, which is now available on our website at <http://www.salmonfest.org/index.php/salmon-fest-on-line/>. There you'll find a host of new educational and fun videos, worksheets, activity guides, and more that are sure to help fill the void until we're able to, once again, gather in person to celebrate salmon.

Following strict guidelines for managing COVID-19 in 2021, Salmon Fest was canceled at the Leavenworth National Fish Hatchery in Leavenworth, earlier this year. Salmon Fest is managed and hosted by the non-profit Friends of Northwest Hatcheries, along with several partners that include Chelan PUD, Okanogan/Wenatchee National Forests, Cascadia Conservation District, Bureau of Reclamation, several government agencies,

business sponsors, non-profit entities, and Native American tribes.

Salmon Fest is one of the first nature festivals in the United States. It began in 1991 and will be celebrating its 30th anniversary with an extra special event the next time we gather in person, hopefully in 2022. Its award-winning format of high-quality interactive natural resource education has received several regional and national awards for children's programming by the festivals and events industry, community organizations, and federal and local agency leadership. More than 300 volunteers assist in the production of Salmon Fest each year. Its focus on fish and wildlife conservation continues to be a highlight of this free event for all ages. Salmon Fest is dedicated to supporting outdoor education and shares the Native American cultural significance of salmon to the people of the Pacific Northwest.

Salmon Fest Director Corky Broaddus, President of Friends of Northwest Hatcheries Andy Jaynes, and several partners have been busy working on some new online resources that convey the importance of salmon and the critical role they play in their natural habitats.



Carolyn Wilson, Nez Perce Story Teller goes before the camera for Salmon-on-Line 2021

A big thank you to our partners who contributed their video talents and education resources to help make "Salmon On-Line 2021" possible: Friends of Northwest Hatcheries; Leavenworth Fisheries Complex, U.S. Fish and Wildlife Service; Matthew Juneau of The

Echo Film from Spokane; Grand Coulee Dam, Bureau of Reclamation; Cascadia Conservation District from Wenatchee; Cascade Fisheries from Wenatchee; Wenatchee River Institute, Leavenworth; Christie Pease, art teacher at CREATE in Cashmere; Julie Edwards, P'squosa Wenatchi



PHOTO BY BARB KELLY/USFWS

Corky Broaddus, founder of the Wenatchee River Salmon Festival and current co-director, is typically found running around Leavenworth National Fish Hatchery during the event, as in this photo from 2019, the last year the festival could be held in person. She continues to work behind the scenes to bring Salmon Fest online this year.

Website- <http://www.salmonfest.org/> Facebook- <https://www.facebook.com/Wenatchee-RiverSalmon-Festival-11896101559932> Salmon On-Line on YouTube- <https://youtube.com/playlist?list=PLVGHrsfWACnYJaTZsf4YONfnx2quGd>

# The Washington Outdoors Report

## A Difficult Deer Season Ahead?

By JOHN KRUSE

The modern firearm season for deer opens on October 16th in Washington and traditionally, this is the most popular day to be afield. However, deer hunters in Eastern Washington might be in for a challenging season due to diseases spreading through our deer herds that are killing a number of animals.

Staci Lehman, the Eastern Washington Public Information Officer for the Washington Department of Fish and Wildlife (WDFW), says there has been an outbreak of both EHD (Epizootic Hemorrhagic Disease) and Blue Tongue, two fatal diseases, in deer herds throughout Eastern Washington. EHD has been affecting the whitetail deer herds in Northeast Washington and the Blue Tongue Disease has been affecting both mule deer and whitetail deer throughout Eastern Washington. Both diseases commonly break out during hot, dry summer months where biting gnats with the disease transmit it to the deer.

According to WDFW, deer exhibiting symptoms of these related hemorrhagic diseases, "may appear lethargic, disoriented, lame, or unresponsive to the presence of humans. As the disease progresses the deer may salivate excessively or foam



PHOTO BY JOHN KRUSE.  
A young buck deer

at the mouth, have bloody discharge from the nose, lesions or sores on the mouth, and swollen, sometimes blue-tinged tongues."

"The disease often kills deer so quickly -- within a day or two -- they may still be in very good body condition. In other cases, they may not die, just become sick and stop eating, resulting in emaciation."

The outbreaks may well impact not just this year's hunting season but next years as well due to lower herd populations. Some of the hardest areas are

around Colfax in Southeast Washington and also in Pend Oreille and Stevens County. The good news is the outbreak should end soon. The first frost of the year kills the gnats that carry the disease which will stop the new spread of disease this year.

In addition to this WDFW will be monitoring for another disease not yet known to be present in Washington, Chronic Wasting Disease (CWD). Staci Lehman says, "For the first-time hunters in certain parts of Eastern Washington who harvest a deer are being asked

to have it checked for CWD. If you harvest a roadkill deer you should also have it tested."

Like the hemorrhagic diseases, CWD is fatal to deer but unlike EHD and Blue Tongue, CWD can spread amongst deer populations. It does so through their feces, saliva and urine. Animals with CWD often appear healthy until the end stages of the disease when symptoms such as weight loss, lethargy, drooping ears and a loss of fear of people become apparent. Like the other diseases mentioned, there is no cure for

CWD and it is fatal.

Finally, there is little evidence indicating any of these diseases killing these deer can spread to humans through the consumption of their meat. However, it's recommended not to harvest any deer that appears to be suffering from any of these diseases. Check stations and times are listed below:

### Hunter check stations

Colville WDFW District Office, 755 S. Main Street, Colville, WA 99114  
Chewelah, Intersection

of Sand Canyon Road and Highway 395, DOT Gravel Lot  
Deer Park Weigh Station, 65 N. Arlington Rd, Deer Park, WA 99006

Ione, Tiger Store/Museum, 390372 State Route 20, Cusick, WA 99119

Usk, Crossroads Restaurant, 421341 State Route 20, Usk, WA 99180

Highway 2 Weigh Station - Across highway from Spokane Regional Solid Waste

Saturday, October 16 - Sunday, October 17, 2021 9:30 am - 8:00 pm

Saturday, October 23 - Sunday, October 24, 2021 9:30 am - 8:00 pm

Saturday, November 6 - Sunday, November 7, 2021 9:30 am - 8:00 pm

Friday, November 12 - Sunday, November 14, 2021 9:30 am - 7:00 pm

Thursday, November 18 - Friday, November 19, 2021 9:30 am - 7:00 pm

### WDFW offices

You can also have your white-tailed deer sampled on Mondays and Thursdays from 4-6 p.m. during the modern firearms season at:

WDFW Colville District Office, 755 S Main Street, Colville, WA 99114

Spokane Regional Office, 2315 N Discovery Place, Spokane Valley, WA 99216-1566

John Kruse - [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)

Kodiaks Scoreboard	
FOOTBALL	
Oct. 1	Cascade 54, Chelan 55; Loss
SOCCER	
Sep. 28	Cascade 0, Cashmere 4; Loss
Sep. 30	Cascade 1, Quincy 2; Loss
Oct. 2	Cascade 4, Liberty Bell Jr/Sr 3; Win
VOLLEYBALL	
Sep. 27	Cascade 0, Okanogan 3; Loss
Sep. 28	Cascade 0, Cashmere 3; Loss
Sep. 30	Cascade 3, Quincy 2; Win
Oct. 2	Cascade 0, East Valley High 2; Loss
Oct. 2	Cascade 0, Naches 2; Loss

## Chelan County awarded \$813.9k in Grant Funds

### Natural Resource Director Discusses Fund Use for Nason Creek

By: MEGAN SOKOL

For the 22nd year in a row, Washington State Salmon Recovery Funding Board is giving out grants to restore salmon populations. Approximately \$813,982 of that was awarded to the Chelan County Natural Resources Department.

The projects that have been granted funding are the following: Designing Restoration of Nason Creek near the Butcher Creek Confluence, Evaluating

Reconnection of the Nason Creek Floodplain, Monitoring Entiat River Fish Movement, and Restoring a Nason Creek Reach.

Chelan County Natural Resources Director Mike Kaputa and his team have been keeping a close eye on Nason Creek for several years now.

"Nason Creek is one of the highest priority tributaries in North Central Washington, and in the Wenatchee Basin that's particularly true."

The Nason Creek Floodplain is home to many salmon populations such as Chinook, Steelhead, and Bulltrout, currently listed on the endangered species list.

Kaputa notes that most of the work that needs to be done is reintroducing habitat diversity, which was previously diminished when surrounding infrastructure was built around the creek.

"The creek needed to be moved around to accommodate all of that infrastructure and when it was moved around a lot of times it was rechanneled and levies were built. We created a habitat that was not optimum for fish," Kaputa explained. "To some extent, we're trying to undo some of those historic impacts and that's a lot of what our work is in Nason Creek is trying to restore the habitat

while maintaining all that infrastructure."

Kaputa notes his generosity towards the private landowners who have assisted in granting them the space to make steady progress in Nason Creek.

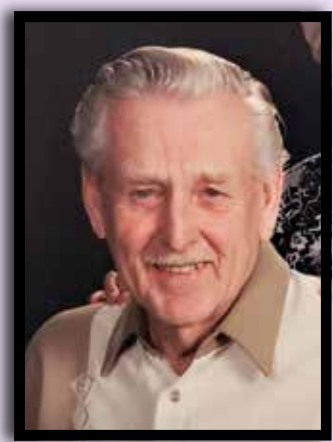
If you wish to learn more about these projects, please check out Chelan County's Natural Resources department, or contact Chelan County Natural Resources director Mike Kaputa at (509) 670-6935 or [Mike.Kaputa@co.chelan.wa.us](mailto:Mike.Kaputa@co.chelan.wa.us).

Link to more info: <https://rco.wa.gov/wp-content/uploads/2021/09/SAL-Grants-2021.pdf>



OBITUARY

# John Wallace "Jack" Brundage



**November 2, 1928 – September 23, 2021**  
**Wenatchee, Washington**  
 Jack's earthly journey ended September 23, 2021. He passed peacefully at his home surrounded by his loving family.

company put up many of the big power lines throughout Washington, Idaho, and Montana. The two partners bought a plane, learned how to fly – cutting their travel time in half.

winters in Mexico from 82 to 95. They eventually sold and purchased a winter haven in Yuma, Arizona.

Jack was quite a character and will always be remembered for his sense of humor. He was always helping others and had a very hard time accepting help. He was the most wonderful husband and father, loyal, and trustworthy. He was one of a kind. Jack loved doing wood carvings and learned to be a master at his hobby. He made several inventions and was a genius in his right. Linda devoted her life to Jack and Barbara, always making sure they were happy and taken care of in later years.

Thank you to Tony Silva, Linda's significant other, for always being there. Jack would always say he was the son he never had. Also, a thank you to Hospice. When Linda couldn't remember their names, she would call them "Angel." Eventually she called them all Angel as she feels they are earth's angels. Thank you also to Linda and Debbie's cousin, Marc Breckenridge, for his loving support and help both in person and by phone. Always available within a minute's notice and being

there for our family. Marc always said dad was like a second father to him.

Jack is survived by his loving wife, Barbara, of 69 years; daughters: Linda Wood (Tony) and Debbie Manasco (Jeff); Grandchildren: Jennifer, Emily, Josh, and Justin; and several great grandchildren.

A Graveside Service will be held at Wenatchee Cemetery on October 12, 2021, at 1:00 p.m. There will be no reception after due to Covid restrictions. In lieu of flowers, donations can be made to the Confluence Home Health and Hospice Program. You are invited to view Jack's Online Tribute at [www.HeritageMemorialChapel.com](http://www.HeritageMemorialChapel.com) where you can share a memory and make a donation. Arrangements are in the care of Heritage Memorial Chapel, East Wenatchee and Cashmere.

## Women's March

In a few days from writing this, hundreds of thousands will demonstrate in the street for "reproductive rights." Incensed by the new Texas law that has banned abortions past six weeks, this year's Women's March should be all the more interesting and heated.

You may have noticed the quotation marks earlier and wondered why? The answer: Because "reproductive rights" is just a nice way of saying "wholesale murder of innocent children." Make no mistake; there is even a thing called a "Women's March" because people believe it is Constitutional to strip another of their rights to "Life, Liberty, and the Pursuit of Happiness..." by murdering them in the womb.

Now, I can already anticipate and hear the outcry of some that I yet again dare to write about the topic of abortion.

"You're a man. You can't tell a woman what to do with her own body."

"You don't have a uterus, so shut your mouth!" Or

"You're just the typical white male oppressor."

Think about it for a moment. Since when does gender, anatomy, or even skin color have anything to do with justice, righteousness, or defending others from harm. Would we say that to the 19th-century abolitionists who ended slavery and say to them, "You can't stand up for slaves because you ain't black"? Of course not. To even say that or let alone think it is completely preposterous. Ask any liberated slave, and they will tell you that they rejoiced that others (regardless of gender or ethnicity) took up their cause, protected them, and eventually saved them.

The Scriptures consistently call those who are strong to stand up for the weak. For example, Proverbs 31:8 says, "Speak up for those who cannot speak for

themselves, for the rights of all who are destitute." Who among us fits the category more than the unborn child in the womb of one who wants them destroyed? Advocacy is part and parcel of the Christian ethic. The Christian worldview compels us to love our neighbor as ourselves, as expressed in the famous parable of the Good Samaritan.

You could also argue that advocacy is the heart of the gospel itself, with Christ being our advocate—speaking up and saving us from the condemnation of our sin and the entrapment of the Devil. It is through his interposition by the shedding of His own blood on the cross and his subsequent resurrection that defends us from accusation from the Law and grants us eternal life. Even right now, Christ stands advocating for sinners (1 Jn. 2:1), and the question is, if he stood up for us at our most vulnerable state, shouldn't we do the same for others?

With the looming Women's March coming and going, my heart grieves at what will transpire there. On a brisk fall morning in October, thousands of people will demonstrate, march, chant, and sing in celebration of the most horrific violence ever conceived in the heart of humanity: Abortion.

I pray as Christians we see past the rhetoric, past the slogans, and the signs and "judge with a right judgment." (Jn 7:24). There will be no celebration come October 2, or after, for that matter, just another demonstration of how far we have fallen as a society.

God forgive us.

God be merciful to us.

God cleanse this nation's bloody hands.

And God empower your Church to stand up and speak out for those appointed to die—our preborn neighbor. Amen.

*Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at [pastorjohnsmithebc@gmail.com](mailto:pastorjohnsmithebc@gmail.com).*



**A WALK WITH PASTOR JOHN SMITH**

## Obituary & Memorial Policies

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

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

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

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

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 Pastor Bob Bauer



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 303 Maple Street • 782-2431  
 Sunday Morning Worship 10:30 a.m.  
 Call for activities: Pastor Charles Clarke  
[www.cashmerepres.org](http://www.cashmerepres.org)



**CASHMERE UNITED METHODIST CHURCH**  
 213 S. Division • 782-3811  
 Virtual Zoom Service, Sunday, 11 a.m. until further notice.  
 Pastor Lilia Felicitas-Malana



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 Worship Service Sundays 10:00 a.m., in-person, Conservatory  
 @ Apple Annie's and on-line, [christcentercashmere.com](http://christcentercashmere.com)  
 Underground High School Sundays 6:00 p.m., In-person, Conservatory  
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 509-860-0736 for more information.

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 Contact Pastor Rob Gohl, 509-860-0736 or  
 Deacon Carol, 670-1723 for more information.

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 Pastor John Smith  
[www.christforcashmere.org](http://www.christforcashmere.org)

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 • Worship 10:45 a.m.  
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 Pastor Mike Moore  
[www.midvalleybaptist.org](http://www.midvalleybaptist.org)

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 Office: 509-548-4331



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 Email: [info@leavenworthbaptist.com](mailto:info@leavenworthbaptist.com)

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[www.lightinthevalley.org](http://www.lightinthevalley.org)



**NEW LIFE FOURSQUARE CHURCH**  
 7591 Hwy. 97 • 548-4222  
 Sunday Worship, 10 a.m.

Pastors, Darryl and Mindy Wall  
 Email: [newlifeleavenworth@gmail.com](mailto:newlifeleavenworth@gmail.com)  
 FB page: [newlifeleavenworthwww.newlifeleavenworth.com](http://newlifeleavenworthwww.newlifeleavenworth.com)

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**Lost & Found**

**LOST & FOUND ITEMS** can be placed in our **Local Newspapers** and **Online at NCWMarket.com** for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere 509-548-5286 or email [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com) or Lake Chelan Mirror 509-682-2213 or Quad City Herald 509-689-2507 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com)

Deadline Noon on Friday for the next week's papers

**Happy Ads**

Do you have a **SPECIAL EVENT COMING UP? HAPPY BIRTHDAY CONGRATULATIONS! WILL YOU MARRY ME? HAPPY ANNIVERSARY**

Add unlimited text and pictures, video for your online ad at [www.NCWMarket.com](http://www.NCWMarket.com)

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

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

**Wanted**

**PATEROS SCHOOL DISTRICT 122-70J SCHOOL BOARD VACANCY DIRECTOR POSITION #3**

The Board of Directors of the Pateros School District is seeking applicants to fill board director position #3. Applicants must reside in the boundaries of district No. 3 of the Pateros School District, be a United States citizen and a qualified voter. District Position No. 3 is SW of the Methow River and Hwy 97. Please contact the district office for exact boundaries. Position open until filled. Application and additional information can be obtained online at [www.pateros.org](http://www.pateros.org), from the district office (509) 923-2751 ext. 4, or from Superintendent Greg Goodnight at [ggoodnight@pateros.org](mailto:ggoodnight@pateros.org)



**Commercial**

**Commercial Rentals**

**For Lease 17400 Winton Rd. 78,000 S.F. manufacturing and warehouse space** 40 acre yard and office area available for lease as well. Facility is connected to internal storm water system. Lease includes 2,500 foot of rail capacity. Warehouse has a dedicated 750kVA service and an adjacent substation that the capacity for increased service to the property. NNN terms for utilities, taxes and maintenance. Available after Oct 1st. Contact Nick at 206-832-3019.

**Employment**

**Help Wanted**

**Newspaper Advertising Sales person needed. Come join our sales team.**

If you are a people person and enjoy talking to our local businesses. **We have the job/career for you!**

The right candidate must be outgoing, and personable, have sales and computer knowledge. We will train the right person on our software. Stop in The Leavenworth Echo, 215-14th St. 10 a.m.-5 p.m. with a resume or call for an interview with Bill or Carol, 509-548-5286. EOE

**PATEROS SCHOOL DISTRICT RESOURCE ROOM PARA**

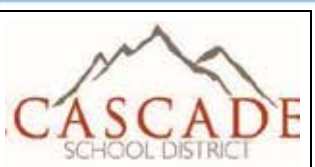
Employment begins immediately. Seven (7) hours per day, 7:30 am – 3:00 pm. Candidate must meet federal certification standards and favorably pass a WA State Patrol & FBI background check. Instructional aide and special education experience preferred. Hourly starting pay \$15.71 with medical and retirement benefits. All applications processed through FAST TRACK: [www.pateros.org](http://www.pateros.org)>Our District>Employment. Position description available online. First review of applications will be 10-12-2021. Applications received after the initial review will be reviewed upon receipt. Position open until a qualified applicant is hired. EOE.

**Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists**

Looking for real estate in the Upper Valley? Give us a call today! See all available properties at [windermereleavenworth.com](http://windermereleavenworth.com)

Carmen Bagdon - 237-2060  
Momi Palmieri - 433-2211  
Geordie Romer - 679-8958  
Allyson Romer - 630-9898

**Help Wanted**

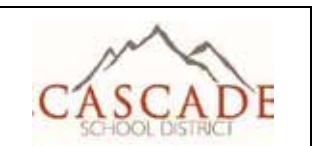


The Cascade School District is seeking qualified applicants for the following positions:

Cascade High School Special Education Para Professional

Cascade School District Cook

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



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

Mechanic

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

**Looking for a part-time job?**

The Leavenworth Echo Newspaper is looking for a part-time front office receptionist. Greet customers. Have computer knowledge, math, and phone skills. We will train you on our computer software. Pay depends on experience. Please email a resume to [BillF@leavenworthecho.com](mailto:BillF@leavenworthecho.com) or stop in with a resume 215-14th St. Leavenworth. Monday-Friday 10 a.m. - 5 p.m. Or call 509-548-5286 for an interview time. Equal Opportunity Employer.

**Help Wanted**

**PATEROS SCHOOL DISTRICT TEACHER AIDE/NURSE AIDE PARA EDUCATOR**

Employment begins immediately. 7.5 hours per day, 8:00 a.m. – 4:00 p.m. Candidate must meet federal certification standards and must favorably pass a WA State Patrol / FBI background check. Qualifications include: instructional aide experience, strong interpersonal communication skills, data entry experience, ability to perform Covid related duties. Knowledge of Spanish is preferred. Hourly starting pay \$15.71 with medical and retirement benefits. Position descriptions available online. The first review of applications is October 12, 2021. Applications received after the initial review will be reviewed upon receipt. Positions open until a qualified applicant is hired. All applications processed through FAST TRACK: [www.pateros.org](http://www.pateros.org) >Our District >Employment. Contact [employment@pateros.org](mailto:employment@pateros.org) or the district office at 509-923-2751 x 4 for more information. EOE

**Help Wanted**

**Part-time Delivery Person Needed**

We are looking for a reliable, responsible individual to pick up and deliver newspapers and visitor guides local racks, dealers and advertisers, 2 days per week, Tuesdays and Wednesdays. Must have good driving record and proof of insurance. Apply in person at 215-14th St. Leavenworth call 509-548-5286 to schedule an interview. 10-5 weekdays.

**Bus Driver/Operator Full-Time Organization: Okanogan County Transit Authority (TranGO)**

TranGO is looking for two (2) full-time transit drivers (36 – 40 hours per week); one (1) position based in Okanogan and one (1) based in Twisp. These positions are hourly non-exempt. Compensation is \$19.06-\$20.62 per hour. Benefits include health, dental, vision and life insurance, retirement, sick leave, vacation. Must have a minimum Class B CDL with Passenger Endorsement. Please visit [www.okanogantransit.com](http://www.okanogantransit.com) for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to [clerk@okanogantransit.com](mailto:clerk@okanogantransit.com) Application Deadline: Positions open until filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

**Mt Stuart Physical Therapy and Sports Performance**

Seeking exceptional, mature professional to coordinate patient care and office management. Submit resumes to 10171 Chumstick Hwy, Suite 1, Leavenworth, WA. 98826 or to [mtstuartpt@iro4u.com](mailto:mtstuartpt@iro4u.com)



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

Peshastin-Dryden Elementary School Special Education Para Educator

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

**METHOW VALLEY LUMBER**

in Twisp has immediate opening for the following positions **COUNTER SALES PERSON** part to full-time, and **CUSTOMER SERVICE YARD ATTENDANT / FORKLIFT OPERATOR** full time. Must have valid driver's license. Please stop by for an application.

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

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

## RUN IT 'TILL IT SELLS

Housing sales are **HOT!**  
Is your home getting the attention it needs!

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

**\$100 fee includes:**

- Up to 5 photos of your home & property
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

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





**Help Wanted**

**Water Distribution Technician Lake Chelan Reclamation District Manson, Washington 509-687-3548**

The LCRD is an irrigation district that provides irrigation, domestic water and sewer services. The job tasks for this position may include the following:

- Provide construction and operations support for water and sewer utility systems
- Perform technical Water Treatment Plant Operation training duties
- Perform miscellaneous manual labor
- Available for rotational off-hour emergency response
- Must be willing to relocate to the Manson area.

Qualification Requirements:

- High school diploma or GED
- Ability to operate heavy equipment
- Ability to obtain Water Distribution and Water Treatment certifications within 1 year
- Problem solving skills using basic mathematics
- CDL or ability to obtain
- Familiarization with MS Office such as Outlook, Excel, Word
- Bilingual a plus
- Washington State Driver's License

Salary Range: \$18-\$23 DOE plus excellent benefits

Application: Apply by submitting your District application, resume and cover letter by e-mail to Staff@lcrd.org. Position is open until filled. First application review 11/3/21. Download an application and a more detailed description of job tasks and requirements on our website at www.lcrd.org under Forms.

**For Sale**

**Antiques & Collectibles**

**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](http://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](mailto:mirrorads@lakechelanmirror.com) or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

**Deadline: Noon on Friday for all papers.**

**Apparel**

**A Variety of Bavarian Clothing for Sale: PRICES REDUCED !**

3 Bavarian-styled vests, sizes small & medium, 2 woolen and one velvet. \$15 each.

One Loden-grey and green wool suit, German size 44. \$35

One pink and green dirndl with apron. \$15.

2 aprons, light blue and copper-colored. \$5 each.

One medium-sized long-sleeve white blouse. \$5.

3 girls' dirndls, sizes 6, 8 and 10. \$10 each.

Man's Military green overcoat, Size 38 short \$25.

Come in to see items at The Leavenworth. 215-14th St. or call 548-5286 or Carol's cell:670-1723.

See some photos on [NCWMARKET.COM](http://NCWMARKET.COM)

**Garage & Yard Sale**

CLEAR SOME SPACE WITH A



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

Go online now to Place your ad 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

Print only? **Deadline Friday at Noon for all papers**

Lake Chelan Mirror Quad City Herald Call 682-2213

Leavenworth Cashmere Call 548-5286

Your ad will appear online and in the newspapers for one low price !

**General Merchandise**

**Greeting Cards for Sale 1/2 price**

To raise funds for the Royal Ladies of Autumn Leaves. Special Leavenworth cards like:

Wish you were here with me in Leavenworth.

'Special Friends' Or I miss you.

Happy Birthday from Leavenworth!

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**

**Homes for Sale**

**FREE OLD HOUSE**

Cashmere, must be removed in or dismantled within six months. Near new metal roof. Approximately 1400 sq. ft. And water purification system included. Refundable \$1000.00 deposit upon agreed to completion. 360-631-9211

WHAT'S HAPPENING

Need to promote your event? Have you thought about [NCWMarket.com](http://NCWMarket.com) the best online promotion available

**Legals**

**Public Notices**

**Statement of Ownership Management and Circulation Required by 39 U.S.C. 3685**

The Leavenworth Echo (USPS 308 160) is published weekly at Leavenworth, WA. Annual subscription rates: \$40.00 in Chelan County, \$52.00 outside Chelan County in the United States. Mailing address: P.O.Box 39, Leavenworth, WA. 98826. Publisher William E. Forhan, NCW Media Inc., P.O. Box 39, Leavenworth, WA. 98826. Editor, William E. Forhan. The Echo is owned by NCW Media Inc. Stockholders owning 1 percent or more of the total amount of stock: William and Carol. L. Forhan both P.O. Box 39 Leavenworth, WA. 98826, Jeff Gauger and Liz Gauger, both 1003 Browning Rd., Greensboro, NC., 27410. Numbers are average during preceding year and for September 29, 2021.

Total number of copies printed: 1050, 1050. Sales through dealers and carriers, street vendors and counter sales: 380, 380. Total paid and requested circulation: 843, 796. Free distribution: 15, 16. Total distribution 883, 838. Copies not distributed 167, 212. Total 1050, 1050. Percent paid and/or requested circulation: 95.47%, 94.99%.

I certify that all information is true and complete. William E. Forhan, President, October 4, 2021. Published in The Leavenworth Echo on October 6, 2021.

**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**

In the Matter of the Estate of: ELSIE L. LARSEN, Deceased. Case No.: 21-4-00305-04

**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 at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the latter 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 non-probate assets.

Date of First Publication: September 29, 2021

Personal Representative: Craig N. Larsen

Address for Mailing or Service: 27 Harrison St. Wenatchee, WA 98801

Court of Probate proceedings and cause number: Chelan County Superior Court Case #21-4-00305-04

Published In The Leavenworth Echo/ Cashmere Valley Record on September 29, and Oct. 6 and 13, 2021. #2739

**Public Notices**

**CITY OF CASHMERE SHORELINE MASTER PROGRAM**

**FINAL ACTION PUBLIC NOTICE**

The Washington State Department of Ecology (Department) hereby provides notice, as required by the Shoreline Management Act (RCW 90.58.09(8)), that the Department has taken final action and approved amendments to the City of Cashmere Shoreline Master Program.

This action completes the City's periodic review under RCW 90.58.080(4).

Per RCW 90.58.090, the effective date of the City's Shoreline Master Program amendment is September 27, 2021.

Per RCW 90.58.190(2) and RCW 36.70A.290, petitions of appeal must be filed with the Growth Management Hearings Board within 60 days of publication of this notice. More info contact the Shoreline Regional Planner at [lennard.jordan@ecy.wa.gov](mailto:lennard.jordan@ecy.wa.gov) or <https://ecology.wa.gov/Water-Shorelines/Shoreline-coastal-management/Shoreline-coastal-planning/Shoreline-Master-Programs-amendments>

To request materials in a format for the visually impaired, call Jackie Chandler at Ecology, 360-407-7678, Relay Service 711, or TTY 877-833-6341.

Published in The Cashmere Valley Record/ Leavenworth Echo on October 6, 2021 #2763

**Public Notices**

**CHELAN COUNTY PUBLIC HOSPITAL DISTRICT #1 NOTICE OF SPECIAL MEETING AND BUDGET HEARING CASCADE MEDICAL CENTER NOTICE IS HEREBY GIVEN** that the Board of Commissioners of Cascade Medical Center have scheduled a Special Meeting for the purpose of a public hearing on the 2022 Budget. The Special Meeting/Budget Hearing will be held Tuesday, October 19, 2021 at 9:00 AM. The hearing will be held in the Arleen Blackburn Conference Room at Cascade Medical Center, 817 Commercial Street, Leavenworth. Connection information will also be available on Cascade Medical's website at [cascademedical.org](http://cascademedical.org) for community members who wish to join virtually.

Published in The Leavenworth Echo/Cashmere Valley Record on October 6, and 13, 2021 #2778

**Public Notices**

**NOTICE OF PUBLIC HEARING ON CITY OF LEAVENWORTH MID-BIENNIUM 2021-2022 BUDGET UPDATE AND DETERMINATION OF PROPERTY TAX RATE / AD VALOREM TAX FOR 2022**

The Leavenworth City Council will hold a public hearing on Tuesday, October 26, 2021 at 6:45 p.m. at the Leavenworth City Hall on the City of Leavenworth mid-biennium 2021-2022 budget update that includes proposed expenditures and revenue sources as well as consideration for increases in the 2022 property tax / ad valorem tax. Copies of the mid-biennium budget updates will be available on or before October 22, 2021, at Leavenworth City Hall, 700 Highway 2, between the hours of 9:00 a.m. and 4:00 p.m., Monday through Friday. The public is invited to attend said hearing and make comment.

Chantell R. Steiner Finance Director/City Clerk

Published in The Leavenworth Echo/Cashmere Valley Record on October 6, 2021. # 2809

**Public Notices**

**CITY OF LEAVENWORTH**

On the 28th day of September, 2021, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents provides, as follows: Ordinance 1635: An ordinance of the City of Leavenworth, WA, creating chapter 3.25 fire retrofit grant program. 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 October 6, 2021 #2822

**Public Notices**

**Statement of Ownership Management and Circulation Required by 39 U.S.C. 3685**

The Cashmere Valley Record (USPS 092 600) is published weekly at Cashmere, WA. Annual subscription rates: \$40.00 in Chelan County, \$52.00 outside Chelan County in the United States. Mailing address: 201 Cottage Avenue, Suite 4, Cashmere, WA. 98815. Publisher, William E. Forhan, NCW Media Inc., P.O. Box 39, Leavenworth, WA. 98826. Editor, William E. Forhan. The Cashmere Valley Record is owned by NCW Media Inc. Stockholders owning 1 percent or more of the total amount of stock: William E. and Carol L. Forhan both P.O. Box 39, Leavenworth, WA. 98826, Jeff Gauger and Liz Gauger, both 1003 Browning Rd., Greensboro, N.C. 27410. Numbers are average during preceding year and for September 29, 2021.

Total number of copies printed: 450, 450. Sales through dealers and carriers, street vendors and counter sales: 184,177. Total paid and requested circulation: 399, 375 Free distribution: 8, 9. Copies not distributed: 43, 67. Total 407, 383. Percent and/or requested circulation: 98.03%, 97.91%.

I certify that all information is true and complete. William E. Forhan, President, October 4, 2021

Published in the Cashmere Valley Record October 6, 2021



**Upgrading your 'ride'? we can help you sell your old one**

• Place your ad 24/7 at [NCWMARKET.COM](http://NCWMARKET.COM)

• Email: [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

• Call 548-5286 or 782-3781

**Address Changing?**

Call the Circulation Department today so you don't miss a single of issue of your Local Community Newspaper or our monthly publication, the Wenatchee Business Journal!

509-293-6780 or email [circulation@lakechelanmirror.com](mailto:circulation@lakechelanmirror.com)



310 E. Johnson Ave. • Chelan  
NCW Media Circulations, PO Box 249, Chelan, WA 98816

**CROSSWORD PUZZLE**

**CROSSWORD**

1	2	3	4	5	6	7	8	9	10	11	12	
13								15				
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65								66	67			
69								70		71		
72								73		74		

THEME: HOCKEY ACROSS

1. Instagram handle, e.g.

6. Faux one

9. Floor cleaner or haircut, pl.

13. No such thing as a free one?

14. Middle-earth dweller

15. Like Halloween night

16. Binary digits code

17. Biathlon glider

18. Take without asking

19. "Hockey's \_\_\_ Cup

21. \*Start of play

23. End of White House URL

24. 1,000 grams

25. Spot for a massage

28. Chemistry Nobelist Otto \_\_\_

30. \*The oldest U.S.-based team in NHL

35. Bar bills

37. Denials

39. Thin Mints group, e.g.

40. Just one of British Isles

41. Low landform

43. Not in favor of

44. Slap landing

46. Dutch cheese

47. Property right

48. Kismet-related

50. "All for one, one for all" sword

52. Shed tears

53. Old in Scottish

55. Time period

57. \*Sandler as hockey player

61. ""The Great One"

65. Radio show host: "Hello, you're \_\_\_"

66. Sea in Spain

68. Witchy woman

69. Pore in a leaf

70. \*1980 Olympic "Miracle" winner

71. Ringworm

72. Gardner's gear

73. Dashboard acronym

74. Same as sakis

DOWN

1. "Sad to say ..."

2. A deadly sin

3. Ancient Peruvian

4. Breezing through

5. Civil War battle

6. Nosegay

7. Biblical boat

8. "The Terminator" genre

9. Dole out

10. Black and white treat

11. "La Vie en rose" singer

12. Ego's domain

15. Bodyguard, e.g.

20. \*14-year NHL player, coached Whalers to playoffs, Jack \_\_\_

22. Priest's vestment

24. Worked the dough

25. \*Hockey club

26. Ottoman title

27. More competent

29. \*Great Gordie

31. Europe/Asia mountain divide

32. Not Doric nor Corinthian

33. Post-it user

34. Like a sea urchin

36. Give an impression

38. \* \_\_\_ shot

42. Arabian chieftain

45. "Hats off," in New Zealand (2 words)

49. Mixed breed puppy

51. Builds

54. Madagascar primate

56. Skylit lobbies

57. "Gee!"

58. Keen on

59. Cambodia's neighbor

60. Marcel Marceau, e.g.

61. 1/1000 of #24 Across

62. Fall asleep, with 'out'

63. Between femur and tibia

64. Confirmations

67. Nile viper

**SUDOKU PUZZLE**

**SUDOKU**

**GRAND ALASKAN CRUISE & TOUR**

12 days, departs May - Sep 2022

**VACATIONS** promo code N7017

**1-855-208-9533**

FROM \$1,949 \$1,699\*

FREE OVERSEAS CREDIT

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

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



## Cascade School Board

CONTINUED FROM PAGE A1

Cody for Cascade/.

### Zachary Miller:

Zachary Miller is the current sitting director for Cascade School District #3. As was mentioned earlier, Miller grew up with opponent Cody Burgess-Bench.

Now these two former schoolmates will need to campaign against one another for the District #3 Director seat.

Miller is currently on the Board of Equalization for Chelan County, an Executive Director at Tall Timber, and runs a small business as a stone mason.

He believes that his experience on the school board, along with his extensive understanding of the role, gives him an advantage to reclaiming his seat.

"Anytime there are new school board members, there is a learning curve with that," states Miller. "I think the big things, especially with a pandemic, people can look for a consistency with the work that's been done to keep our schools safe and open and continue that."

His campaign goals are to continue what the Cascade School District has already done and to try to find their way back to normalcy.

He is in favor of being a responsible tool for education, listening to local health officials, and maintaining the well-being of both educators and students.

"The number one thing is just keeping the staff and kids safe through the pandemic and trying to provide the best possible education that we can," Miller said.

In regards to possible understaffing due to the vaccine mandate, "It is a challenging thing and would hate to see people lose their jobs," Miller explained. "It's very difficult but we also don't know how that is going to play out yet because the deadlines are there for everything and all that."

"But even for those out there that are frustrated, they feel that local control is lost, I try to encourage people and remind them that our local health district is saying 'this is the best possible thing for us,' and so I am in favor of following their recommendations for that

so that we can maintain in-person education."

He stresses the need to follow mandated law. "We need to remember that the school board is one of the largest employers in the county, as such we have to also take care of our staff. If we stand up against the mandates that are there, we will lose our funding and we will have to let our teachers go."

Miller hopes to provide space for people to share and feel like they are heard and looks forward to sharing the great things happening with the Cascade school board.

If you want to learn more about Zachary Miller, you can contact him at info@zacharymiller.org.

### Cascade School District No. 228—School Board Member Director District #5

#### Trey Ising:

Trey Ising is the current sitting director for Cascade School District #5. He is also on the chair for the Washington State School Directors' Association (WSSDA) Resolutions Committee and owner of Cascade Quality Water.

Ising grew up in Leavenworth and enjoys the opportunity to serve his community. He has children in the Cascade School District and feels that he has an in-depth perspective of the education system.

"Four years ago, nobody ran and my wife and I talked about 'this is a great opportunity to serve our community,'" Ising said.

His goals for the Cascade District is to keep "doing what we're doing." Their focus for the last 18 months has been COVID-19, along with new board goals. They have been trying to get kids into school for 18 months and now want to focus on keeping them there.

"Our constant goal, even with these mandates, is to keep kids in school and do our best to accomplish that, while trying to be respectful of anybody's decision or personal thoughts," Ising states.

"The district comes first, that's my priority on the schoolboard, is to keep Cascade School District viable and open and moving forward."

Ising does not support the idea of his campaign transforming into a political matter.

"Running for schoolboard

is an opportunity to serve with the community, it really is, and that's the heart of it," Ising said. "It's a nonpartisan position."

Ising and his team do their best to keep the public informed as soon as they receive any news and hopes to quell any concerns parents or staff have about the new mandates.

"We're constantly pulling with our punches and trying to do our best to support the students, the families, and the district," Ising explained.

If you want to learn more about Trey Ising, you can contact him at gisingiii@gmail.com.

#### Marty Young:

Marty Young has an MBA from the University of Oregon in engineering and was an engineer for over 40 years.

This is the first time that he has run for any office. His motivation for running for school board is to make sure that children are academically able to compete in the global job market.

"I'd like to see the kids have a plan to get up to their age appropriate learning level after the shutdown, which has dragged on for quite some time, much longer than the two weeks they started with," Young explained. "We need to make sure that our kids are getting the education appropriate for their age and grade level."

He states that he will also be a proponent for parental choice regarding COVID-19 regulations and is concerned about the use of masking.

"The parents know best on what their kids need," Young said.

He believes that there should be more pushback on the mandates and for debates to be intensified regarding the issue.

"This masking mandate seems to have gotten out of control, there's miniscule chance for a child getting COVID and the masks are essentially harmful for kids," Young states. "They don't provide any protection from COVID, it's a virus, it goes right through the mask."

According to the Centers for Disease Control and Prevention (CDC), they state the following in lieu of mask protection: "Cloth masks not only effectively block most large droplets (i.e., 20-30 microns and larger)9

but they can also block the exhalation of fine droplets and particles (also often referred to as aerosols) smaller than 10 microns."

He is also concerned for children's mental health and believes that masking is leading to negative mental health side effects.

"The masking has caused a lot of side effects with mental health, suicide rates, and kids just cry when they have to put on a mask to go back to school," Young claimed.

When asked on how he concluded that masking is one of the root causes of increased suicide rates, he stated the following:

"Why wouldn't it be? Absolutely, it creates tremendous social and mental health issues."

As of now, neither studies from Yale Medicine or the University of Utah Health have found any conclusive evidence on whether masking contributes to children's mental health.

One study conducted by the International Journal of Environmental Research and Public Health (i.e. "Commentary: Physiological and Psychological Impact of Face Mask Usage during the COVID-19 Pandemic") did research whether masks caused any psychological damage, and found that the social impact of public opinion regarding masking/ not masking caused more psychological damage than the mask itself.

In regards to how Young will contend with state mandates, he says that if state pulled funding after not following mandates, he would look at reserves and check the law to see if that was legal.

"I think it's just an empty threat," Young said.

Overall, Young hopes to focus more on STEM subjects and to utilize his engineering training within the educational realm.

"I still do what is called LEAN process improvements," Young said. "You look at how good results are obtained and focus on that and enhance that, and if bad results are obtained you look at the root causes that's causing that and address the root cause and make improvements."

If you want to learn more about Marty Young, you can contact him at mdyoungwa@hotmail.com.

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## LETTERS TO THE EDITOR

### City Art Gallery

As a retired custodian of the Cascade School District, I want to compliment Ann Crosby for her letter of September 22. For years my janitorial duties included cleaning the CHS art room. Many times I emptied art works into the CHS dumpster that I thought were quite good. If a small portion of the Osborn building complex could be set aside for a City Gallery it would give Leavenworth artists a venue to show their talents. When a young artist gets a chance to show or make a sale it can only bolster self-esteem and contribute to Leavenworth culture. I hope Leavenworth City government won't trash this opportunity.

**Joe Bissonnette**  
Cashmere, WA

### Occupancy of the streets

Kinda curious when you guys are going to be done gifting city property to some business? We are back to normal seating and you are supplying some people with more floor space which seems okay I guess if the opportunity was offered and available to all businesses and there was some form of payment in place! It looks as people are adding more and more! It's been a hard time for all not just those you deem worthy, you actually let the Icicle Brewery set up in the parking spaces that I believe were for locals to grab and go! Plus cars are using that road! This is almost looking permanent! They are getting pretty comfortable but of course they should be as they have the Mayors full support!

**Cary Sanger**  
Leavenworth

### Zoning changes deserve you're attention

In the upcoming months, it will be important for members of our Leavenworth community to be involved

with the ongoing discussions the City Planning Commission is having around rezoning to smaller lot sizes, allowing triplexes in single family zones, driveways and parking, raising building heights, and expanding the Urban Growth Area around the City Limits. These decisions are coming quickly and are going to impact our community for decades to come as developers and builders see the cash cow in the zoning and building codes the City is creating in order to bring more housing to Leavenworth. Since August, the Commission has been looking at changing lot sizes across the City, making them smaller and smaller to increase density and the number of dwellings that can be packed into a City lot. They are looking to rezone RL6 to RL3 and RL10 to RL8. That's taking a 6000SF lot (a similar size as those on Pine Street) and cutting it in half, while allowing the same 35' height limits, 35% lot size coverage as the large homes on Pine and Pinegrass. This rezoning will create homes and ADUs being packed in, city streets being clogged and little green space left in our tiny town. Dense, smaller lots will not guarantee affordable. The impacts of the decisions the Planning Commission is making are simply too great to sit back and ignore.

The need to expand the availability of housing has been an issue for our community for a number of years. We most certainly do not want our pleasant rural community to become the likes of a dense, sprawling Issaquah or Redmond. The impending decisions the Planning Commission will be making on Wednesday, October 6 at 7 p.m. and bringing to the City Council and a Public Hearing by early November will drastically change the

way our community looks and feels. I encourage our Leavenworth community to get more involved now. Use the City website to access and attend meetings, stay on top of agendas and to communicate with our City leaders the direction we want our community to go in. The future of our community depends on it.

**Paula Strozyk**  
Leavenworth

### Open letter to Representative Schrier

I am writing to relay to you my deep concern over the state of our union. Certainly, you must agree that all is not well with our country. The Biden Administration has been in office for nine months and has not had one successful policy enacted. In fact, their failures have been overwhelming. I shouldn't have to list them for you, but my point is better well-made if I do:

Border security is a disaster. Each day the situation in our border states becomes more difficult. How many illegal entrants into our country will it take to break the bank. We not only do not know who is entering, we allow many with active virus germs entry without question. To make things worse, the FAA has closed the air space over some locations so that news coverage is difficult. I hope you agree that an informed America is necessary for a well-run country. It seems that deception and lies are common in today's America.

Violence has become a major problem. Large-city crime has been accepted as normal every-day activity and has been made worse because of loosely-run police policies. This problem is more prevalent in cities run by Democrat administrations. How is it possible to allow people to enter businesses to sack and steal and face no

consequences? Further, riots and major destruction have taken place in many cities and not one person has been held accountable. This is not America!

Out of control spending has become a normal governmental policy. We face insurmountable debt, seemingly totally beyond repayable amounts. There have been reports of both Medicare and social security programs going broke in the foreseeable future. Our national debt will soon reach 30 trillion dollars, and still the Democrat Party wants to borrow more.

Our education system has been failing our children for years. Reports of minority teens graduating from high school without reading or writing skills are common. Reports of problems in math go beyond just our minority groupings. Critical race training has replaced good old reading, writing and math subjects. It is obvious that some school systems have intentions to teach our youth to hate America rather than make good citizens of them.

Our foreign policy efforts are in shambles. We have become known for our national weakness instead of the strong standing we once had as leader of the free world. The recent military withdrawal from Afghanistan has our friends and enemies alike shaking their heads in wonder. Our once strong friendship with France is now in trouble, causing France to withdraw their Ambassador. Relationships with rivals Russia and China have us dealing with them from positions of weakness instead of strength.

Our once proud and strong military might has become rife with leaders spouting their concerns over our supposed race problems instead of paying attention to keeping our country

safe. The White House has attempted to eliminate our patriotic members by forcing outstanding officers and enlisted personnel to retire and then requiring all members to undergo critical race training which does nothing to enhance their ability to fight.

There is more I could add, but it's enough. Our national problems are many and will be doubled, or worse, within the next months. The solution is a change of leadership. But under our system that will not occur for another year. We can't wait that long. President Biden's weakening mental condition and the questionable guidance from his staff make it impossible to predict what's next. If his first nine-month history gives any clue, it will not be good. If we had people

in the Congress who would put aside their ideological beliefs and party loyalty and work toward solving our country's concerns, we could change our direction from continued decline to immediate improvement. It would take just five members of the House of Representatives to change parties, putting Republicans in a position to stop Joe Biden's socialistic plans. This obviously is a pipe dream, but who knows, maybe our 8th District Representative Kim Schrier will read this letter, understand our dire-straits, and then, lead four other Dems to change parties with her. She would become a national hero and live forever in the hearts of conservative Americans.

**Wallace Anun**  
Leavenworth