



April 14, 2021 • Volume 122, No. 15

UPPER VALLEY NEWS SINCE 1904

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Cascade School District hires new principal for Icicle River Middle School, Mr. James Swanson



SUBMITTED BY JULIE WINTERS

Mr. Mike Janski is retiring from Cascade School District at the end of June. Cascade School District had 13 applicants for the position of middle school principal and were able to narrow them to three finalists. The three finalists each spent a full day in the district going through a formal interview process. The interview committee consisted of three parents, three staff members, and three administrators. Each day included a tour of the district, a formal interview, time with the Superintendent and Executive Director of Business and Operations, time with current and past middle school administrators. a staff meet and greet, and online staff and community forums. Then the interview committee met to make their final recommendation to the Superintendent. Mr. Swanson will begin his contract July 1, 2021. CSD wishes a happy retirement to Mr. Janski and congratulations to Mr. Swanson!

Kodiak runners win big in shortened season



Loren Muscutt and Zoe McDevitt at the start of the girls race



Anthony Villalobos (top) and Landon Davies pushing hard to the finish line



Celeste Villalobos, and sophomore Tillie Leroy.

Five Cascade runners were named to the Boys All Conference Cross Country First Team for the Caribou Trail League; Landon Davies, Owen Bard, Aiden Tuttle, Anthony Villalobos, and Jerome Jerome.

Two runners were named to the Girls All Conference Cross Country Girls First Team; Loren Muscutt and

PUD commissioners consider expanding support of affordable housing

SUBMITTED BY RACHEL HANSEN Chelan PUD

WENATCHEE - Chelan PUD commissioners are considering a proposal that would support affordable housing development by waiving connection fees for qualified homebuyers working with local housing trusts. (starts at 00:20:00 on the board audio)

The electrical connection fee waiver is currently \$1,900. Chelan PUD has offered waivers to nonprofit, affordable housing trusts since 1995. About one home per year has qualified. Working through the housing trusts, about 20-25 homes per year are expected to qualify under the expanded program.

Three community land trusts Chelan Valley Affordable Housing Trust, Common Ground Housing Trust in Wenatchee, and Share Community Land Trust in Leavenworth - presented a summary of local affordable housing programs to PUD commissioners in February. A community land trust is a community-led development of individually owned buildings on community-owned land.

In North Central Washington, community housing trusts have developed 42 affordable homes. That number is expected to grow by about 10-20 homes per year over the next five years: Three homes in Leavenworth by 2022, five homes a year in Wenatchee starting in 2022 and five-10 homes a year in Chelan.

Commissioners asked staff to further develop eligibility criteria to keep administrative costs low

Continued to page B₃

April 14 Knapp's **Tunnel Closure Forces Link Transit Reroutes**

Aiden Tuttle in front of the pack

BY DAYLE MASSEY AND BILL FORHAN

Cascade High School's boys and girls teams had strong finishes to the season. Both teams won the CTL League Championship on March 25, and then on April 5 the boys team won the North Central Washington Regional Championship and the girls team placed 2nd behind

Wenatchee.

Park in 16:29. Following him were team members Junior Owen Bard, sophomore Aiden Tuttle, junior Derek Richardson, sophomore Anthony Villalobos, and senior Jerome Jerome.

Junior Lauren Muscutt placed first overall in the girls race, sprinting to the finish past Wenatchee's McKenna White, the only girl to beat her this year, finishing in 19:43. Senior Zoe

Senior Landon Davies placed 2nd overall in the boys race, running the 5k course at Walla Walla Point

McDevitt was right behind in 4th place, followed by team members freshman Paige Nunnally, senior

Zoe McDevitt. Coach Dale Massey was named Coach of the year.

Icicle Fund Awards \$2m in Grants to Nonprofits In North Central Washington



SUBMITTED BY THE ICICLE FUND

Leavenworth - The Icicle Fund has awarded \$2M through a series of grant programs in the arts, environment, and cultural and natural history.

Like many non-profits this year, Icicle Fund has experimented with ways to best play its role in the regional ecosystem of organizations that aim to enhance the quality of life in North Central Washington. The Fund's Board of Directors, comprised primarily of non-profit representatives, decided to more than double the grant funding available in 2021 and provide creative new grant programs to meet the needs of our communities. This year, the Fund will support the region with over \$2M in grants.

Through the Operating Support Grant Program, 32 organizations received unrestricted operating support, allowing them the flexibility to be strategic, nimble, and sustained during a year of high uncertainty while preparing for being viable and impactful post-COVID.

In partnership with Icicle Creek Center for the Arts and Methow Arts Alliance, Icicle Fund also provided 130 Covid Relief Grants as direct support for working artists in Chelan, Douglas, Grant, and Okanogan Counties. Artists have been particularly hard hit during the pandemic and their work is sorely needed as we build a post-COVID future together.

The Fund also increased support through its partner organizations to projects and initiatives that foster a collaborative atmosphere, connect people to place, and are aligned with the Icicle Fund mission to support art, environment, and history in North Central Washington. The Fund believes that strong connections to the land and the communities in which we live are nurtured through artistic expression and imagination, an understanding of our past, and experience in and love for our natural landscapes and wildlife.

We have heard from so many of our grantees that this support is coming at just the right time to get their programs restarted", says Icicle Fund Executive Director, Christine J. Morgan.

Morgan continues, "A key question now is: How do we take the best of what was learned and created under the pandemic and integrate it into the future workings of our communities and region? I envision new partnerships with individuals,

Continued to page B2

Planned Washington Department of Transportation inspection results in Route 21 detour

Link Transit officials expect to reroute nine Route 21 trips between 9 a.m. and 2 p.m. Wednesday, April 14 due to a planned inspection of the Knapp's Tunnel by the Washington State Department of Transportation.

Link is providing shuttle service between Olds Station and Entiat for impacted trips. During the closure, Route 21 will be rerouted via U.S. 97 through Orondo.

The rock scaling work that previously delayed and rerouted Route 21 (Chelan) and Route 26 (Ardenvoir) trips is complete and buses are on normal operating schedules. Link has buses on standby just in case schedules are impacted, said Link Planner Paul Heffernan.

Revised bus schedules for the Knapp's Tunnel Closure are posted on the Link Transit website at linktransit.com. For additional help, please call Link's guest services department at 509-662-1155.

For more information, please contact Selina Danko at 509-664-7624 or email sdanko@linktransit. com



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Inside The ECHO this week				
Section A	Section B	Inserts		
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The knowledge and ability to improve your drivability





How and Why to Build a Raised Garden Bed This Season

(StatePoint) Fairly easy

to construct and even easier to maintain, raised garden beds are a great way to raise plants and vegetables in the comfort and convenience of your backyard. In a recent episode of the Exmark Original Series, "Done-in-A-Weekend-Extreme," landscape designer and show host, Doug Scott, spoke to organic gardener Joe Lamp'l of "Growing a Greener World" about the ins and outs of raised garden beds. Here are some of the top insights and tips Lamp'l shared.

Why use raised garden beds? A raised garden bed can help facilitate the ideal growing environment, as most people don't have that perfect soil naturally in their yard. Their accessibility makes them easier to work in and maintain. Plus, they're a nice architectural design element in any landscape.

What's the ideal size? The main rule of the thumb applies to width. The bed should be no wider than 4 feet, as you never want to compact the soil when working. Length however, is based on personal preference and needs. As far as height is concerned, you want the roots to be able to grow out and down as much as possible --6-inches at minimum. While 12-inches is common, anything higher is a bonus.

What materials work best? Treated lumber is the most readily available and economical material and will likely last the longest, however, being an organic gardener Lamp'l prefers untreated hardwood, as it lasts almost as long and doesn't contain chemicals. Other materials vou have around the home and yard, such as rocks, old tubs, etc., can work too.

Where's the best location? • Hammer Build your raised garden bed on level ground, in full sun exposure near a water supply.

DIY Instructions:

- To build a 10-foot x 4-foot x
- 18-inch raised bed, you'll need: • Nine 6-inch x 6-inch x 12-foot
- cedar timbers Tape measure, t-square and
- marking pencil
- A saw and extension cord • One box of 10-inch heavy-
- duty exterior wood screws Ten 24-inch x 1/2-inch rebar
- stakes Twenty 10-inch galvanized
- timber spikes
- Sledgehammer
- Impact drill and long drill bit
- Level

- Shovels • Hardware cloth. wire cutters
- and fence staples Work gloves, safety glasses
- and ear plugs
- Wheelbarrow (to transport soil)
- 1. Begin by cutting six, 6 x 6 timbers, each measuring 10-feet 6-inches in length. And six, 6 x 6 timbers, each measuring 4-feet 6-inches in length. Drill rebar holes in each timber.
- 2. Once the first layer of bed has been placed, leveled and squared in your desired location, fasten the corners using 10-inch wood screws. Secure the entire laver to the ground with 10 pieces of rebar.

- 3. Place the second layer of timbers, staggering the corners and fastening them with wood screws. Secure this layer to the first with ten 10-inch galvanized spikes.
- 4. Install galvanized cloth to prevent burrowing pests from eating earthworms and destroying plants.
- 5. Place the third layer of timbers (following above directions.)
- 6. Fill with soil and plants.

For more tips and complete build instructions, check out "How to Build Raised Garden Beds" by visiting Exmark.com/ backyard. Exmark's Backyard Life is part of a unique multimedia destination with a focus on helping homeowners make the most of their backyard. There you can also access other series, including "Prime Cuts" and "Dream Yards." For an amazing crop this season, take a cue from the professionals and build a raised garden bed for best results.



Raised garden beds create visual interest and an ideal growing environment.







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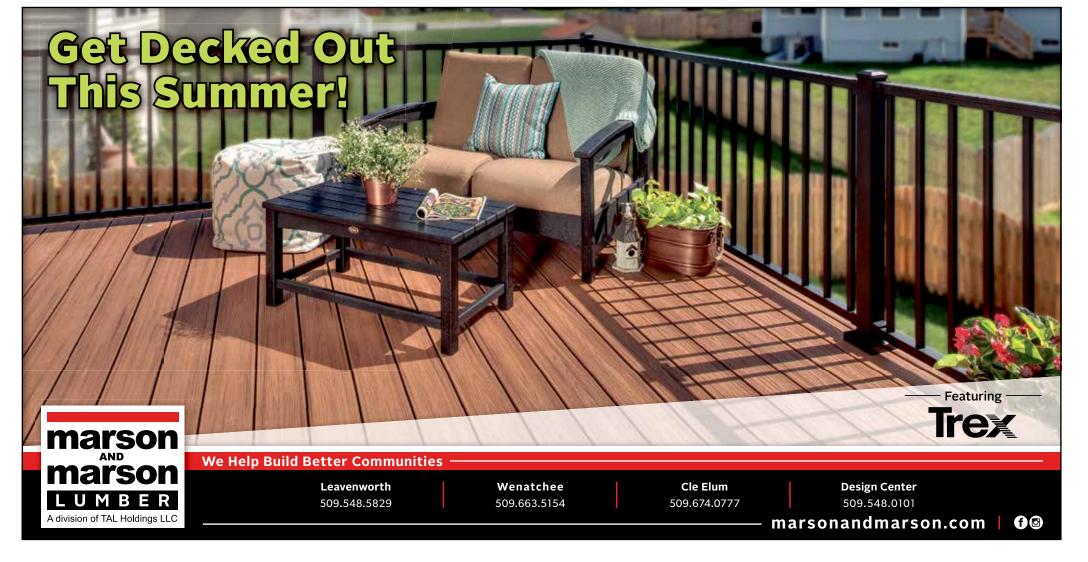
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Ready, Set...Refresh! Quick Tips to Revitalize Your Most-Used Spaces

(StatePoint) Have the cold winter months left your home feeling a bit dirty, drab or disorganized? Are you feeling the urge to purge? Then it's time for some spring cleaning. With a few simple tips and tricks, your home—and mood—can be refreshed and revitalized. For the biggest payoff for your efforts, focus spring cleaning in the areas of the home that are used most: the kitchen and bathroom.

Clear kitchen clutter: According to research from the Mayo Clinic, de-cluttering can have a significant positive effect on your mental health and well-being. To start your refresh, toss anything that's expired or no longer being used. Use a wall-mount spice rack to free up shelf space and keep ingredients within easy reach. Add sanity to the silverware drawer by giving all gadgets their own spaces with Spectrum HEXA In-Drawer Organizers. HEXA organizers feature a unique, six-sided honeycomb base design that offers a sturdy foundation while allowing crumbs to fall through its base away from clean utensils. Simply, "lift and sift" to clean drawers.

Labels & liners: Add a new level of organization and personalization to cabinets, drawers and even wire racks with shelf liners. Available in a variety of colors and patterns, they offer a smooth top and grip bottom for easy sliding of items. Plus, the smooth surface

catches messes and spills. making clean-up a breeze. Next, create custom labels for organizer bins with chalkboard or dry erase adhesives from Duck brand. For wire racks, add shelf liner to the bottom to hold items in place.

Get savvy at the sink: Next, move to one of the germiest areas of the kitchen: the sink. To keep this area neat and clean, add an organizer (such as Spectrum HEXA Sink Organizer, which has a built-in soap pump) to keep all cleaning essentials—sponges and brushes—upright and dry and help resist the growth of bacteria. Excess water is captured in the base, which can be easily removed and wiped clean. Finally, place a raised mat in your sink basin to encourage air and water flow for faster drying, and to provide extra cushion for fragile glassware.

Banish bathroom battles: From towels to toiletries, bathrooms collect a lot of "stuff." Keep the dailyuse items and purge the rest. If you have limited shower space, use a suction shower basket or shower caddy to hold shampoo and soaps. Add an over-thetank toilet paper holder to store extra bath tissue and keep it out of the way. Just like the kitchen, utilize small baskets or HEXA in-drawer organizers to keep everything from makeup to medicine easily accessible and in the right place.



Conquer cluttery cords: Conquer cords and countertop clutter by utilizing vertical spaces. Add shelves to walls to hold towels or smaller items, and add over-the-cabinet accessory baskets to the insides of cabinet doors. These easy-to-install organizers keep items like your blow dryer, straightener and curling iron out of sight, but within arm's reach, for a faster morning routine.

For more unique organizational products, visit www.spectrumdiversified.com and follow the conversation at #LiveLifeOrganized.

Soon, with a bit of cleaning and organization focused in key areas of your home, you'll be feeling refreshed and revitalized this spring.



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Prepare Your "Go Bag" Today and Get Out Safely Tomorrow

SUBMITTED BY BARBARA CARRILLO

Chumstick Wildfire Stewardship Coalition

Part of living in the iconic and scenic Northwest is experiencing fire season, and from time to time in our communities it can turn dangerous. In the last several years, we have experienced some longer and more intense fire seasons. This trend is not going away for the foreseeable future and fires don't wait, so

be ready and prepare your "Go Bag" today. What is a "Go bag", you say?

A Go Bag is an evacuation backpack or laundry bag of essential items you can quickly grab at a moment's notice to help you safely and

effectively evacuate your home in case of a natural disaster or a threat of fire. Including essential items such as water, food, and medicine to last a few days is a top priority. Other valuable items such as

deed to your house, your will and or trust, proof of insurance, medical records, social security cards, birth certificates, immunization records, and pet medical records should also be included. Store these items in a waterproof bag for safekeeping. Include one gallon of water per person per day, non-

passports, driver's licenses, the

perishable food, a first-aid kit, keys, a flashlight, batteries, a few changes of clothing, diapers, pet food, cash, face masks and hand sanitizer.

Other important items to remember are things like a whistle, pocketknife, headlamp, radio, extra phone chargers,

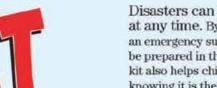
matches, a favorite book, deck of cards, toys or games and snacks or candy bars.

Finally, plan an evacuation route and establish a family communication plan with phone numbers of loved ones who live out of state in case local cell towers go down and make sure everyone knows to meet up in the same place.

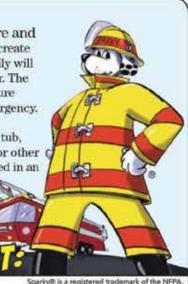
Natural disasters don't wait, so pack a Go Bag for you and your loved ones today.

Use the handy checklist on this page to get prepared and go to the following website for more information.

During the Fire - CWSC (chumstickcoalition.org)



Disasters can happen anywhere and at any time. By taking the time to create an emergency supplies kit, your family will be prepared in the event of a disaster. The kit also helps children feel more secure knowing it is there in case of an emergency.





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The supplies can be kept in a plastic tub, small suitcase, trash can, backpack or other (container. To learn what else you need in an emergency supplies kit, go to www.ready.gov.

- Water one gallon per person per day for drinking and sanitation - store 3-day supply
- Ready-to-eat food, canned juices, comfort/stress foods - at least a 3-day supply
- Battery-powered or hand-cranked radio and a NOAA weather radio, and extra batteries for both
- Flashlights and extra batteries
- First aid kit
- Non-prescription drugs such as pain reliever, antidiarrhea medication, antacid, laxative
- Prescription medications, contact lenses and supplies, denture needs
- Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Water and pet food if you have pets
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Dust mask or cotton t-shirt to filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Can opener for food
- Aluminum foil
- A jacket or coat, hat and gloves

NOTE: Replace food every six months. Re-think your kit and family needs once a year. Replace batteries and update clothes, etc.

My Personal Pack Checklist

Have children create their personal pack. Have them include things like their favorite book or stuffed animal. These familiar things will help keep them comfortable during an emergency.

- Change of clothes
- ✓ Blanket
- ✓ Books
- Favorite toy
- Paper, pencils and crayons

For more information, visit the National Fire Protection Association at www.nfpa.org/disaster. Developed by NFPA. Funding provided by the U.S. Department of Homeland Security, Office of Domestic Preparedness.

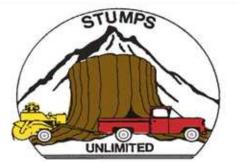


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Important family documents such as copies of

records in a waterproof, portable container.

Passport, bank account numbers, credit card

Books, games puzzles, portable music device

account numbers and companies

insurance policies, identification and bank account

Remember to include emergency contact numbers.

A complete change of clothing including long

Sleeping bag or warm blanket for each person

Mess kits, paper cups, plates and plastic utensils

a waterproof container.

Cash or traveler's checks, change

Matches in a waterproof container

Rain gear

Paper towels

Tent

Soap

Compass

Signal flare

Paper, pencil

Personal hygiene items

pants, long sleeve shirt, and sturdy shoes stored in

HOME, GARDEN & CAR

Recycling 101: What to know before you throw

(BPT) When it comes to recycling, do you know what to throw?

A4

A plastic milk jug is recyclable, but an old plastic toy isn't. The cardboard box from your latest online order can go in your recycling container, but a greasy pizza box shouldn't. Aluminum cans, yes; aluminum foil, no.

It can seem confusing, but that's where Recycling Simplified comes in. Republic Services aims to simplify recycling with easy-to-follow tips for consumers.

Consumers are trying to do the right thing by recycling, but they don't always know what - or how - to recycle. In fact, about one-third of what gets tossed in curbside recycling containers doesn't belong there. That's one out of every three items!

Many items are placed in the recycling bin with the hope that they'll be recycled. This is known as "wish-cycling." But people sometimes confuse "recycle." with "reuse' Examples of this include old clothing and shoes, stuffed animals, tools and plastic toys. All of these items could be reused if donated, but they won't find a new home if you put them in your recycling bin. Take them to a donation box or thrift shop.

So, what does belong in the recycling bin? There are three main categories of recyclables: Paper and cardboard, metal cans including aluminum, and plastic bottles and jugs. With bottles and jugs, leave the caps on or throw them away they're too small to recycle by themselves

Also, recyclables should be empty, clean and dry. Even when an item is recyclable, like a soup can or plastic ketchup bottle, any remaining food or liquid becomes a problem. When those items come into contact with clean recyclables, that leftover chicken noodle soup will saturate otherwise good paper and cardboard. This is known as contamination, and once it happens, perfectly recyclable items become trash and wind up in the landfill -

which is what we're all trying to avoid by recycling.

And don't bag your recyclables. The sorting process at a recycling center happens quickly, and most of what is bagged or bundled ends up in the garbage because sorters cannot see the contents. Plastic bags also can get tangled in the machinery, causing delays or even damage.

"Many of us want to be better recyclers, but we aren't sure how or think we don't have the time," said Pete Keller, vice president of recycling and sustainability at Republic Services. "With a few simple steps, we can all do our part to make environmentally responsible choices and help make a positive impact in our community for generations to come."

Make sure you know how and what to recycle with these simple Do's and Don'ts from **Republic Services:**

DO recycle paper products. Clean, dry, flattened cardboard, newspapers and magazines, office paper and mail are accepted. Break down cardboard boxes before putting in your bin and remove any plastic such as the see-through windows in envelopes.

DO recycle empty soda or food cans. Be sure any remaining food or liquid is removed and the can is rinsed and dry.

DO recycle "Empty, Clean, Dry" plastic. You can leave the tops on bottles and jugs. **DO** remember, when in

doubt, throw it out. If you're unsure whether an item is recyclable, put it in the trash.

DON'T recycle wet or foodtainted items. A greasy pizza box should go in the trash.

CASHMERE VALLEY RECORD/ THE LEAVENWORTH ECHO APRIL 14, 202

DON'T recycle cans that held hazardous waste. Metal cans that contained paint, oil or any other potentially hazardous waste need special handling. Consult your city or county website for information on hazardous waste disposal.

DON'T recycle yard or food waste. Composting options for tree trimmings and other yard waste may be available in your community, but not via your recycling container.

DON'T bag it. Reuse plastic bags if you can, then return them to grocery stores for commercial processing.

For more quick and easy guidelines to becoming a better recycler, visit RecyclingSimplified.com.

Birds Attacking Your Windows? Here's How to Stop It

(StatePoint) If you've ever noticed a bird attack your windows, you may wonder why this strange behavior is occurring. Beyond the potential disruption it might cause your family, repeated attacks can be harmful to birds. Understanding the problem however, can help you put a stop to it, and better protect the birds nesting on your property.

The Problem

Many birds will stake out a territory, perhaps by your home, and vigorously defend it. If a territorial bird discovers its reflection in your window, it may perceive this reflection to be another bird competing for its territory and mate, compelling the bird to attack. This attack of its own reflection can take the form of pecking or scratching at your window, as well as flying up and banging into your window. When repeated, these actions deplete a bird's energy and put its health and the health of its nesting young at risk. Though this can occur at any time of year, it happens most often in spring, with males.

A Solution

You can help stop this problem from occurring. One good solution designed to do so is Stop Bird Attack, a removable, white coating that may be sprayed on any window. It eliminates the bird's window reflection, calms the bird and



stops the attack. Effective for and UV Liquid products that help prevent bird strikes Northern Cardinals, American Robins, California Towhees and other territorial birds, Stop Bird Attack is made by WindowAlert, a brand that com.

(another common hazard to birds). More information can be found by visiting windowalert.

Take it a Step Further

While you are at it, consider other dangers to birds that you can eliminate on your property. For example, by swapping out conventional pesticides with essential oils, you can ward off pests in your garden without putting birds at risk. You might also try keeping pet cats indoors or in an enclosure to prevent them from attacking birds.

"While your home's windows can be an unexpected hazard to birds, it's important to be aware of the easy solutions that can help keep them safe this spring nesting season and beyond," says Spencer Schock, founder of WindowAlert.



4 Ways to Prepare

Your Home for Bug Season

PHOTO BY (C) JAMIE THORPE, @HOMEOFUANDME

Put an effective pest control product in your shopping cart early in the season

(StatePoint) Spring is the official start to bug season, making it important to prepare your home. Here are four steps you can take you keep bugs at bay:

1. Do a spot check: Check window and door screens for tears to prevent flying bugs from getting in the home and make repairs where necessary. Also, take a quick look around for areas with standing water and try to eliminate them. Standing water creates a breeding ground for mosquitos. Lastly, even the sturdiest garbage bags can't entirely prevent leaks and spills, and over time, your trash bins can begin to accumulate residue inside and around the rim. Bugs, especially flies, love leftovers, so give your garbage cans a thorough rinse.

2. Be ready: Put an effective pest control product in ready if they do invade. your shopping cart early in the

product. Zevo is now available nationwide at The Home Depot and Target, and online at zevoinsect.com.

3. Protect your trees: Prepare for the upcoming visit of the 17-year cicadas. In many parts of the country, billions of cicadas will swarm and the females will scrape small twigs to lay their eggs under bark. Protect small and vulnerable trees (ones that are under 4 or 5 feet tall) with cheesecloth to spare them from attack.

4. Keep an eye on pets. Pets are liable to gobble up large helpings of dead cicadas. While not toxic, too many cicadas could cause some digestive issues for furry friends. Help keep them healthy by watching what they eat!

During the spring season, it is necessary to take steps both to keep bugs out, and to be

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Tankless water heaters poised as top 2021 home improvement trend

(BPT) You're likely thinking of improvements from a new perspective after spending more time at home or renovation ideas after recently purchasing a home. Because spaces are being utilized in different ways and utilities are getting used more frequently, you want smart upgrades that make life easier and more convenient. That's why tankless water heaters are gaining popularity: These modern systems make your home more comfortable, save space, lower costs and provide eco-friendly benefits.

Traditional versus tankless A cold shower. Washing your hands in a chilly stream from the faucet. Having to wait to do dishes because there's no more hot water. The problem with traditional water heaters is they have a holding tank that heats a specific amount of water. When that water is not being used, it sits there being heated, which wastes energy. On the flip side, when in use, when the hot water is gone, it's gone. It doesn't matter if you're mid-shower, mid-bath or midlaundry load.

A tankless water heater solves these problems, making it both a logical and luxurious home improvement. Tankless water heaters are popular in homes throughout Europe, plus they are commonly used in spas or other facilities in the U.S. due to the benefits of on-demand and endless hot water. They are slowly gaining popularity in U.S. homes as Americans are becoming more energy-conscious and discovering the many efficient advantages over conventional types of water heating.

Top reasons to go tankless The pandemic has people researching new solutions to their household issues, which is why many are learning about the numerous benefits of tankless water heaters and making the switch. Here are some of the top reasons why this option is trending for 2021: Efficient and

environmentally friendly: Tankless heaters flash-heat water when you need it, and turn off as soon as you turn off the faucet or shower. That means water is heated instantly and heated only when you need it. Tankless heaters are designed to save energy, which saves you money and protects the environment. For example, Thermalux tankless water heaters, on average, help reduce up to 118,000 tons of CO₂ emissions a year.

Constant hot water without the waste: With a tankless water heater, you get to enjoy an endless stream of hot water because it's heated through a compact yet powerful system that mounts on a wall. Once the demand for hot water no longer exists, the tankless water heater automatically shuts down and stops using energy. Choose the right size tankless and you'll always have hot water when your family needs it.

Small size equals significant space savings: Usually about the size of a carry-on luggage bag, tankless water heaters can help you reclaim space compared with large tanktype heaters. These compact systems can be conveniently located in a utility room, garage, attic, basement or closet.

Cleaner water: Traditional tank water heaters can build rust and sediment inside the tank after years of use. This material can end up in the water that you use in your home. Since tankless options do not store water and heat it only on demand, you get fresh, clean water every time without worries of sediment.

Growing accessibility: Getting a tankless water heater is now as easy as going online to Amazon or Home Depot, where Thermalux tankless water heaters are readily available for immediate purchase. Learn more at thermalux.com. Then find an installer and upgrade your system before your old one goes out.

Lower costs: The upfront cost of getting a tankless can be defrayed thanks to possible local, state and federal tax credits. Check out energystar. gov for more information. Once installed, a tankless will help lower your energy bills, helping you to further save money. Finally, tankless water heaters have double the lifespan of their tank-style counterparts, which significantly impacts savings over time.

With new demands on a home's comfort and its systems, a tankless water heater is a smart investment that will pay off for years to come.



Extend the Life of Your Used Car With These Tips



(StatePoint) In the market for a car? If you're planning on purchasing a used vehicle, you're in good company. Nearly 70 percent of all car sales are used vehicles, likely due to the the rising costs of new cars and the increasing quality of their used counterparts.

While previously owned vehicles make the best financial sense in a lot of cases, experts encourage motorists to keep a few things in mind. "For the safety of everyone sharing the road with you and to protect your purchase, it's important to stay up-todate on car maintenance," says Doug Turner, director of service operations at Byrider, the nation's largest used car and finance network of dealerships.

- April is National Car Care Month and to help you extend the life of your used car, the automotive experts at Byrider are offering the following tips:
- Follow the maintenance recommendations of the manufacturer to keep it running as smoothly as possible. This includes filling your vehicle with the proper gas, and using the proper oil per the manufacturer's recommendations.
- Prioritize preventive

maintenance to avoid issues down the line. Pay special attention to noises or warning signs that could indicate your vehicle needs maintenance. Remember, warning lights on your dashboard are illuminated for a reason. Understand what they mean and address

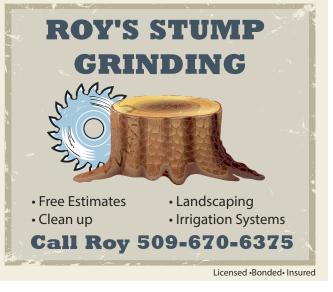
- them as-needed. Keep the interior and exterior of your vehicle clean to prevent rust and other issues.
- Use only trusted repair services that hire Automotive

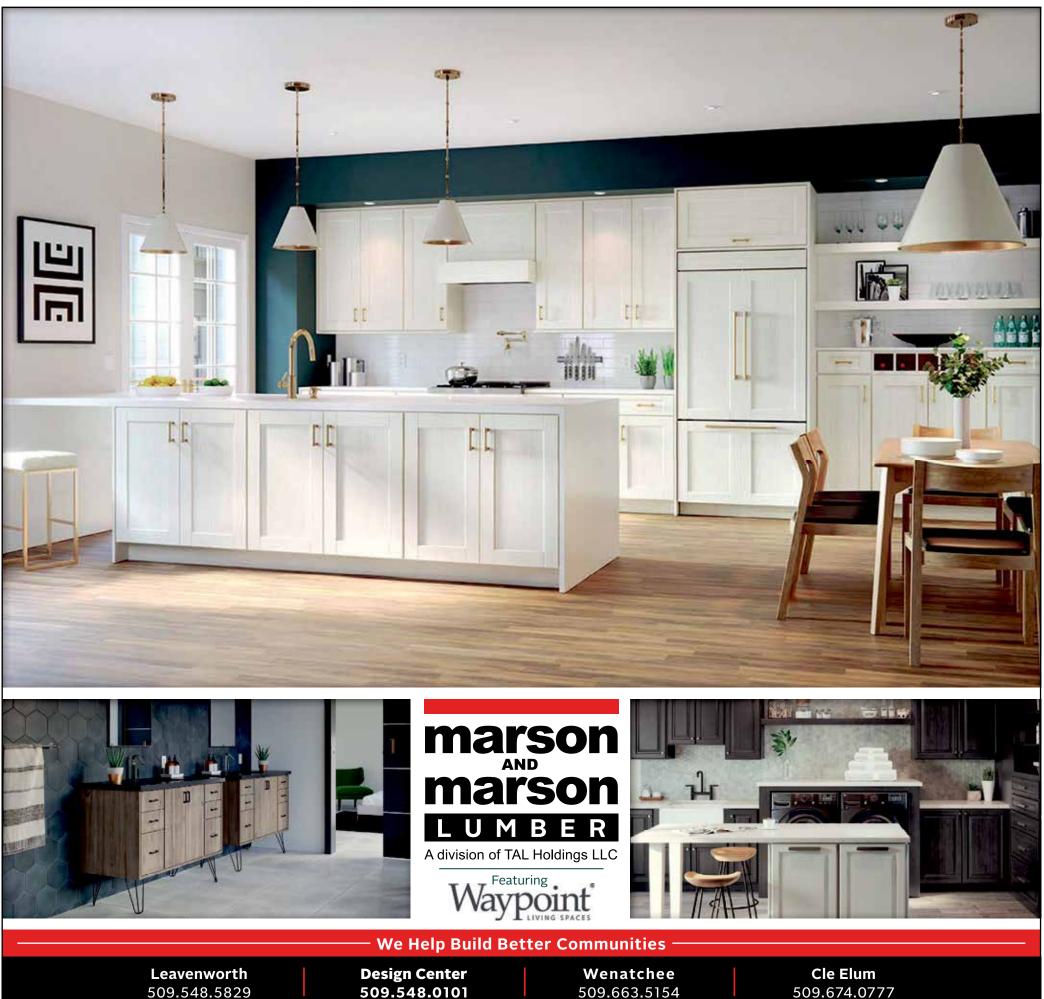
Service Excellence (ASE)certified technicians. This certification can make a big difference when it comes to quality repairs and maintenance.

- Complete as-needed or at a minimum, an annual inspection, on the vehicle. Keep in mind that different seasons of the year require different inspections and repairs.
- Use quality parts.

When buying a vehicle, stick to retail dealers that put cars through a detailed inspection process to help ensure a given vehicle's safety and reliability. At the same time, consider dealers with an attached service department to help streamline maintenance and repairs. "Your relationship with the dealership shouldn't end once you drive the car off the lot," adds Turner. In the case of Byrider, every car sold comes with a warranty or optional vehicle service agreement, as well as discounted parts, labor and service. To learn more, visit byrider.com.

A used vehicle can be a great investment. Extend the life of your car and stay safer on the roads by making smart purchasing decisions and taking a proactive approach to maintenance.





marsonandmarson.com | 🗗 🖾

Community

Be a Berean

Pastors say a lot of things. I say a lot of things. That is the nature of the vocation I suppose. However, what happens when what a pastor says doesn't quite match the Scriptures? Or, can we even recognize error or falsehood from the pulpit?

I find that many people when they attend a church service, sit passively in the pew and are inattentive to what is being said from the pulpit. It is a constant complaint from pastors that their congregants can't remember what was said in the sermon minutes after exiting the church. If people aren't listening actively to the truth, then we can assume that they remain undiscerning if the truth is actually being spoken.

Another issue is people tend to take what a pastor says at face value without any further study. After all, pastors go to school and are trained in gospel ministry therefore they should know what they are talking about and be experts in Biblical theology. Furthermore, there is an inherent trust placed in the pastorate. The Bible calls faithful men to shepherd the flock and naturally we should be able to trust them.

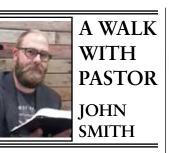
I remember a conversation I had with a dear friend recently. Unlike most, they actually pay attention to what is said from the pulpit and they quoted to me what the pastor had said during a sermon and how much they agreed with him. The statement, however, was erroneous and when it was pointed out, my dear friend replied, "This is what the pastor said and I agree with him."

As I said earlier, pastors say many things, but what a pastor says from the pulpit isn't authoritative unless it is backed by God's Word. In other words, everything that a pastor says must agree with the Scriptures. If it doesn't, then it is just empty words, at best, which bear no weight on life or

eternity or at worst, heresies that will damage the soul.

Sincere as my friend may be in trusting their pastor, the ultimate standard of truth in the Bible and that is the only authority that we should place our complete trust in. Men are fallible and often say the wrong things but when the Word of God speaks, it is without error because it is God-breathed and the only sufficient rule for faith and practice (2 Tim. 3:16).

The reason why I am writing this is to encourage all of you to be good Bereans and study the Scriptures for yourselves so that you will know the truth and not be led astray. In Acts 17:10-15, we read that the Apostle Paul and Silas are sent to the region called Berea. Stepping into the local synagogue to preach about the resurrected Messiah, they find Jews who eagerly accept the message. However, these Jews were commended as being nobler than the surrounding areas because of this one fact:



They examined the Apostle's words in light of Scripture. Remember, the Apostles were the leaders of the church. They were with Christ, heard his teachings with their own ears, and were witnesses of his resurrection. The Apostles carried an incredible amount of authority as their teachings were the foundation of the church (Eph. 2:20). Yet, for these Bereans, regardless of the reputation of the Apostles, they insisted (rightly so), that even church leaders must fall under the scrutiny of God's Word.

Again, we can learn a lot from the Bereans and follow their example of knowing the text of Scripture and examining every word spoken.

My prayer for you is that you go to church this coming Sunday, open up your Bible and actively listen to what is being said. Be a good Berean, read the Scriptures, and don't just take our word for it from the pulpit.

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

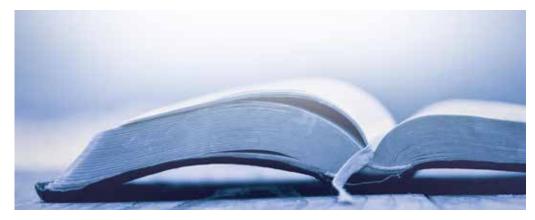


Ninety-Seven years ago today in Butte, Montana a young woman gave birth to her first child. The baby was several months premature and born at home before modern hospitals had incubators or even maternity wards. The baby was so small the young mother did not believe it would survive through the night and in her distress was unable to care for the infant. The baby's aunt stepped in, wrapped the tiny baby in a napkin, put it in a shoebox and placed the shoebox on the open door of the iron stove in the kitchen. The infant thrived and grew

up to become a Registered Nurse, a loving wife and mother of four children of her own.

Today, she is celebrating her 97th Birthday with all of her children, many of her grandchildren and even some great grandchildren. Happy Birthday Mom!

For my readers I bring you this little personal note to let you know that the Echo office will be closed on Tuesday, Wednesday and Thursday as Carol and I travel to California to join my siblings in loving on our dear mom. We'll be back in the office on Friday.



We are here to serve families in **Obituary & Memorial Policies** GENERAC Leavenworth, Peshastin, Plain **Prepare for** and the entire Upper Valley. NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, power outages Lake Chelan Mirror, Quad City Herald with a Generac An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the home standby loved one. Obituaries are also used for historical and ancestral generator data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial **REQUEST A FREE QUOTE!** is different from an Obituary. An Obituary is usually current, while 877-330-1491 a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include FREE CENERAC one color photo and go online at no extra charge. Memorials are JONES & JONES ~ BETTS 7-Year Extended Warranty* priced per column inch. Please call for cost. *Payment is due at A \$695 Value! the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death **Funeral Home** Offer valid February 15 - June 6, 2021 Notice - information is limited. 302 9th St., Wenatchee • 662-2119 or 662-1561 Deadline is 4 p.m. on Friday - some exceptions may apply. **Special Financing Available** jonesjonesbetts.com Subject to Credit Approval Please call 509-548-5286 for more information *To qualify, consumers must request a quote, purchase, install and activate the Honoring the lives of residents in the Valley for over 100 years. Or email classifieds@leavenworthecho.com generator with a participating dealer. Call for a full list of terms and conditi You can always rely on our dedicated staff.

Due to lifted Covid-19 state regulations, some churches will be opening up for in



person services. Call the church of your choice to see any changes.

Please call or email your church listed below if you need more information. May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

SEVENTH DAY ADVENTIST CHURCH 10600 Ski Hill Drive • 548-4345

Saturday Services Bible Study 9:30 a.m. • Worship 11 a.m. Fred Smith • 860-3997

SPIRIT LIFE CENTER

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

MONITOR

MONITOR UNITED METHODIST CHURCH

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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH

8455 Main Street • 548-7517 Sunday Worship 10 a.m. Pastor John Romine www.lightinthevalley.org

New LIFE FOURSQUARE CHURCH 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall

Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com





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

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

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

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

> LEAVENWORTH CHURCH OF THE NAZARENE 111 Ski Hill Drive • 548-5292 Sunday Worship 8:30 a.m. and 10:00 a.m. Lead Pastor: Greg Appleby www.LCN.org

GRACE LUTHERAN CHURCH Morning Prayer or Holy Eucharist. Times and place will vary due to COVID restrictions. Service on YouTube or Email link: CashmereEpiscopalLutheranMinistries **Contact Pastor Rob Gohl** 509-860-0736 for more information.

ST. JAMES EPISCOPAL CHURCH Morning Prayer or Holy Eucharist. Times and place will vary due to COVID restrictions. Service on YouTube or Email link: CashmereEpiscopalLutheranMinistries Contact Pastor Rob Gohl, 509-860-0736 or Deacon Carol, 670-1723 for more information.

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

DRYDEN

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

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

LEAVENWORTH

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

CASHMERE

CASHMERE BAPTIST CHURCH 103 Aplets Way • 782-2869 Sunday School 10:00 a.m. - Worship 11 a.m. Bible Study, Wed., 7 p.m. Pastor Bob Bauer Find us on Facebook at Cashmere Baptist Church

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

CASHMERE UNITED METHODIST CHURCH

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



CHRIST CENTER

Cashmere Assembly of God: 509-782-2825 Worship Service Sundays 10:00 a.m., in-person, Conservatory C Apple Annie's and on-line, christcentercashmere.com Underground High School Sundays 6:00 p.m., In-person, Conservatory Middle School Youth Thursdays 7-8:30 p.m., In-person, Conservatory Lead Pastor, Steve Haney Children's Pastor, Andy Robinson Congregational Care Pastor, Joyce Williams High School Director, Kelsie Folden Community Outreach, Steffanie Haney





Recreation The Washington Outdoors Report

The Washington Outdoors Report By John Kruse

Spring turkey hunting, a reopened state park observatory and hot fishing for non-salmon species in the Columbia River dominate the news this week.

PUBLIC LAND TURKEY HUNTING OPTIONS

The general opener for the spring turkey season is April 15. Traditionally, the best region to hunt is in Northeast Washington but Southeast Washington around the Blue Mountains and Klickitat County in South Central Washington also offer good options. Some of the best turkey hunting in our state is found on private lands but if you haven't secured permission to hunt a gobbler on private property, you'll want to give public land hunting a try.

When it comes to public lands National Forests and Bureau of Land Management lands can be a good choice as well as Washington State Wildlife Areas. As far as wildlife areas go there are several good bets for turkey hunters. In Northeastern Washington the Washington Department of Fish and Wildlife reports the "LeClerc Creek and Rustlers Gulch Wildlife areas usually have a good number



The Goldendale Observatory

of gobblers as well as the Sherman Creek Wildlife Area, where winter closure gates on the Bisbee Mountain and Trout Lake roads on the Sherman Creek Wildlife Area re-opened April 1."

Heading to Southeast Washington the Chief Joseph Wildlife Area in the corner of the state as well as the Asotin State and W.T. Wooten Wildlife Areas bordering the Blue Mountains are worth hunting as is the Soda Springs Unit of the Klickitat Wildlife Area west of Goldendale. Whatever public land you choose to hunt, try to get there a day or two prior to the opener to pattern

the birds and be in your spot to intercept them as they come down off their roosts in the morning.

> GOLDENDALE OBSERVATORY REOPENS

Washington State Parks is reopening the Goldendale

newly upgraded facility and the chance to view the sun through the observatory's solar telescopes from 2 to 4 p.m. each weekend. You will have to register online through the park website for one of these visits and can do so at https://parks.state.wa.us/512/ Goldendale-Observatory

now, there are tours of the

MID-COLUMBIA FISHING HOT

The hottest fishing in the Pacific Northwest right now may well be in the John Day Pool of the Columbia River between Rufus and Umatilla where the walleye and bass bite is on. WDFW creel checkers recently interviewed anglers in 68 boats who had caught 246 walleye and some 25 percent of them were released. Anglers in 13 boats fishing with 25 rods did even better going after bass. They caught 166 bass (that's over 6.5 bass a rod), with some 90 percent of those fish, primarily smallmouth bass, turned back into the water. Suffice it to say it's definitely a good time to go fishing in this part of the Columbia but watch the wind, it does tend to kick up in the afternoons and makes boat fishing very tough.

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

Upper Valley PRSA Announces RFP Process For Recreational Needs Assessment

SUBMITTED BY CHRISTIE VOOS Communications Analyst

LEAVENWORTH - The Upper Valley Park & Recreation Service Area (PRSA) in conjunction with the City of Leavenworth released a Request for Proposal (RFP) seeking firms to conduct a recreation needs assessment of the Upper Valley community. The assessment will help prioritize the service area community's parks, recreation, and community facility needs and will be used to inform the process of taking an updated levy to the voters in spring of 2022.

Proposals are due to the City of Leavenworth by Friday, May 7, 2021. A firm is expected to be selected by May 18, 2021, and the needs assessment is expected to take place throughout the summer, with results and analysis due to the PRSA by October 1.

The PRSA, a Special Purpose District which is governed by a volunteer board representing Chelan County, the City of Leavenworth, Peshastin Community Council, Chumstick Community Council, and Cascade School District #228, was originally established in 1997 to fund the construction of the community pool in centrally located Leavenworth. The City of Leavenworth operates the Howard Hopkins Memorial Pool, and a portion of funds to maintain the pool are provided via an Operations & Maintenance Levy, the most recent of which expires in 2022. Information gathered from this needs assessment will be used to update a funding levy to bring to the voters in spring

of 2022.

"The Upper Valley is growing, and it's vital that we understand the community's recreational priorities so that we can shape the PRSA to help meet those needs as we begin work on a resolution for a new funding levy," said Kiah Patzkowsky, PRSA Coordinator. "This RFP process is a major step in having that conversation with

Observatory, perhaps their

most unique park, on April

24. Don't drop in on a whim

expecting to see the night skies

through the new Newtonian

Telescope with a 24.5- inch

mirror lens though. Covid

pandemic restrictions mean

reduced opportunities until

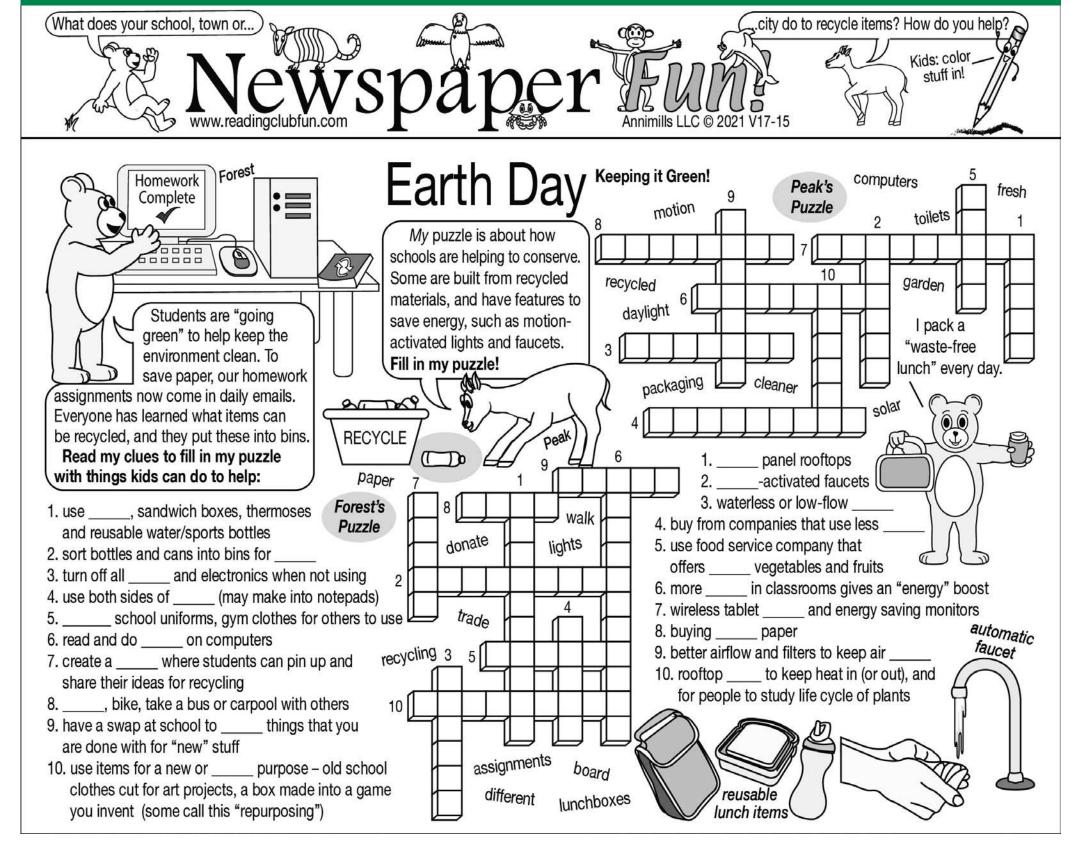
we move out of Phase 3. For

the community."

The RFP and supporting documents can be found online at: https://cityofleavenworth. com/upper-valley-prsaannounces-rfp-for-recreationalneeds-assessment/

For more Information/ para más información, contact PRSA Coordinator, Kiah Ptzkowsky, at prsa@ cityofleavenworth.com.

See Puzzle solution on page B2



Relieving Itchy Eyes

Q: When my allergies kick up, my antihistamine helps my sneezing and stuffy nose, but my eyes still feel "itchy". What else can I do?

Years ago, I bought my "dream" car, a classic jet-black 1985 Jeep CJ7 hardtop. I can still remember that Saturday afternoon in August when my husband Charlie and I took the top off my new Jeep and headed out to the backroads of central Ohio. It was so peaceful: I could smell the damp earth of the fields we cruised by, rows of tall cornstalks alternating with lush, bushy soybeans.

Saturday's afternoon was magic, but Sunday's morning was a nightmare. I woke up to a nose I couldn't breathe through and eyes that burned like fire.

"What set off my allergies? The only thing I'm allergic to is ragweed, and we drove past corn and soybeans."

"Honey, we definitely drove past ragweed yesterday. I saw TONS of It, growing thick in the ditches on both sides of the road."



Icicle Fund Awards

CONTINUED FROM PAGE A1 tribal and government entities, school districts, private businesses and others as we

businesses, and others as we carry out our shared mission of enhancing the quality of life "Aaargh!"

If you need to soothe the discomfort of itchy eyes from allergies gone wild, you'll find several eyedrop products available without a prescription. How do you choose the best one to calm your allergies?

Lubricating eye drops can ease the burning and help relieve dryness. Systane®, GenTeal®, or Refresh® all help reduce the "sand in your eyes" feeling by flushing pesky pollens away, but they can't shut off an allergic reaction once it starts.

Decongestant eye drops help your eyes look less red or "bloodshot" by shrinking the blood vessels in the whites of your eyes. They can help reduce puffiness around your eyelids but don't help reduce allergic reactions.

Naphazoline is а decongestant. Sold as Naphcon[®] eye drops, it's also available combined with an antihistamine, as Visine-A® such and Naphcon-A® (the "A" stands for antihistamine).

Eye drops containing naphazoline can cause trigger dry eyes and aggravate certain types of glaucoma, threatening your vision. Because of this risk, avoid using naphazoline eye drops for more than 3 days at a time. If you have

glaucoma, you should avoid using naphazoline eye drops completely.

Antihistamine eye drops help reverse eye itching and swelling from allergies. Pheniramine maleate is an antihistamine available in both Visine-A® and Naphcon-A® eye drops. Because these eye drops also contain the decongestant naphazoline, they should only be used for 3-5 days at a time.

The most effective eye drop to use when allergies strike is either ketotifen or olopatadine. They help prevent allergic reactions AND calms it down once it starts.

When you encounter something you are allergic to, it triggers a chain reaction leading to redness, swelling, and itching. This reaction is triggered by a chemical called histamine.

Your body stores histamine in specialized cells called mast cells. When your body recognizes pollen or cat dander as something you are allergic to, these mast cells open, releasing histamine into your bloodstream, which creates the misery of an allergic reaction.

Medicines called mast cell stabilizers keep histamine tucked inside your mast cells where it can't trigger an allergic reaction. Ketotifen and olopatadine are potent mast cell stabilizers as well as antihistamines and are both available as eye drops. Thanks to them, I can drive past ditches full of blooming ragweed without suffering the next day, because they keep histamine safely inside my mast cells.

Pataday was a popular prescription-only eye drop. It is available without a prescription, in two strengths: Pataday Once Daily 0.2% and Pataday Twice Daily 0.1%. Ketotifen is available as Zatidor® and Alaway® brand eye drops.

Here are 4 Tips on Using Eye Drops for Allergies: 1. Avoid naphazoline eye drops.

Decongestant eye drops don't address the allergic

reaction and only reduce redness. Limit your use of naphazoline eye drops to three days at a time, and avoid it entirely if you have glaucoma. 2. Choose Pataday® Once Daily for best

results. Ketotifen and olopatadine work both as antihistamines and mast cell stabilizers to relieve itchy eyes. They are also safe to use in children as young as 2 or 3 years old. Pataday Once Daily 0.2% is more effective than Pataday Twice Daily 0.1% or ketotifen eye drops.

3. Use only one drop in each eye.

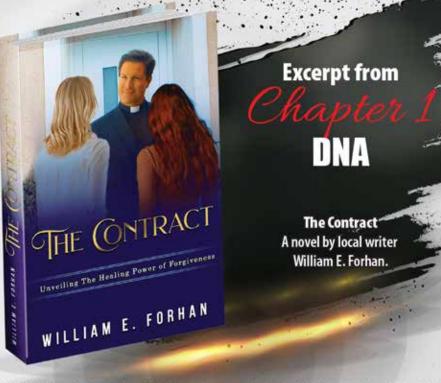
Any more than one drop at a time will just run out and be wasted. Wait a bit before giving yourself another dose.



4. Keep it clean.

Always wash your hands first and avoid touching the tip of the dropper directly to your eye or to any other surface.

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. Her website www. MedicationInsider.com has weekly tips with clear answers to your medication questions so you can take your medicine safely. ©2021 Louise Achey



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, judgementalism, 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.

In 1998, the Icicle Fund was established by Harriet Bullitt and has since supported

for all life in our region."

more than 100 non-profit award organizations with \$45 million dollars. In 2019, Bullitt gifted Add her ownership of Sleeping be for

Lady Mountain Resort to the Icicle Fund. As locals and guests visit Sleeping Lady, the Fund will be able to award even more grants to community organizations.

Additional information can be found at www.iciclefund.org

ICICLE FUND RECIPIENTS



Methow Valley Interpretive Center	Methow Valley Interpretive Center – Promoting Indigenous cul- tural awareness and connection to place	15,000
Mountain Sprouts Children's Community	Re-imagining Early Childhood Education	15,000
Numerica Performing Arts Center	Preserving the Performing Arts in NCW until the "Next Act"	15,000
Okanogan Land Trust	Okanogan Land Trust Forward	15,000
Okanogan Valley Orchestra and Chorus	OVOC's Season of Outreach/Music Is Vital!	15,000
Stage Kids	Keeping Musical Theater Alive for Local Youth	15,000
Sustainable Wenatchee	Core Mission Support for Sustainable Wenatchee	1,500
The Merc Playhouse Society	Help keep LIVE theater thriving in The Methow Valley!	15,000
he Ripple Foundation	Sharing the Elder Speak Experience by creating a manual and companion film	7,500
Upper Valley Connection	Upper Valley Connection Arts Programs	9,500
Upper Valley Historical Society	Greater Leavenworth Museum 2021 Operations Support	15,000
Washington Association of Land Trusts	WALT Community Operating Support Grant	15,000
Washington Trails Association	Mobilizing explorers, stewards, and champions in North-Central WA	15,000
Washington Water Trust	Ensuring a Sustainable Freshwater Future for North Central Washington	12,000
Washington Wildlife and Recreation Coalition	Building Equity for the Future of WA's Outdoors	10,000
Washington's National Park Fund	General Operations: Sustaining North Cascades National Park	7,500
Wenatchee Valley Symphony	WVSO 2021 Operating Support Grant	15,000
Wenatchee Valley YMCA	Lake Wenatchee YMCA Camp Environment Initiative	15,000
WVMCC	Wenatchee Valley Museum and Cultural Center	15,000

Puzzle Solutions



NCACH funds regional youth suicide prevention programming for schools

SUBMITTED BY NCACH

The North Central Accountable Community of Health (NCACH) Governing Board approved a total of \$456,736 to address youth mental health, resiliency, and suicide prevention across Chelan, Douglas, Grant, and Okanogan Counties at their April 5 meeting. Using a regional, peer-to-peer, schoolbased program called Hope Squad, the funding provides curriculum and four years of programming for all middle and high schools (48) in the North Central region, as well as a coordinator to help schools adopt the program and train staff. The Hope Squad is a school-based suicide prevention program that uses advisors to choose youth in each grade to participate as

Hope Squad peers and learn about inclusion, resiliency, noticing signs and symptoms of someone struggling and then alerting advisors which youth need someone to reach out to them. The goal of the program is to reach youth earlier in the process before a risk of attempted suicide.

The adoption of this program could not be more timely, according to Dr. Julie Rickard, founder of the Suicide Prevention Coalition of North Central Washington. According to Dr. Rickard, Central Washington Hospital in Wenatchee has seen a 36% increase in emergency room visits for self-harm, suicide attempts, and suicide ideation in those under 18 over the last year. This trend is tragically on the rise throughout the region, including the recent suicide

death of a high school student in the region last month. "This program is really a game changer for our region", said Dr. Rickard. "Having this program implemented in most schools in all four counties will allow students that move frequently to have the same experience, to be more readily accepted, and to be recognized earlier if they are struggling.

That is the world I want to live in!" According to the Hope Squad, the regional adoption of across North Central Washington schools is the largest effort of its kind in the nation. The program is funded with support from Cambia Health Solutions, who gave \$2 million to Washington's nine Accountable Communities of Health (ACH) in early 2021. The investment from Cambia is part of a larger \$11.5 million commitment to address rural mental health needs across Idaho, Oregon, Utah and Washington.

"We are grateful to Cambia for their generous and timely investment in rural mental health," says NCACH Executive Director, Linda Evans Parlette. "We are especially excited for the opportunity to adopt this program and address these needs regionally, as that is what ACHs were designed to do." Efforts to launch the program have already begun, with the intention of scaling throughout the region in the beginning of the 2021-2022 school year. Schools will be notified of this funding opportunity and can be early adopters, midadopters, late-adopters, or to not adopt the program. Together for Youth, a local

youth services organization, will be appointed the contract and will work with Dr. Rickard to hire a coordinator and bring

on an AmeriCorps Volunteer to assist in the roll out, sustainability, monitoring, and training for the program. Dr. Rickard stated, "I look forward



Linda Evans Parlette

to a region where we shape the future through long-term investments in our youth."

If someone you know is at risk, please call or text (put these numbers in your phone): National Crisis Line: 800-273-8255 National Text Line: Text HOME to 741741 Okanogan Crisis Line: 866-826-6191 Chelan/Douglas/Grant Crisis Line: 800-852-2923 Teen Crisis Line: 310-855-4673 or text TEEN to 839863 LGBTQQ Trevor Lifeline: 866-488-7386 or text START to 678678 Senior Friendship Line: 800-971-0016 About North Central Accountable Community of Health NCACH is investing in partnerships and capacity to improve rural health across North Central Washington. To learn more about us, please visit NCACH.org or contact info@ncach.org

Local,

Regional

News &

Events

Community

Community



🗲 For more info call: Leavenworth: 509-548-5286, Cashmere: 509-782-3781

Semail to: editor@leavenworthecho.com or reporter@leavenworthecho.com



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BULLETIN

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echo@leavenworthecho.com

Publisher

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Circulation for all NCW Media, Inc. newspapers.

1-509-293-6780

circulation@lakechelanmirror.com

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SUBSCRIPTIONS:

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

SERVICES:

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

MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

📚 Any non-profit 501(c)-(3) group, person(s).

🎭 Must provide: full name, city, phone number.

 ${}^{\bullet}$ Items pertaining to local events that are free or minimum charge.

AA Meetings:

Call for the Zoom link to Leavenworth AA meetings: 541-480-8946 Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939 509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379 Sunday, 9 a.m., and 7 p.m., Leavenworth Senior Center, 423 Evans St. Tuesday, noon, First Baptist Church, 429 Evans St. Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St. Thursday, noon, First Baptist Church, 429 Evans St. Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain

Alanon Meetings, call 509-548-7939 Monday, 7 p.m., United Methodist Church, 418 Evans St.

Celebrate Recovery, Friday, 6:30 p.m.

Email: Celebraterecoverylcn@gmail.com for information and link to the Zoom meetings.

COMMUNITY CALENDAR

Wednesday

- Peshastin Water District, 5:30 p.m. at the Leavenworth PUD office, Contact Steve Keene, 548-5266. (2nd Wed.)
- Prostate Cancer Awareness & Support Group, 8:30 a.m. Kristall's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.)
- Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 548-5292.
- Leavenworth Rotary Club, Zoom meetings, noon. For more info. call President Teri Miller, 509-669-1585.

Thursday

- Leavenworth Chamber of Commerce, 8 a.m. Call Chamber, 548-5807. Everyone is invited to attend as a guest. Email Troy@leavenworth.org for Zoom meeting information. (1st & 3rd Thurs.)
- Leavenworth Lions Club, For more info. email President Anita Wilkie at wilkieam2015@gmail.com
- Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
- The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991. (2nd Thurs.)
- Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

Friday

Veteran Service Office: For information contact Tonv Sandoval, 509-664-6801 or email:Tony.Sandoval@ co.chelan.wa.us

Monday

Upper Valley Free Clinic, will be open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30 -8:00 p.m. Call Terri (509)393-8271 for more information.

Young Life Club, 6:30 p.m. All high school age students welcome, TJ Kaapuni, 509-679-3247, (2nd & 4th Cascade School board meetings, 7 p.m., District Office board room. Call 548-5885. (2nd & 4th Mon.) Chelan Douglas Republican Women, luncheon meeting, 11:30 a.m. in person or ZOOM. Contact President Ellie, 425-319-9869 (1st Mon. each month)

Kaputa will talk about the Icicle Creek Ambassador Program. To attend, join with Zoom link. Preregistration not required. Join ZoomMeeting https://zoom.us/j /99890347604?pwd=cng3MzR1N m1tYlhjSlU4TzkrSkNYZz09 Meeting ID: 998 9034 7604 Passcode: 640090

Applications are still being

Compliance Program and Mike

PEO Chapter JF Scholarships-Last Chance

Earth Day State Parks

Leavenworth

Up

would like.

Earth Day River Clean

Celebrate the Earth by

cleaning up along the Wenatchee

River on Thursday, April 22, 4-6

p.m. Meet at Wenatchee River

Institute's parking lot at 4 p.m.

Event will go for two hours, but you can leave when ever you

5-7 p.m. Bob will present some

county updates, followed by Q &

A from participants. In addition,

Sheriff Brian Burnett will give

an update on the STR Code

08:13 Fraud/forgery, 14865

Chumstick Hwy.

Chumstick Hwy.

10:13 Theft, 219-14th St.

13:42 Suspicious, 10190

19:03 Trespass, 18130 W.

Dardanells Rd., Lake

19:31 Alarm, 8894 Stage Rd.,

06:33 Domestic disturbance,

3432 Hansel Ln., Apt. N,

11:32 Diversion, 8348 Main St.,

12:11 Noise, 10883 Titus Rd.

12:51 Noise, 10883 Titus Rd.

13:57 Domestic disturbance,

15:42 Animal problem, US Hwy.

17:39 Suspicious, 9292 Icicle Rd.

19:46 Miscellaneous, 820 Front

13:01 Diversion 3432 Hansel Ln.,

19:38 Assault, 817 Commercial St.

20:07 911, 16651 River Rd., Plain

18:18 Noise, 302 Commercial

April 2

St., #B

Wenatchee

Peshastin

April 3

Peshastin

#9, Peshastin

Apt. N, Peshastin

St., Gazebo Park

21:40 911, 525 Junction Ln.

accepted for the Upper Valley Enjoy a Free day in Washington State Parks, no Scholarship supported by Discover Pass needed. P.E.O. Chapter JF. The purpose of the scholarship is to assist Leavenworth Coffee women in need of financial help return to higher education in with Bob Bugert an accredited university, college Please join Commissioner or technical school in the State Bob Bugert for a community meeting on Thursday, April 15,

Sheriff/

Fire/EMS

of Washington. This needsbased scholarship must be used for school expenses and will be paid directly to the school. Applications must be received for consideration by April 30, 2021. Scholarship funds will be

be sent directly to the school financial department upon confirmation of enrollment. Women interested in applying for the scholarship may receive more detailed information concerning the application process, as well as request the application form by contacting: Mimi Keller, Scholarship Committee Chair mimikeller5@

Leavenworth Nutcracker Museum board opening

The Leavenworth Nutcracker Museum (a local nonprofit corp.) is seeking talented and/ or experienced community member that would be interested in adding their skills and enthusiasm to the LNM Board of Directors. The board meets monthly and members are expected to volunteer on one or more committees. Direct inquiries to Briar Hoper, LNM Board President, 509-679-4478.

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

MP 2

Hotel

Prospect St.

Loge Camp

21:46 Warrant, 9255 Foster Rd., **BJS** Food 23:30 Attempt to locate, Snow

Lakes Trailhead

April 5

- 10:02 Court order violation, 8898 Deadman Hill Rd., Dryden
- 11:07 Trespass, Pear Tree Ct.
- 11:32 Agency assist, 9890 Dog
- House Rd., Peshastin 11:50 Suspicious, 920 Front St.
- 11:51 Public assist, 9455 Merry Canyon Rd.
- 14:08 Parking/abandon, 817
- Commercial St. 14:40 911, 228 Chumstick Hwy.
- 16:46 Welfare check, 12795 Ranger Rd.
- 16:54 Suspicious, 116 B. River Bend Dr., Safeway
- 20:28 Welfare check, Lions Club Park
- 22:03 Traffic offense, US Hwy. 2, MP 101

April 6

Hwy. 2

Rd., Plain

Ridge Ln.

- 00:32 Noise, 12020 Spromberg Canyon Rd.
- 06:54 911, 309 8th St., Post Hotel 10:02 Parking/abandon, 9725
- Eagle Creek Rd. 10:46 Parking/abandon, 21516

12:17 Welfare check, 1310 US

13:10 Disturbance, 155 Rosie

13:11 Assault, 11100 Blk.

15:03 Animal problem, 8978

17:11 Parking/abandon, 225

Chumstick Hwy.

Motel Rd., Dryden

12:42 Public assist, 21117 Lariat

Camp 12 Rd Plain

- US Hwy. 2, Dryden April 7
 - 08:05 Trespass, 1133 US Hwy. 2, #H

17:15 Traffic offense, Icicle Rd.,

17:43 911, 309 - 8th St., Post

21:20 Agency assist, 321-9th St.,

22:02 Traffic offense, Alice Ave. &

- 09:04 Theft, 1029 Commercial St. 10:33 Property, Blackbird Island
- 10:36 Traffic offense, Main St., &
- US Hwy. 2, Peshastin
- 10:41 Harass/threat, 1250 US Hwy. 2, McDonald's
- 11:47 Diversion, 16883 Fir Dr., Lake Wenatchee
- 13:33 Civil, 10765 Lone Pine Dr., Peshastin
- 14:00 Agency assist, 19475 US
- Hwy. 2, Lake Wenatchee 15:14 Civil, 225 Prospect St.
- 17:38 Suspicious, 920 Front St.
- 18:24 Parking/abandon, 225 Prospect St.

April 8

- 05:55 Alarm, 7546 Saunders Rd., Cafe
- 08:42 Domestic disturbance.
- 16437 Second Creek Rd.

River Bend Dr., Safeway

- 9:19 Accident/no iniuries. 116

09:25 Welfare check, 209 Scholze

available by the Fall of 2021, and

B3

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

Send address corrections to: The Leavenworth Echo. P.O. Box 39, Leavenworth, WA 98826-0039



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

Letters policy

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

Corrections

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

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

Leavenworth Mosquito District Board Meetings 7 p.m., via ZOOM, Jenny Mullins, 548-5904 (1st & 3rd Mon.)

Tuesday

- **Icicle & Peshastin Irrigation Districts: Meeting change** Call Anthony Jantzer, cell, 509-433-4064, 782-2561 or tony.iid. pid@nwi.net (2nd Tues.)
- Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 548-5815. (4th Tues.)
- Leavenworth People with Parkinson's Disease Support Group, 11 a.m. Church of Jesus Christ of Latter Day Saints, 10170 Titus Road. Call Katherine (206) 356-4288 or Judi (425) 870-2089. (2nd Tues.)
- Cascade Education Foundation. Contact: CEF@cascade. org
- LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 548-5477. (1st. Tues.)
- Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leaveworthmasons. org. (1st Tues.)

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

NCW Libraries

- Customers will be required to wear a mask, practice social distancing, and limit their visit to around thirty minutes, all of the library buildings will have a 25 percent occupancy limit. Library patrons who prefer minimal contact service, curbside pickup will continue to be offered at all branches. Leavenworth Library new hours: Monday 10-2, Tuesday 10-2, Wednesday 10-7, Thursday 10-7, Friday 3-7, Saturday 10-2.
- Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page.
- Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.
- Leavenworth Public Library. Located at 700 Hwy. 2, Call 548-7923 or online leavenworth@ncwlibraries.org

Peshastin Public Library. Located at 8396 Main St., Peshastin Call: 548-7821or Peshastin@ncwlibraries.org

Other events

- The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is now open Friday-Sunday, 11 a.m.- 4 p.m Please check our Facebook page or our website at www.leavenworthmuseum.org for updates and information.
- Leavenworth Fish Hatchery, 548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.

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

April 4

KOA

2. MP 100

- 00:39 Domestic disturbance, 190 US Hwy. 2, Der Ritterhof 12:11 Animal problem, 11600 Blk. Eagle Creek Rd. 13:43 Public assist, 10765 Lone Pine Dr., Peshastin 13:57 Agency assist, 3985 Old Blewett Rd., Peshastin
- 14:57 Property, 708 US Hwy. 2



St. 09:35 Property, 707 US Hwy. 2, #C 09:59 Extra Patrol, 429 Evans St., First Baptist Church 10:49 Vehicle prowler, 9501 Jeske Rd., Big Y Park n' Ride 13:21 Harass/threat, 9460 Derby Canyon Rd., Peshastin 16:18 Traffic offense, Bergstrasse Rd. & Ski Hill Dr. 16:27 Property, 801 Front St., Stein

SCHOOL MENU

Thursday, April 15

Breakfast: Ham & egg bagel, orange juice, chocolate milk. Lunch: Baked chicken drumsticks, whole wheat tea roll, shoestring French fries, blueberries, chocolate milk.

Friday, April 16

Breakfast: Hard boiled egg, yogurt, orange juice, chocolate milk.

Lunch: Philly cheesesteak, baked beans, applesauce, chocolate milk.

Monday, April 19

Breakfast: Assorted cereal, chocolate bear cracker, orange juice, chocolate milk.

Lunch: Chicken nuggets, carrots, blueberries, chocolate milk.

Tuesday, April 20

Breakfast: Breakfast pizza, orange juice, chocolate milk. Lunch: Meatball submarine, corn & bean salad, sliced strawberries, chocolate milk.

Wednesday, April 21

Breakfast: Pumpkin muffin, orange juice, chocolate milk. Lunch: Pepperoni pizza, baked beans, blueberries, chocolate milk.

CITY COUNCIL MEETINGS

Call phone numbers for meetings or Zoom information 7 p.m., Leavenworth Planning Commission at City Hall contact Lilith Vespier, 548-5275. (1st Wed.)

- 8 a.m., Leavenworth City Council study session, City Hall, 548-5275. (2nd Tues.
- 3 p.m., Design Review Board, City Hall, Sue Cragun 548-5275 (2nd & 4th Tues.)
- 6:30 p.m., Leavenworth City Council meeting, City Hall, 548-5275 (2nd & 4th Tues.)

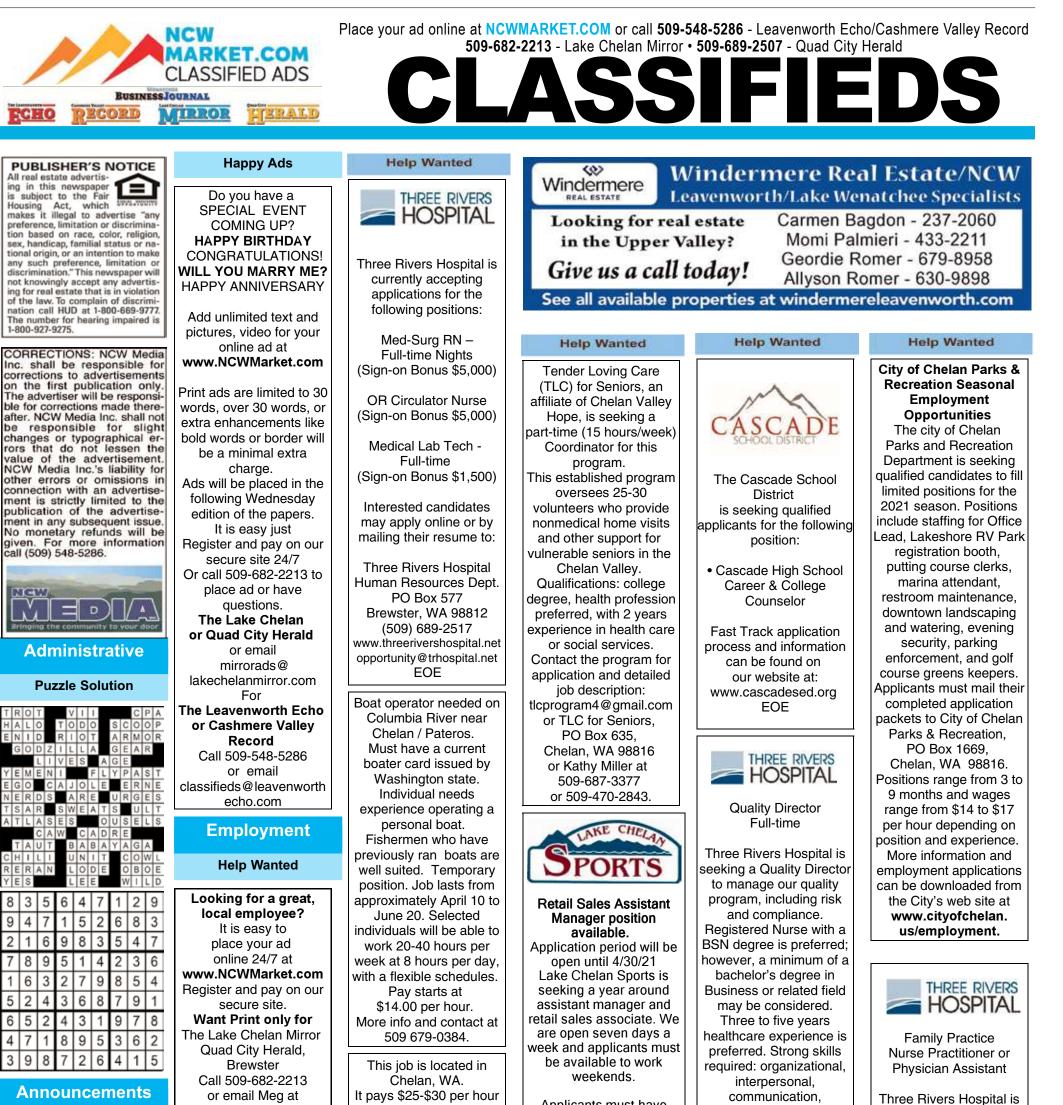
23:33 Suspicious, 817 Commercial St. PUD commissioners

CONTINUED FROM PAGE A1

and total costs for the program predictable.

- other In news. commissioners:
- Heard an update about advanced two-way digital metering. Staff are wrapping up contract negotiations with the vendor, which also supplies Grant PUD's advanced meters. (01:32:00)
- Heard about resource adequacy planning in the Pacific Northwest. (00:55:00)
- Heard about lower-thanaverage streamflow in the mid-Columbia in March. (02:32:00) * * *
- Upcoming events:
- April 6-20: Coyote Dunes improvement work
- April 10: Migrant Health Fair, Cascade High School
- April 17: Wenatchee Earth Day Fair, Pybus Market
- April 17: Chelan Earth Day Virtual Fair, chelanearthdayfair.org
- April 19: PUD Commission Meeting

The next PUD commission meeting is at 10 a.m. on Monday, April 19. The public is welcome to attend remotely in accordance with the latest guidance from the state Department of Health.



Applicants must have

mirrorads@lakechelan

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Lost & Found	mirror.com	Responsibilities:	retail apparer experience.	assessment, computer,	Practitioner or Physician
	OR	* Clear tables	Salary will be discussed	statistics & math, and	Assistant in our family
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can be placed in our	Cashmere Record	dishwasher	during interview.	Attention to detail and a	must have a valid WA
local newspaper	509-548-5286	* Dish wash	Skills include:	high moral integrity is	State NP or PA-C
and online for	or send email to	* Set tables	Understanding of sales	crucial.	license. Minimum of five
ONE week for FREE.	classifieds@leavenworth	* Refill stations	principles and		years' experience in a
Limit 30 words	echo.com	* Assist wait staff	customer service	Interested candidates	medical setting is
			Solid communication	may apply in person or by	required.
Leavenworth/Cashmere	Deadline: Friday by	Call Kevin Brown	and interpersonal skills	mailing their resume to:	Sign-on bonus: \$5,000.
509-548-5286	Noon for the following	206-465-1047	Ability to effectively		Full-time benefits.
or email	Wednesday issues of all	Or email	communicate with	Three Rivers Hospital	i ul-time benents.
classifieds@leavenworthecho.com	newspapers.	info@sirensongwines.com	customers, peers	Human Resources Dept.	Interested candidates
Or	• •	5	and management	PO Box 577	may apply in person or by
Lake Chelan Mirror	Advertising Salas	RESORT AT FISH LAKE	 Team leader, take 	Brewster, WA 98812	mailing their resume to:
509-682-2213	Advertising Sales in Leavenworth	2 Seasonal Positions:	initiative and be a	(509) 689-2517	maning their resume to.
0r			problem solver	www.threerivershospital.net	Three Rivers Hospital
Quad City Herald	Join our sales team.	 Cashier (with some cleaning) 	 Ability to multi task, 	opportunity@trhospital.net	Human Resources Dept.
509-689-2507	If you enjoy helping our	cleaning)Maintenance Worker	while being attentive	EOE	PO Box 577
or email	local businesses get their advertisements out to the		to customers		Brewster, WA 98812
mirrorads@lakechelanmirror.com		Path positions must have	Good Computer skills		(509) 689-2517
	communities we serve.	Both positions must have	and previous experience		www.threerivershospital.net
Deadline: by Noon	We have the job for you!	excellent customer service	with retail	· WHAT'S ·	opportunity@trhospital.net
on Friday	The right candidate	skills and are 40 hours per	Point of Sale Programs	· BEALS	EOE
, , , , , , , , , , , , , , , , , , ,	must be outgoing,	week, including Saturdays	Physical demands include: constant moving	EVENTS	LOE
	personable, honest and	and Sundays.	include: constant moving, lifting up to 50 pounds,	EVENIS	
	knowledgeable on the	Call 763-3130 or 860-7920	talking,	- HAPPENING -	
A	computer.	for an application.	hearing and reaching	ALL STORE	A AWANTICA
NCW	Training will also be given		Merchandising		AHVEFUSE
	on our software.		• E-mail resume to	Need to promote your event?	
LI ADIZET GALL	Stop in The Leavenworth	NA NLUULL	info@lakechelansports.c		E40 E20(
MARKET.COM	Echo 215-14th St.	REUSE	om or mail to P.O. Box	Have you thought about	548-5286
	with a resume or call for		998 Chelan, WA 98816	NCWMarket.com	
CI ACCIEIED ADC	an interview with Bill or	DEFUILE	·	Inconvinial version	701 2701
CLASSIFIED ADS	Carol, 509-548-5286.			the best online promotion available	782-3781
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Busser/ Dishwasher Job

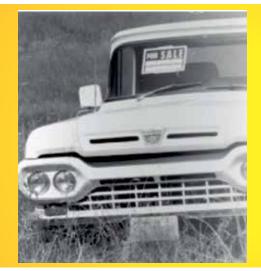
ate NP or PA-C e. Minimum of five ' experience in a edical setting is required. on bonus: \$5,000. I-time benefits. ested candidates ply in person or by g their resume to:

seeking a Nurse



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NOTICE TO CREDITORS **PROBATE NOTICE TO** Therapist Assistant The Cascade School The personal representative CREDITORS One Loden grey and Lawn Mowing Full-time District is seeking named below has been appointed (RCW 11.40.030) green wool suit, and General Yard qualified applicants for and has gualified as the personal The Personal Representative German size 44. \$90 Maintenance in the Three Rivers Hospital is the following position: representative of this estate. named below has been appointed Lake Chelan Valley, and One pink and green dirndl seeking a Certified as Personal Representative of Persons having claims against the with apron. \$40. **Occupational Therapist Greater Wenatchee** deceased must, prior to the time this Estate. Any person having a **Icicle River Middle** 2 aprons, light blue and claim against the Decedent must, such claims would be barred by Assistant (COTA) area. School Library Tech before the time the claim would any otherwise applicable statute of copper-colored. \$10 each. to provide therapeutic limitations, serve their claims on be barred by any otherwise **Need landscaping** One medium-sized services to enhance the Fast Track application the personal representative, or the applicable statute of limitations, goals and objectives with material? long-sleeve white blouse. process and information attorney of record, at the addresspresent the claim in the manner patient care directed by Choose from10 in house \$10. es stated below, and file an exeas provided in RCW 11.40.070 by can be found on 3 girls' dirndls, sizes 6, 8 landscaping materials. cuted copy of the claim with the serving on or mailing to the the OT. The COTA will be our website at: Personal Representative, or the clerk of this court within four Pickup or we deliver and 10. \$35.00 each. responsible for www.cascadesed.org months after the date of first publi-Personal Representative's visit: tcslingers.com One man's green implementing programs EOE attorney, at the address stated cation of this notice, or within four overcoat, \$50. developed by the OT in or months after the date of filing of below, a copy of the claim and Call us today! Contact Carol at The compliance with all local, filing the original of the claim with Fisheries Technicians for the copy of this notice with the 509-393-1244 Leavenworth. 215-14th St. the Court in which the probate state, and federal clerk of the court, whichever is local Fisheries Research or call 548-5286 or later or, except under those proviproceedings were commenced. vessel working on the regulations. Graduate of sions included in RCW 11.40.011 The claim must be presented cell:670-1723. an accredited OT Columbia River in the within the later of: or RCW 11.40.013, the claim will Wenatchee/ Chelan Area Assistant program. 1.thirty (30) days after the be forever barred. DATE OF FILING COPY OF Personal Representative served Certification as OT Applicants expected to or mailed the notice to the creditor work in inclement Assistant in the state of NOTICE TO CREDITORS Legals with clerk of the court: as provided under RCW weather conditions and WA with valid license. 11.40.020(1)(c); or, April 9, 2021 may be expected to work Two years' work DATE OF FIRST PUBLICATION: 2.four (4) months after the date **RB's Custom** experience in a hospital **Public Notices** for 10-12 hours per day. of first publication of the notice. April 14, 2021 **Tractor Works** Need to be in good setting and/ or swing bed If the claim is not presented within Personal Representative: SUPERIOR COURT OF physical shape and able program is preferred. Jon Rex Port this time frame, the claim is Disking - Tilling WASHINGTON IN AND FOR forever barred, except as 1833 North Wenatchee Avenue to lift large heavy weights Current BLS. otherwise provided in RCW **CHELAN COUNTY** Wenatchee, WA 98801 Mowing retrieved aboard the In the Matter of the Estate of 11.40.051 and 11.40.060. This Hourly Tractor Work Attorney for Estate: Interested candidates vessel. Commercial ELIZABETH C. CAEMMERER, bar is effective as to claims Kyle D. Flick may apply in person or by fishing experience against both the Decedent's Deceased. Attorney at Law **Free estimates** mailing their resume to: NO. 21-4-00094-04 probate and non-probate assets. and/ or recreational 222 South Mission 33 years experience PROBATE NOTICE TO DATE OF FIRST PUBLICATION: Wenatchee, Washington 98801 fishing experience is Cell 509-679-2469 CREDITORS Wednesday, March 31, 2021 (509) 662-3333 Three Rivers Hospital helpful. Starting wage Personal Representative: The Personal Representative **Bus license** DATED this 9th day of April 2021. Human Resources Dept. \$14.00 per hour, with Gretchen McMurry named below has been appointed LAW OFFICE OF #602-781-946 PO Box 577 opportunity for Address for mailing or service: as Personal Representative of this KYLE D. FLICK, P.S. Brewster, WA 98812 By /s/ KYLE D. FLICK c/o Cook & Bartlett, PLLC advancement. estate. Any person having a claim **For Sale** against the decedent must, before 1900 W. Nickerson St., Ste. 215 KYLE D. FLICK, WSBA #14963 (509) 689-2517 Seasonal from Seattle, WA 98119 the time the claim would be barred Attorney for Estate www.threerivershospital.net April to July. Attorney of Record for the Estate: by any otherwise applicable statute Published in the Cashmere Valley 509 679-0384 opportunity@trhospital.net **Antiques & Collectibles** Colleen M. Cook of limitations, present the claim in Record/ The Leavenworth Echo on EOE the manner as provided in RCW April 14, 21, 28, 2021. #1916 Address for mailing or service: Cook & Bartlett, PLLC 11.40.070 by serving on or mailing Get cold hard cash **Brewster School District** 1900 W. Nickerson St., Ste. 215 to the Personal Representative or for your HOSPITAL Seattle, WA 98119 the Personal Representative's is accepting applications Antiques and **Public Notices** Telephone: (206) 282-2710 attorney at the address stated for the following teaching **Collectibles by placing** Court of Probate Proceedings & below a copy of the claim and filing positions for the them in our classifieds. Cause Number: King County the original of the claim with the LEAVENWORTH CITY COUNCIL Revenue Cycle Director 2021-22 school year. Superior Court 21-4-02066-0 SEA Place your ad with court in which the probate pro-ANNUAL RETREAT MEETING Full-time DATED this 25th day of March, * Elementary Teacher ceedings were commenced. The pictures online Notice is hereby given that the 2021. Leavenworth City Council will claim must be presented within the (Grades K-6) 24/7 at COOK & BARTLETT, PLLC later of: (1) Thirty days after the * STEM Technology Three Rivers Hospital is conduct an Annual Retreat NCWMarket.com /S/ Colleen M. Cook Personal Representative served or Meeting on Friday, April 30, 2021 seeking a Revenue Cycle Instructor (6-8 Grade) Just register and pay Colleen M. Cook, WSBA #17110 mailed the notice to the creditor as at the Leavenworth Festhalle, Director to manage our Agriculture/ Technology online and you are done. Attorney for Personal provided under RCW located at 1001 Front Street, revenue cycle team, Representative Education Instructor 11.40.020(1)(c); or (2) four months Your ad will appear Leavenworth, Washington, from Published in The Leavenworth Echo/ * Instructional Coach includes Patient Access/ after the date of first publication of 8:00 a.m. until approximately 5:00 online and in the Cashmere Valley Record on March 31, the notice. If the claim is not pre-Registration, Health p.m. The public is invited to Position newspaper April 7, 14, 2021. #1827 sented within this time frame, the attend the Annual Retreat * K-12 ELL Teacher Information, Patient www. leavenworthecho.com for one low price. claim is forever barred, except as meeting. All required Covid -19 Financial Services and ' Transitional Deadline: Friday by Noon otherwise provided in RCW protocols will be followed. Chargemaster. The Kindergarten Teacher for all papers. 11.40.051 and 11.40.060. This bar . Chantell R. Steiner **Revenue Cycle Director** Speech Language is effective as to claims against Finance Director/City Clerk Lake Chelan Mirror www. cashmerevalleyrecord.com both the decedent's probate and CITY OF LEAVENWORTH will lead the revenue Pathologist **Quad City Herald** Published in The Leavenworth Echo/ nonprobate assets cycle in developing, Applications and job 509-682-2213 or email DATE OF FIRST PUBLICATION: Cashmere Vallev Record on planning, and managing descriptions may be mirrorads@lakechelan April 14, 2021. #1915 March 31, 2021 work initiatives within the obtained on the PERSONAL REPRESENTATIVE: mirror.com revenue cycle. district's website David C. Caemmerer or call ATTORNEY FOR PERSONAL Bachelor's degree in a www.brewsterbears.org WHEELS The Leavenworth Echo **REPRESENTATIVE:** David Visser relevant area of expertise or by calling the district ashmere Valley Re ADDRESS FOR MAILING OR ice 509-689-3418. 509-548-5286 SERVICE: OVERCAST LAW nese positions are THAT HEAL! classifieds@leavenworth OFFICES open until filled. 23 South Wenatchee Avenue echo.com Suite 320 vster School District

such as business or		offi
finance or an equivaler		Th
combination of education	on	0
and relevant experienc	e	Brew
is required.		
		_

Interested candidates may apply in person or by mailing their resume to:

Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

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ACROSS

5. X minus III

12. Like list of chores

34. Marine eagle

, 1984

Wenatchee, WA 98801 COURT OF PROBATE PRO-CEEDINGS AND CAUSE NUM-**BER: Chelan County Superior** Court. No.21-4-00094-04 OVERCAST LAW OFFICES By: David Visser David Visser, WSBA No. 41546 Attorney for Personal Representative Published in The Leavenworth Echo/ Cashmere Valley Record on March 31,

April 7, 14, 2021. #1789

DOWN 1. England's favorite drink. in French

2. *Addams Family's Lurch: "You

9. Like the Weasleys of "Harry Potter'

, sing.

10. Second qtr. calendar month 12. Alex Trebek's forte

3. A dish of stewed meat

5. Bridal veil fabric

Objects of worship

4. Waddle

7. Just a little

13. Drooping 14. *Jeepers

22. Tap order

19. Coats with Zn

23. Yiddish busybody

24. Opposite of digest

25. Like high ground 26. Pestilence pest

29. MCAT and LSAT

33. Bonanza find

40. Use a Singer

48. Not kavak

49. Follow rules

32. *Amity Island fish

41. Up until now, 2 words

44. Like luxurious sheets

50. Shakespearean "you"

52. *Minotaur is half man, half 53. Mongolian desert

51. What snob puts on

54. Deserter's acronym

58. Zeppelin predecessor

28. Darlene or Jacob of Ozark

36. *Transylvanian bloodsucker 38. Shylock's practice

46. Another name for manatee, 2 words

, The Beloved Country

27. Lock horns

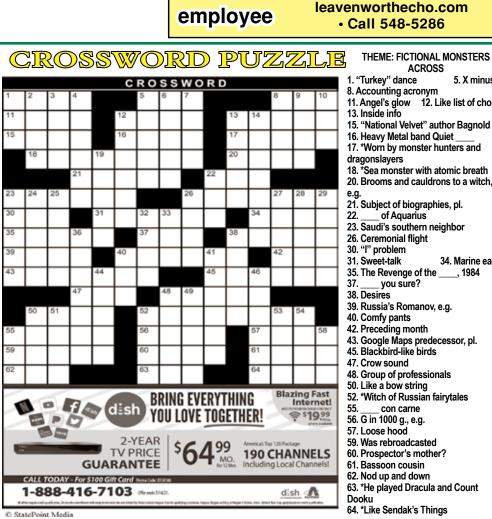


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Opinion

Α

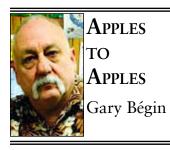
© WARNER

Foghorn

Leghorn

BROTHERS.

Baton down the hatches, a storm this way comes



Society has lost integrity from many different points of view and, yes, I am concerned.

There are numerous examples of disrespect of our own history, our beliefs, our ancestors, our own patriotic notions. Is this what we really want for our lives and that of our kids and their kids?

The deniers of history are no better than those who defame our institutions for their own gain. Why lie? Because we allow these lies to exist and gather credit along the way as repetition sticks in the collective brain.

I am not one of those who believes in massive conspiracy theories such as the moon landing or the Holocaust being a fabrication. Movies that speak to these theories are fascinating to watch, but so are Foghorn Leghorn cartoons.

However, I never grew up thinking that one day a monster chicken would beast me to death with a baseball bat ala Al Capone (or that scene from The Apostle where actor Robert Duvall kills his wife's boyfriend in front of a crowd of Little Leaguers and their parents with a vicious swing to his cheatin' brain-housinggroup).

I often surf the web looking for interesting news and other points of view on a variety of topics.

Yesterday I saw some alleged advertising about "Lakefront living on Lake Chelan." There was only one problem, this site was displaying a photo of a Chinese-styled home on a lake complete with the unique "hip and gable" roofing.

If you own this home on Lake Chelan, please respond. I am cynical one exists.

Then there was another "Lake Chelan" advertisement that said there were 660 different places to stay around the lake. Obviously another lie.

societies had their scapegoats. Point to the "other" and dehumanize them so all the losers in your community will have someone else to blame for the failures of self and state.

Gather this wicked brew and pick the weakest among you to pillory while you celebrate the essence of being human. It is pointing the finger at the other tribe. At Mother Nature, at the nexus and matrix and serendipity of just living a life.

Crush the spirits of those who disagree by patronizing their stupidity while stabbing them in the back. Being shanked in prison is one thing, but being shanked out on the block is quite something else.

Listen to Back Stabbers by the OJ's ... sometimes relationships get out of hand and cause great harm to others.

Street "cred" doesn't come cheap. It is sweat equity on steroids and if you lose respect in the daylight of the everyday hustle it means you will suffer through a miserable night of wondering whom you can trust or when another coup will be attempted in the kingdom of your mind.

Just surviving in our haze of mental anguish, capitalized by transferring childhood trauma onto your latest demon, this is enough to justify acting out. The rage from before you were cognizant of even understanding what you got yourself into after you left the

crib, the womb of dad and mom and meals and warmth and love. As Crosby, Stills, Nash and Young would sing, "Just hang your head and sigh, and know they (your parents) love you."

That's right, if we would regain the clarity of respecting our elders, the freakish mold and mildew, the rot, the gangrene of

doubt, would melt away into sweetness and light.

The human race cannot last much longer if we continue to blame the elders, rather than achieve for our own time a sustainable legacy.

The human race will disappear before 2040 because we have sanctioned the murder of our own babies. No one feels shame now. It will be too late to feel anything once the seas own the land and the high ground is home only to those with the nerve to take it for their own by force or guile.

The patriots of the land will need an oasis to flock to. I envision pockets of geography exclusively for the sane among us.

Those with the collective cognizance to feel what the

Don't forget to renew

ancestors felt and respect that and pass that respect on to the youngsters ad infinitum. few nuances can be added to our "group think" year by year, but if the flow of invention is too great, we all lose from want of a solid core to which can revolve we around.

А certain Mephisto Waltz* requiring the use of the primordial mind, the ancient reptilian brain of our

animal spirits we all strive to never show, yet there it is.

Or will you simply follow the murder of crows as they caw high into the sky, agreeing with each other.

How nice of you brother crow, sister crow. How nice of you to lead me to food, though it best be described as vermin on a stick.

We eat the lies fed to us and are happy to be alive. Until we are not.

*The Mephisto waltz is a piano work by Franz Liszt, but is more than mere music.

Managing Editor Gary Bégin *can be reached at gary@* ncwmedia.net. His opinions are not necessarily those of NCW Media.





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One time, about three or four years ago, an author sent me a "media copy" of his book. It was another lie. In this acknowledged work of fiction, he still went a bit too far.

His book describes a large shopping mall in downtown Chelan. It was at that point I gagged and informed him I could never plug his book because it was the antithesis of what the Lake Chelan and Manson residents thought about their community.

He suggested I go along with his story anyway because it was, after all, a work of fiction. A work of fiction is the best if it also contains a kernel of truth that can be embellished. The Nazis did that. All aggressive

TO THE EDITOR

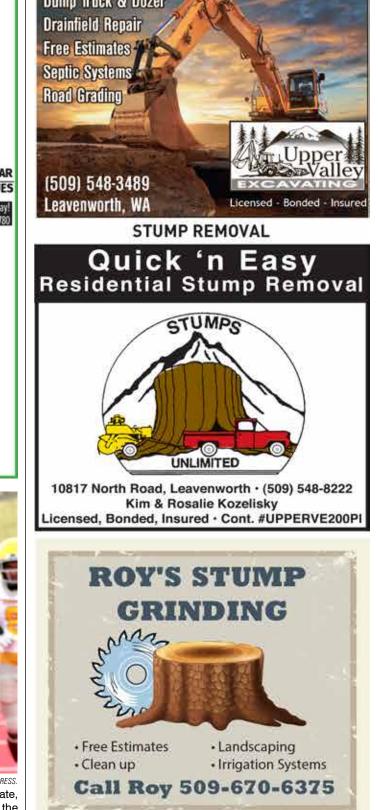
Warren Buffett (the Oracle of Omaha) once said, "Risk happens when you don't know what you're doing". Chernobyl and Fukushima nuclear accidents show that nuclear power proponents ignored the risks involved in siting and response times in critical situations. The risk takers at the Grant County Public Utility District, entering into the Tri-Energy Partnership to build a new nuclear reactor, may not have issued a notice of insufficiency to its ratepayers showing any kind of need for such an undertaking. Have these Grant County P.U.D. risk takers consulted a bond house or insurance agency?

The 1989 W.P.P.S.S. securities bondholder litigation in the District Court of the District of Arizona should make any Washington P.U.D. ratepayer wary of nuclear power salesmen.

Joe Bissonnette Cashmere

ROGER HARNACK | CHENEY FREE PRESS

Eastern Washington University running back Dennis Merritt, a 2015 Cascade (Leavenworth) graduate, scores the winning touchdown Saturday late in the fourth quarter of the Eagles 38-31 win over the Idaho Vandals.



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