



Extreme Heat Affects Fire Danger, Fruit, and Personal Health

ERIN MULLINS

Reporter

Record high temperatures have been recorded across the state and the country as the valley faces an unprecedented heat wave with multiple days of triple-digit temperatures. Far before the normal summer heat surge, extreme temperatures are weathered daily. This heat wave is unique not only in its extreme temperatures but for the duration of the heat wave.

“Well what I’m surprised at is the strain and the amount of time that the heat wave has occurred,” said Chelan County Fire District #3 Fire Chief Kelly O’Brien.

This extreme heat increases fire danger, is a risk to personal health, and affects orchardists’ crops. O’Brien said that the fire season will be in swing much earlier than normal because of the heatwave. Currently, outdoor burning and fireworks are not allowed until conditions improve.

Firewise, the biggest risk to Leavenworth is burning embers, O’Brien said. For example, if there was a fire on Tumwater mountain that dropped burning embers on Leavenworth it could start many spot fires and burn down multiple homes.

With the record heat, fuels are drying out extremely quickly, O’Brien said. Oftentimes, the valley gets dry cold fronts and these cold fronts increase fire risk. A cold front is

a low pressure system that moves through the area. When the pressure difference caused by the cold front starts to recede it causes wind to change directions and intensify, increasing fire risk.

O’Brien asks recreational users to be careful when they are enjoying the outdoors and urges homeowners to prepare their homes for the risk of wildfires. He recommends that people limit travel on unmaintained public roads like Mountain Home, stay out of brush areas when driving a car or motorcycle, and be diligent when on public lands.

To prepare a home to defend against wildfire, remove brush and shrub from a 100ft diameter around the home and limit the vegetation around the house to that which doesn’t burn.

In the case that a wildfire does occur, the fire district has mutual aid agreements with all the fire districts within Chelan and Douglas county and working agreements with the United States Forest Service, Department of Natural Resources and the Bureau of Land Management. If more support is needed to fight the fire, state mobilization is used to bring in resources from outside of the area.

Besides the risk of wildfire, personal health is at risk with extreme temperatures causing heat related illness, respiratory problems and even death. O’Brien recommends that

individuals stay out of the heat, drink plenty of water, do physical labor in the morning hours and find a place to cool off.

“Whether that be running through a sprinkler, for example, like a lot of kids like to do, or going to a friend’s house, or to a pool, or just using one of the public facilities that’s open,” he said.

Extreme temperatures have also affected roadways, causing tar to “bleed” through the asphalt on recently chip-sealed roads in Chelan County. The oils underneath the rock are heating up, causing it to bleed through the surface. Road crews are on top of the tar problem, putting sand down in problem areas and putting up traffic safety signs.

If tar is found on a vehicle, pre-soak the area with cold water. Then wash the vehicle with a soft brush. Natural Orange Cleaner degreaser works well at removing tar without damaging paint if a simple brush doesn’t work well enough.

Besides bleeding tar, hot cars are risky for pets and humans. Don’t leave children or pets in the car and don’t walk dogs on the asphalt in the heat of the day. Make sure that pets have access to an air-conditioned room and plenty of water.

Many new daily records have been set in various cities across the state. Daily temperature data has



SUBMITTED PHOTO.

Cherry growers are optimistic that they will have a good harvest despite the unseasonably hot weather.



FILE PHOTO

Outdoor Recreation in the valley

ERIN MULLINS

Reporter

As summer begins and temperatures reach record highs, one of the best ways to enjoy the summer is cooling down at the river. While many people choose to enjoy the river on their own, swimming, wading, tubing, rafting, and kayaking independently, others go rafting or tubing through a professional rafting company.

Outdoor recreation is extremely popular in the Leavenworth and Cashmere areas, but coronavirus changed the outdoor recreation game. Gary Planagan, owner of Osprey Rafting Company, said that he had operated his business last summer and didn’t have any issues with the

virus being spread.

“We did over 4000 people rafting and we did not have anyone test for COVID,” said Planagan.

However, Planagan still followed health department guidelines. In the summer of 2020, he had customers wear masks from the time that they got out of their cars until they got to the river. He also sanitized equipment constantly. This summer, customers are only wearing masks on the bus to the river since masking guidelines have changed.

Planagan said that he hasn’t run into any issues with his employees contracting coronavirus while at work. In the winter, he operated a ski shop renting cross country and downhill skis and limited the number of customers in the building at a time.

Meanwhile, DJ Tuttle, owner of Action Rafting in Cashmere, said that he didn’t open his business last year because he was concerned about coronavirus. This year, everyone who works for him has been vaccinated, so he is a lot less concerned about the virus.

“My concern level has definitely dropped. I’ve noticed that since we started this season to now in the season my concerns definitely went down”, said Tuttle.

However, his business is not completely back to normal operations. Tuttle said that he is currently running at about 50 to 60 percent of his normal business levels. Part of the reason for the reduced business is because corporate and community groups are not booking trips this summer. But Tuttle said that he is still making a profit despite major hits.

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Our Woodlands are Wonderful – How Healthy Forests Keep Our Planet Flourishing

BARBARA CARRILLO

Chumstick Stewardship Wildlife Coalition Communications Consultant

A healthy forest and planet means managing our forests using the science of forestry. It is the practice of sustainably managing forests and their resources for the benefit of all of us – humans, the environment, and wildlife. Good forest management decisions reflect and consider the current and future health of our forests, creating and sustaining clean water for our forests and communities. These benefits include richer soil, healthy forest habitat, healthy watersheds, increased planet health, forest products, and bioenergy.

Many forests cannot be healthy on their own. In particular, our dry central and eastern Washington State forests cannot- unless they have an

established wildfire routine. Since we stop fire from doing its job, it is our job to make up the difference. Forests are much healthier when they are managed pro-actively with tools such as prescribed burning, thinning and cutting trees, planting new ones, fighting diseases, and monitoring and controlling invasive species.

Healthy forests are important to every one of us because we enjoy the outdoors and care about where we live, work, hike, camp, hunt, fish, and make special memories. Around the world more than 300 million people live and work in forests, including an estimated 60 million indigenous people (forestpeoples.org). Indigenous forests absorb and store about 34,000 million metric tons of carbon. Trees are the best carbon capture technology in the world and help clean the air and release oxygen in exchange. Healthy forests

create healthy and life sustaining environments for humans and wildlife to survive and thrive. Nearly half of the Earth’s known species live in forests yet deforestation threatens our forests across the globe.

Did you know that many of the medicines we use today have their origins in the rainforests of our planet with undiscovered cures still out there? Nearly 90% of human diseases known to medical science are treated with prescription drugs that come from nature (rainforesttrust.org). In North America alone, there are over 181 healing plants, lichens, and mushrooms. Many of the remedies we use today were created by our forefathers using plants discovered hundreds of years ago (healthlifetip.com).

Healthy forests also provide overall increased human health. Recreating in our forests provides a getaway for

people to enjoy the sun and fresh air in a forest and feel instantly better, providing significant mental health benefits. Did you know Biophilia is a word for a human’s innate draw to the natural environment? Forests and trees provide humans with increased oxygen, reduced stress levels and help us to recover from fatigue and

generally provide improved overall mood.

Trees also provide many of the wood products we use every day and contribute to the strength and resiliency of our communities, providing important jobs and

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SUBMITTED PHOTO

A healthy forest

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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Supreme Court Rules Arizona Ballot-Harvesting Ban Is Legal

MANDEL NGAN/AFP VIA GETTY IMAGES

MATTHEW VADUM

Arizona's ban on ballot-harvesting and out-of-precinct voting doesn't violate the federal Voting Rights Act, the Supreme Court ruled 6-3 in a closely watched case with implications for future elections.

In an exclusive interview with The Epoch Times, Mark Brnovich, attorney general of Arizona, who argued the case, said the court "recognized when it comes to time, place and manner, the states have a lot of authority."

"We as public servants have no more sacred duty than protecting the people's right to vote, but we have to maintain confidence in the integrity of the results," the Republican officeholder said.

The court opinion split neatly along ideological and partisan lines, with the six conservative justices nominated by Republican presidents voting to uphold the state rules and the three liberal justices nominated by Democratic presidents voting to strike them down.

The July 1 decision was a victory for the former Trump administration, which argued in a friend-of-the-court brief the month before it left office that the rules were legally sound.

President Joe Biden promptly denounced the Supreme Court ruling after it was issued, saying it "undercuts the Voting Rights Act, and upholds what Justice [Elena] Kagan called 'a significant race-based disparity in voting opportunities'" in her dissenting opinion.

The ruling comes one day after Pennsylvania Gov. Tom Wolf, a Democrat, vetoed a Republican-backed election overhaul bill and one week after the Biden DOJ sued Georgia over the state's new GOP-supported electoral integrity law, claiming that it amounts to so-called voter suppression.

Justice Samuel Alito wrote the court's opinion in Brnovich v. Democratic National Committee (DNC), court file 19-1257, and Arizona Republican Party v. DNC, court file 19-1258. Oral arguments took place telephonically on March 2 after the Supreme Court decided Oct. 2, 2020, to hear the consolidated case.

Former DOJ civil rights attorney J. Christian Adams praised the ruling, calling it "a clear victory for election integrity."

"The Court obliterated the idea that there must be demonstrable voter fraud to enact a

law to deter and prevent it," Adams, president of the Public Interest Legal Foundation said in a statement. "This is a big blow to the vote fraud deniers who have turned to the courts to make our elections less secure."

Court's Opinion

The Supreme Court concluded that Arizona's policy disallowing ballots cast in the wrong precinct and the ballot-collection ban in the law known as HB 2023 do not violate Section 2 of the Voting Rights Act (VRA) of 1965. The court also found HB 2023 was not enacted with a racially discriminatory purpose. Most states require voters to vote in their own precincts, and around 20 states limit ballot collection by third parties.

Section 2 forbids voting practices that result "in a denial or abridgment of the right ... to vote on account of race or color [or language-minority status]," and provides that such a result "is established" if a jurisdiction's "political processes ... are not equally open" to members of such a group.

"Arizona law generally makes it very easy to vote," Alito wrote in the court's opinion.

"All voters may vote by mail or in person for nearly a month before election day, but Arizona imposes two restrictions that are claimed to be unlawful.

"First, in some counties, voters who choose to cast a ballot in person on election day must vote in their own precincts or else their ballots will not be counted. Second, mail-in ballots cannot be collected by anyone other than an election official, a mail carrier, or a voter's family member, household member, or caregiver."

When the case came before U.S. District Judge Douglas Rayes, an Obama appointee, he upheld Arizona's rules. When the other side appealed, a panel of the 9th Circuit Court of Appeals upheld the lower court, but when the other side appealed again, all the judges of that circuit sat "en banc," and the divided full appeals court reversed, finding the state's voting rules unlawful.

Judge William Fletcher, a Clinton appointee, wrote the opinion for the en banc appeals court, finding that "Arizona's policy of wholly discarding ... out-of-precinct ballots, and ... criminalization of the collection of another person's ballot, have a discriminatory impact on American Indian, Hispanic,

and African American voters in Arizona, in violation of the 'results test' of Section 2 of the VRA."

The ballot-collection ban "was enacted with discriminatory intent, in violation of the 'intent test' of Section 2 of the VRA and of the Fifteenth Amendment," Fletcher wrote, adding that the Arizona rules are unfair because American Indian voters, other minorities, renters, and poor people are disadvantaged because they have difficulty receiving and sending mail.

The 9th Circuit stayed enforcement of its judgment pending appeal, allowing Arizona's disputed laws to remain in place for the 2020 elections.

Alito rejected Fletcher's reasoning. The en banc court "relied on the rules' small disparate impacts on members of minority groups, as well as past discrimination dating back to the State's territorial days."

"We now hold that the en banc court misunderstood and misapplied [Section 2] and ... exceeded its authority in rejecting the District Court's factual finding on the issue of legislative intent," Alito wrote.

Alito's opinion was joined by Chief Justice John Roberts, along with Justices Clarence Thomas, Neil Gorsuch, Brett Kavanaugh, and Amy Coney



The Supreme Court in Washington on July 1, 2021.

Barrett. Kagan's dissenting opinion was joined by Justices Stephen Breyer and Sonia Sotomayor.

He told The Epoch Times that "the dissent provides an important historical background that all Americans should remember, but she is wrong when she reaches the next-step conclusion."

"If you accept the logic of the dissent, then almost any voting integrity measures enacted by any state would be unconstitutional or inconsistent with the Voting Rights Act. It would essentially nationalize all of our elections, which is exactly what the left is trying to do with S1 and HR1," Brnovich said, referring to the two versions pending in Congress of the Democrats' proposed "For the People Act."

Republicans oppose the legislation, saying it's an unconstitutional power grab that strips states of the power to run their own elections.

"So I think that Justice Kagan in that dissent is essentially doing the bidding of the far left that's trying to undermine this system of checks and balances with our government" as well as states' sovereignty, Brnovich said.

"There was a time not that long ago when even the Democrats recognized that limits on ballot harvesting help protect the integrity of the process."

Brnovich pointed out that Arizona has no-excuse absentee voting, "while jurisdictions like New York, Massachusetts, and New Hampshire ... don't even allow no-excuse absentee voting."

"And yet the left doesn't sue those states or go after them. They go after red states like Arizona or Georgia," he said.

"The far left doesn't want to have discussions, they don't want to have debates, what they want to do is define the terms and then demonize everyone who disagrees with them. And that, quite frankly, is the real danger in this country today."

The Epoch Times reached out to the lawyers of the unsuccessful litigants.

Mark Elias, counsel of record for the DNC, and Jessica Ring Amunson, counsel of record for Arizona's Democratic Secretary of State Katie Hobbs, had not replied to requests for comment as of press time.

July 1 was the last day of the Supreme Court's term that began in October 2020. In a historic first, all oral arguments of the term were conducted telephonically because of the ongoing pandemic.

Although media speculation was rampant that the oldest member of the court, Justice Stephen Breyer, 82, would announce his retirement, no such announcement had been made as of press time.

Mark Brnovich, Arizona attorney general

Discrimination

In her dissent, Kagan wrote that the court's majority is upholding "two election laws from Arizona that discriminate against minority voters."

"What is tragic here is that the Court has (yet again) rewritten—in order to weaken—a statute that stands as a monument to America's greatness, and protects against its basest impulses. What is tragic is that the Court has damaged a statute designed to bring about 'the end of discrimination in voting,'" she wrote, quoting President Lyndon Johnson, who, she said, "sent the bill to Congress, ten days after John Lewis led marchers across the Edmund Pettus Bridge."

Brnovich took issue with Kagan's assertions.

We as public servants have no more sacred duty than protecting the people's right to vote.

Mark Brnovich, Arizona attorney general

the city anticipates it will have 674 officers available at the end of the year, with another 28 in the hiring process, the Star Tribune reported.

Floyd died May 25 last year after being restrained by former Minneapolis police officer Derek Chauvin. Floyd's death sparked widespread riots and protests. Chauvin was sentenced on June 25 to 22 1/2 years in prison for second-degree murder.

The death of Floyd triggered left-wing demonstrations, riots, and violence across the country as well as calls to "defund the police," which some critics have said has led to a significant rise in crime across major U.S.

metropolitan areas in recent months. Minneapolis was particularly hit hard by weeks of riots, arson attacks, looting, and violence in the wake of Floyd's death, causing tens of millions of dollars in damage.

Amid calls to dismantle the department, some residents have begged the city to hire more officers, citing longer response times and an increase in violent crime.

"Minneapolis is in a crisis," the eight plaintiffs linked to the conservative Upper Midwest Law Center wrote in their lawsuit, noting the recent spike in violent crime in the city, FOX 9 reported.

In his decision, the judge wrote that the eight plain-

tiffs, all Minneapolis residents, were able to show that the lack of officers in the city is linked to the surge in crime and has caused personal injuries.

"This is a huge victory for the Petitioners and all residents of Minneapolis, especially those in the most diverse neighborhoods feeling the brunt of rising crime rates," Doug Seaton, president of the Upper Midwest Law Center, said in a statement in response to the decision.

"We applaud the Court's decision and look forward to swift action by the City Council and Mayor to fund the police and ensure the safety of all Minneapolitans."

Judge Orders Minneapolis to Hire More Police Officers Amid Crime Surge

ISABEL VAN BRUGEN

A judge on July 1 ruled in favor of a group that filed a lawsuit demanding more police officers be brought into the city, after city council members and activist groups advocated to replace the police department following the death of George Floyd.

Hennepin County District Judge Jamie Anderson issued a writ of mandamus ordering the city to hire more police officers, specifically that Minneapolis should have at least 730 offi-

An unprecedented number of officers quit or went on extended medical leave after Floyd's death and the unrest that followed.

cers or .0017 of the 2020 census population, whichever is higher, by the end of June 2022.

An unprecedented number of officers quit or went on ex-



tended medical leave after Floyd's death and the unrest that followed, which included the burning of a police precinct. With new recruit classes,

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Economist Warns Inflation Could Be 'Shock' to Financial System

Customers shop for produce at a supermarket in Chicago on June 10, 2021.

SCOTT OLSON/GETTY IMAGES

EMEL AKAN

More U.S. economists are starting to publicly warn of rising inflation, with renowned economist Mohamed El-Erian saying he worries "a great deal" that inflation will not be transitory and arguing that there's too much "on-the-ground evidence" that it will stay high.

To be clear, I do not expect a return to the inflation of the 1970s. But we have to respect the possibility of a shock to a financial system.

Mohamed El-Erian, economist

In a recent op-ed in the Financial Times, El-Erian, who is one of the most widely followed economists, said central banks and markets need to "widen their perspective" to avoid significant damage to the economic and financial system.

El-Erian began his op-ed by stating, "It is not often that I

take a very strong view that runs directly counter to the market consensus."

He noted that the economic growth in the United States would be robust, but voiced skepticism over the "Goldilocks market consensus" that inflation will be transitory.

"I do worry a great deal, however, about the widespread conviction that the current rise in inflation will be transitory," he wrote.

El-Erian backed his views by stating that there's "all the on-the-ground evidence of structural changes in supply at a time when aggregate demand will remain robust."

"To be clear, I do not expect a return to the inflation of the 1970s. But we have to respect the possibility of a shock to a financial system that has been conditioned and wired for the persistence of lower and more stable inflation," he said.

El-Erian is president of Queens' College at Cambridge University. He previously chaired President Barack Obama's Global Development Council.

After decades of nearly zero inflation in the country, many investors have little idea about two historical dynam-



ics, El-Erian warned.

"First, seemingly one-off increases in prices can cascade through the system," he said. "Second, a rise in inflation can be persistent, starting with commodities and prices at the factory gate only to end up in consumer prices and wages."

Many prominent economists including former Treasury Secretary Larry Summers have sent strong cautionary messages about how excessive government spending could overheat the economy and create damaging levels of inflation.

Summers, who served as Treasury Secretary under President Bill Clinton and director of the National Economic Council under Obama, in an op-ed in May called overheating and inflation "the primary risk to the U.S. economy" and urged the Biden

I do worry a great deal, however, about the widespread conviction that the current rise in inflation will be transitory.

Mohamed El-Erian, economist

administration and the Fed to take a new approach to mitigate this risk.

Some economists believe that the U.S. central bank may be too complacent about its ability to contain inflation risk and end up waiting too long before hitting the brakes.

El-Erian said, "A late slamming of the brakes, rather than an earlier easing off the accel-

erator, would significantly increase the risk of an unnecessary economic recession."

Consumer prices in May rose by 5 percent from a year ago, recording the biggest annual spike since 2008. Core inflation, which excludes volatile food and energy categories, also jumped 3.4 percent, recording the largest gain in 28 years.

Producer prices as of May were up by 6.6 percent year-on-year, the largest increase since the data was created in 2009.

The sharp jump in inflation numbers is partially due to the base effect, as the pandemic lockdowns and the plunging economy caused weak inflation a year ago. The base effect is expected to level off in June.

While transitory factors continue to lift prices, the "structural changes in supply" may

cause persistently high inflation, according to El-Erian.

"This is notable in the functioning of the labor market with uncertainty over skill mismatches pushing up wages," he wrote. "In addition, there are ongoing changes in supply chains, inventory management, and transportation."

Economists still see signs of supply bottlenecks and wage and other input price pressures across many sectors.

"Business survey measures of prices and supplier delivery times remain near the top of their historical ranges," JPMorgan's economic research team said in a recent report.

"We know that these surveys can be influenced by short-run commodity price moves, but they also have some predictive power for future core inflation and point to firm numbers ahead."



Mohamed El-Erian, chief economic adviser of Allianz, appears on the Fox Business Network at Fox Studios in New York on April 29, 2016.

542 Percent Increase in Convicted Sex Offenders Arrested at Border

CHARLOTTE CUTHBERTSON

DEL RIO, Texas—Border Patrol agents have arrested 353 illegal aliens with sex-related criminal convictions so far this fiscal year. A large number of the detainees had prior convictions for crimes involving a minor.

In the same period in fiscal 2020, agents apprehended 55 criminal sex offenders, and 58 total in all of fiscal 2019.

The number of criminals illegally crossing the southwest border has spiked in tandem with the border crossing surge this year. Convicted criminals are the most likely population of illegal aliens trying to avoid capture by Border Patrol.

Border Patrol has detected more than 250,000 illegal aliens who have evaded capture so far this year, according to newly appointed Acting Border Patrol Chief Raul Ortiz on June 24. It's impossible to estimate how many have evaded Border Patrol without detection.

"There isn't a day that goes by that I don't read a paper or a report from my agents that talks about criminal aliens, sexual offenders that they've apprehended out there," Ortiz said during an event in Del Rio, Texas.

"Those folks aren't getting released in these communities. Guess what happens to them? They go to jail. When they get out of jail, they go back to their country of origin."

According to reports by Customs and Border Protection (CBP), many of the criminals being caught have already been deported, sometimes on multiple occasions.

On June 24, agents in Rio Grande City, Texas, arrested convicted sex offender Benito Gomez-Lopez, from Mexico. Gomez-Lopez was arrested in May 2020 by the Burleigh County Sheriff's Department in North Dakota for possession of certain prohibited materials and promoting a sexual performance by a minor, according to CBP.

He pleaded guilty to both counts and was sentenced to three years confinement, but was repatriated to Mexico in July 2020.

On June 14, a Peruvian child rapist was arrested by Border Patrol after he entered the United States illegally near Roma, Texas, according to CBP. Pedro Asuncion Ore-Quispe, 43, had been deported in 2020 after serving more than five years for felony rape of a child in Idaho.

On June 20, Mexican nation-



Benito Gomez-Lopez, a convicted sex offender, was arrested on June 24, 2021.

al Isidro Efrain Gallardo-Rangel was apprehended as part of a group of 24 illegal aliens near Laredo. Gallardo-Rangel is a

Border Patrol has detected more than 250,000 illegal aliens who have evaded capture so far this year.

registered sex offender with an extensive criminal history and a conviction for indecency with a child in 2018 in Dallas, Texas, according to CBP.

Del Rio Sector

Once a relatively quiet region for illegal border crossings,

the Del Rio Sector in Texas is now the second busiest, after the Rio Grande Valley in south Texas.

"We've seen a tremendous increase. So far this year, this fiscal year, today, we've caught 144,000 people in the Del Rio sector," said Sector Chief Austin Skero on June 24.

"We've gone through this before—we've seen these increases, these surges, for the last 30 or 40 years. It's never been this bad. I'll tell you that straight up—I've never seen it this bad."

Skero said the sector has seen a 1,400 percent increase in the number of sex offenders arrested by Border Patrol agents.

A Del Rio resident said that prior to January, he had seen two illegal aliens pass through his backyard.

Now, he said, it's hundreds per day.

"I have four daughters—does it concern me when you say there's a 1,400 percent increase in sex offenders? Yes, it concerns me," the resident said during a border update on June 24.

"I'm concerned about the single men who are running through my backyard, sneaking. And I'm about a 50 percent success rate on whether or

not I get an agent to come out to my place when I call. And when they do, it's awesome, they bring helicopters, they bring support.

"Otherwise, I'm sitting there unarmed and there's a guy soaking wet in my backyard screaming at me in Spanish. I don't know what to do with this guy."

The resident asked Border Patrol if they could provide some type of training to citizens to prepare them for such encounters.

Skero suggested for residents to not engage with illegal aliens who are on their property and to call Border Patrol.

"We're going to come just as soon as we can. Sometimes it will be immediate, sometimes it might take us an hour."

But, he said, if an illegal immigrant is endangering a resident's family, or is being assaultive, call 911.

State Response

At the behest of Texas Gov. Greg Abbott, the Texas Department of Public Safety (DPS) started surging extra law enforcement resources to the border beginning in March.

In the three months from March 4 through June 3, DPS

has arrested 1,489 criminals.

In addition, state troopers have been involved in 340 vehicle pursuits along the border and have dealt with 630 vehicle bailouts. A bailout occurs when a vehicle being pulled by law enforcement stops and the illegal immigrant occupants scatter and flee to avoid capture.

Abbott issued a state of disaster declaration on June 10, highlighting 34 border counties that are struggling with cross-border crime and illegal immigration.

"We're going to start making arrests, sending a message to anyone thinking about coming here: You're not getting a free pass. You're getting a straight pass to a jail cell," Abbott said. Last week a prison unit in Dilley, Texas, was being emptied in preparation for illegal alien criminals.

Abbott and Arizona Gov. Doug Ducey also issued a call for help to other governors on June 10.

"With your help, we can apprehend more of these perpetrators of state and federal crimes, before they can cause problems in your state," Abbott and Ducey, both Republicans, wrote in a letter.

So far, several Republican governors have pledged support by way of sending law enforcement personnel or National Guard troops.

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Recreation in the valley

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The worst part for his business was early spring because it still wasn't clear how coronavirus would affect businesses at that point. Tuttle started rafting operations for the Wenatchee for the year in April and he will keep operations going until the water gets too low. After that, his business will transition to the Yakima river.

Osprey Rafting also ran into financial difficulties. In 2020, the business was down over 25 percent and he suffered employee losses. Because he had so few employees, he had to turn customers away from rafting in 2020. A lot of his employees have come back for 2021 and he has also trained new employees.

Osprey Rafting normally offers food on the beach after their rafting and tubing trips finish, but they have been unable to offer their customers food this year and last. Restaurants around the area are still short on staff and so they aren't doing lunches this year.

The high water this year has made the river more hazardous. Osprey Rafting has invested in extra training for their raft guides so they are better equipped to deal with hazards. Action Rafting is taking safety seriously as well. Tuttle said that he has some of the "most experienced" guides out there and that his top five guides average about 30 years

of rafting experience per guide.

Osprey Rafting used to operate out of the corner of Highway 2 in Leavenworth, but recently they have moved their headquarters to Cashmere. Planagan said that he sold the property and that operating out of Cashmere has been a much better atmosphere.

Both the City of Leavenworth and the City of Cashmere charge a fee for business owners who use city property on the river for commercial purposes. Cashmere charges \$2.50 per rafter, excluding guides. Leavenworth charges \$3.00 per passenger for rafting.

The City of Leavenworth used to charge 5.5% of gross receipts for commercial tubing, but on June 22, 2021 they approved a resolution to change the fee structure to \$4.50 per person, said Christie Voos, Communications Analyst for the City of Leavenworth.

Osprey Rafting does not use City of Leavenworth property for their tubing trips as they start at the KOA and end in Peshastin. However, they use City of Leavenworth property for their rafting operations.

Voos said that the city is using the tubing fee to fund more garbage cans, porta potties, and amenities along the tubing pathway. The city contracted with a company that will take care of porta potties on the weekend to handle the increase of visitors during that time.

The fee schedule is in place for the City of Leavenworth as a pilot program to handle

the influx of visitors who want to enjoy outdoor recreation in the area to keep people safe and protect against the environmental impacts of so many visitors to the river, said Voos.

The city is also funding a take a life jacket, leave a life jacket program at major tubing areas for those who don't go with a company, said Voos. Tubers will be able to take a life jacket from the major areas where tubing starts and leave the life jacket at common take out points. Only 40 percent of tubers float the river with a company.

Voos said the new fee schedule for tubing is a pilot program and that is why businesses are being charged. Even though the fee puts the burden of payment on the business owners, that may not be the case in the future.

Outdoor recreation on the river has slowly increased in popularity in the valley and that popularity will probably continue to increase making it a complicated issue to figure out how to handle all the visitors in Cashmere and Leavenworth who enjoy rafting, swimming, and tubing.

Although the future is to be seen, this summer the river will be well enjoyed. For Tuttle, operating rafting this year in Cashmere after a year away has been "a lot nicer". He said that seeing clientele that he missed the year before and being able to hang around with employees and friends was a highlight of reopening.

Extreme Heat

CONTINUED FROM PAGE A1

existed at most sites for 140 years, making these new high temperatures all the more unprecedented. The extreme heat strains power systems and power outages are possible.

Humans aren't the only ones who languish in the heat and need to drink plenty of water.

This extreme drought can dry out crops and damage harvests. For those craving sweet Washington cherries, the future of this season's harvest is to be determined.

"Much of the impact is yet to be seen, as we are still in the middle of the heat wave.

So far, the effect on the fruit has been minimal according to the growers and packers I've talked with today," said Vice President of Marketing for Northwest Cherry Growers & Washington State Fruit Commission James W. Michael in an email.

Techniques like placing sprinklers below canopies that lower temperature for all but the outermost fruit and orchard netting help to protect cherries. How a crop will be affected depends on orchard location, cherry maturity, and a particular cherry's location within a tree.

At this point, a strong cherry crop is still expected and the

demand for Washington cherries is high as well. Northwest Cherry Growers are selling over 500,000 boxes of cherries a day. Because of the extreme heat, many workers are harvesting cherries at night under floodlights.

Nocturnal cherry picking may seem unusual, but after the disruptions of the past 15 months most people are ready to expect the unexpected. As society emerges from the pandemic and can engage in group activities, the extreme heat stifles this newfound freedom. Hopefully, this heat wave will eventually recede in Chelan county and become a distant memory.

Healthy Forests

CONTINUED FROM PAGE A1

contributing financially to the economy. Forests are a renewable resource, so protecting and caring for them is important to balancing the needs of trees, animals, and people.

Our forests help mitigate the effects of climate change and trees, produce oxygen, and absorb carbon dioxide. Carbon dioxide is a greenhouse

gas that gets trapped in our atmosphere and compounds the warming effect of our planet, and forests combat that process. By absorbing gas during photosynthesis and storing it in their wood, leaves, and soil, trees keep more carbon dioxide from ending up in the atmosphere where it traps heat.

We tend to take forests for granted and underestimate how important they are for people, wildlife, and the overall

health of our planet. Let's all work to protect our forests and join the cause for global forest health. After all, we only have one earth as our home.

Learn more about protecting your home from wildfire, mitigating wildfire on your land or forest or donate to the cause of forest management at <https://www.chumstickcoalition.org/>

Additional resources include <https://www.dnr.wa.gov/programs-and-services/forest-practices#>

Helping Students Fulfill their Dreams, One Scholarship at a Time



Julie Mott
Scholarship Program Specialist, CFNCW

Two years ago, 32-year-old Amber Crocker was a new mom with a dream. She wanted to become a nurse but knew she would need some financial help to get her through nursing school. She applied for several scholarships at the at the Community Foundation of North Central Washington and her application rose to the top for many of our volunteers who diligently review scholarships. Amber ended up with three scholarship awards making her dream possible. Upon receiving the news of her awards, she sent us the following statement:

"When my son was born, I knew that I needed a career so that I could be a better person and role model for him. I want to show him that if you want something bad enough, and if you work hard enough, then any dreams can become reality. With these generous scholarships, I will be able to continue to get the most out of my education in order to become the most prepared and competent nurse that I can be."

Amber's story is one of dozens of equally personal and heartfelt messages we receive from our scholarship recipients at CFNCW. They are the culmination of the hectic and wonderful time of year we call "scholarship season."

Every year approximately 2,500 scholarship applications are carefully read and reviewed by over 200 volunteers. 120 scholarships, each with their own unique criteria and review committees, are publicized to schools throughout North Central Washington. Last year, 201 students were awarded a combined total of \$734,852 to help them realize their future goals. While the numbers vary slightly, this remarkable work happens every year at the CFNCW thanks to people like you.

Since our inception, donors have trusted us to realize their dream of creating scholarships for students in our region. CFNCW follows rigorous standards set by the IRS to manage endowed scholarship funds to ensure a fair and unbiased awards process. Donors often establish scholarships in honor of mothers, fathers, grandparents, spouses, or children who have passed away - memorializing those individuals and creating joy and opportunity out of sadness and loss.

Since scholarship funds are endowed, awards are made every year, in perpetuity. Students who receive scholarships write thank you notes (like Amber's) which we share with the donors. These thank you notes are incredibly inspiring and it is this feedback loop, from scholarship student to scholarship donor, that strengthens donors' commitments to their scholarships. In fact, donors often designate a portion of their wills or estate plans to their scholarships, knowing

they will continue to benefit students for generations to come.

While managing the scholarship season is extremely labor-intensive, it is incredibly rewarding as well as eye-opening. Long-time board member and scholarship volunteer Peter Valaas remarks, "Having served many years on scholarship review committees, I find that the applicant's academic record and letters of recommendation are contributors to my decision but what carries the most weight is their personal statements. At this juncture they open up their lives, hopes, and dreams to a total stranger and the stories I have read are frequently very moving. Many live in households on the edge of economic well-being and often bear a large share of the load of caring for younger siblings and even supporting the family economically. Although it is extremely gratifying to be able to offer financial assistance toward their continuing education, there is a specter of sadness knowing of the yet unmet need remaining."

If you would like to help with the unmet needs that Peter describes and want to start a scholarship fund of your own, we welcome your call. Or, if you would like to get involved on one of our scholarship review committees, we always need the help would love to hear from you. What better way to spend your time than helping make students' dreams become reality?

To learn more, visit www.cfncw.org/scholarships or call (509) 663-7716.

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Recreation

Beat the heat in the Library

ERIN MULLINS

During the scorching heat wave, Leavenworth and Peshastin public libraries are a good place for visitors to cool down. During the heatwave, the libraries operate as cooling centers and are open at 100 percent capacity, said Amy Massey, librarian at Leavenworth Public Library.

Because of the heat wave visitors can stay for as long as they want during regular hours instead of the previous 30 minute limit, said Massey.

Michelle McNeil, public relations specialist for North Central Regional Libraries, said that now that the state reopened starting on June 30 that the thirty minute time limit to visit is gone permanently. Vaccinated patrons do not have to wear a mask. The current hours for libraries across the region are posted on their website and they are on their way to normal hours of operation.

Massey has only been a librarian since mid-April, but she said that she has noticed that the community really enjoys new books, gardening, cookbooks, fiction, and DVDs. Since then, the library hasn't been empty, but it hasn't been overcrowded either. Another

new development at the Leavenworth library is the hiring of Gracie Camp, who started working at the library in the last week of June.

Patrons are enjoying the extended weekend hours, said Massey. On Wednesday, Thursdays, and Fridays the library is open until 7 p.m. For the first time ever, the library is open on Saturdays from 10 a.m. to 2 p.m. It can be difficult to get a parking spot then, but some people ride their bikes or walk to the library then.

"We're so lucky to have a nice library and it's nice and air conditioned as well. We look forward to the time when everything fully gets back to normal and we have events in person again," said Massey.

Something that many may not know about the library is that patrons can check out more than just books, Massey said. They can check out a large variety of fun equipment and activities. This includes STEM equipment, telescopes, passes to Ohme Gardens, Discover Passes, snowshoes, mobile hotspots, needle felting kits, and Nature backpacks.

Additionally, the library has been offering a free craft pack kit every week, which started during the COVID pandemic. Sometimes the craft kits are

for kids, sometimes they are for adults.

Currently, the library is running the summer library program, formerly called the summer reading program, said Massey. This year, the program is emphasizing experiences, challenges, and learning instead of just keeping track of the number of books or hours read.

There are multiple ways that people can participate in the summer reading program, said Massey. One is book bingo. This is where people read a variety of books to be entered for a prize drawing. This year, instead of there being a wide variety of small prizes that kids can earn through reading, there are fewer prizes which are higher quality. These prizes aren't guaranteed, instead people enter into a raffle to earn those prizes.

"There is definitely a trend of moving away from little plastic toys for everybody and rather emphasizing quality experiences and enjoyment of reading and learning," said Massey.

Another way patrons can participate in summer reading is virtually. The library offers a wide variety of virtual programming including story times, reading

recommendations, and do it yourself STEM projects.

The virtual STEM club is a fun activity over the summer. Patrons sign up, grab a STEM kit from the local library, and then join a virtual program live. Another virtual program is the "Teens Teach Technology" program.

In "Teens Teach Technology" teenagers teach topics such as Facetime, Skype, social media, apps, streaming movies and music for all ages over Zoom. Another part of the virtual reading program is a website called www.BeanStack.org. People can log on to the website for a chance to win prizes. BeanStack is also a mobile app.

In August, the library will be hosting an author virtually. Best selling author Britt Bennet will be hosted in a live, virtual program. Bennet has written *The Mothers* and *The Vanishing Half*. But not everything is virtual. The Peshastin Library will be offering an in-person activity this summer.

The Peshastin Friends of the Library are hosting their annual Ice Cream Social on Saturday, July 31st from 7 to 9 p.m. on the library lawn. There will be desserts, games, a used book sale and more. Morrison,



IMAGE COURTESY OF LEAVENWORTH LIBRARY.

Librarians Gracie Camp (left) and Amy Massey (right) pose for a photo inside a row of books at the Leavenworth library.

librarian at the Peshastin Library, said that people can contact the library at 548-7821 if they are interested in donating.

Morrison said that things were quieter than normal because people normally come to the library for in person activities. However, more people have started to come

in for the summer library program and the program is a success. Families are really appreciating the summer reading program.

"It's been received really well, I've really seen a big increase in turnout, especially among kids and families. So that's been really great," said Morrison.

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The Washington Outdoors Report

It's Topwater Time For Bass!

BY JOHN KRUSE

If you are an angler, there are few things more awesome than watching a bass erupt out of the water and smash your lure. Topwater fishing is primarily a summertime affair and it's the favorite style of fishing for many because of the shot of adrenaline that occurs every time you get a strike. Let's run through some topwater bass fishing basics and talk about some lures you can use to hook into a largemouth or smallmouth this summer.

It's Not Just An Early Morning Bite – A lot of folks think the early morning is the best time to throw topwater lures for bass but topwater baits also work well in the evening and even after dark, especially on a moonlit night. At times, topwater lures will work all day, especially if you are fishing clear water under cloudy skies. While calm waters are ideal for topwater fishing, don't be afraid to use these lures when there is a slight breeze and a little chop on the water.

Patience Is Key – A lot of anglers will rapidly cast and retrieve topwater lures, but sometimes, patience pays off. Anglers Steven Hurst and G. Lee Willinger, writing for Bassmaster Magazine, recommend waiting anywhere from 10 seconds to a minute after you cast a weedless frog before retrieving it. It's not uncommon for the bass to take the lure while it is sitting still after you cast it or when you first start to retrieve it after waiting those 10 to 60 seconds.

Speaking of patience, the hardest thing to do when it comes to topwater fishing is



PHOTO BY JOHN KRUSE.

David Kruse caught and released this largemouth bass at Potholes Reservoir

to hook the fish. All too often you'll see the swirl of the fish or actually see the bass come out of the water and your first instinct is to immediately set the hook. The problem is, that bass hasn't hit the lure yet and you are literally yanking it away from the fish before it can bite it. As hard as it is to do, stifle that hook setting instinct until you actually feel the strike on your lure. Then, and only then, set that hook!

Top Water Lures To Use – Weedless rubber or plastic frogs are great lures to cast into heavy mats of vegetation or lily pads, with the Spro Frog being a favorite with many frog aficionados. A popper works very well and can be retrieved in a "walk the dog", zig zag fashion along the edges or open water pockets surrounded by vegetation. Well known angler Roland Martin

loves a newer hard bait, the River2sea Whopper Plopper, which makes a lot of noise as it's retrieved. Martin cautions the Whopper Plopper is not a lure to use to catch large numbers of bass, but it is especially effective for catching a few big bass.

Classic Lures Work Too – Growing up in the 1970's I fished a lot of the classic topwater lures and you know what, they still work! If the latest fad lure isn't working, go old school and cast a Heddon Zara Spook (invented in 1939), an Arbogast Jitter Bug (invented by Fred Arbogast in 1938) or another Arbogast topwater plug, the Hula Popper (catching bass since 1941).

Speaking of classic lures, break out the fly rod and cast some small poppers or rabbit hair streamers for bass. Both have been catching largemouth

and smallmouth bass for more than a hundred years.

Spinnerbaits – Something very popular on the bass tournament scene back in the 1990's was the spinner bait and it's close cousin, the buzz bait. Retrieved rapidly to make a commotion on the surface of the water these baits are very effective in drawing strikes and while not weedless, the construction of these lures makes them less prone to hanging up in cover.

Rods, Reels And Line – When it comes to fishing with frogs, braided line works best because of its strength. Bass taking a frog in thick vegetation will often get wrapped up in that same vegetation or amongst the lily pads you hook them in and you'll need strong line strength to get them out. Fluorocarbon line has become very popular with anglers but it doesn't float, which gives an edge to monofilament line. Monofilament does float and also casts well when it comes to getting the maximum distance on your cast.

As for the rod and reel, it's pretty basic. Both level wind baitcasting and open face spinning reels work just fine for topwater lure fishing. As for the rod, the experts at Bass Pro recommend a 6'6" rod with medium power and moderate action.

Now that you know what to use and how to fish top water lures it's time to head to your favorite bass pond, lake or stream for a morning or evening of top water fishing fun. Once you try it and have success, like the bass you're after, you'll be hooked.

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

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Local and Regional News

Commissioner Franz Enacts Statewide DNR Burn Ban

Prompted by increased fire danger due to prolonged drought, Fourth of July fireworks, increased temperatures and winds, the order bans all outdoor burning on all forest lands under DNR fire protection, including campfires

OLYMPIA - With fire danger increasing ahead of the Fourth of July weekend, Commissioner of Public Lands Hilary Franz has signed an order issuing a statewide burn

ban on all forest lands under the Washington State Department of Natural Resources' (DNR) fire protection.

Effective July 2, the order bans outdoor burning, campfires, the use of charcoal briquettes and prescribed burns on all forest lands within DNR's fire protection through Sept. 30, 2021. This date may be extended or shortened depending on fire conditions.

This order supersedes all other burn bans currently in effect on forest lands within the state of Washington under the Department of Natural

Resources' fire protection.

Fire danger has increased following prolonged drought, a record-breaking heat wave and forecasted winds that can spread a wildfire quickly through the dry grasses and forests. Fireworks are expected to further increase that danger over the Fourth of July weekend.

"The record-breaking temperatures we saw last weekend have left our state bone dry," said Commissioner Franz, "and the risks from fireworks and other holiday activities make the situation

even more precarious. I am asking everyone in Washington to do their part to protect our firefighters and our communities this summer. Please do not start a fire outside, and please do not set off your own fireworks this weekend."

Residents who see smoke should call 911 to report the fire. For tips on how to stay safe during fire season, go to <https://www.dnr.wa.gov/WildfirePrevention>.

Wildfire statistics can be found on DNR's Fire Dashboard at <http://fireinfo.dnr.wa.gov/>.

Upper Valley Christian School Graduation Ceremony



SUBMITTED PHOTO.

Mia Rylaarsdam

Upper Valley Christian School held its 2021 High School Graduation Ceremony on June 6 at Leavenworth Church of the Nazarene.

Mia Rylaarsdam received her High School Diploma from UVCS and also her AAS Degree from Wenatchee Valley College. She graduated with honors from WVC with a 4.0 final GPA, being on the President's List for two years consecutively.

Beginning her school years as a Kindergartner at UVCS,

Mia enjoyed participating in many of the outstanding educational opportunities offered by the school. She was active in school plays, science fairs, HS track team, ski lessons at Mission Ridge, and numerous outdoor education and field trips, including Yellowstone and Washington DC.

Mia plans to continue her education this fall and has been accepted into the inaugural class at Vector Academy in Wenatchee.

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Puzzle Solution

1	4	6	9	3	7	5	8	2
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Announcements
General Interest

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or
782-3781

Employment
Help Wanted

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.

Finance/ HR Director Full-time Organization: Okanogan County Transit Authority (TranGO)
TranGO is looking for a full-time Finance/ HR Director. This position is hourly non-exempt. Compensation is \$28.08-\$39.97 per hour. Benefits include health, dental, vision and life insurance, retirement, sick leave, vacation. Responsible for overall operations in the areas of accounting (including payroll), finance, budget, and procurement. Develops and oversees the Agency's Human Resources Programs including recruitment, selection, labor relations, compensation and benefit administration, staff development, drug testing program and records management in accordance with state, federal and local laws.
Please visit www.okanogantansit.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 admin@okanogantansit.com or mail to TranGO, PO Box 507, Okanogan WA 98840 Application Deadline: Open until filled. Okanogan County Transit Authority is an Equal Opportunity Employer

• **High School Social Studies Teacher**
• **K-8 Sped Ed Teacher**
Applications may be obtained on the district website, www.brewsterbears.org or by contacting the district office at 509-689-3418. These positions are open until filled.

Help Wanted

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

PART-TIME FINANCE RECEPTIONIST/ CLERICAL ASSISTANT CITY OF CHELAN, WASHINGTON
City of Chelan is accepting applications with resume for a part-time (24 hours a week) Finance Receptionist/ Clerical Assistant. Hourly pay range: \$20.97- \$25.16. Application and resume deadline: July 16, 2021 or until filled. Go to www.cityofchelan.us for additional information and employment application.

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

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.

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

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.cascadesed.org EOE



Douglas County PUD has an opening for:
On-Call Relief Fish Counter
\$21.40/ hour
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

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


PATEROS SCHOOL DISTRICT
* HEAD HS GIRLS SOCCER COACH
* ASSISTANT HS FOOTBALL COACH
* ASSISTANT HS VOLLEYBALL COACH
* ASSISTANT JH FOOTBALL COACH
* ASSISTANT JH GIRLS BASKETBALL COACH

Coaches needed for fall sports. Salary based on experience. All applications processed through FAST TRACK: www.pateros.org>Our District>Employment. Position descriptions available online. Contact employment@pateros.org or the district office at 509-923-2751 x 4 for more information. First review of applications is 7/13/2021. Position open until filled. EOE



The Cascade School District is seeking qualified applicants for the following position:
Icicle River Middle School 6th grade ELA Teacher
Fast Track application process and information can be found on our website at: www.cascadesed.org EOE

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!

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For Sale
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* Oak Coffee Tables
* Oak Entertainment Center
* Vanity/ chest of drawers
Call for more info 509-679-9318

Real Estate
Rentals

For Lease, peaceful, fully furnished 1 bed, 1.5 bath condo with private single garage in heart of Leavenworth. No nightlies, No Pets, No smoking. \$1775 per month. Call 509-421-0118. See Craigslist. Go to NCWMarket.com to view more information.


Looking for a home for your Furry friend?
Try the pet section on NCWMarket.com



Place your Help Wanted Ad online at NCWMarket.com 24/7 and find the best qualified local employee
NCWMarket.com is a classified advertising service of NCW Media, Inc. Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal
The good news about NCWMarket.com is:

- It's available 24/7
- Rates start as low as \$5 per month
- Google says we averaged 5,277 visitors per month last year
- You can have multiple photos even videos
- You can protect your identity until you decide to respond to inquiries, OR
- You can include a map to your business
- You can change the ad anytime you want - as often as you want
- We don't sell your email address or any of your personal information
- Our monthly subscription programs allow you to change your ad entirely at no additional charge

Place your ad now: NCWMarket.com

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

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY
In the Matter of the Estate of RICHARD E. LEONARD, Deceased. No. 21-4-00206-04 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: June 23, 2021
Personal Representative: Jed Davenport
Attorney for the Personal Representative: Russell J. Speidel
Address for Mailing or Service: Speidel Bentsen LLP
7 North Wenatchee Avenue, Suite 600 P.O. Box 881
Wenatchee, WA 98807-0881
Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 21-4-00206-04 JED DAVENPORT
Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP
By: _____
RUSSELL J. SPEIDEL
WSBA No. 12838
7 North Wenatchee Avenue, Suite 600 P.O. Box 881
Wenatchee, WA 98807
Published in The Leavenworth Echo/Cashmere Valley Record on June 23, 30 and July 7, 2021 #2273

Public Notices

City of Cashmere
101 Woodring St.
Cashmere, WA. 98815
ADVERTISEMENT FOR BIDS
Notice is hereby given that sealed bids will be received by the City of Cashmere, until 1:00 PM Pacific Time on July 15th, 2021 for construction of the Pioneer Ave Safe Routes to School project. Work to be performed includes: Installation of Rectangular Rapid Flashing Beacon (RRFB) systems, striping, signing, and other work to improve four pedestrian crossing locations. Bid proposals will be received only at, 101 Woodring St. by 1:00 PM Pacific Time on July 15th, at which time they will be opened, read, and tabulated publicly. Proposals received after the time fixed for opening will not be considered.

Contract documents may be purchased on www.questcdn.com for \$15.00, nonrefundable, under project #7904522. Addenda will be published only through the online bidding service. Bidders that do not purchase a bid set will not automatically be notified of addenda and will need to periodically check the on-line plan room for addenda.
An informational copy of the contract documents is on file for inspection at the City of Cashmere.

The City of Cashmere in accordance with Title VI of the Civil Rights Act of 1964, 78 Stat. 252, 42 U.S.C. 2000d to 2000d-4 and Title 49, Code of Federal Regulations, Department of Transportation, Subtitle A, Office of the Secretary, Part 21, Nondiscrimination in Federally Assisted Programs of the Department of Transportation issued pursuant to such Act, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises as defined at 49 CFR Part 26 will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, national origin, or sex in consideration for an award. The City of Cashmere is an equal opportunity and affirmative action employer. All work performed on the project will be subject to state prevailing wage rates.

Each bid proposal shall be accompanied by a bid proposal deposit in cash, certified check, cashier's check, postal money order, or surety bond in an amount equal to at least 5 percent of the amount of such bid proposal. Checks shall be made payable to the City of Cashmere. Should the successful bidder fail to enter into such contract and furnish satisfactory performance and payment bond within the time stated in the Specifications, the bid proposal deposit shall be forfeited to the City of Cashmere. The City of Cashmere reserves the right to reject any or all bids and to waive irregularities in the bid or in the bidding. No bidder may withdraw his proposal after the hours set for the opening thereof, or before award of contract, unless said award is delayed for a period exceeding 60 calendar days.
Published in The Cashmere Valley Record/Leavenworth Echo on June 30, and July 7, 2021. # 2299

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 Mehler and 3 other individuals.
Published in The Leavenworth Echo/Cashmere Valley Record on June 30 and July 7 and 14, 2021 #2325



How to beat heat rash

Q: I have a heat rash from the hot weather we've been having recently. What's the best way to get rid of it?



Donna developed redness and itching in her groin area during a recent heatwave. She first tried applying Gold Bond powder to her red, itchy skin, but it didn't seem to help. Next, she asked us for help.

Heat rash is also called prickly heat or miliaria. It can happen to anyone with active sweat glands. Nearly 40% of infants will experience the discomfort of a heat rash. Prickly heat also afflicts physically active people in the summer heat who sweat while doing strenuous physical work, performing sports, exercising, even gardening.

Heat rash is caused by clogged sweat glands. When sweat builds up under your skin, instead of being released through pores in your skin, it can become trapped. The fluid trapped inside your pores can cause swelling and eventually ruptures the pore. This creates small red, raised lesions that burn or itch.

Heat rash can be small clusters of itchy lesions or as a rash spread out over larger areas of the body. Outbreaks can occur anywhere your sweat tends to collect: your armpits, chest, upper back, belly, and groin. If the pore blockage is severe enough, it creates inflammation, pustules, even yeast infections.

Heat rash or prickly heat can also happen to people who have been treating dry, itchy skin with heavy creams or ointments. Applying a thick, occlusive layer of cream or ointment can help relieve dryness and itching by trapping moisture inside the top layer of your skin. Unfortunately, during hot weather, this approach can backfire and plug your hard-working sweat glands, triggering heat rash.

The first key to relieving the itching and burning of prickly heat is to keep your skin dry so your pores can breathe. One of the best ways to do that is to discourage excess sweating. Increasing airflow to your skin is essential. Wearing loose, lightweight clothing and using fans to encourage air circulation discourages excessive sweating. Fevers can also cause profuse perspiration.

The second key to relieving heat rash is to avoid blocking overworked sweat glands with oils, heavy creams, or ointments. Keep areas that perspire heavily free of moisturizers, especially your groin area, behind your knees, under your arms, or between any skin folds.

The third key to treating prickly heat is to avoid applying medicated or plain powders to irritated or broken skin. Powders can clog inflamed pores and sweat glands, so it's best to stay away from them entirely until your skin has calmed down.

Heat rash often creates intense itching with an almost uncontrollable urge to scratch. Scratching the itchy area feels good but gives only temporary relief. The friction of scratching actually triggers increased inflammation and itching.

One way to soothe itching is by applying soft cloths dampened with cool water, along with either a non-prescription steroid cream like 1% hydrocortisone or aloe vera gel. Avoid applying Benadryl cream or spray, as it can be irritating and isn't as effective for relief of itching as the capsules or liquid.

Aloe vera gel can be used on broken or intact skin. Hydrocortisone 1% cream is safe to use on small areas of broken skin or larger spaces of unbroken skin in adults. Avoid applying hydrocortisone cream to broken skin in infants and children.

Here are 7 Tips for Treating Prickly Heat or Heat Rash:

1. Increase airflow. Wear lightweight, loose clothing or no clothing at all. House fans can help circulate air over your skin.
2. Increase evaporation. A sponge bath with lukewarm water helps cool and dry your skin. Avoid hot water, which can increase inflammation. Adding oatmeal or a similar product like Aveeno® can help soothe irritated skin.
3. Avoid applying powder to irritated, broken skin. Powders can clog sweat glands. Avoid using powders until the acute symptoms of redness and itching subside.
4. Avoid using heavy creams and ointments that can block your pores.
5. Keep your armpits, groin, chest, and any skin folds as dry as possible. To help absorb excess perspiration, try tucking a lightweight cloth, like a pillowcase, between any skin folds, and change it frequently.
6. Cool it before you use it. For additional soothing power, refrigerate your Aloe vera gel or hydrocortisone cream before applying it.
7. Contact your doctor. If these strategies don't help the itching and irritation of heat rash, contact your doctor. Other conditions may look like heat rash at first but need to be treated differently.

Dr. Louise Achey, Doctor of Pharmacy, is a 42-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog TheMedicationInsider.com. © 2021 Louise Achey

SUDOKU PUZZLE

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CROSSWORD PUZZLE

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THEME: MOTTOES AND SLOGANS

ACROSS

- 1965 march site
- Bottle top
- Dried up
- Can't see the forest for this?
- * ___ You Need is Love
- ___-upper
- End of a poem
- Filmmaker Spike
- Like a good athlete?
- ***Tastes So Good, Cats Ask for it by Name**
- ***The Quicker Picker Upper**
- Duke of Cambridge to Prince of Wales
- Blood vessel
- The Jackson 5 1970 hit
- Plural of velum
- Havaneese or Pekingese
- High school formal
- What the phone did
- Abrupt increase
- * ___ John's: "Better Ingredients. Better Pizza."
- Working shoelaces
- Island east of Java
- Shockingly graphic
- Hurtful remark
- Design detail
48. Canine's coat
- Law school prerequisite, acr.
- a.k.a. Tokyo
- Muscovite or biotite
- Uber alternative
- ***Let's Go Places** advertiser
- ***Can You Hear Me Now?*** advertiser
- On the fritz
- Wharton degree
- Upholstery choice
- Bell-bottoms bottom
- Emergency responder, acr.
- Prenatal test, for short
- Medieval Northern European

DOWN

- Part of a flute
- Marine eagle
- What malevolent and levorotary have in common
- Jellicles' cries
- Isaac of science fiction fame
- Burnt metal residue
- India pale
- Annapolis frosh
- Leo or Virgo, e.g.
- Sign above a door
- Count on
- Before, poetically
- Floras' partners
- Apathetic
- Crude fuel
- Flavoring from Madagascar
- ***Think Different** advertiser
- Former Milwaukee Brewer All Star Ryan
- Dried coconut meat
- ***Betcha Can't Eat Just One** advertiser
- Drinking establishments
- Blind alternative
33. Checked out
- ***So Easy, a Caveman Can Do It** advertiser
- Disfigure
38. African migrants
- Lower a rank
- Ignited
- Tooth decay agent
- Tarantino in his own movie, e.g.
- Biotic community
- Story "of Two Cities"
- October stone
- Nomad's round house
- Flower holder
- Dietary mineral
- Medley
63. Ne
- ***It's Finger Lickin' Good**
- ***The Ultimate Driving Machine**

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LETTERS TO THE EDITOR

Dear Leavenworth Echo,

I want to comment you on your hire of Erin Mullins as intern reporter! I feel so grateful for her reporting, balanced and succinctly detailed. She and Marlene Farrell have described our Cascade School District stories with depth and breadth. I am especially grateful for Erin's reporting, with the article "Addressing Racism In Local Schools." As Erin describes so clearly, there was no law passed requiring the teaching of critical race theory to students; rather there was a law passed (SB 5044) to require training staff so that they treat everyone, no matter the background, with fairness and respect. Elia Ala'ilima-Daley and Glenn Johnson have very helpful comments about creating an atmosphere of inclusion and openness, and ultimately, a sense of belonging.

That is what I strive for in my joint decisions as a school board member.

We want (and need) all students to feel a sense of belonging, respecting that they come from a variety of cultures, and generational wisdom.

We want all students to hear, and create, a broad spectrum of opinions.

We want students who think critically.

We want students who can construct their own knowledge, based on strong educational pedagogy.

We want students who are problem solvers.

We want students who can carry on rich conversations, with listening that creates understanding, not just 'talking to make a point.'

Our Upper Valley community and the world needs graduating students

who can think critically and have discernment. In fact, Erin Mullins, CSD graduate, is a great example of all of the above!

In gratitude,
Judy Derpack
CSD School board Director

Happy about Epoch Times

I am happy to see some articles from the Epoch Times appear in The Echo. I hope that the far left wing "regressives" who want to shut up all conservative viewpoints that they disagree with won't influence editor Bill Forhan. It is better to have more speech and viewpoints in a newspaper than fewer.

I noticed that on 6-9-21, one liberal "writer" disagreed with your inclusion of some articles from The Epoch Times, calling them "right wing, global misinformation machine, and is supportive of Trump, like about 75 million other Americans who voted for him. She also doesn't understand that the New York Times is the real socialist misinformation machine. She also decries op-editorials from conservative contributors as being "divisive, speculative, fact free columns" and unneeded. I wonder if her severely misinformed opinions are so weak that they cannot withstand objective scrutiny. She has the perfect right to be as wrong as she wants to be and to have her narrow mind all made up and all closed down. I prefer to see more liberal socialist, left wing misinformation from her and liberals like her so as to expose their left wing lunacy because it draws a stark contrast between them and conservative Christian patriots like us. Let's hear both sides of the issues, without

you all and America bless God again. The liberal "wokers" should maybe go back to sleep because they are showing the rest of us just how misinformed they are. Liberals generally see the world in emotional terms to be what they wish it to be, while conservatives generally see the world for what it really is. All the liberals I have ever known are emotional and unhappy people. I forgive them and do not want to shut them up, like they want to shut up conservative opinions. This is their "cancel culture". Liberals are socialists, communists, regressives and history shows that these forms of governments are glaring failures.

"Socialism is the philosophy of failure, the creed of ignorance and the gospel of envy. Its only inherent virtue is the equal sharing of misery" - Winston Churchill.

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.

"Extremism in the defense of liberty is no vice and moderation in the pursuit of justice is no virtue" - senator Barry Goldwater. Ex Russian KGB colonel Yuri Bezemenov defected to America and he describes in detail how the KGB has brainwashed many segments of the American population by constantly convincing Americans to hate their own country. We are now seeing the effects of this Russian "brainwashing". Check it out if you can handle the truth.

Think about it - God Bless

you all and America bless God again.

Bill Cowles
Peshastin

Use 747 Supertanker

Here we are, at the beginning of what could prove to be worst wildfire season ever and the world's best firefighting tool sits unused and not ready to go because of decisions made by the US Forest Service and states not to use it. Unfortunately, in 2002 two Lockheed C-130 Hercules airplanes crashed while fighting fires, one in California and one in Colorado. In 2004 the Forest Service made the decision not to use the large tanker firefighting airplanes, instead relying on helicopters and smaller planes. The Supertanker would have really helped on these fires: The 2020 Oregon fires burned 1,221,324 acres, killed 11 people and burned 3,000 buildings. At Canby, Oregon, in the middle of the day the streetlights and outside lights of businesses were on because of the darkness from the smoke. On July 12, 2017, lightning started the Chetco Bar fire, near Brookings, Oregon, and it burned 191,125 acres. In 2017 The Eagle Creek fire near Cascade Locks, Oregon, burned 50,000 acres and most likely could have been put out quickly by the Supertanker if it would have been used. There is a large fire burning at Mt Shasta in California. Are we going to have to experience a disaster, (holocaust), like the building collapse at Surfside, Florida, before we realize that we need to prepare for these things ahead of time? When the fire is burning, it is too late to start preparing for it.

Bob Mattila
Brush Prairie, Washington

Dr. Latimer purchases Mount Stuart Physical Therapy

ERIN MULLINS

Wenatchee Chiropractor Dr. Wayne Latimer and his two business partners recently purchased Mount Stuart Physical Therapy in Leavenworth from Luke Astell, MPT and Nancy Bywater-Johnson, PT. Latimer said that his business partners are Dr. Eric Hager, a sleep medicine specialist located in Wenatchee and Dr. Sunny Gill, a chiropractor located in Bremerton, Washington. The purchase includes the gym adjoining the clinic, Balance Point Health and Fitness.

Additionally, Latimer said that

he is the sole owner of Latimer Chiropractic in Wenatchee and has been for over 20 years. At Mount Stuart Physical Therapy, he has plans of creating an integrated medical facility where patients can get holistic care from one place. He plans to expand Mount Stuart Physical Therapy beyond physical therapy to include chiropractic care and massage therapy.

On March 25, 2001, Astell and Bywater-Johnson opened Mount Stuart Physical Therapy, said Astell. After 20 years, Bywater-Johnson and Astell were ready to move out of the managerial role that is included when you

own a business and back into clinical roles as a focus and the two decided to sell the business.

Latimer said that he saw an ad in 2020 through a buyer's agent that a central Washington clinic was for sale and inquired. He learned that the business was Mount Stuart Physical Therapy and decided to purchase it.

The transfer of ownership began in January 2021 and is now complete, said Latimer. Latimer knows his business partner Dr. Eric Hager through Hager's sleep diagnostic center, a business next-door to Latimer Chiropractic. Latimer has been working with Hager for

years. Latimer knows his other business partner Dr. Sunny Gill through Gill's renowned integrative practice medical center Bremerton Wellness in Bremerton, Washington.

Latimer said that the decision to co-own the business with his two partners came up organically through everyday conversations. Latimer decided to own the business with multiple partners in order to distribute the stress and liability of owning a business with multiple people.

Dr. Hager is overseeing the medical portion of Mount Stuart Physical Therapy, Latimer will be completing chiropractic appointments, and Dr. Gill is another voice to help with operations.

One big change to Mount Stuart Physical Therapy is that it can now offer insurance covered chiropractic and massage. Additionally, the clinic can now cover all work injuries regardless of employer. The clinic can cover both local and federal workers compensation claims. Dr. Latimer will be onsite weekly to open and manage those cases.

Latimer said that he has advanced-post graduate chiropractic certifications. He is a certified whiplash traumatologist, rehab specialist, and a certified chiropractic sports physician. This adds another level of care to the comprehensive care already offered by the physical therapists at the clinic.

Latimer is currently working at Mount Stuart Physical Therapy Tuesday and Thursday mornings and at Latimer Chiropractic in Wenatchee on Monday, Wednesday and Friday. On the days he works in Leavenworth, Latimer has a team of other chiropractors and medical professionals who keep his Wenatchee clinic running.

Latimer said that he plans to keep the same hours of operation at Mount Stuart Physical Therapy and retain the same staff. Former owner Astell is still working for the clinic, but former owner Bywater-Johnson decided to take a break from her position and is not sure of her future plans. A new physical therapist named Heather has been added to the team and the clinic is in the process of hiring a massage therapist.

Besides adding massage therapy and chiropractic services to Mount Stuart, Latimer said that he plans to add services like trigger point injections for persistent spasms and diagnostic ultrasounds to diagnose injuries without an MRI machine. Waiting to get an MRI can take multiple months and

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THE CONTRACT

Unveiling The Healing Power of Forgiveness

WILLIAM E. FORHAN

Nobel Prize winning author Gabriel Garcia Márquez was quoted as saying, "All human beings have three lives, public, private and secret."

In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least expect it.

Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his family, his congregation and the impacts of

that secret life is inspirational. How McCarthy discloses the news of his college indiscretion requires him to take everyone involved on a journey of confession. That journey forces him to deal with issues of homosexuality, judgmentalism, divorce and pride.

His pastoring skills and the depth of support from his wife help him bring forgiveness and restoration to many broken relationships.

The bonds of three families are ultimately restored through celebrations of life experiences including fishing, holiday gatherings, the discovery of unknown family connections and a wedding.

Bill's Book is now available online through Amazon.com, BarnesandNoble.com and Apple iBook The paperback is \$16.99 and the ebook is \$8.99. Or you can order the book directly from Bill at The Leavenworth Echo (509-548-5286), the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Bill.Forhan@gmail.com. Orders placed directly with the author have the added advantage of being signed including a short message if you like. Sales tax applies and if you request mail delivery add \$3.00 for postage. There is no charge if your order is picked up at the Echo or Mirror office.

diagnostic ultrasounds speed up the process.

MountStuartPhysicalTherapy operates both through insurance and as a cash-based operation, said Latimer. Some insurances require a prescription from a doctor for physical therapy while others allow the patients to see a physical therapist directly for injuries.

If an insurance company requires a doctor's prescription for medical care, Latimer said that he can provide that referral directly instead of the patient needing to take the time to go through their family doctor.

Latimer's expertise adds valuable services including adjustments, whiplash trauma rehabilitation, and sports chiropractic to the Leavenworth clinic.

Latimer said that he wants to make the community better through his purchase of Mount Stuart Physical Therapy. He grew up in Cashmere and went to University of Western States in Portland, Oregon to become a chiropractor. After graduation, Latimer worked in Vancouver. He eventually came back to the valley to establish his own chiropractic practice and raise a family in the area.