



Cascade School Board Race



FILE PHOTO

ERIN MULLINS
Reporter

Many candidates are running for school board for 2021 as there are three positions open in Districts 1, 3, and 5. Cindy Puckett is the current school board member for District 1, which covers the Icicle Road and East Leavenworth Areas. Zachary Miller is the current school board member for District 3 which covers Chumstick area, Lake Wenatchee, and Plain.

Trey Ising is the current school board member for District 5, which covers the Dryden and Blewett pass area. All of the incumbents are running for re-election. Additionally, Misha Whitefield and Mike Worden are running for District 1. Cody Burgess-Bench is running for District 3. Marty Young is running for District 5.

Marty Young, Cindy Puckett, and Misha Whitefield were not available

for comment by press time but their answers will be included in a future edition.

Mike Worden said that he is running for District 1 school board because he loves children. He is retired and feels there is no higher calling than to invest time in our children. He is married to a retired school teacher which he says taught him a lot.

Worden feels that his experience living in many foreign countries and different states lends him a diverse experience that is different from most. Worden has experience in education, including teaching. He has business executive experience as well as overseas experience.

"My kids went to schools all throughout the world, public and private, depending upon where we were

when I was in the military, and then when I was in business," he said.

If elected, Worden wants to really understand what is going on in schools by dropping in on classes and extracurricular activities. He also wants to get parents more involved in their kids' education and make sure they are informed about what is going on with the board.

Transparency is also important to Worden. He wants to make sure that the schools are accountable for showing how they spend every dollar they receive. He thinks schools should be able to defend their priorities and explain their actions.

Worden wants to be available for parents in the district. If allowed by district policy, he wants to have weekly availability for parents in his region to talk

through a platform like Zoom. He also wants to create a parental advisory committee that is organized to share school board information.

Meanwhile in District 3, Zachary Miller has been on the school board for the past two years and thinks that he has a good voice for the community and the Upper Valley. Miller has a daughter in the school. He runs a small business, Miller Stoneworks and is the director at Tall Timber.

Miller wants to be a part of the school board moving forward with in person classes. He was a lead rep for the school and was able to go over to Olympia and understand the process of how to advocate for schools. He says that his experience working with various non-profits also gives him experience for the job.

During the pandemic, Miller said

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Mountain Meadows Avoids COVID Transmission, Faces Financial Struggles

ERIN MULLINS
Reporter

As coronavirus swept the nation, horrified reports emerged of rapid coronavirus transmission in nursing homes across the country. However, that wasn't the case at Mountain Meadows Senior Living Campus.

"We did not have any deaths from COVID, we only had one symptomatic case with COVID and [one other] resident in our building and that was it," said Amanda Ledezma registered nurse and Wellness Director at Mountain Meadows.

Mountain Meadows had very few cases of COVID and of the two cases that did emerge in the building internal transmission to other residents was avoided by using proper sanitizing procedures, personal protective equipment, isolation of infected patients, and symptom screening.

It took a lot more than just sanitation and personal protective equipment to keep Mountain Meadows running during the pandemic. The assisted living



PHOTO COURTESY MOUNTAIN MEADOWS SENIOR LIVING CAMPUS

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Link Transit Completes Installation of 300 kW Wireless Inductive Bus Chargers

SUBMITTED BY ERIC WEST

LINK Transit

12 Years of Work on Battery Electric Buses Paying Off

Nearly 12 years after receiving its first Federal grant for the purchase of electric buses, Link Transit has completed the installation of three new Momentum Dynamics 300 kW in-ground inductive chargers to support their current fleet of 10 BYD K9S 35' battery electric coaches and our in-process 11 vehicle expansion. The addition of these wireless chargers to the Link Transit service will allow Link Transit to extend the range of its battery electric buses from their current 190-mile range to over 300 miles per day. (An existing 200 kW unit that has been in operation since March 2018 will be upgraded to the new technology this August). Prior to the use of wireless inductive charging, buses were slow charged overnight and able to operate only a partial day of service.

Link Transit operates 10 battery electric buses in daily service on the routes running in the Wenatchee and East Wenatchee area. These buses run 200+ miles each day, so having the ability to re-energize the batteries, while in service, throughout the day for 5 to 7 minutes at a time, keeps the batteries at optimal charge levels, and provides range over 300 miles. Two additional 30' BYD coaches will be added to the fleet later this summer, and three more in late 2022. This will allow all of Link's urban service to be operated by battery electric buses, as well as for some limited longer distance routes.

"We are beyond pleased with how this technology has been functioning for us", said Richard DeRock, Link's General Manager. "Reliability in varying weather and temperature conditions has been excellent, and we are confident that we can operate these vehicles with the consistency necessary to deliver a great service to the residents of our communities." Additionally, here in the Wenatchee area, due to our abundant carbon free hydro power, we have the additional benefit of delivering emission and carbon free transit that is less costly than operating current diesel-powered transit buses. DeRock added "This has been a long time coming, but we are finally there, thanks to the hard work of our staff, the support of our Board and the cooperation of our vendors in pushing this technology forward and finding solutions to problems."

An event to celebrate the culmination of Link's battery electric bus project and our Green Transportation Grant bus and car charger project will be held on Thursday, August 19 at Columbia Station, Link's transit center, in Wenatchee, Washington.

Link Transit has been working on operating battery electric buses for nearly 12 years, beginning with the award of a \$2.93 million TIGGER grant in 2009 that funded the purchase of

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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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Michigan Attorney General, Police to Probe People Who Made Election Fraud Claims

ZACHARY STIEBER

Michigan's attorney general, with assistance from police officers, will investigate people who claimed election fraud happened during the 2020 contest.

[Nessel] is now using the power of the police state and her to actively investigate opposing counsel.

Matthew DePerno, attorney

A spokeswoman for Michigan Attorney General Dana Nessel, told The Epoch Times in an email on Friday that the Democrat will probe people who allegedly made false claims, with help from Michigan State Police.

The spokeswoman said Nessel decided to launch the probes on a request from Republicans in the Michigan Senate.

A Republican-controlled Senate panel last month issued a report saying it "found no evidence of widespread or systematic fraud in Michigan's prosecution of the 2020 election."



Detroit election workers count absentee ballots for the 2020 general election, at TCF Center in Detroit on Nov. 4, 2020.

A portion of the Michigan Senate Oversight Committee report focused on Antrim County, where the county clerk falsely reported on the morning after Election Night that Democrat Joe Biden had beat former President Donald Trump by thousands of votes. The senators said their review backed the position of Michigan Secretary of State Jocelyn Benson and Antrim County officials, which is that the false reporting was due to human error and was ultimately rectified.

The committee recommended that Nessel "consider investigating those who have been utilizing misleading and false information about Antrim County to raise money or publicity for their own ends."

"The Committee finds those promoting Antrim County as the prime evidence of a nationwide conspiracy to steal the election place all other statements and actions they make in a position of zero credibility," it said.

Benson said her office looked

forward to partnering with Nessel "on this critical investigation into the real fraud that took place in 2020: efforts to deceive Michigan citizens about their vote with misleading, false statements about the accuracy & integrity of our elections."

Attorney Matthew DePerno and his client, William Bailey, have raised money for a case brought against the county that alleged Dominion Voting Systems machines used in the county "were shown to mis-



Attorney General Dana Nessel.

OFFICE OF THE ATTORNEY GENERAL OF MICHIGAN

count votes" cast for Trump, counting them for Biden. The case was dismissed in mid-May.

Dominion has denied the allegations, including details in a forensic report from a firm hired by DePerno that alleged Dominion's machines and software were "purposefully designed with inherent errors to create systemic fraud and influence election results."

"There were no software 'glitches' that 'switched' votes in Antrim County or anywhere else," Dominion responded at the time. "The errors identified in Antrim County were isolated human errors not involving Dominion."

DePerno told The Epoch Times in an email on Friday: "Dana Nessel is a lawless Marxist. She is trying to stop our investigation into election fraud. She is also opposing counsel in the case Bailey v Antrim County and Jocelyn Benson. She is now using the power of the police state and her to actively investigate opposing counsel. This is unethical, unconstitutional, and criminal (see MCL 750.505). Dana Nessel must resign immediately for her unethical conduct."



Patrick Colbeck, a former state senator, an aerospace engineer, and a poll challenger, sits down for an interview in Detroit on Nov. 27, 2020.

Patrick Colbeck, a former Michigan senator, has a website where he hosts content he says back his election fraud claims. Users must pay a monthly fee to see some of the content.

Colbeck recently started a petition to censure McBroom and the other Republican senators who signed onto the report and denounced what he described as legislators' "attempt to marginalize those exposing election fraud."

In a lengthy post on his site, Colbeck said the panel's report "consistently repeats the flawed assertion that the integrity of the election can be demonstrated simply by running ballots through the tabulator."

"The Committee appears to be operating under an extremely unique definition of 'election fraud' that dismissed any evidence of fraud if it did not add up to the 154,188 votes promoted as the margin of victory for Joe Biden. This failure of reasoning dismisses the cumulative effect of breaches in the chain of custody and violations of existing statute," he said.

More Chicago Police Officers Working Outside Jobs on Leave of Absence

CARA DING

CHICAGO—More and more young Chicago police officers are taking leave of absence to seek or work outside jobs, and most didn't return when their leave ended, according to records obtained by The Epoch Times through a Freedom of Information Act request.

In 2019, 23 officers took leave of absence for outside employment. In 2020, the number doubled to 49.

In January 2021 alone, six officers took leave of absence for outside employment, triple the number for the same periods in both 2019 and 2020.

The records obtained show data from January 2019 to January 2021.

About 70 percent of officers on leave for outside employment between January 2019 and June 2020 either quit or retired a year after their initial leave took effect, after which they could no longer extend the leave.

Three out of five officers on leave for outside employment

Catanzaro said more young officers were leaving because of terrible working hours, a lack of respect for police, and legislation that punishes officers for simply doing their jobs, while being soft on criminals.

are in their 20s and 30s.

In a previous interview with The Epoch Times, John Catanzaro, president of Chicago's largest police union, said more young officers were leaving because of terrible working hours, a lack of respect for police, and legislation that punishes officers for simply doing their jobs, while being soft on criminals.

In January 2021, Illinois lawmakers passed a sweeping criminal justice reform bill that will allow anonymous complaints against police officers, open the

door to civil penalties for officers for pattern and practice violations, and prohibit officers from arresting offenders for Class B and C misdemeanors.

Catanzaro said Chicago's police force is shrinking from both ends: old officers are retiring and young officers are quitting.

For those in the middle, who have already invested a substantial amount into their pension plans, it would be much tougher to leave even if they want to, he said.

About 650 police officers quit or retired in 2020, compared to about 600 in 2019.

As of April 20, 2021, 330 Chicago police officers have quit or retired this year. Meanwhile, only 105 new officers were hired during the same time.

Fraternal Order of Police Lodge 7, Chicago's largest police union, represents roughly 18,000 active and retired police officers. The Chicago Police Department is the second-largest metro police department in the country, with approximately 12,000 sworn officers.



Chicago police stand guard outside the department's 7th District station on Aug. 11, 2020.

Church Awarded \$220,000 by Washington DC After Filing Lawsuit Over CCP Virus Religious Restrictions

KATABELLA ROBERTS

A Washington, D.C., church has been awarded \$220,000 after it filed a federal lawsuit challenging the district's restrictions on gatherings at places of worship during the CCP virus pandemic.

Leaders of Capitol Hill Baptist Church (CHBC) have appealed to D.C. officials since Mayor Muriel Bowser's restrictions were issued on March 11, 2020, which banned all indoor and outdoor church meetings of 100 or more, even if participants wear masks and social distance.

But in October last year, Senior Pastor Mark Dever and CHBC's elders won a preliminary injunction against Bowser's restrictions, allowing the congregation to resume worship services outdoors with proper precautions such as wearing masks and maintaining social distance.

In a settlement between the two parties signed on July 8, 2021, Mayor Muriel Bowser and her administration agreed to pay \$220,000 to church lawyers at WilmerHale and the First Liberty Institute, a Plano, Texas-based law firm that specializes in First Amendment religious freedom litigation.

As per the settlement, the district "agrees that it will not enforce any current or future COVID-19 restrictions to prohibit CHBC from gathering as one congregation" in the district.

The district further agrees that, should it impose new restrictions on religious gatherings in the name of mitigating COVID-19 or variant thereof, they will not be more restrictive than on "comparable secular activities, as defined by the Supreme



Capitol Hill Baptist Church in Washington on July 25, 2015.

All Capitol Hill Baptist Church ever asked is for equal treatment under the law.

Hiram Sasser, executive general counsel, First Liberty Institute

Court," the settlement states.

The district also agreed to pay the church's legal fees.

Senior Pastor Mark Dever is a nationally known evangelical leader and the founder of the 9Marks organization, which provides ministry and administrative resources for churches across the nation, and has been at CHBC since 1994.

The 850-member congregation has held worship services every Sunday since 1878, except for three weeks during the 1918 Spanish flu epidemic.

"All Capitol Hill Baptist Church ever asked is for equal treatment under the law so they could meet together safely as a church," said Hiram Sasser, ex-

ecutive general counsel for First Liberty Institute.

"The church is relieved and grateful that this ordeal is behind them. Government officials need to know that illegal restrictions on First Amendment rights are intolerable and costly," he said, according to the Washington Times.

Lockdowns, which began in March 2020 in the United States, forced religious services, including those of Roman Catholic, Orthodox Jewish, and Pentecostal congregations, to come to a halt throughout the COVID-19 pandemic.

However, the forced closures became a sticking point when some jurisdictions imposed more severe restrictions on houses of worship than were placed on secular activities.

The Supreme Court struck down several prohibitions on religious gatherings during the crisis, and multiple states eventually began easing the restrictions and allowing houses of worship to open for in-person services, albeit with virus-related modifications in place.

THE EPOCH TIMES

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Arizona Lawmaker Advises People to Put up 'No Trespassing' Signs to Deter Door-to-Door Vaccine Checks

ALLAN STEIN

At age 61, Daniel J. Miller of Parks, Arizona, says there's no way he's ever going to take the COVID-19 shot—even if the government comes knocking at his door.

It isn't just a matter of his religious beliefs and faith in his own natural immune system that emboldens him, it's a matter of personal choice and medical privacy, Miller says.

So when the Biden administration announced earlier this week that it's considering sending people door to door to persuade the unvaccinated, Miller's reaction was, "He's got to be out of his mind."

"[President Joe Biden] is way out of bounds," Miller said. "There's no reason for him to say take the shot just because he thinks you should. It's your body, not his."

Earlier this week, Biden lobbied for higher numbers of Americans to get vaccinated even if it means going "community by community, neighborhood by neighborhood, and oft-times door to door, literally knocking on doors."

Arizona Attorney General Mark Brnovich was quick to respond. In a July 6 letter to the Biden administration, Brnovich said he was "greatly alarmed" by remarks indicating the possible use of medical records to obtain contact information on Americans who haven't been vaccinated.

"If this is the case, this is a severe breach of privacy, and I will not tolerate such intrusions within Arizona," Brnovich wrote.

Arizona state Sen. Kelly Townsend, a Republican, advised Arizona residents to put up "no trespassing" signs to ward off government compli-



Daniel J. Miller, 61, of Parks, Ariz., and his dog Buddy go for a walk on July 8 in front of their house. Miller said he won't take the COVID-19 vaccine even if federal employees come knocking at his door.

ance checkers.

"I have spoken to local law enforcement, and if you don't want the Federal government on your property asking about vaccines, they advise you to post a no trespassing sign in a visible location. This is a prerequisite to [being] able to charge someone for being there against your will," Townsend wrote on Twitter on July 7.

Arizona GOP Chairwoman Dr. Kelli Ward suggested a more personal touch with signs for vaccine compliance checkers to stay away.

"Who thinks we will see a surge in 'No Trespassing' signs?" Ward wrote in a Twitter post. "And could/should

If someone comes to my door asking if I've been vaccinated, I'm going to shut the door on them. It's a violation of privacy.

State Rep. John Fillmore

they be individualized to specifically prohibit people from harassing you about vaccinations? And why doesn't #HIPAA &/or the #4A already prevent this [government] harassment? Isn't our health info private?"

At present, approximately 157.9 million Americans, or

47.9 percent of the total population, have been fully vaccinated against COVID-19. That percentage is well below Biden's July 4 national goal of 70 percent.

In Arizona, 43.6 percent have been fully vaccinated against the CCP (Chinese Communist Party) virus, which causes COVID-19, with nearly 5 million vaccine doses having been administered.

Since the pandemic began in March 2020, the total number of COVID-19 deaths in Arizona has surpassed 18,000 residents, according to the Arizona Department of Health Services.

The Delta variant of the virus now makes up more than half



Arizona Republican Party Chairwoman Kelli Ward attends an event in National Harbor, Md., on Feb. 22, 2018.

of all COVID-19 cases in the United States. As of June 23, the nation surpassed 600,000 total deaths from COVID-19, according to the Centers for Disease Control and Prevention (CDC).

The CDC noted that it's closely monitoring what it calls "variants of concern," such as the Delta variant.

"These variants have mutations in the virus genome that alter the characteristics or cause the virus to act differently in ways that are significant to public health," and may cause more severe disease, spread more easily between humans, require different treatments, or change the effectiveness of current vaccines.

As state and federal health officials continue to push for more people to get vaccinated, "vaccine hesitancy" has stymied those efforts.

Arizona state Rep. John Fillmore, a Republican, described any attempts by the government to harass people to get vaccinated as "ludicrous."

"It's scary—and it's a harbinger of things to come from this administration," said Fillmore, who hasn't been vaccinated

against COVID-19.

"If someone comes to my door asking if I've been vaccinated, I'm going to shut the door on them," Fillmore said. "It's a violation of privacy. Are they going to mark us? Put a big white star out in front [of our homes]? Come back in the middle of the night and take us away? What it does to me is it instills fear that down the road they're going to mandate something."

Miller, like Fillmore, also fears government overreach and more coercive measures to force vaccine acceptance.

"Way more forceful measures," Miller said. "They're not going to give me the shot."

Louann Crandall, 57, of Phoenix, said she refuses to take the shot based on her personal religious beliefs.

"I'd tell them to get out of here. They're invading my privacy. I'm not getting [the shot]," Crandall said. "I didn't get a shot when I had the Hong Kong flu. My son and his fiancée got [the COVID-19 vaccine] and they got really sick. You're going to have to tie me down and give it to me. I'm not going to take it voluntarily."

Biden Says US Will End War in Afghanistan by End of August

JACK PHILLIPS

President Joe Biden says the United States will complete the war in Afghanistan by Aug. 31, and the military will continue to provide funding, equipment, and humanitarian aid to the war-torn country.

"Afghan leaders have to come together to drive toward a future that the Afghan people want and deserve," Biden said during a July 8 news conference in Washington.

The statement from the president comes as the Taliban terrorist group has made significant advances in recent weeks following the United States' decision to withdraw. Biden announced the full withdrawal from Afghanistan in April, essentially ending the longest war the United States has fought.

The Pentagon stated that more than 90 percent of the withdrawal process has been completed so far. But at the same time, the Taliban for the past several weeks has made major battlefield advances and has captured U.S. military vehicles that were being used by the beleaguered Afghan army.

During his speech, Biden said that more than 300,000 members of Afghanistan's military have been trained by U.S. forces over the past 20 years and that they have "all the tools and training equipment of any modern military."



President Joe Biden arrives at an event in the South Court Auditorium of the White House on June 2, 2021.

It is the right and the responsibility of Afghan people alone to decide their future and how they want to run their country.

President Joe Biden

"We did not go to Afghanistan to nation-build," the president said. "It is the right and the responsibility of Afghan people alone to decide their future and how they want to run their country."

Biden was asked by a reporter whether he believes the Taliban will fully take over Afghanistan. In response, Biden said he

doesn't believe that will happen because Afghanistan's military is equipped against "against something like 75,000 Taliban," and "it is not inevitable" the group will take over.

The president said relocation flights for Afghan translators and contractors who worked alongside the U.S. military will be provided in the near future. As for where they will go, the administration has "identified facilities outside of the U.S. and in third countries," Biden said.

The Taliban's leadership over the country was toppled in 2001 after the U.S. invasion after the Sept. 11, 2001, terrorist attacks. The group was accused of harboring terror mastermind Osama bin Laden, who was killed during a raid about 10 years later in neighboring Pakistan.



U.S. Marines arrive at the Kandahar Air Field in southern Afghanistan, in this file photo.

"The United States did what it went to do in Afghanistan," Biden said, referring to the killing of bin Laden.

Meanwhile, Afghan forces on July 8 took back control of a western provincial capital earlier. Some fighting continued on the fringes of Qala-e-Naw, the capital of Badghis Province, which borders the Central Asian country of Turkmenistan, officials told Reuters.

"The city is fully [back] under our control, and we are conducting operations against the

Taliban on the outskirts of the city," Defence Ministry spokesman Fawad Aman said.

Taliban advances have been especially dramatic in northern provinces where they had long been kept at bay. Stop-start peace talks between the government and insurgents remain inconclusive.

Separately, UK Prime Minister Boris Johnson confirmed on July 8 that most British troops have left the country, arguing that the threat posed by al-Qaeda has been substantially diminished.

"We must be realistic about our ability alone to influence the course of events. It will take combined efforts of many nations, including Afghanistan's neighbors, to help the Afghan people to build their future," Johnson said during a news conference. "But the threat that brought us to Afghanistan in the first place has been greatly diminished by the valour and by the sacrifice of the armed forces of Britain and many other countries."

Reuters contributed to this report.

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

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THE LEAVENWORTH ECHO

© 2021 NCW Media, Inc.
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Circulation for all NCW Media, Inc. newspapers.

1-509-293-6780
circulation@lakechelanmirror.com

DEADLINES:

Calendar Listings: Noon, Friday
News Submissions: Noon, Friday
Letters to the Editor: Noon, Friday
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In Chelan County (yearly) \$40.00
\$5.00 to include online subscription
In State (yearly) \$40.00
Out of State (yearly) \$52.00
Online E-edition only \$40.00

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

SERVICES:

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

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



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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, 425-773-7527, 206-719-3379
Sunday, 9 a.m., and 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, noon, First Baptist Church, 429 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, noon, First Baptist Church, 429 Evans St.
Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain

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

Peshastin Water District, 5:30 p.m. at the Leavenworth PUD office, Contact Steve Keene, 548-5266. (2nd Wed.)
Prostate Cancer Awareness & Support Group, 8:30 a.m. Kristall's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.)
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 Meetings 7:00. p.m. at Leavenworth Fire Hall, 222 Chumstick Hwy., Contact: Jenny Mullins, 548-5904. (1st & 3rd Mon.)

Tuesday

Icicle & Peshastin Irrigation Districts Meeting Call Anthony Jantzer, cell, 509-433-4064, 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

Days and times: Wednesday, Thursday, and Fridays open until 7 p.m.
Saturdays open from 10 a.m. to 2 p.m.
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
Peshastin Public Library. Located at 8396 Main St., Peshastin Call: 548-7821 or Peshastin@ncwlibraries.org

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.



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.

July 2

00:07 Disturbance, 900 Main St.
02:07 Agency Assist, U.S. Hwy. 2 MP 80, Lake Wenatchee
07:09 Alarm, 11775 U.S. Hwy. 2
07:11 Vehicle Prowl, Icicle Rd. Mp 7
08:36 Disturbance, 700 U.S. Hwy. 2
09:28 Trespass, 11074 Eagle Creek Rd..
09:46 Suspicious, Cherry St. & W. Center St.
10:24 Suspicious, 215 Whitman St. #2
11:19 Vehicle Prowl, 7201 N Dryden Rd., Peshastin
11:48 Accident, no injury, 695 US Hwy. 2
12:20 Public Assist, 933 Front St., Fudge Hut
12:40 Civil, 11668 River Bend Dr.
13:35 Parking/Abandon. 211 Park Ave.
15:57 Fireworks, 116 River Bend Dr.
16:34 Parking/Abandon, 209 Park Ave.
16:42 Agency Assist, W. Commercial St.
17:25 Water Rescue, 1010 Main St., Barn Beach
18:25 Scam, 205 W. Benton St.
18:34 Traffic Offense, 13995 Brae Burn Rd., Lake Wenatchee
19:13 Water Rescue, 9650 East Leavenworth Rd.
20:02 Attempt to locate, Colchuck Lake
20:30 Accident, injury, 10875 North Rd.
21:33 Agency Assist, U.S. Hwy. 2 MP 99
23:26 Property, 8th St. & Commercial St.

July 3

02:03 Domestic Disturbance, 18025 N. Shore Dr., Lake Wenatchee
06:10 Alarm, 7375 Icicle Rd.
08:26 Animal Problem, 8800 Blk. East Leavenworth Rd.
09:03 Theft, 190 U.S. Hwy. 2 MP 97
09:46 Traffic Offense, 18636 Beaver Valley Rd.
09:50 Welfare Check, U.S. Hwy. 2 MP 97
10:48 Harass/ Threat, 60 Alpenview Dr.
12:09 Suspicious, 243 Mine St.
13:25 Malicious Mischief, 17375 High Mountain Meadow
13:29 Property, Commercial & Division Streets
13:54 911, 309 8th St., Post Hotel
14:49 Suspicious, 12385 W Shugart Flats Rd.
15:33 Welfare Check, 18035 N. Shore Dr., Lake Wenatchee
17:30 Vehicle Prowl, 705 Birch St.
22:15 Noise, 21174 White Pine Rd., Lake Wenatchee
22:37 DUI, U.S. Hwy. 2 & Winton Mill Rd.

July 4

00:09 Hazard, 19100 Blk. Chiwawa Loop Rd.
00:34 Domestic Disturbance,

500 Alpine Place
01:48 Suspicious, 700 Blk. Front St.
02:25 Traffic Offense, U.S. Hwy. 2
03:37 Welfare Check, 300 Blk. 8th St.
04:41 Theft, 405 U.S. Hwy. 2
07:07 Welfare Check, 480 Alpine Place #M2
10:03 Attempt to locate, Ingalls Creek Trailhead
10:26 Theft, 405 U.S. Hwy. 2
10:59 Alarm, 16876 Brown Rd., Lake Wenatchee
11:17 Burglary, 12020 Shugart Flats Rd., Plain
11:24 Accident, unknown, Lake Wenatchee Hwy.
12:47 Trespass, 500 Alpine Place, Blue Elk Inn
12:47 Water Rescue, 21588 Lake Wenatchee Hwy.
14:11 Disturbance, 1010 Main St., Barn Beach
15:11 Marine, 7544 S. Lakeshore Rd., Lake Wenatchee
15:36 Agency Assist, 1217 Commercial St.
15:44 911, U.S. Hwy. 2 & 9th St.
16:07 Fireworks, 9900 Blk. School St.
16:26 Diversion, 22744 Lake Wenatchee Hwy.
19:18 Fireworks, 12465 Chumstick Hwy.
19:28 Noise, East Leavenworth Rd.
19:33 Fireworks, 3375 Allen Ln.
19:47 Welfare Check, Aasgard Pass, Leavenworth
20:01 9510 North Rd., Peshastin
20:17 Accident, injury, 9610 North Rd., Peshastin
20:23 Traffic Offense, Main St. & Ludwig Hill Rd.
20:35 Trespass, 843 Front St., The Loft
21:20 Fireworks, 3496 Hazel Ln., Peshastin
21:23 Fireworks, 3669 Cottonwood Ln.
21:31 Fireworks, 9600 Blk. North Rd., Peshastin
21:38 Attempt to locate, 843 Front St. #B1

July 5

05:45 Parking/Abandon, 9556 East Leavenworth Rd.
06:59 Hazard, 9800 Blk. East Leavenworth Rd.
10:07 Alarm, 23379 Lake Wenatchee Hwy.
11:05 Civil, 14076 Brae Burn Rd., Lake Wenatchee
14:31 Noise, 3284 Hansel Ln.
15:21 Malicious Mischief, 700 U.S. Hwy. 2
15:39 Public Assist, 100 Ward Strasse #D152
16:52 Accident, no Injury, 636 Front St.
17:08 Alarm, 565 U.S. Hwy. 2
18:32 Alarm, 10461 Stemm Rd., Smallwoods
18:45 Accident No Injury, 920 Pine St.
19:58 Disturbance, 250 Cedar Brae Rd.
20:52 Suspicious, 7544 South Lakeshore Rd.
21:28 Welfare Check, 920 U.S. Hwy. 2
22:07 Trespass, 9500 Blk. East Leavenworth Rd.

22:13 Noise, 12020 Spromberg Canyon Rd.

July 6

00:08 Attempt to locate, 633 Front St #B, Yodelin
01:19 Alarm, 19280 Beaver Valley Rd., Plain
03:23 Agency Assist, US Hwy. 97 MP 177, Peshastin
11:05 911, 77 Fox Hollow Rd.
12:47 Animal Problem, East Leavenworth & Dempsey Roads
12:57 Disturbance, Front & 8th Streets
14:05 Welfare Check, Division & Front Streets
14:27 Trespass, 932 Front St., Twisted Couture
14:59 Vehicle Prowl, Ingalls Creek Trailhead, Peshastin
15:20 Trespass, 100 Ward Strasse
17:52 911, 13011 Bayne Rd.
18:55 Traffic Offense, U.S. Hwy. 2 & 3rd St.
18:58 Accident, no injury, U.S. Hwy. 2 & Icicle Rd.
19:00 Attempt to locate, Colchuck Lake
20:14 Welfare Check, 227 Whitman St #3
20:58 Public Assist, 3845 Old Blewett Rd., Peshastin
21:30 Agency Assist, 18121 Chumstick Hwy.
22:14 Welfare Check, 15255 U.S. Hwy. 2, Shell Station
23:37 Parking/Abandon, 9500 Blk. East Leavenworth Rd.

July 7

10:16 911, 525 Junction Ln. #405
13:49 Hazard, Antilon Lake Campground
13:54 Theft, 726 N Markeson St. #201
14:20 Traffic Offense, 1300 Chumstick Hwy.
14:40 Vehicle Theft, Wilson St.
18:04 Accident, injury, Cole's Corner, Lake Wenatchee
18:49 Domestic Disturbance, 100 Ward Strasse #A107

July 8

05:46 Noise, 10675 Fox Rd.
08:33 Alarm, 23379 Lake Wenatchee Hwy.
10:39 911, 301 Ward Strasse
11:08 Theft, Trinity Tr., Lake Wenatchee
14:50 Disturbance, 1200 Blk. Commercial St.
16:42 Weapons Violation, 8000 Blk. E Leavenworth Rd.
16:50 Domestic Disturbance, 330 Prospect St. #17
19:05 Public Assist, 455 Ware Rd #11, Lake Wenatchee
19:29 Welfare Check, Chatter Creek Trailhead, Lake Wenatchee
20:53 Public Assist, 455 Ware Rd. #11, Lake Wenatchee
21:03 Trespass, 250 12th St., Wenatchee River
21:13 Traffic Offense, Icicle Rd. MP 4
21:18 Alarm, 565 U.S. Hwy. 2, Alpine Spa
21:44 911, Snow Lakes Trailhead

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Mountain Meadows

CONTINUED FROM PAGE A1

facility had to shut down their dining room and deliver meals to the residents' rooms using disposable kitchenware, Ledezma said.

"Waste management had to come six days a week just to take the disposables off the property," said Nate Oglesby, Executive Director and registered nurse at Mountain Meadows.

Testing was another logistical hurdle. Oglesby said that at times universal testing of all staff and residents had to be implemented, increasing the number of hours that staff worked. The state would only contract with a laboratory in Seattle and at times staff had to drive the tests over the mountain.

The cost of food and disposables increased. Ledezma said that the cost of a box of gloves went from \$5 through their carrier to \$24. Staffing was also an issue. Employees were lost due to lack of child care, burn out from working overtime and fear of getting COVID. At the same time, all of the extra protections put in place because of COVID meant that the staff that was there worked overtime.

Attracting new staff to handle the increased labor needs and departing employees proved difficult. Ledezma said that Mountain Meadows offers year round stable employment, paid vacation time, and full benefits. However, it's hard to compete with the tourism industry which can more easily raise wages by raising their prices. Further, the job is very hard and emotionally taxing.

Mountain Meadows will hire those with no experience and train them on the job, Ledezma said. They pay for employees to be certified first as a home health aid and then as a CNA. But when they do get an application, new hires don't even show up for their interviews.

"I would say we have about a 75% no show interview rate right now," said Ledezma.

Mountain Meadows accepts a combination of private pay clients and Medicaid funded residents,

Ledezma said. The Medicaid reimbursement rate in Washington State is as low as \$67 per day which doesn't cover the cost of operations at an assisted living facility. Private pay residents pay more than those on Medicaid and are relied on to cover the cost of operations at Mountain Meadows.

But during the pandemic as costs increased, admissions and referrals decreased.

"We saw during the pandemic that families were choosing not to admit. Understandably, because they weren't allowed to come in and visit. So, the referrals and the admissions slowed considerably as well," said Oglesby.

To cover the increased cost and decreased admissions, Mountain Meadows drew from their financial reserves, Ledezma said. Besides the increased financial cost, residents faced increasing social struggles. When residents were isolated in their rooms, unable to go to group meals and activities, deaths from causes other than coronavirus increased.

Since Mountain Meadows is an assisted living facility, they are following different reopening guidelines than the governor's mandate, Ledezma said. They follow guidelines from the Department of Social and Health Services and the Department of Health. Under that plan, Mountain Meadows is still under phase one and they have to follow certain precautions.

Because the residents at Mountain Meadows are fully vaccinated, they can be visited inside, said Oglesby. Source control is followed with all visitors. Visitors have to be scanned and checked in when they come into the building. Only 15 percent of the resident population is allowed to visit, so scheduling visits is recommended.

If both the resident and the visitor are vaccinated, then visitors are allowed to visit without a mask, Ledezma said. If either the resident or the visitor is unvaccinated, they both have to wear a mask. Masks are still required in the hallways.

Throughout the pandemic, the community worked

hard to support Mountain Meadows. Financial donations were given to Mountain Meadows, Oglesby said. Ledezma said five iPads were donated for virtual visits with residents. Snacks and drinks were donated for staff. In order to support staff, a volunteer was brought in to help with cleaning. Many members from the community sent letters to residents.

Wildflour restaurant provided meals for six weeks for every staff member, Oglesby said. A volunteer dropped off the meal kits every Wednesday. The Wildflour meals were coordinated by a local church after they heard that the restaurant was offering meals to the community.

"It really hit home to us. It meant so much to us, you know, that we're all in this together," said Oglesby.

Throughout the pandemic, Mountain Meadows made adjustments to help residents and staff. Although communal dining was not allowed, an agreement was worked out with the health district, Oglesby said. As long as six feet of social distance was maintained in the dining room, residents were allowed to come down to the dining room to eat.

This allowed about 20 percent of residents to come in at a time. Each wing would come down for one meal a day. One wing would come down for breakfast, one for lunch, and one for dinner. Between meals, the dining room had to be completely sanitized. Being allowed to eat together for one meal a day made a huge difference in residents' health, Oglesby said.

Today, limited group activities are allowed. Since activities are opening up more, residents and employees have recently been able to engage in group activities, Oglesby said. Recently there was a nerf gun war where the staff dressed up with animal masks and were hit by the residents, bringing everyone together after a long pandemic.

"I think that's really important to laugh, you know. To have a reminder of why you love your job when you're tired," said Ledezma

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School Board Race

CONTINUED FROM PAGE A1

that he saw local partnerships with groups like Upper Valley MEND work to reduce inequality by offering Wi-fi to houses that needed it. He said that it takes a community to tackle inequality and we need to make sure that every student in the valley has access to education no matter what.

Miller says that the district does a good job with financial transparency. He said that state audits come back great every year and there have never been any issues. He said that he is supportive of groups like the Cascade Educational Foundation which works to fundraise for extracurricular events.

Overall, what matters most to Miller is that he can support those people and that he can support the community well and serve them.

Cody Burgess-Bench is Miller's opponent. She wants to use her skillset to serve the community and serve the schools. She has a diverse background working with young people for the last 15 years as a collegiate basketball coach. Most recently she served

as an assistant coach at Eastern Washington University in Cheney.

Burgess-Bench feels that her experience coaching has given her a skill set that helps her to work together and makes her qualified for all the struggles and disagreements that come with being a part of the school board.

"I feel like those experiences have really opened my eyes to different groups of people. And what drives people, and what commits them to teamwork, to prosper, and what motivates them," said Burgess.

She wants to make sure that any policies that are created respect parents rights, the communities resources and focus on academic success. If she was on the board, she would focus on continuing programs that alleviate struggles that children face in order to reduce inequality. She said it would take a team effort to figure out what the best programs to spend money on are.

Over in District 5, Incumbent Trey Ising is running again for re-election to keep things moving forward and improve the district. He wants to push forward and see what the District can achieve without COVID.

Ising owns Cascade Quality Water. He said that running a business helps with leadership experience, teaches you to see things differently, and solve problems. Ising has ten kids and six kids in the district. As a parent in the district, he has dealt with the struggles of the last year and half like every other parent.

Ising said that he is the best candidate because he has been a member of the community for so long and has prior experience on the school board. He said that his school board position is especially important after the pandemic.

Ising said that he wants to continue the strategic plan that the District has been working on since before COVID hit. He wants to help resume the programs and training that were slowed down and put on hold during the pandemic. One thing that the plan emphasizes is that all the schools are part of one single entity.

"That's what I'm excited to see as we go forward is kind of taking the stress of the last 18 months, and trying our best to move forward and to continue to build better programs and better opportunities for our students," said Ising.

In Loving Memory of

Shirley Ward

Please join our family in Celebration of Her Life.

Leavenworth Fire Hall
Saturday, July 17,
1-4 p.m.

Treats and water will be served.

Meet Ike the Northern Pike
Upper Columbia Salmon Recovery Board

Check out Watercraft Decontamination Station
Washington State Fish and Wildlife

Learn how to catch a Northern Pike
Fishin' Magician Dave Graybill

Check out the Pike suppression boat
Chelan PUD and the Confederated Tribes of the Colville Reservation

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don't let it Loose!

A Red Barn event about invasive aquatic species

Invasive species like Northern Pike and Zebra Mussels threaten our local waterways and salmon runs. Learn more about your role in keeping them out of our waters.

July 22
6-8 p.m.

Electric Buses

CONTINUED FROM PAGE A1

5 - 22' trolley style buses and 2 high powered robotic chargers from eBUS in Downey, CA. These vehicles operated with a variety of battery chemistries and other changes to technology from 2010 until 2017 when excessive failures and the unavailability of critical components forced them to be removed from service.

In 2016, Link Transit, using a \$2.5 million Federal TIGGER Grant ordered 5 BYD (Build Your Dreams) 35' transit coaches with delivery taking place in early 2017. These vehicles failed to meet our minimum specifications when the ambient temperatures exceeded 95 degrees F or were below 32 degrees F. BYD stepped forward and agreed to replace these buses with 5 new vehicles that incorporated a newly designed, active battery temperature management system. Link Transit then ordered, utilizing an FTA \$3.2 million No/Lo grant, five more of these advanced designed coaches and the first in the

world, wireless, 200 kW vehicle charger. These ten advanced design buses which were put into service in December of 2019 are the buses that Link Transit operates today.

In 2019, Link Transit was awarded a State of Washington, Green Transportation Grant for \$1,409,000 for the purchase of 3 wireless 300 kW Bus chargers, 7 plug-in 85 kW overnight bus chargers, 19 Level 2 personal car chargers for public use in Link Transit Park and Rides and other electrical infrastructure to support vehicle electrification. The recent installation of this equipment marks a milestone in Link's efforts to electrify public transportation in Chelan and Douglas Counties.

Link Transit is the PTBA for Chelan and Douglas Counties, located in central Washington State. Serving a population of about 115,000 in 13 cities and towns as well as unincorporated areas of the counties, Link Transit provides just over 1 million trips per year on fixed route and paratransit services. For more information about Link Transit, visit www.linktransit.com.

The Washington Outdoors Report

A Tiger Trout For The Record Books

By JOHN KRUSE

Records aren't always broken in front of a roaring crowd in a stadium. Sometimes, they are broken casting the simplest of offerings off a dock on a summer morning. That's exactly what happened on June 26th at Loon Lake in Stevens County, Washington.

Loon Lake is a large body of water, covering some 1086 acres. Located 26 miles north of Spokane, it's known for giving up a previous state record lake trout in the 1960's and for being a very good place to catch quality size kokanee salmon. Warmwater species such as perch, bass and sunfish are also found here and in recent years, tiger trout have been stocked as well. Tiger trout are a relatively new fish to Washington State, a sterile hybrid that's a cross between a female eastern brook trout and a male German brown trout. The Washington Department of Fish and Wildlife (WDFW) has been stocking them in select lakes around the state for 20 years.

With easy access off of U.S. Highway 395 and a couple of well-established resorts, Loon Lake is a popular place to fish for Spokane area residents to include Caylun Peterson, who

hails from the Lilac City and has been fishing here on a regular basis every summer since he was a child.

On the early morning of June 26th Caylun was staying at his parent's lake cabin with his family when his daughter woke him up and asked to go fishing. The two went out to the dock and Caylun cast a big nightcrawler on a hook with no weight on the line and let it slowly sink to the bottom. About 15 minutes after Caylun did he got a bite and set the hook. At first the trout swam towards him but then it turned and started to run and Peterson knew he had a very big fish on the line. In fact, Caylun started getting worried he was going to run out of line on his reel and yelled for his wife to get the Sea-Doo ready so they could follow the fish. Before that became necessary though the fish tired and stopped its lone line-taking run. Eventually, Peterson was able to reel the fish in.

When Peterson first got the big tiger trout in hand his first instinct was to release it, thinking if it grew another year and he could catch it again, he might have a record on his hands. However, the fish was bleeding badly and about that time his mother and a neighbor came outside. Seeing the huge tiger trout Peterson

had caught, they both told him they thought the current tiger trout record was around 18 pounds and he may have beaten that record.

It turns out they were right. The previous Washington record tiger trout was caught in 2015 out of Bonaparte Lake by Kelly Flaherty from Priest River, Idaho. That trout weighed 18.49 pounds. Peterson's trout, weighed on a certified scale in Deer Park, beat the previous record by exactly six pounds with a weight of 24.49 pounds.

Not only did Peterson's trout break the Washington State record, but it looks to be an unofficial world record fish as well. The current world record tiger trout, weighing 20 pounds and 13 ounces, was caught by Pete Friedland out of Lake Michigan back in 1978.

Caylun took his trout to the WDFW Eastern Regional Office where it was examined by a fisheries biologist and other staff members on Monday the 28th. Peterson's trout is now officially the Washington State record tiger trout. He will have to fill out paperwork for the International Game Fish Association (IGFA) and submit it for his fish to be certified as the new world record tiger trout.

As for fishing advice? Caylun said he has caught big tiger trout before out of Loon Lake, weighing up to 12 pounds, prior to this catch of a lifetime. Peterson says in his experience,

"They tend to bite first thing in the morning and right before sunset". Peterson is also a big believer in his method of using bait with no weight which slowly sinks to the bottom. As for what he was using besides that? Nothing fancy. Just an older Shakespeare Ugly Stik fishing rod and Okuma spinning reel.

It's the sort of story that makes you believe you too might just reel in a record the next time you are casting a line off the dock, out of the boat or from shore at your local lake. After all, if a regular guy who loves to fish like Caylun Peterson can catch a record, maybe anglers like you and I can too.

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



PHOTO COURTESY CAYLUN PETERSON.

Caylun Peterson with his record Tiger Trout

Leavenworth Summer Theater opens!



PHOTO BY PHIL LACEY.

▲ LtoR: Swayze Fromm, Cora Smith, Eve Gunter, Henry Mott, Faithlynn Swanson, Leo Floyd, Marina Pierce, and Adelaide Turnage as Maria

A special 25th Anniversary Production of Sound of Music opened Friday, July 9

Leavenworth Ski Hill Amphitheater 10698 Ski Hill Drive with shows starting at 8 p.m. on July 15, 16, 17, 22, 23, 24, 29, 30 and 31. August 5, 6, 7, 12, 13, 14, 19, 20 and 21. Directed and choreographed by Tiffany Mausser

PHOTO BY PHIL LACEY.

(starting top left and going clockwise) Maria Tramontozzi, Ally Atwood, Susan Gubsch, Anneliese Floyd, Kelsey Sanders, Marina Pierce, Talen Schoening, Reilly Shoening, Allison Bergstrom, Abbey Mott, Carolyn Dunbar, Cathy Bronson



Antihistamines

Q: My nose runs, and my eyes itch every summer from my allergies. I used to take Allegra®, but it doesn't seem to work anymore. What other antihistamine should I try?

Antihistamines are designed to prevent and relieve allergy symptoms by keeping a compound called histamine locked up in special cells called mast cells. Histamine is responsible for triggering allergic reactions, a chain of events resulting in a stuffy nose, sneezing, sinus pressure, itching, and hives.

When you contact something you're allergic to, called an allergen, your body reacts. Allergens like pollen, grass, mold, or pet dander cause mast cells to open up, letting histamine escape to wreak its havoc of an allergic reaction.

Antihistamines block this reaction best if taken at least 1 hour before you are exposed to any allergens.

Which antihistamine should you use?

That depends on which one relieves your symptoms the best while causing the least amount of side effects. There are 2 main types of antihistamine medicines to choose from: sedating ones and non-sedating ones. Sedating antihistamines are older drugs that often cause drowsiness. Newer antihistamines seldom cause drowsiness but may not be as effective at drying up a runny nose.

Some antihistamines will give you more relief from your allergy symptoms than others. It's not unusual to try more than one antihistamine before finding one that relieves your allergy symptoms while causing the least amount of drowsiness.

Older antihistamines will cause at least some drowsiness in most people. If you need to avoid feeling tired, start with a newer antihistamine, like loratadine or fexofenadine.

One of the best antihistamines to try first is loratadine, also known as Claritin® and Alavert®. It's taken once daily and rarely causes drowsiness. If loratadine doesn't relieve your allergy

symptoms, another choice is Allegra® (fexofenadine), available in two versions: twice a day or once-a-day pills.

If either of those doesn't help you, I would suggest Zyrtec® (cetirizine) or its close relative, Xyzal® (levocetirizine). These are more likely to cause you drowsiness when compared to Claritin® or Allegra® but are better at drying up a runny nose or watery eyes. They cause drowsiness in only 1 out of every 10 people and are very similar in their effectiveness.

If Claritin®, Allegra®, Zyrtec® or Xyzal® don't provide enough relief, try an older, more sedating antihistamine. The most powerful is Benadryl® (diphenhydramine). Benadryl® relieves most allergic symptoms but at the same time causes drowsiness in most people. In fact, diphenhydramine is the main ingredient in the popular sleeping pills Tylenol PM® and Somnex II.

Benadryl® (diphenhydramine) needs to be taken 3 to 4 times a day for best results. Some people get more relief by taking one Benadryl® at bedtime while using another antihistamine during the day.

There are older antihistamines available, including chlorpheniramine, brompheniramine, and triprolidine. Triprolidine causes less drowsiness than chlorpheniramine and brompheniramine. It is also very effective at drying up runny nose symptoms.

Years ago, as a hospital pharmacist, we would send antihistamines to surgery if a surgeon developed a runny nose and needed to "stop the drip" before performing surgery. The surgeon's favorite was always Actifed®, a combination containing triprolidine and the decongestant pseudoephedrine. It's still my personal favorite, too. I love how it relieves my runny nose, watery eyes, and nasal congestion without causing drowsiness.

The main drawback to triprolidine is finding it. Triprolidine is only available



as the combination Actifed®, which also contains the original version of Sudafed®, pseudoephedrine, which is restricted. I buy generic Actifed® from my pharmacy and sign for it.

Here are 5 Tips on Choosing an Antihistamine:

1. Take them ahead of time, if possible.

Take antihistamines at least an hour before exposure to allergens. You'll get better results than if you wait until your nose stuffs up and your eyes start itching.

2. Try newer, less sedating ones first.

Non-sedating antihistamines like loratadine (Claritin®), fexofenadine (Allegra®) or cetirizine (Zyrtec®) have fewer side effects.

3. If your first choice doesn't help, try a different one.

It's not unusual to get good results with one antihistamine, yet very little relief from another. If one antihistamine stops working, try a different one.

4. Choose between just an antihistamine or a combination product.

You can choose an antihistamine alone or combined with other medicines, like a decongestant. I recommend you avoid Sudafed PE® sold on the shelf, which contains phenylephrine. It's not nearly as effective as the original formula of Sudafed®, which contains pseudoephedrine.

5. Triprolidine/pseudoephedrine (Actifed®) relieves both runny and stuffy nose symptoms at the same time.

Dr. Louise Achey, Doctor of Pharmacy, is a 40-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog TheMedicationInsider.com.* © 2021 Louise Achey

State Reopening & Masking Guidance

SUBMITTED BY VERONICA FARIAS

Chelan-Douglas Health District

East Wenatchee, WA

– As of June 30, all industry sectors (except for large indoor events with more than 10,000 participants) may return to usual capacity and operations. This does not include masking, which will continue under current guidance.

Current guidance on masking from the Secretary of Health states that every person in Washington State must wear a face covering over their nose and mouth when they are in a place where people from outside their household are present.

Exemptions to the face covering requirement include:

- when fully vaccinated against COVID-19, except in health care settings, correctional facilities, homeless shelters, K-12 schools or other youth settings where masks must continue to

be worn;

- when outdoors;
- when engaged in indoor or outdoor training or sports; and
- when anyone in a group is deaf or hard of hearing and not wearing a face covering is essential for communication.

For a full list of exemptions to the face covering requirement, please refer to Order 20-03.3: https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/Secretary_of_Health_Order_20-03_Statewide_Face_Coverings.pdf.

Current guidance on masking in businesses remains unchanged:

- Fully vaccinated employees do not have to wear a mask, unless their employer requires it;

- Before ending masking, employers must confirm workers are fully vaccinated;

- Regardless of vaccination status, masks are still required in health care settings, correctional facilities, homeless shelters, schools,

child care centers or day camps; and

- Unvaccinated individuals are still required to wear face coverings in all public spaces.

Further information about masking in the workplace can be found at: <https://www.lni.wa.gov/forms-publications/F414-179-000.pdf>.

"The main thing we would like to share is that we are cautiously optimistic that things are moving in the right direction. We want to stress that people continue to get vaccinated when and where they can as we have the Delta Variant that is highly contagious and affecting younger people at a higher rate than the original wild type strain of COVID19," Luke Davies, CDHD Administrator, says.

To stay informed on local public health, visit www.cdhd.wa.gov and follow CDHD on Facebook, Twitter and Instagram.

JUL 31

DEEP WATER AMPHITHEATER PRESENTS

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Tickets starting at \$45

12 TRIBES MILL BAY CASINO

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Community

The Gospel for Miss Nevada USA



A WALK WITH PASTOR

John Smith

Apparently, anything a female can do a male can do better. Case in point: the newly crowned Miss Nevada USA is a biological male and will compete in the upcoming Miss USA pageant this fall. This one of many examples within our society today, of men earning titles and smashing records within women's competitions and athletics. However, it is very strange to me, that there was so much push back and outright condemnation for a thing such as "toxic masculinity" from Feminists and another SJWs, yet when a biological male wears lipstick and eyeliner crushes a female's skull in MMA or steals a championship in girl's track and field, it is met with cheers and applause.

It just goes to show you that we live in a mad world. Of course, we do. When society throws off any restraint, rejects God and His Law, and says in their heart, "With our tongue, we will prevail, our lips are with us; who is master over us?" (Psalm 12:4), what do we expect but confusion and chaos?

Now some might consider me insensitive, unloving, or unfair for even broaching this subject. After all, shouldn't everyone be able to participate in any sport or competition they

want? What gives me the right to define gender and restrict people's free choice to identify themselves? The issue has nothing to do with my opinion on transgender individuals in female sports, but everything to do with a basic tenet of humanity and that is, "God created them male and female." (Genesis 1:27).

As hard as it is to swallow in our world today, males and females are different. Physiologically males have denser muscle mass, their blood has a higher hemoglobin level, and to put it simply, an average man is always going to be stronger than the average woman in physical strength. Put them in competition together, and it is basic biology that a man is going to outperform a woman every time.

Allowing biological men in women's sports is unfair, cruel, and undermines the whole cause of "diversity". To be diverse, you have to accept the differences and when we see incidents like the ones mentioned, we are saying that men and women are the same and imposing that view on something biologically untenable. Biologically speaking, a man will never become a woman and vice-versa and for the cause of diversity, we should be accept that.

Yet, with the apparent rise of transgenderism in our society today, how is the Church or the individual Christian going to respond? It is one thing to outright oppose it, condemn that behavior, and back it up with scientific evidence. However, it is another thing entirely to yes,

on one hand, say that it is sinful and call for its repentance but also do it with a heart that is full of compassion. It is important to remember that Miss Nevada, and others like him, who struggle with questions regarding identity are people first and foremost. They are individuals with stories, backgrounds, and family histories that often include pain and suffering. As Christians, we are to regard no one according to the flesh (2 Cor. 5:16)—what see on the surface—but see past their sinful behavior; speak to the real core of the issue, and demonstrate mercy (June 22). The transgender's real problem is not whether or not society accepts them or their rights as individuals are infringed upon, rather it is that they are lost and confused in their sin and forsaking wholeness found only in Christ.

The transgender doesn't need society to crown them with a tiara or place a medal around their neck. They need the Church to lovingly and clearly give them the gospel that can redeem, heal, and liberate from the radical effect of sin and give peace with God and life everlasting.

Although, as Christians, we cannot celebrate or affirm lifestyle choices that are in direct contradiction to God's standard, we can, however, be very explicit in our affirmation that Christ saves sinners and that no sin is too great for such a great Savior as Jesus.

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

MEMORIAL NOTICE

A Memorial for Carol Porter will be on July 17, from 1-4 p.m. at the home of Norman Porter, 510 Sherbourne Street, Leavenworth.

Chelan PUD Names Two Senior Leaders – Shawn Smith & Rosario Nystrom

SUBMITTED BY RACHEL HANSEN
Chelan PUD

WENATCHEE, WA – Chelan County PUD has named two new leaders to its senior team: Shawn Smith as Managing Director, Energy Resources and Rosario Nystrom as Managing Director, Human Resources.

Smith comes to Chelan PUD with more than 20 years of experience with public and investor-owned utilities and start-up companies. Most recently, he held senior energy positions with the City of Anaheim, Calif., and Southern California Edison. He holds a Bachelor of Arts in Economics from University of California, Los Angeles, and a certificate in project management.

Nystrom has more than 15 years of experience in human resources and administrative management, most recently

with the Chelan County and the Orondo School District in North Central Washington. She holds a Bachelor of Arts in Business Administration from Central Washington University and a Master of

Business Administration from Western Governors University, Washington. She also is certified by the Society for Human Resources Management and in Diversity, Equity and Inclusion.



Rosario Nystrom



Shawn Smith

Get the word out

THE LEAVENWORTH ECHO
215 14th Street • PO Box 39 • Leavenworth
(509) 548-5286 • echo@leavenworthecho.com

Obituary & Memorial Policies

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

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

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

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

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

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

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

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



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jonesjonesbetts.com

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Community Cupboard
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Thrift/Food Bank/Emergency Services
A program of Upper Valley MEND

Please help us meet our needs by donating the following items:
• Cereal • Juice • Canned Fruit • Cooking Oil • Eggs • Meats • Chili • Soups

Open: Monday, Wednesday and Friday
from 10:30 a.m. – 4:30 p.m.
219 - 14th St. Leavenworth • 509-548-6727

Das Thrift Haus is opening its doors. We will also be taking clothing and household at the sorting center again. Kindly bring donations to our sorting center.

Das Thrift Haus
888-9990
Open Tuesday - Friday 10 a.m. - 4 p.m.
211 - 14th Street • Leavenworth

This announcement sponsored by The Leavenworth Echo

UPPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 782-2869
Worship 9 a.m.
Bible Study, Wed., 6:30 p.m.
Pastor Bob Bauer

Find us on Facebook at Cashmere Baptist Church



CASHMERE PRESBYTERIAN CHURCH
303 Maple Street • 782-2431
Sunday Morning Worship 10:30 a.m.
Call for activities: Pastor Charles Clarke
www.cashmerepres.org



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



CHRIST CENTER

Cashmere Assembly of God: 509-782-2825
Worship Service Sundays 10:00 a.m., in-person, Conservatory
Apple Annie's and on-line, christcentercashmere.com
Underground High School Sundays 8:00 p.m.,
In-person, Conservatory



Middle School Youth Thursdays 7-8:30 p.m.,
In-person, Conservatory
Lead Pastor, Steve Haney
Children's Pastor, Andy Robinson
Congregational Care Pastor, Joyce Williams
High School Director, Kelsie Falden
Community Outreach, Stefanie Haney

GRACE LUTHERAN CHURCH
Morning Prayer or Holy Eucharist.
Join us at 10:00 a.m. on Sundays.
Contact Pastor Rob Gohl
509-860-0736 for more information.



ST. JAMES EPISCOPAL CHURCH
Morning Prayer or Holy Eucharist.
9 a.m. on Sundays.
Contact Pastor Rob Gohl,
509-860-0736 or
Deacon Carol, 670-1723 for more information.

EVERGREEN BAPTIST CHURCH
5837 Evergreen Drive • 782-1662
Sunday School - 9:45 a.m.
Morning Worship - 11 a.m.
Evening Service - 6 p.m.
Pastor John Smith
www.christforcashmere.org

DRYDEN

DRYDEN COMMUNITY CHURCH
Hwy 2 at Dryden Ave. • 782-2935
Sunday School 9:30 a.m.
• Worship 10:45 a.m.
Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH
8345 Stine Hill Rd. • 782-2616
Worship Service, 10 a.m.,
Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BAPTIST CHURCH
11025 Chumstick Hwy.
Please join us Sunday mornings 9 a.m.,
Sunday School 10:30 a.m.,
Worship Service
Office: 509-548-4331



CORNERSTONE BIBLE CHURCH
Leavenworth Grange Hall
621 Front St. • 251-635-3435
Sunday Worship 10 a.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
10170 Titus Rd. (across from middle school)
Church: 548-7667
Meetings: Sunday - 10 a.m.

FAITH LUTHERAN CHURCH - ELCA
"Reconciling Works Congregation"
224 Benton Street • 548-7010
Worship 9:30 a.m. w/coffee following
www.faithleavenworth.org

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC
429 Evans Street, 509-470-7745
Sunday Worship: 11 a.m.
Website: www.leavenworthbaptist.com
Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 548-5292
Sunday Worship 9 a.m.
Lead Pastor: Greg Appleby
www.LCN.org



SEVENTH DAY ADVENTIST CHURCH
10600 Ski Hill Drive • 548-4345
Saturday Services
Bible Study 9:30 a.m. • Worship 11 a.m.
Fred Smith • 860-3997

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

MONITOR

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 782-2601
Virtual Zoom Service, Sunday,
11 a.m. until further notice.
Pastor Lilia Felicitas-Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street • 548-7517
Sunday Worship 10 a.m.
Pastor John Romine
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
FB page: newlifeleavenworth.com



Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS



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

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



Administrative

Puzzle Solution

ECASH	PAL	CUBE							
MERCY	OBI	HORUS							
SPIRE	SAM	ARGOT							
SLINKY	BARNEY								
PAY	TOTA								
BOP	SOFT	ESCHEW							
EARS	TOAD	SHAME							
ATOP	OWLET	AVON							
REVUP	LIAR	RETD							
SNORES	ARUM	LEY							
SHUN	EEL								
STREET	ARCADE								
WHEAT	ITD	CRAPE							
AORTA	COD	ACHES							
GEMS	AMY	SHLEP							

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

Announcements

General Interest

Never Pay For Covered Home Repairs Again! Complete Care Home Warranty COVERS ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE. \$200.00 OFF 2 FREE Months! 1-888-675-0671

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548-5286 or 782-3781
YOU WILL Call Now! Call Now! Call Now! Call Now! Call Now! Call Now! Call Now!

Employment

Help Wanted

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

Cascade High School Head Wrestling Coach

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



Douglas County PUD has an opening for:

Right-of-Way Assistant \$54k- \$57k DOE Closes: 7/22/2021

Details at www.douglaspu.org



Douglas County PUD has an opening for:

On-Call Fish Counter \$22.04/ hour Closes: 7/15/2021

Details at www.douglaspu.org

Hiring: Front desk associate

We are looking for a hard working, cheerful receptionist to join our team in Brewster. Responsibilities include greeting patients, answering phone calls, checking insurance, accepting mail, finalizing paperwork and other administrative tasks. Must be fluent in English and Spanish. We are looking for someone who is friendly, organized, and has strong problem solving skills. Integrity is a must. Wages determined by experience. Benefits start with 2 weeks paid vacation, eye care, and bonuses. Hours are Monday through Thursday, 7:30-4:30pm. Please apply at brittneygillespie@gmail.com Learn more about us at GillespieEyeCare.com

Help Wanted

Bus Driver/ Operator Full-time

Organization: Okanogan County Transit Authority (TranGO)

TranGO is looking for two (2) transit drivers; one full-time (36- 40 hours per week) position based in Tonasket and one part-time (10+ hours per week) position based in Okanogan.

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 for full-time.

Must have a minimum Class B CDL with Passenger Endorsement. Please visit www.okanoganttransit.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@okanoganttransit.com

Application Deadline: Application review will begin July 23, 2021 and will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

PATEROS SCHOOL DISTRICT FOOD SERVICES ASSISTANT

Employment begins with the new school year. Five (5) hours per day, 7:30 a.m. - 1:30 p.m. Current food handler's card required; experience with food prep desired. Must favorably pass a background check. Hourly starting pay \$15.39 with medical and retirement benefits.

All applications processed through FAST TRACK: www.pateros.org>Our District>Employment. Position description available online. Contact employment@pateros.org or the district office at 509-923-2751 x4 for more information. First review of applications is 7/21/2021. Positions open until filled. EOE

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

Help Wanted

Looking for a great local employee?

It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster
Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

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

The Leavenworth Echo

Looking for a part-time job? We are 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 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.

Brewster School District Opening

Brewster School District is accepting applications for a High School Advanced Mathematics teacher for grades 9-12. Classes to be taught are Algebra 2, Geometry and Pre-Calculus. Applications are available on the district's website at brewsterbears.org or by calling 509-689-3418. This position is open until filled. Brewster School District is an Equal Opportunity Employer

Help Wanted

CITY OF CASHMERE

Wastewater and/or Water System Operators
Job Type: Full-Time/ Non-exempt/ Union Representation
Pay: Depends on qualifications and experience
Benefits: Health, vision, & dental for employee and family, PERS retirement, sick and vacation leave accrued
QUALIFICATIONS REQUIRED
•Water or Wastewater Operator certification (OIT, Level 1, 2 or 3)
•High school diploma or GED; with additional education and experience necessary for successful performance of this job
•Valid Washington state driver's license (commercial driver's license desired)
•First-Aid and CPR certifications
Applications are available at: <https://www.cityofcashmere.org/government/human-resources>
For inquires contact Steve Croci at steve@cityofcashmere.org or 509-782-3513. Position opened until filled.

Manson Parks

is looking to fill our Seasonal Park Aide/ Launch Attendant position immediately. Schedule is flexible but applicants must be able to work weekends. Duties include cleaning restrooms, emptying trash cans, and checking for payment and ticketing at Old Mill boat launch. Must have current WA Driver License free of major infractions and be able to pass a background check. For more details, please contact us at (509) 679-8735 (call or text), or email robin@mansonparks.com

Newspaper Advertising Sales person needed.

Come join our sales team. If you enjoy helping our local businesses get their advertisements out to the communities we serve. We have the job for you! The right candidate must be outgoing, personable, honest and knowledgeable on the computer. Training on our software. The Leavenworth Echo 215-14th St. with a resume or call for an interview with Bill or Carol, 509-548-5286.

For Sale

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

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 !

Moving Sale

Leavenworth: Moving Sale July 17, 18, 24, 25. Shop displays, household items, furniture, tools kitchen appliances, sporting equipment, Bowflex system, hobby items. in Pear Tree Court, 11752 D'Anjou Ln.

Legals

Public Notices

2021-2022 Budget Hearing/Meeting to Adopt
The Cascade School District Board of Directors will hold a hearing on the 2021-2022 budget prior to the scheduled board meeting on Monday, July 19, 2021. The Hearing will begin at 6:00 pm in person with the regular board meeting to follow at 7 pm. Any person may appear there at and be heard for or against any part of such budget. Published in the Leavenworth Echo/Cashmere Valley Record on July 7 and 14, 2021. #2343

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

www.leavenworthecho.com
www.cashmerevalleyrecord.com

AMBUSH AUTOMOTIVE BUYERS
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



Don't just 'park' your car on the side of the road with a 'For Sale' sign on it!
'Park it' on NCWMarket.com for one low \$25 fee!
Fee includes:
• Up to 3 photos of your vehicle
• Video • Unlimited description
• Google Map to your location (you can opt out)
• Privacy Link (interested buyers contact you through the site protecting your identity)

Public Notices

**CITY OF CASHMERE
NOTICE OF DEVELOPMENT
APPLICATION
SUBDIVISION PLAT:**
Name of Applicant: POH Ventures, LLC
Application Number: Freedom Hills Subdivision Development Permit 2021-1
Date of Application: May 28, 2021
Date Notice of Application Issued: July 7, 2021
Date of Complete Application: July 7, 2021
Description of Proposal and Location: A major subdivision application to divide two existing lots into 27 separate lots for single family homes. The property is approximately 260,053 sq ft. The lots are proposed to range in size from approximately 7,729 sq/ft. to 20,331 sq/ft. The property is located east of Olive Street and west of Rank Road, south of Cascade Place and north of Mission View Place in the City of Cashmere, Chelan County, Washington. The Chelan County Assessor's Parcel # is 23-19-04-505041 and Parcel # 23-19-04-505-030
Required Studies: Traffic study. Required Permits: SEPA Environmental Decision, Grade & Fill Permit and Building permits. SEPA Environmental Review: The City of Cashmere has reviewed the proposed project for probable adverse environmental impacts and expects to issue a Mitigated Determination of Nonsignificance (MDNS). This determination is based upon a finding that any potential impacts will be addressed through the application of city codes and standards. This determination is based upon the finding mitigation may be required to address Frontage improvements on Kennedy RD and Olive St and the deficiency at the intersection of Kennedy and Rank Rd. The proposal may include mitigation measures under applicable codes, and the project review process may incorporate or require mitigation measures regardless of whether an EIS is prepared. The optional MDNS process is being used pursuant to WAC 197-11-355. This may be your only opportunity to comment on the environmental impacts of the proposed project.
Statement of Public Comment Period: The 14-day comment period commences on July 14, 2021 and lasts through July 28, 2021; however, the city will accept public comments until the closure of the public record during the public hearing. Agencies, tribes, and the public are encouraged to review and comment on the proposed project and its probable environmental impacts. Any interested party has the right to comment on the proposal and request a copy of the decision once it is made.
Statement of Preliminary Determination: The development regulations that will be used for the project mitigation and to provide consistency with the type of land use for the proposed site, are outlined in Titles 15, 16, 17 and 18.
Public Hearing: A public hearing will be scheduled before the Hearing Examiner. A notice of public hearing will be advertised and mailed to parties of record and those who receive this notice at least ten days prior to the hearing.
City Contact Person: For further information about this project, please contact Tammy Miller, Director of Planning & Building, at City Hall, 101 Woodring Street, Cashmere, WA 98815, Email: tammy@cityofcashmere.org and phone 509.782.3513.
Published in The Cashmere Valley Record /Leavenworth Echo on July 14 and 21, 2021. #2406

Public Notices

**SUPERIOR COURT OF WASHINGTON
FOR CHELAN COUNTY**
In the Matter of the Estate of HENRY W. SCHAUER, Deceased. No. 21-4-00231-04
PROBATE NOTICE TO CREDITORS RCW 11.40.030
The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of:
(1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
Date of First Publication: July 14, 2021
Personal Representative: Lynda M. Jammerman
Attorney for the Personal Representative: David J. Bentsen
Address for Mailing or Service: Speidel Bentsen LLP
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881
Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 21-4-00231-04
LYNDA M. JAMMERMAN
Personal Representative
Attorneys for Personal Representative: SPEIDEL BENTSEN LLP
By: DAVID J. BENTSEN
WSBA No. 42107
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807.
Published in The Leavenworth Echo/Cashmere Valley Record on July 14, 21 and 28, 2021. #2393

Public Notices

**CHELAN COUNTY MOSQUITO CONTROL DISTRICT NO. 2
ALSO KNOWN AS LEAVENWORTH MOSQUITO CONTROL DISTRICT NOTICE OF PUBLIC HEARING**
Notice is hereby given that Chelan County Mosquito Control District No. 2 shall conduct a public hearing at 7p.m. on Monday July 19, 2021 at the Chelan County Fire District 3 located at 228 Chumstick Highway, Leavenworth, WA 98826, regarding a petition for annexation at which the district board shall hear persons appearing on behalf of the petition and all protests and objections to it. The district board shall make such changes as it believes advisable in the boundaries to the territory and shall define and establish the boundaries. It shall also determine whether the petition meets the requirements of chapter 17.28 RCW. Petition for the Greater Zelt Strasse Area: Petition for Annexation to the Chelan County Mosquito Control District #2 (RCW 17.28.330). We the undersigned, being registered voters resident in the territory legally described below, hereby petition and request that the real property boundaries described below be annexed to the Chelan County Mosquito Control District #2 in accordance with RCW Chapter 17.28.330. Petitioners further state as follows: 1. The boundaries of the area proposed to be annexed to the Chelan County Mosquito Control District #2 are as follows: all areas lie within Chelan County, Washington, are located south of River Bend Drive, west of the Wenatchee River and north of U.S. 2, and are not currently within the boundaries of the Chelan County Mosquito Control District #2. See map for detail; the proposed annexation area is cross-hatched. 2. Petitioners request, upon certification by the Chelan County Mosquito Control District #2 board of trustees that this petition contains sufficient valid signatures as provided by RCW 17.28.020, that action be taken thereon all in accordance with RCW Chapter 17.28.320-17.28.350. (Ten percent or more of registered voters in the boundaries legally described below who have cast votes for the office of governor in the last gubernatorial election are required to validate this petition). 3. Chelan County parcels located south of River Bend Drive, west of the Wenatchee River and north of U.S. 2, that are not now within the Chelan County Mosquito Control District #2 are the real property relevant to this petition. The affected parcels include: (property ID #) 30119; 30120; 30121; 30124; 30264; 30265; 30266; 30267; 30269; 30270; 30271; 30272; 30280; 67013; 67014; 67015; 67016 and 67017. This petition was signed by Lonna West, Savannah Day, Chris Mehlerl and 3 other individuals.
Published in The Leavenworth Echo/Cashmere Valley Record on June 30 and July 7 and 14, 2021 #2325



Public Notices

CITY OF LEAVENWORTH NOTICE TO CONSULTANTS FOR PINE STREET RECONSTRUCTION PHASE II STUDY
The City of Leavenworth solicits interest from consulting firms with expertise in Civil Engineering Design. This agreement will be for approximately 12 months in duration with the option for the City of Leavenworth to extend it for additional time and money if necessary. Consultants will be considered for the following project.
The City of Leavenworth reserves the right to amend terms of this "Request for Qualifications" (RFQ) to circulate various addenda, or to withdraw the RFQ at any time, regardless of how much time and effort consultants have spent on their responses.
Project Description
The work to be performed by the Consultant consists of evaluating design alternatives for the reconstruction of Pine Street Reconstruction Phase II. The proposed improvements include reconstructing Pine Street from Titus Road to Fir Street, constructing a new alignment from Fir Street to Chumstick Highway, installing a new intersection onto Chumstick Highway, and determining Fir Street pour use from Pine Street to Chumstick Highway. This project has 0% SBE/WBE/MBE goal. The major features of the project are as follows:
•Study of alternatives for the Pine Street/Chumstick intersection. Potential alternatives include, but are not limited to: 1) Roundabout; and 2) "T" Intersection.
•Study of alternatives for the Fir Street Spur. Potential alternatives include, but are not limited to: 1) Vacating; 2) R/W Swap; 3) Reconfigured w/Closure; and 4) Regional Stormwater Facility.
•Determination of R/W acquisition requirements and environmental permitting issues.
•Preliminary cost estimates.
•Schedule for project construction.
•Community support.
•Recommended improvements.
The City's expected budget for this study is \$125,000. The City of Leavenworth reserves the right to retain the services of the successful firm(s) for any subsequent phases (PE, R/W, CN) associated with this project.
Evaluation Criteria
Submittals will be evaluated and ranked based on the following criteria:
1) Qualification of Proposed Project Manager
2) Qualifications/Expertise of Firm
3) Ability to meet schedule
4) Approach to project
5) Familiarity with WSDOT/FHWA standards
6) Past Performance/References
Submittal
Submittals should include the following information: Firm name, phone and fax numbers; Name of Principal-in-Charge and Project Manager; and Number of employees in each firm proposed to project.
Please submit FOUR copies of your Statement of Qualifications to: City of Leavenworth, P.O. Box 287, Leavenworth, WA 98826 no later than 4:00 p.m. on August 4, 2021. Submittals will not be accepted after that time and date. Any questions regarding this project should be directed to Tom Wachholder, Public Works Director at (509) 548-5275.
Americans with Disabilities Act (ADA) Information
The City of Leavenworth in accordance with Section 504 of the Rehabilitation Act (Section 504) and the Americans with Disabilities Act (ADA), commits to nondiscrimination on the basis of disability, in all of its programs and activities. This material can be made available in an alternate format by emailing Tom Wachholder, Public Works Director at twachholder@cityofleavenworth.com or by calling (509) 548-5275.
Title VI Statement
The City of Leavenworth, in accordance with the provisions of Title VI of the Civil Rights Act of 1964 (78 Stat. 252.42 U.S.C. 2000d to 2000d-4) and the Regulations, hereby notifies all bidders that will affirmatively ensure that any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full and fair opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, or national origin in consideration for an award.
Published in The Leavenworth Echo/Cashmere Valley Record on July 14, and July 21, 2021.#2392; and Seattle Daily Journal of Commerce July 14, 2021

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- E-wallet content
- Pen
- Rubik's
- Bryan Stevenson's "Just"
- *-Wan Kenobi
- Egyptian falcon-headed deity
- Top of a steeple
- "-Am"
- "Walking" spring toy
- *Purple dinosaur
- Foot the bill
- *KIDZ
- Like a mattress?
- Dumbo's were huge
- *Arnold Lobel's "Frog and"
- Emotional punishment
- At the summit of
- Young hooter
- Shakespeare's hometown river
- Increase rpms (2 words)
- *Pinocchio or Baron Munchausen, e.g.
- Retired, shortened
- Soft palate vibrations
- Bob of the boxing world
- Bovine hangout
- Give the cold shoulder
- Unagi on sushi menu
- *Place called Sesame
- *Place for Pong and Pac-Man
- Semolina source
- It would
- Arterial blood vessel
- Atlantic catch
- Partner of pains
- Emeralds and rubies
- *One of "Little Women"
- Haul something heavy DOWN
- German river
- Large edible mushroom, pl.
- Seed covering
- Substitute for tender
- *Shenzi, Banzai and Ed in "Lion King"
- *One in a pocketful
- Lawyers' league
- Horizontal bar dance
- It's knee high by the Fourth of July?
- Strong desire
- Channel marker
- Eastern Standard Time
- What bullies do
- City in Japan
- Past tense of eat
- Popular salad dressing
- *Winnie and Paddington
- Derived from oats
- Utah city
- Thanksgiving turkey, e.g.
- Burn to a crisp
- V.clav of Czechoslovakia
- Be theatrical
- *One of the Darling children
- Horse prod
- Letter opener
- More true
- Bygone Spanish money
- "He said, ___ said"
- Place that attracts visitors, pl.
- Ancient city in Africa
- Cooler climate conifer
- *"One, two, buckle my"
- Four years in the White House, e.g.
- *"of NIMH"
- * Walker, American Girl
- *"Matilda" and "The Gremlins" author
- "The Three Musketeers" sword
- Tail action
- *Huck's friend
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Opinion

Reviewing Washington's redistricting process



COMMUNITY VOICES

Brad Hawkins

The 12th District and Washington's 48 other legislative districts have had specific boundaries since 2012. The borders for these districts, as well as Washington's 10 federal congressional districts, will change in 2022 after the state's redistricting process is completed near the end of this year. Since redistricting only occurs every decade, I thought it would be helpful to review the process.

How Washington's redistricting works

Each state has its own process for redistricting. In Washington, an independent and bipartisan Redistricting Commission is established every 10 years to redraw legislative and congressional district maps for the next decade. The redistricting process occurs after the completion of the national census, which is taken every 10 years, most recently in 2020. Congressional district lines have been drawn by the Redistricting Commission since 1983 and legislative district boundaries since 1991. This commission comprises five members. Four are appointed by the leaders of each of the four legislative caucuses. The four appointed commissioners then appoint a fifth, nonvoting, chairperson. Enactment of new redistricting maps for Washington requires bipartisan approval. If at least

three of the four Redistricting Commission members cannot agree on a map that is fair to all, responsibility for drawing the lines is turned over to the Washington Supreme Court. Our state's bipartisan redistricting system requires cooperation. It isn't surprising that Washington's redistricting process is admired by other states seeking to move away from an approach in which one party controls the final result.

Voters created the Redistricting Commission

For many years, the Washington State Legislature was in charge of redistricting, but many had grown angry and frustrated with how partisan and time-consuming this approach had become. By the 1980s, Washingtonians sought change. In 1983, Washington voters passed an amendment to our state constitution that created our state's independent Redistricting Commission. Over the past decade, several other states have revamped their redistricting process to reduce the chance of partisan politics and "gerrymandering," a term describing districts with bizarrely drawn boundaries. I'm encouraged to know other states have followed our state's lead in creating independent commissions to draw up legislative and congressional district maps, with just minimal political manipulation involved.

2021 Redistricting Commission members

Members of the Redistricting Commission must meet certain criteria to be eligible to serve. Each appointee must be a registered voter, cannot have been a registered

lobbyist within one year prior to appointment, and cannot have been an elected official or elected local or state party officer within two years of appointment. Additionally, once appointed, commissioners may not campaign for office, participate or contribute to a political campaign, or campaign or hold a seat in the Legislature or Congress for two years after the new plan is enacted. Earlier this year, the four legislative caucuses announced their appointees to serve on the Redistricting Commission. The Commission will be rebalancing the state legislative and federal congressional districts to ensure each district represents approximately the same population.

Redistricting's impact on eastern Washington

For the 12th Legislative District that I proudly represent (Chelan and Douglas counties and portions of Grant and Okanogan counties), the boundary will most certainly be different than the existing boundary. Throughout the history of our state and certainly throughout the Redistricting Commission's history, that has been the case for all districts. The question is, how different will the new boundaries be? It is very possible that portions of the existing legislative districts in eastern Washington will include portions of western Washington because of greater population growth on the west side of the Cascades. For legislative districts beginning in 2022, the ideal district will contain approximately 156,249 people. Based on the 2020 Census, the 12th District is close to that count now with over 151,000 reported. Many

eastern Washington districts, however, are well under the ideal population count and, therefore, will likely expand geographically to pick up population. This will likely impact the 12th District as well.

History of 12th District borders

In the early 1930s, the 12th District was moved from southeastern Washington to its present location in North Central Washington. All of Chelan County has been within the 12th District since then. In 1965, the 12th District included all of Chelan and Douglas counties. By 1972, the western half of Okanogan County, including Winthrop and Brewster, was added to the 12th District, as was the northern part of Grant County. The northern portion of Kittitas County was part of the 12th for 30 years until the present boundaries were redrawn in 2012 – a shift that also picked up more of the southeastern portion of Okanogan County and part of Grant County.

Regardless of any shifting boundaries for the next 10 years, my hope is that Chelan and Douglas counties remain together given the unique nature and long history of shared cooperation between our two counties and their agencies. The federal congressional districts near us, the 8th District (Rep. Kim Schrier) and the 4th District (Rep. Dan Newhouse), are likely to see boundary adjustments as well. To learn more about redistricting and to share your feedback, please visit redistricting.wa.gov.

Thank you for the opportunity and privilege to serve as your 12th District state senator.

LETTERS TO THE EDITOR

Response to Bill Cowles

"Socialism is a siren song for the gullible and misinformed young. History has proven this over & over many times. It is ironic that socialism is gaining popularity in America now and all people need to do is look at history to realize why we should avoid it. We all need to understand history's failures so that we don't repeat them."

The above is a quote from the letter of July 7, 2021 by Bill Cowles. Hi Bill, I haven't shaken your hand since all this Covid mess began and we stopped bumping into each other at shops in town and in Wenatchee. Hope you are doing well.

But, Bill, your well written paragraph confuses me. Please correct me if I'm wrong in saying you are a retired CA

police officer? I am reasonably certain I am remembering that correctly. And if I am, Bill, then I will remind you that you are, in point of fact benefitting monthly from your Socialist organization's retirement checks.

Sorry, Bill, but America is full of healthy, well run Socialist organizations. All 50 of the states own and operate a State Police department, and in point of fact, all police and fire departments throughout the land are socialist entities. Like it or not, Bill, that's true. Publicly owned and operated entities even such as our own Cascade Medical Center are socialist entities owned by the taxpayers who support them, not by individuals or corporations.

While we're at this minor point of socialism, I also remember you were once

a member of the US Navy. Sorry to have to be the friend to inform you, Bill, but the US military, all branches, amount to our own Federal Communism.

In case you are missing my point here, Bill, our lives are made better by our socialist organizations and of course protected by our enormous communistic military organizations.

What these organizations do for the nation's population is protect us all from being used and abused by the monsters which existed in Europe under the former ruling royalty. Would you rather the Chelan County Sheriff's department belonged to a royal? Ah we could have our own Sheriff of Nottingham and therefore our own Chelan County Robbing Hoods to steal from

the rich and dole out to the you and me chaps.

And while I'm at it, Bill, I'll remind you that the USA's Communistic organization TVA was an idea founded by a GOP senator from the Great State of Nebraska...Google and look for facts. You do know what the TVA is, don't you?

Finally, Bill, as a friend, please do yourself a favor and stop this nonsense about liberals and conservatives. We are all merely citizens of a great country. And on occasion, even the folks we don't see eye to eye with have thoughts and ideas that benefit all. And always remember, Socialism and Communism, like Capitalism, are simply economic systems, not Government systems.

Alex Saliby
Leavenworth

Chelan PUD prepares long-term power contracts for a new energy market

SUBMITTED BY RACHEL HANSEN

Chelan PUD

WENATCHEE – Chelan PUD took another step towards implementing its long-term energy marketing strategy. Staff shared with commissioners Tuesday a starting point to replace long-term, cost-based contracts due to expire over the next 10 years.

Chelan PUD produces more than enough power to meet local demand for electricity. Surplus energy produced by Rocky Reach and Rock Island

dams are sold in wholesale power markets using cost-based and market-based contracts. The PUD uses that revenue to keep local rates low and enhance the quality of life for customer-owners with services like parks and super-fast internet.

Chelan PUD will have energy available for sale after long-term contracts with Alcoa and Puget Sound Energy expire in 2028 and 2031, respectively. Under the long-term marketing strategy, the PUD plans to offer some cost-based products that would

produce more revenue than existing contracts while also offering purchasers capacity and carbon-free energy at a price below other renewables.

Driven by a regulatory pull toward more carbon-free energy sources, demand for renewable energy is rising, which has increased prices. Hydropower is a cornerstone among renewables because it economically produces energy around-the-clock without sun, wind, or air emissions.

A team of staff presented plans for an updated template for long-term energy contracts, which will serve as a starting point for negotiations with potential buyers.

The new contract template also includes the best features of past agreements, including:

- It provides buyers a "slice," which is a percentage of energy produced from the dams. The PUD and purchasers would share the output of Rock Island and Rocky Reach aligning interests to maximize the value of Chelan PUD hydropower.
- Buyers would agree to cover a slice of costs related

to producing and delivering energy, to help mitigate risks such as low river flows, and equipment outages. The contract retains PUD control of all capital, operations and maintenance expenditures related to its dams and transmission lines.

The PUD is engaging potential purchasers in discussions about the contract template.

"I'm very encouraged by what you presented, the direction we're going, and the deep thought process of maximizing value and protecting PUD from risk in the future," said Commissioner Gary Arseneault.

In other news, commissioners:

- Heard a construction update for the PUD Service Center at Olds Station
- Received a progress report on the implementation of safety recommendations at the PUD's hydro projects
- Approved a guaranteed maximum price amendment with GE Renewables to rehabilitate the first unit at Rock Island Powerhouse II

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