



Transformation in Progress at Leavenworth National Fish Hatchery

SUBMITTED BY JULIA PINNIX
Visitor Services Manager

Leavenworth, Wash.—Three projects at Leavenworth National Fish Hatchery are transforming the landscape in 2021. Visitors using the grounds are restricted to a safety corridor. But the projects are building benefits for fish, wildlife, and people. “We’re making a better future for the community,” said Mat Maxey, Hatchery Manager.

One project began in November 2020 when ponds dating back to 1940 were torn out to make way for a pilot project. A Partial Re-use Aquaculture System (PRAS) is scheduled to be completed by June. The system allows water to be filtered, chilled, and re-used in circular tanks for raising fish. This saves water, allowing the hatchery to leave more in Icicle Creek to benefit wild fish. The project also includes a solid waste capture system to help reduce the amount of phosphorous in water sent back to the river, which is closely regulated by the state.

100,000 spring Chinook salmon will be placed in the new tanks as soon as they are operational. If the pilot project works well over the next few years, the remaining old ponds will be torn out and replaced with a full build-out of the PRAS. Hopes are high at the hatchery.

To power the project, Chelan Public Utility District will lay a new line from East Leavenworth Road, a second project that will ultimately benefit both the hatchery and the PUD. While the new power will only be used for the PRAS project at first, eventually it will be tapped to power the entire hatchery, allowing the old power line that runs from Icicle Road to be retired. Updating the power lines, transformers, and



New construction in the foreground.

PHOTOS BY JULIA PINNIX/USFWS.



Construction Safety route map north: This shows the construction zone, and the safe zone for people coming through the area.

switching gear is costly, but new electrical equipment is safer and more efficient.

The third project will rework the property between East Leavenworth Road and the hatchery production



PHOTOS BY JULIA PINNIX/USFWS.

area (the North 40) to benefit wildlife and visitors. The hatchery plans to “make this area a bigger part of our greenspace,” said Maxey. “Right now, it is not a pleasing place to walk.” There are five miles of trail winding through forest and alongside Icicle Creek on a substantial part of the 180 acres managed by the hatchery. But the North 40 is mostly treeless, flat, and gouged by vehicles that cut across the gravelly ground. Over the course of two months, a youth conservation crew led by the American Conservation Experience will lay irrigation line, plant trees and native grass, set up fences, delineate parking areas, and build a trail.

Visitors must not enter the construction zone, but a safe corridor is provided from the boat launch along Icicle Creek to reach the hatchery and its trail system. We ask that the public follow posted signs to allow construction equipment to work safely. We look forward to inviting visitors to enjoy the North 40 later in 2021.

The mission of the U.S. Fish and Wildlife Service is working with others to conserve, protect and

This great historic photo shows the original Foster-Lucas ponds in action, with an old Packard. In October 2020, a similar view shows the crumbling, dis-used ponds, with a Subaru instead of a Packard.



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Chelan County Sheriff Burnett: Short Term Rental rules will only be enforced during normal work hours ... for now

BY GARY BÉGIN
Managing Editor, NCW Media

MANSON – At a recent Zoom meeting of the Manson Community Council (March 16), Chelan County Sheriff Brian Burnett explained that when the time comes to start enforcing Short Term Rental (STR) rules, it will be handled by a force of “code enforcement” sheriff’s office officers who will be on duty Monday through Friday, during normal working hours.

Burnett went on to say that these officers must undergo similar police academy training on certain subjects like use-of-force, firearms and driving before they will be allowed on the streets to enforce STR issues. This learning curve is expected to last four weeks, but some applicants may take less time if they are already previously experienced law enforcement officers.

Once these criteria are met, candidates for the three positions would also be required to learn code enforcement. Burnett expects the county offices responsible for STR rules will be teaching staff the new rules. That would mean Chelan

County Community Development staff.

Burnett said there would be one position (new hire) for Leavenworth, one for Chelan and one supernumerary as in an “at need” or “on call” basis.

Normal working hours in this case would mirror any other government agency’s 8-5 or thereabouts office hours. Burnett said it may become more flexible in the future and might even be subject to evening and weekend shifts within the code enforcement department.

As of right now, Burnett is asking for some “slack” as the entire concept is a fairly new one in the realm of county law enforcement and he sounded sure that minor tweaks will be an ongoing chore before the kinks are ironed out, hopefully by the fall season.

As far as the expected deployment of these officers, Burnett stated it would be around mid-May to early June.

He said he still needs to work with his staff to formulate a job description, policies and procedures as well as deal with sworn and administrative personnel and their

respective unions.

The codes are due to be officially on the books around April 5, in time for tourist season. Burnett said there was a distinct difference between the expected Memorial Day crowd and the July Fourth tourists.

He noted the 4th tourists were perhaps a bit more rambunctious, but the code enforcers would already have boots on the ground, and with a little mud on them, by that time.

Burnett said the Leavenworth/Plain and Chelan/Manson areas are the two parts of the county expected to receive the most attention when STR rules start to apply.

He said most if not all county residents, live in Commissioner Bob Bugert’s (Leavenworth) district or, in the case of Lake Chelan, in Commissioner Tiffany Gering’s district.

Perhaps the biggest surprise, as gauged by the reaction of MCC members, was the fact that these code enforcers will not be available 24/7 like the normal sheriff’s office patrol deputies.

Burnett told them that in the meantime, complaints should be called-in to a non-emergency

administrative phone voice mail for action beginning the following workday morning.

So, if you are complaining about loud noise or parking on a Saturday night, it isn’t going to be handled by the Chelan County Sheriff Office (CCSO) department of code enforcement until Monday, depending on where your complaint might fall in the order of complaints received.

However, if you hear gunshots or see acts of violence or public safety concerns, then call the regular Rivercom emergency dispatch center and a deputy will be sent to that location asap.

Burnett said his office is experienced in serving warrants and legal notices and the like, but not in the area of STR’s.

He clearly made sure the MCC members and a couple dozen citizen listeners understood that there was a huge difference between a criminal act and a code violation. The latter may be subjected to a fine, like a barking dog complaint, if the issue isn’t corrected. After the initial response by the officer, a \$75 fine on second infraction or \$150 on third

violation may result in an issuing of an order to appear in court. Details not yet set.

Burnett said the regular CCSO patrol cars would be painted in silver and have lettering on the car stating: “Code Enforcement.”

The enforcement officers would be armed and in uniform and that is why they must undergo police academy training, he said.

About 33 people, including MCC, staff and invited guests, attended the meeting.

They were also witness to Burnett’s description of taking on this code enforcement challenge when he said he didn’t really jump at the chance to take on this responsibility, but realized it was the best thing to do for the citizens of Chelan County.

“I try to be a team player” with the close cooperation of the Commissioners and the Community Development Department,” he said.

He then asked the MCC and the entire STR-affected area to give him “a little bit of grace and patience” as he was hoping to iron out the kinks by a year from now, once tactics and policies are worked out.

During this difficult time support your neighbors

Most local businesses offer curbside service or delivery

Inside The ECHO this week

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This announcement sponsored by The Leavenworth Echo



PHOTO BY MARLENE FARRELL

Marnie Gray (far left) and Chelsea Saunders (far right) deliver bags of Color Me Important art supplies to Lindsay Camp's afternoon preschool class at Kodiak Cubs. Also pictured is Judy Derpack (back row, second from left), the school board member who secured grants for the supplies.

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Friends, an Idea and Art Supplies for CSD



Marlene Farrell
Correspondent

On a sun-drenched March day, a special delivery came to Kodiak Cubs preschool. The students swarmed outside with giddiness to know what was inside two bulging bags carried by Marnie Gray and Chelsea Saunders.

Inside each bag were art supplies collected to recognize and celebrate diversity. Boxes of multicultural crayons and markers will allow every student to draw themselves accurately. Other items in each kit include a picture book titled, "All are Welcome," skin-

toned construction paper and skin-toned bandages.

Gray, founder of the nonprofit, Color Me Important, and her colleague, Saunders, drove over the mountains to hand-deliver the supplies to Kodiak Cubs preschool teacher, Lindsay Camp. They also dropped off more bags to Peshastin-Dryden Elementary, Home Link and Beaver Valley Elementary.

Gray created Color Me Important in light of the social justice issues last year. The nonprofit fundraises for art supplies and distributes them to teachers, starting in the Lake Stevens and Snohomish area, where most of the local crowdsourcing funding has come from. Since its inception, the organization has distributed supplies to 71 classrooms.

The twenty bags for the Cascade School District

were made possible through the efforts of Judy Derpack, a school board member and longtime friend of Gray. "I was able to secure two grants, a \$1,000 Empty Bowls grant and a \$650 endowment fund from my church, Faith Lutheran," said Derpack.

"This project will reach a large number of kids," said Sandra Phenning from Upper Valley Empty Bowls (UVEB). "It also directly addresses diversity and inclusion, as well as opening doors to conversations about equity, which are new core values for Empty Bowls."

Mara Bohman, also from UVEB, added, "The message that we are all unique and equally special is implied and supported with this wonderful 'Color Me Important' project."

Children express themselves through art. Young children might rely

on images when words are lacking. These supplies give kids a chance to represent themselves and others authentically. Lisa Therrill, representing the Faith Lutheran Endowment Committee, said, "Faith Lutheran is pleased to support this project because of the way it helps address social justice inequities in our community."

Back by the preschool, Camp, after seeing the boxes of skin-toned bandages, said, "Those are hard to find, and preschoolers need a lot of bandages!" As for the art supplies, she said, "We'll be using them later today."

The Kodiak Cubs preschool, recognized for its inclusionary practices, now has more materials to support what they teach, thanks to Derpack and Color Me Important; and so do the teachers at PD, Beaver Valley and Home Link.

Cross Country teams shine in competition

SUBMITTED BY COACH DAYLE MASSEY

Cascade High School's cross country team is enjoying a successful, though shortened, season. Practice started on Feb. 22, and the last meet of the season, the Regional Championship between all North Central Washington Region (NCR) Schools regardless of size, is on April 1.

Cascade's girls cross country team took first place at the two previous meets, at Ephrata and Quincy. Last Saturday, a 5k at Walla Walla Point Park, Wenatchee came in first with a score of 29 to

Cascade's 45; Cashmere was 3rd with a score of 49 (the places of the top 5 runners are added together, low score wins). Junior Lauren Muscutt has been racing exceptionally well in her first season, and finished first at Ephrata and Quincy, and second at Walla Walla with a time of 20:13 in a hard-fought battle with Wenatchee's McKenna White. Senior Zoe McDevitt has been right behind, finishing second in the previous meets and 4th at Walla Walla. Not far behind her was freshman Paige Nunnaly, followed by senior Celeste Villalobos and sophomore Tillie Leroy.

Cascade's boys cross country team, led by senior standout Landon Davies, has won first place at the last three meets. Davies has placed either first or second at every meet so far. Not far behind is junior Owen Bard, followed by sophomore Aiden Tuttle, freshman Jasper Bard, senior Jerome Jerome, and sophomore Anthony Villalobos. At Walla Walla, Davies placed second in a time of 17:08. Owen Bard and Tuttle were not far behind, followed by Villalobos and Jerome. Cascade took first place with a score of 28; Cashmere was second with a score of 49,

Wenatchee third with 57, and Liberty Bell fourth with 94. The team continues to work hard, running lots of miles during practice with masks on; they are required for practices but can be taken off during races. Next up is the NCR 2A/1A Championship on March 25 and then the NCR Regional Championship on April 1. Cascade also plans to compete in a Virtual State Championship on April 3, where the team will run a 5k on the track (12.5 laps!), competing statewide with other schools as a replacement for the normal state championship held at a golf course in Pasco.

Cashmere dominates Cascade in Pear Bowl

BY BILL FORHAN

The Cascade Kodiaks drew first blood Friday night after holding the Bulldog's scoreless on their first possession. But from there the Bulldogs dominated with total offense of 320 yards slightly higher than their average of 302 yards per game.

Sophomore quarterback Braeden Parton stepped in for starting quarterback Cole Warnaca after Warnaca was injured at the end of the first half. Parton lead the Kodiaks to two touchdowns in the second half. Including a quarterback keeper that went for 78 yards and 6 points.



PHOTO BY BILL FORHAN
Jones Duncan Stops leading Cashmere runner for no gain.

SEE MORE PHOTOS ON PAGE B1

BOX SCORE					
Team	1	2	3	4	T
Cascade	6	0	8	7	21
Cashmere	8	13	14	7	42

STATISTIC	Cashmere	Cascade
Scoring	42	21
Total Offense	320	208
Passing Yards	195	77
Com-Att	9-24	14-24
Passing Tds	4	4
Rush Yards	125	261
Rushing Att	31	10.8
Yards Per Rush	3.9	3.8
Rushing Tds	2	1
1st Downs	49	12
Penalty 1st Downs	5	2
3rd Down Conv	20/36	3/10
4th Down Conv	4/8	3/8
Penalties	2-30	3-15
Turnovers	3	3

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

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- For more info call: Leavenworth: 509-548-5286, Cashmere: 509-782-3781
- Email to: editor@leavenworthecho.com or reporter@leavenworthecho.com

THE LEAVENWORTH ECHO

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Letters policy

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

Corrections

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

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

MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

AA Meetings:
Call for the Zoom link to Leavenworth AA meetings: 541-480-8946
Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939
509-548-1627, 548-4522, 664-6469, 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 Tony 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 Mon.)
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).
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.leavenworthmasons.org. (1st Tues.)
Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 662-7706. (3rd Tues.)

NCW Libraries
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. Service hours and availability plans to launch in March. Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.
Leavenworth Public Library. Located at 700 Hwy. 2, Call 548-7923 or online leavenworth@ncwlibraries.org
Peshastin Public Library. Located at 8396 Main St., Peshastin Call: 548-7821 or Peshastin@ncwlibraries.org

Other events
The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is 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.

Parents and community members

You are invited to participate in the selection process of hiring a new principal at Icicle River Middle School. A community forum will be held each evening via Zoom again on March 25 from 6-7 p.m to meet with each of the three finalists. The audience will be asked to fill out a rating sheet (via an online survey) to be reviewed by the selection committee at the end of the interview process. Zoom links can be found on the website at www.cascadesd.org.

PEO Chapter JF Scholarships

Applications are now being accepted for the Upper Valley Scholarship supported by P.E.O. Chapter JF, Leavenworth WA. The purpose of the scholarship is to assist women in need of financial help return to higher education in an accredited university, college or technical school in the State of Washington. This needs-based 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 available by the Fall of 2021, and 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 Chair, Scholarship Committee mimikeller5@icloud.com


Free Clinic Opens

The free clinic is now open every Monday at Cascade Medical, downstairs, 6:30-8:00 p.m. Please call Terri for additional information. 509-393-8271.

Leavenworth Nutcracker Museum board opening.

The Leavenworth Nutcracker Museum (a nonprofit corporation) is seeking talented and/or experienced applicants 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.



SHERIFF/FIRE/EMS

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

- March 12**
- 08:38 Suspicious, 116 B River Bend Dr., Safeway
 - 09:07 Civil, 10765 Lone Pine Dr., Peshastin
 - 11:00 Public assist, Chiwawa River Rd., Lake Wenatchee
 - 11:45 Public assist, 14690 Fish Lake Rd., Lake Wenatchee
 - 13:49 Suspicious, 1569 Alpanse Strasse
 - 14:37 Agency assist, 21608 Camp 12 Rd., Plain
 - 16:49 Public assist, 8480 Icicle Rd.
 - 17:48 Malicious mischief, 410 Ski Hill Dr.
 - 18:08 Attempt to locate, 27621 US Hwy. 2, Stevens Pass
 - 21:36 Disturbance, 801 Front St.
 - 23:06 Disturbance, 1133 US Hwy. 2
 - 23:12 Traffic offense, US Hwy. 2 & E. Leavenworth Rd.

- March 13**
- 00:51 Fraud/forgery, 10765 Lone Pine Dr., Peshastin
 - 04:23 Trespass, Winton Mill & Winton Roads
 - 12:21 Agency assist, 315 Benton St.
 - 13:21 Civil, 10765 Lone Pine Dr., Peshastin
 - 15:29 Malicious mischief, 219 - 8th St.
 - 15:33 Trespass, 639 Front St., Black Swan
 - 16:26 Malicious mischief, 219 - 8th St.
 - 17:14 Property, 935 Front St., Icicle Brewing
 - 19:30 Public assist, 9501 Jeske Rd.
 - 21:37 Abuse, 14383 Chumstick Hwy.

- March 14**
- 07:29 Animal problem, 10395 Chumstick Hwy.
 - 09:37 Injury accident, Fish Lake Sno Park, Lake Wenatchee
 - 10:17 Agency assist, Eagle Creek Rd., MP 4
 - 10:35 Vehicle prowler, Mountain Home Rd.
 - 16:50 Noise, 302 Commercial St., #B
 - 20:02 Warrant, 18151 US Hwy. 2, Lake Wenatchee
 - 20:15 Agency assist, US Hwy. 97, MP 169, Peshastin

- March 15**
- 03:31 Welfare check, 321 - 9th St.
 - 07:07 Unknown accident, Chumstick Hwy., MP 6
 - 11:13 911, 100 Enchantment Park Way
 - 11:32 Burglary, 18194 Sunland Dr., Lake Wenatchee
 - 13:05 Suspicious, Chaos, Leavenworth
 - 14:50 Public assist, Fish Lake Sno Park, Lake Wenatchee
 - 16:43 Property, Ward Strasse
 - 18:41 Property, 820 Front St., Gazebo Park
 - 21:51 Traffic offense, 10461 Stemm Rd., Smallwoods
 - 23:35 Traffic offense, 9825 Duncan Rd.

- March 16**
- 08:04 Hazard, Icicle & Cyo Roads
 - 16:15 Welfare check, 3311 US Hwy. 97, Peshastin

- March 17**
- 04:14 Warrant, US Hwy. 97 & Blewett Cutoff
 - 09:06 Accident/no injuries, Icicle Rd., MP 1
 - 11:45 Theft, 3003 US Hwy. 97
 - 13:04 Attempt to locate, 585 US Hwy. 2, Icicle 76
 - 20:29 Animal problem, 300 Blk., Prospect St.

- March 18**
- 00:41 Traffic offense, 11007 US Hwy. 2, Preys Fruit Market
 - 02:29 Court order violation, 617 US Hwy. 2, Gustavs
 - 06:54 Harass/threat, 10135 Peshastin Mill Rd.
 - 07:54 Animal problem, 10395 Chumstick Hwy.
 - 14:11 Traffic offense, Chumstick Hwy., MP 2

Mountain Meadows Senior Living Campus

is pleased to announce
Hailey Harmon
as the recipient of the
2021 First Quarter Employee Service Award



Hailey has been employed for nearly a year as a medication technician and personal caregiver. Not only is she an excellent medication technician and caregiver, but she is also a wonderful team player, cheerfully assisting both staff and residents whenever needed! Hailey's continued commitment to quality care is highly valued by the Mountain Meadows team, residents and family members.



CASCADE SCHOOL MENU

Thursday, March 25
Breakfast: Kodiak Breakfast Burrito, orange juice, chocolate milk.
Lunch: Chicken nuggets, shoestring French fries, mixed fruit, chocolate milk.
Friday, March 26
Breakfast: Sausage & cheese biscuit, orange juice, chocolate milk.
Lunch: Sweet & Sour Chicken, brown rice, green beans, banana, chocolate milk.
Monday, March 29
Breakfast: Assorted cereal, orange juice, chocolate milk.
Lunch: Baked chicken drumsticks, shoestring French fries, whole wheat tea roll, blueberries, chocolate milk.
Tuesday, March 30
Breakfast: Bacon muffin, orange juice, chocolate milk.
Lunch: Bean burritos, Mexican slaw, sliced strawberries, chocolate milk.
Wednesday, March 31
Breakfast: Homemade cinnamon roll, orange juice, chocolate milk.
Lunch: Philly Cheesesteak, baked beans, applesauce, 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.)

It's the principle of 'the thing' and the best deal for taxpayers



APPLES TO APPLES
Gary Bégin

Sometimes clichés are spot on, dead to right and hammered on the nail. There is a reason for clichés and I think it dates back to caveman days and the very survival of the species.

Imagine a leopard is getting dangerously close to a troupe of monkeys and then one of them sees this leopard, but there is no fast, immediate way to warn the others if the observer had to explain himself in monkey-talk. So he screams "spots!" "spots!" "spots!"

Here we are in 2021 and I am screaming "Spots!" "Spots!" "Spots!"

The leopard has arrived in Olympia and is famished. I now invoke the old cliché and yell "Spots!" again. When Democrats are in charge they will raise taxes.

Representative Dan

Newhouse and the entire Republican caucus in Olympia is against this "hidden out in the open" attempt to bust the state constitution by imposing an income tax.

Many Republicans and staunch Conservatives, elected or not, have been warning Washingtonians for years and now it has come to pass. In Newhouse's own words last week, "I joined the Washington State House Finance Committee to testify in opposition to ESSB 5096, a bill that would impose a new 7% tax on capital gains."

This bill would not only recklessly stifle our state's economic development but is unconstitutional. According to the IRS, a tax on capital gains is considered an income tax - which cannot be taxed at a rate higher than 1% according to the Washington State Constitution.

Enacting this new capital gains tax will open the door to an income tax on all Washingtonians and eliminate one of our state's most competitive advantages offered to entrepreneurs and small business owners. I firmly oppose this measure and encourage our state

representatives to vote NO."

Maybe now the loyal rank and file Democrats will break ranks at least a little and realize that they are indeed, part of the problem slowing economic growth in this state and in the nation itself.

The old cliché is that leopard ain't changing its spots. Now Republicans must make sure the 2021-2024 election races drive the point home: Elect a Dem and destroy a job.

We already pay sales tax, property tax and federal taxes, why must this be happening especially when we are working with a surplus of budget money. Especially since liberal Democrats (and others) got what they wanted in the legalization of marijuana enriching the state coffers by millions.

Why must the hard working and the passive income and the mixed income taxpayers have to keep paying more and more for having the nerve to reach a modicum of success in their financial lives?

Sometimes yelling "Spots!" just isn't enough to rock the status quo in Olympia. Sometimes the people must picket peacefully and make darn sure they tell their

elected leaders and neighbors that they are against a capital gains tax and will be voting against those who favor it.

This bill is an abomination and must be stopped. If the GOP ever regains the House and Senate in Olympia, repealing this insult must be priority number one.

Many state taxpayers already face over-regulation if they are business owners and millions of Washingtonians have suffered financially under Governor Inslee's tyrannical COVID-19 closings for unknown reasons.

Both business owners, their employees and entire families and communities have been run to ruins by unnecessary restrictions.

I urge all readers to call, email, and vote against this dubious "hidden out in the open income tax" measure immediately.

Remember, one pesky fox can decimate an entire chicken coop.

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

LETTERS TO THE EDITOR

What's up within the Democrat Party?

I have to wonder what Nancy Pelosi and Chuck Schumer are thinking. What do we do with a President who, every day, loses more and more brain function? I know the Democrat leadership and the liberal press are trying to hide the facts. But, if you are interested at all, in how our President is functioning, you must see that he is failing. It is not a pleasant sight! And one we should all be concerned with. But, we must know that Chuck and Nancy are thinking about their future; can they continue to hide Biden's failures? Why not? The media has allowed them to get away with it, so why change? If their actions the past decades tell us anything, they will continue the deception. Corruption has brought them into power and they intend to keep it, by any means possible.

If any one word defines the operation of the Democrat party, it is corruption. Corruption has been a part of our politics for years. I suppose it's impossible to get rid of, but, since Bill and Hillary's era, it has gotten worse. Obama's tenure perfected it. Then Trump came along and tried to eliminate it by getting rid of the swamp. All of the elites in Washington DC fought his effort. Then, the Democrats ousted Trump by corrupting the electoral system. There's that word again. There are so many examples, it's hard to keep track. Here are a few more: the Democrats attempt to tie Trump to Russian collusion. Joe and Hunter Biden's connection with Russia, China, and the Ukraine; more recently, the efforts by New York Governor Cuomo hiding data concerning Covid deaths in nursing homes. It has been reported that this happened in other Democrat run states. There is more but, too many to enumerate here.

America is a divided country. If you look at the total numbers of votes cast in 2020, it is almost equal, give-or-take a few million either way. Politically, one side believes in smaller government with the power belonging to the people and the other side favoring bigger government led by people who no longer believe in our Constitution, but change the rules to suit their current politics. Both sides have arguments, so it's up us, the American people, to decide. Until a few years ago, we had an unbiased press who reported untainted news. Now, the press is so blatantly one-sided it's hard to compete. But I know this, we are being lied to every day. Half of America knows the truth and the other half believes the liars. The guys in the white-hats must win this fight, if not, we will no longer be a Constitutional Republic. God bless the USA.

Wallace Aunan,
Leavenworth

Take a break ECHO

Sometimes one needs to take a break. I suggest that Echo columnists and some letter writers do so. The following are just some of the questionable statements that have recently appeared in the Leavenworth Echo.

- "Many will remember that President Trump was treated with these drugs [hydroxychloroquine and

ivermectin] when he tested positive and recovered quickly." I have checked a number of sources for lists of drugs Trump was treated with, and neither of these two drugs appears on any list.

- Democrats are to be blamed for poverty, income inequality, homelessness, racial tensions, and the power failures during the recent disastrous winter storm in Texas "because the windmills froze." Regarding wind energy: it was a very minor part of the shutdown, which was caused mainly by managers' failure to winterize power sources and maintain reserves.

- "Socialism" will "destroy good jobs for working Americans," and push "economic policies that are destroying private sector jobs in the name of saving lives." Whatever that means.

- Government "does poorly in getting important jobs done quickly." Check out the recently-passed COVID-19 Economic Relief Bill.

- "[R]emember to genuflect every time you encounter a woman, even if you are one yourself. After all, it is Women's History Month." This follows a diatribe on "the type of woman who thinks a certain man is stalking you ..."

- Hidden in the classified ads is another diatribe on how Trump "saved many lives, not only in the US, but also around the world" through the "development and approval of the covid vaccine [sic]." No mention of the 500,000+ COVID deaths, Trump's mismanagement of vaccine distribution, his refusal to wear a mask and ridicule of those who do, his labeling COVID as nothing to be afraid of, and his refusal even now to encourage people to wear masks and get vaccinated.

- Unless conservatives take back Congress, it "won't take too much to have all the ignorance in America become one giant glob of stupid ... [sic] 'We the Sheeple' will be the norm if all the believers in socialist communist ideology and action get together and take over ..."

- "I know we will learn from our future mistakes and reason will prevail once the left wing proves its ineptness at running this country."

- "Liberal backlash is what some conservatives expected IF TRUMP LOST, AND HE DID [emphasis added]." Good job finally admitting the truth!

- One letter writer began with "Trump is the worst president ever if you believe the following:" "You think America should not be great and you hate your country," . . . "Dishonest rigged elections are OK," and more. This last writer concluded, "Think about it God is watching!"

Yes. She is watching. The Echo's featured press releases and especially the well-written correspondents' articles are services to our community and our visitors. Blather like the above does no service.

Take a break, guys.
Susan Butruille
Leavenworth

A closer look into the state operating budget



COMMUNITY VOICES
Brad Hawkins

The major focus of the current legislative session is to develop and approve budgets for the 2021-2023 biennium. Washington state budgets on a two-year basis and develops three budgets: the operating, transportation, and capital budgets. The three budgets will go into effect July 1, 2021, for the 2021-2023 biennium. Budget authorization will end June 30, 2023. Legislators develop the budgets during the legislative session. After the House and Senate approve their respective budget proposals, the two chambers then appoint budget negotiators to discuss the differences between the budgets. All three budgets are very significant, but the operating budget is the largest and receives significant attention.

Operating budget overview

The operating budget funds the day-to-day operations of the state, including early learning, K-12 education, higher education, health and human services, criminal justice, natural resources, and other areas. The Washington state operating budget has grown considerably over the past 15 years and is \$54.2 billion for 2019-2021. The budget writers also develop the operating budget based

on a four-year outlook, even though the budget cycle is technically two years. Due to past increased spending and reduced revenue from the COVID pandemic, state economists are forecasting a projected budget deficit of nearly \$3 billion over the four-year period.

Fortunately, the state has accumulated a healthy reserve account of \$2 billion. The official name for our reserve account is the Budget Stabilization Account, often referred to as the "Rainy Day Fund," and use of it requires legislative approval. Given its approximate \$2 billion balance, I believe lawmakers could balance the state operating budget by fully utilizing our reserves and then making some modest and measured reductions in programs. However, many legislators are using the revenue losses from the pandemic in an effort to justify increased revenues. My colleagues and I will probably authorize the use of the Budget Stabilization Account with little disagreement. The big divide will be over whether to choose budget reductions or new taxes to make up the remaining difference.

Reviewing expenditures and revenues

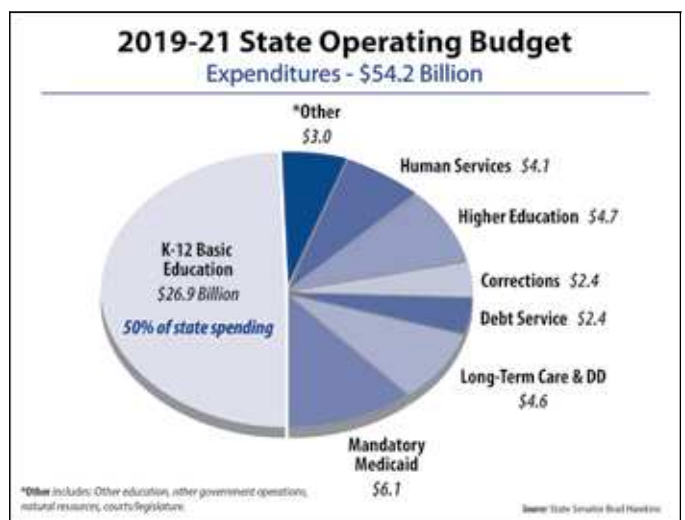
In terms of state expenditures, half of the spending (50%) is dedicated to K-12 education with funding allocated to 295 school districts based on student enrollment and established formulas. Other spending includes such things as early learning, higher education, human services, corrections, debt service, long-term care, health care,

and natural resources. On the revenue side, our state is one of the few states, currently, without an income tax. Most of the taxes collected include the state portion of the sales, B&O, and state schools tax. The state collects the remaining revenue from other charges and fees. The Washington State Economic and Revenue Forecast Council is responsible for estimating the incoming revenues and provides quarterly reports to the state. The latest revenue forecast, released March 17, will help guide operating budget development during the final weeks and months of session. This new forecast projects \$1.3 billion in additional revenue for this current, two-year budget cycle and an additional \$1.9 billion increase is forecast for the 2021-23 budget cycle.

2021-2023 operating budget proposals

The state normally follows a traditional process for budget development. This

process includes the governor releasing his budget proposal prior to the legislative session and the House and Senate developing their own proposals during session. The House and Senate are expected to release their budget proposals this month. Given the size and scope of the operating budget as well as differing philosophies about revenues and spending, it is common for differences to exist among the three budget proposals. Ultimately, all three sides (House, Senate, and Governor) need to agree on the exact same budget document in order for it to be enacted into law. When deep differences exist, sometimes the budget negotiations carry on toward the end of the fiscal year before a final agreed-upon budget is enacted. The current fiscal year ends June 30, 2021, and the new budget begins July 1, 2021. The budget authorizes expenditures for two years: July 1, 2021 - June 30, 2023.



HELP MOVE LINK FORWARD!

Link Transit wants your feedback!

on proposed changes to public transportation in Chelan and Douglas Counties. These proposals suggest changing where bus routes go, the times of day and days of the week they operate, and how often they arrive. Other ideas include changing Link to a zero-fare system.

Learn more by visiting our online open house at

www.MovingLinkForward.com

or scan the QR code to take the survey.



Scan this QR code with your phone to take the survey!



Recreation

PHOTOS BY BILL FORHAN



Sophomore quarterback Braedon Parton led the Kodiaks to 2 touchdowns including this breakaway quarterback keeper that went for 78 yards



Bret Fraker breaks through for a first down



Cody Enloe breaks a tackle for a nice gain

CONGRATULATIONS!

Cascade Kodiak Player of the Game

Jones Duncan

2020-2021 "PEAR" OF THE GAME TROPHY WINNER

Sponsored by Pear Bureau Northwest
www.usapears.org

The Washington Outdoors Report



PHOTO BY JOHN KRUSE

Sportsmen's Shows are back! The Central Oregon Sportsmen's Show went off without a hitch last week in Redmond.

Outdoors Round-Up

By JOHN KRUSE

PACIFIC NORTHWEST SPORTSMEN'S SHOW

The first sportsmen's show in the Pacific Northwest went off without a hitch in Redmond, Oregon earlier this month and that sets the stage for what will be the largest sportsmen's show in the nation to occur between March 24 and 28 at the Expo Center in Portland. That would be the Pacific Northwest Sportsmen's Show, combined with the Portland Boat Show. The event is expected to draw thousands of socially distanced and masked attendees from all over Oregon and Washington interested in booking trips, getting deals from retailers or dealers and learning new skills at seminars. Tickets can only be purchased online – and for specific times – at www.thesportshows.com

BERKLEY BIG BASS TOURNAMENT

The Berkley Big Bass Tournament, canceled twice due to Covid pandemic restrictions, is "a go" for April 10. So far 87 teams

are signed up for this one-day event taking place at MarDon Resort and Potholes Reservoir. The rules are interesting. You are only allowed to fish with Berkley hard baits and soft baits. Every hour, for seven hours, the biggest bass weighed in is worth \$3,000 (if caught by an angler using an Abu Garcia rod or reel). At the end of the tournament, each of the hourly winners is given an envelope. One of those envelopes will have a piece of paper with a single word on it... SKEETER. Whatever team is holding that envelope will win a Skeeter fiberglass bass boat from Nixon's Marine valued at over \$42,000. I'll be fishing this tournament with my best friend. However, if Las Vegas bookies were making odds on our chances of winning, I'm guessing they would be about 300 to 1.

COLUMBIA GORGE FISHING PICKING UP

Wendy Boyer at Gorge Outfitters Supply in Rufus says walleye fishing has been picking up for anglers on the Columbia River and increasing numbers

of smallmouth bass are being caught as well. Washington state creel checks from the weekend of March 13th confirm that. In The Dalles Pool seven bank anglers kept five walleye and 59 walleye were caught by anglers fishing from 27 boats. Bank anglers in the John Day Pool struck out but for boat anglers the fishing was solid with anglers in 103 boats catching 211 walleye and 57 bass.

MULTI SEASON HUNT TAGS DUE SOON

Tagging out on a deer or elk is not always an easy thing to do in the Evergreen State but one way to improve your odds is to hunt for more than one season this fall. That's where the multi-season hunt tag comes into play.

You have until March 31st to enter into a drawing for one of these tags and it only costs \$7.10 if you are resident hunter to do so (per species). A random drawing will occur in mid-April and if you win, you'll get to purchase this special tag which enables you to participate in not only the general rifle season this

year, but also the archery and muzzleloader seasons as well. You still only get to harvest one deer (and/or elk) each season, but having the ability to hunt all three seasons definitely increases your odds of bringing home meat instead of eating lean tag soup.

The applications can be purchased online through the WDFW website or from authorized license dealers.

SPRING TURKEY PROSPECTS

Spring turkey hunting season is just around the corner with a youth taking place April 3 and 4 and the general hunt opener happening on April 15. That means now is the time to pattern that shotgun (using a life-sized turkey paper target of course) and buy your new license with a turkey tag. It's also time to start scouting and contacting private landowners to seek permission to hunt on their property.

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

GENERAC

Prepare for power outages with a Generac home standby generator

REQUEST A FREE QUOTE!
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7-Year Extended Warranty*
A \$695 Value!

Offer valid February 15 - June 6, 2021

Special Financing Available
Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

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GOOD HOUSEKEEPING
SINCE 1909
LIMITED WARRANTY - please.com for details

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- Architectural and Design Support
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75% Off Labor
Does not include cost of material. Expires 6/30/21

Call Today for a FREE In-Home Estimate
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The Great Cultural and Historical Information Scavenger Hunt

SUBMITTED BY LEAVENWORTH LIONS CLUB

Explore beautiful murals, historic markers and more as you discover the answers to clues in a fun way to spend a Saturday morning while supporting the Leavenworth community. On April 3, 2021, 9:30 a.m. to 1:30 p.m. at the Lions Club Park in Leavenworth located between the swimming pool and City Hall/Library on Highway 2, the Leavenworth Lions Club,

to support its diabetes and vision programs, is organizing a fund-raiser named "The Great Cultural and Historical Information Scavenger Hunt" for the Leavenworth area. This is an event that requires both driving and walking.

Last moment registration begins at 9:30 a.m. Clue packet handout and the starting whistles (teams leave at staggered times) begin at 10 a.m. Teams of up to four persons will be provided around 40 -50 clues that will

take them from the start at Leavenworth's Lions Club Park to historically important sites and memorials as well as art and a few humorous locations to collect answers to the clues. There will be different clues and geographical arrangements so teams are not likely to conflict or crowd along the way. Teams will meet up at Lions Club Park after about two hours for scoring and awarding of prizes. Prizes include cash, an annual membership to the Greater Leavenworth Museum,

as well as books on local Leavenworth history provided by the museum board.

The cost is only \$10 per adult. Less for Lions members and children. To the degree feasible given the pandemic situation, people will be grouped into teams of four persons. Sandwiches and chips to be provided. Early registration can be done by calling 509-470-5271 or contacting any local Lions Club member. Limited to 50 teams. Cash or checks only. Questions? Call 509-470-5271

NCW MARKET.COM
CLASSIFIED ADS

BUSINESS JOURNAL

ECHO RECORD MIRROR HERALD

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

CLASSIFIEDS

PUBLISHER'S NOTICE

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

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Puzzle Solution

Administrative

Puzzle Solution

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

Announcements

Wanted

DONATE YOUR CAR TO UNITED BREAST CANCER FOUNDATION!
Your donation helps education, prevention & support programs.
FAST FREE PICKUP 24 HR RESPONSE TAX DEDUCTION 1-833-611-0531

Employment

Help Wanted

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

- Icicle River Middle School Reading and Math Intervention Specialist (two positions)

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

Help Wanted

Mansfield School District is hiring for the following positions:
Para-Educator and Assistant Cook. To view job descriptions and download an application, access our website at www.mansfield.wednet.edu
We are an equal opportunity employer. If you have any questions, please contact us at 509-683-1012.

Three Rivers Hospital is currently accepting applications for the following positions:

Med-Surg RN – Full-time Nights (Sign-on Bonus \$5,000)

ER RN – Full-time Nights (Sign-on Bonus \$5,000)

Medical Lab Tech - Full-time (Sign-on Bonus \$1,500)

Interested Candidates may apply online 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

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

- Swing Shift Custodian

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

Family Practice Nurse Practitioner or Physician Assistant

Three Rivers Hospital is seeking a Nurse Practitioner or Physician Assistant in our family practice clinic. Candidate must have a valid WA State NP or PA-C license. Minimum of five years' experience in a medical setting is required. Sign-on bonus: \$5,000. Full-time benefits.

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

Help Wanted

Highly Capable Program March 15, 2021

Cascade School District is committed to identifying and providing for the unique educational needs of all of our students. At this time, the district is soliciting nominations from parents, school staff, and community members for students that are believed to have a high capacity to learn quickly, deeply, and/or broadly, so that we can better provide an individualized educational service to each of our students. Students nominated through this process will be considered for enrollment in the district's highly capable program based upon screening and assessment with the permission of their parent/ guardian. Definition of highly capable students means those students who:

Perform or show potential for performing at significantly advanced academic levels when compared with others of their age, experiences, or environments.

(1) Capacity to learn with unusual depth of understanding, to retain what has been learned, and to transfer learning to new situations;

(2) Capacity and willingness to deal with increasing levels of abstraction and complexity earlier than their chronological peers;

(3) Creative ability to make unusual connections among ideas and concepts;

(4) Ability to learn quickly in their area(s) of intellectual strength; and

(5) Capacity for intense concentration and/ or focus.

Nomination forms can be obtained from the Cascade School District website (www.cascadesd.org) under Programs and Highly Capable) and in school offices. In order to be considered for identification for the coming school year, nomination forms should be returned to Mike Janski, Highly Capable Director, at Icicle River Middle School by **April 16, 2021 either by dropping them by the middle school, by email (mjanski@cascadesd.org) or by mail; 10195 Titus Rd, Leavenworth, WA 98826.** (WAC 392-170-035, WAC 392-170-036).

Highly Capable Program Programa de Alta capacidad 15 de marzo, 2021

El Distrito Escolar de Cascade está comprometido a identificar y proveer para las necesidades educacionales únicas de todos los estudiantes.

En este momento, el distrito está solicitando nominaciones de padres, del personal escolar, y de los miembros de comunidad para estudiantes, que se creen tener una alta capacidad de aprendizaje rápido, intensivamente, y/o de manera amplia, para que podamos proveer un mejor servicio de educación individualizada para cada uno de nuestros estudiantes. Los estudiantes nominados para este proceso se van a considerar para la matriculación en el programa, *highly capable program*- (Programa de alta capacidad), será basado en exámenes y evaluaciones con el permiso de los padres/ tutores legales.

La definición del estudiante de alta capacidad significa que: Trabajan o demuestra el potencial para funcionar a niveles académicos significativamente avanzados, cuando se le compara a otros de su misma edad, mismas experiencias o de los mismos ambientes.

(1) La capacidad de aprender con la profundidad rara de entendimiento, retener lo que se ha aprendido, y transferir el aprendizaje a nuevas situaciones;

(2) La capacidad y la voluntad de tratar con niveles cada vez mayor de abstracción y complejidad más temprano que sus compañeros de la misma edad cronológica;

(3) La creativa de hacer conexiones inusuales con las ideas y conceptos;

(4) La capacidad de aprender rápidamente en su(s)) área(s) de fortaleza/destrea intelectual; y

(5) La capacidad para la concentración y/o enfoque intenso.

Las formas para hacer una nominación se pueden obtener por la página de web del Distrito Escolar de Cascade (www.Cascadesd.org se encuentran bajo la pestaña del Programs y Highly Capable) y en las oficinas escolares. Con el fin de ser considerado para la identificación del próximo año escolar, deben devolver las formas de nominación al Sr. Mike Janski, Director del Programa de Alta Capacidad en la Escuela Intermedia Icicle River para el **16 de abril, 2021, por correo electrónico (mjanski@cascadesd.org) o por correo; 10195 Titus Rd, Leavenworth, WA 98826.** (WAC 392-170-035, WAC 392-170-036)

Help Wanted

Revenue Cycle Director Full-time

Three Rivers Hospital is seeking a Revenue Cycle Director to manage our revenue cycle team, includes Patient Access/ Registration, Health Information, Patient Financial Services and Chargemaster. The Revenue Cycle Director will lead the revenue cycle in developing, planning, and managing work initiatives within the revenue cycle. Bachelor's degree in a relevant area of expertise such as business or finance or an equivalent combination of education and relevant experience 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

The Leavenworth Echo

is looking to hire a part-time front office receptionist. Computer, math, and phone skills are a must. Training on our software will be available.

Please email a resume to BillF@leavenworthecho.com or stop in with a resume 215-14th St., Leavenworth. Monday-Friday 10 a.m. - 5 p.m. Or call 509-548-5286 for an interview time. EOE

Teller/CSR

Wheatland Bank seeks upbeat and energetic individual with outstanding customer service skills to work on a full-time basis, in our Chelan branch.

Will perform a variety of teller services such as greeting customers, processing deposits and withdrawals, customer account maintenance, and educating customers on bank products and services. Previous cash handling and customer service experience desired. This is a fully benefitted position.

Wheatland Bank Email: hr@wheatlandbank.com

Equal Opportunity Employer

Help Wanted

Personal Assistant

We are looking to hire a Personal Assistant to the Director of Procurement Services of NORTHEASTERN UNIVERSITY.

We are looking for a part time, work from home, PERSONAL ASSISTANT. It pays \$400 per week plus benefits and only takes a little of your time. To be considered for this position the candidate must be detailed-oriented, a problem solver, able to work independently, and have above-average organizational and troubleshooting skills. Basic computer skills are also essential to this role. This job requires 2-3 hours access to the internet weekly. The position requires excellent customer service skills orally. We will train the right person. Must be over 24 years of age, be efficient and dedicated. If you are interested and need more information contact: Mi.mcnamara87@gmail.com for more details. Text at 1-617-586-2587.

Fisheries Technicians

for local Fisheries Research vessel working on the Columbia River in the Wenatchee/ Chelan Area. Applicants expected to work in inclement weather conditions and may be expected to work for 10-12 hours per day. Need to be in good physical shape and able to lift large heavy weights retrieved aboard the vessel. Commercial fishing experience and/ or recreational fishing experience is helpful. Starting wage \$14.00 per hour, with opportunity for advancement. Seasonal from April to July. 509 679-0384.

Chelan Concrete Inc.

Full-time Truck Driver Wanted

- Requirements:
- * Valid CDL/CLASS B Minimum
- * Pre Employment Drug Screening
- * 1 Year Commercial Driving Experience
- * Heavy Equipment Experience a Plus
- * Full-Time Position Available
- * Dump Truck and Ready-Mix Truck
- * Medical & Dental Plan Available
- * 401K Options
- * Hourly Rate DOE

Call 509-682-2915

Advertising Sales in Leavenworth

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

Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available

REDUCE REUSE RECYCLE

Heidleburger Drive In now hiring part-time/ full-time summer help. Need to be available for weekend and evening shifts. Fast paced environment. Come in and talk to Niki. 12708 Hwy. 2.

Established salon in Chelan looking for someone to lease a station for \$450/ month. Call Julie 509-679-4764.

Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley? Give us a call today!

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

See all available properties at windermereleavenworth.com

Help Wanted



Quality Director Full-time

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

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

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

Work Wanted



We now offer ... Lawn Mowing and General Yard Maintenance in the Lake Chelan Valley, and Greater Wenatchee area.

Need landscaping material? Choose from 10 in house landscaping materials. **Pickup or we deliver visit: tcslingers.com** or **Call us today! 509-393-1244**

Advertise
548-5286
or
782-3781

For Sale

Apparel

A Variety of Bavarian Clothing for Sale: Three-Bavarian-styled vests, sizes small-medium, 2 woolen and one velvet. \$25 each. One Loden grey and green wool suit, German size 44. \$90 One pink and green dirndl with apron. \$40. 2 aprons, light blue and copper-colored. \$10 each. One medium-sized long-sleeve white blouse. \$10. 3 girls' dirndls, sizes 6, 8 and 10. \$35.00 each. One man's green overcoat, \$50. Contact Carol at The Leavenworth. 215-14th St. or call 548-5286 or cell:670-1723.

General Merchandise

Greeting Cards for Sale 1/2 price To raise funds for the Royal Ladies of Autumn Leaves. Special Leavenworth cards like: Wish you were here with me in Leavenworth.

'Special Friends' Or I miss you.

Happy Birthday from Leavenworth!

Many more titles. No boxed cards. Thank you for your support.

Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286.

Moving Sale

Moving Sale
* Sears table saw with 7 1/2" blade, 14"x 26" arbor
* 2 Push lawn mowers
* 2 Heavy Sea fishing poles and reels
* Atlas Snow blower
* Folding 6' Painters platform table
* Loft aluminum orchard ladder
* 150- 33 1/3 Vinyl records, singles and albums
Eureka up-right vacuum, glass patio table, Oster bread maker, set of fire place tools, one 26" Sears 10 speed and two 20" folding bicycles. 509-679-9318

Real Estate

Rentals

Joseph Cove Apartments
Now Accepting Applications

Rent based on 30% of adjusted income. Must be income eligible.

For more information call 509-686-4731 TTY#1-425-562-4002

Located at 700 Fairview Ave. Bridgeport, WA.



Legals

Public Notices

NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the Leavenworth City Planning Commission will hold three public hearings on April 7, 2021 at 7:00 PM via ZOOM (Meeting ID 861 8562 3369 Passcode: 224455) or connect by phone at (253) 215-8782. The topics for each hearing are:

(1) Wildland Urban Interface (WUI) building code adopting a new code chapter 15.06 Wildland-Urban Interface Building Standards.
(2) Creation of a new District Use Chart which reviewed current uses, in all zoning districts, and definitions. Where a listed use included additional regulations, those areas were moved to existing or new code sections, as necessary. Specific code sections proposed to change are: LMC Chapter 21.90 Common Definitions; Chapter 18.20 Residential Low Density 6,000 District (RL6); Chapter 18.21 Residential Low Density 12,000 District (RL12); Chapter 18.22 Multifamily Residential District (MF); Chapter 18.23 Residential Low Density 10,000 District (RL10); Chapter 18.45 Light Industrial District (LI); Chapter 18.28 General Commercial District; Chapter 18.32 Central Commercial District; Chapter 18.35 Commercial District Mixed Use Incentives; Chapter 18.44 Tourist Commercial District; Chapter 18.46 Recreation District; Chapter 18.47 Recreation Public District; and, new chapters - 18.42 Supplementary Commercial District Regulations, 18.43 Supplementary Industrial District Regulations and 18.25 District Uses.

(3) Consistency code updates for Section 18.04.030 Interpretation; Chapter 18.24 Supplementary Residential District Regulations; and, Chapter 18.56 Variances.

There will be time for public testimony on each item. The materials may be requested electronically or paper copies or may be reviewed by appointment during normal business hours at City Hall, 700 Highway 2, PO Box 287, Leavenworth, WA; or requested by phone 509-548-5275 or email dsmanager@cityofleavenworth.com. Published in The Leavenworth Echo/ Cashmere Valley Record on March 24, 2021. # 1771.

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of ROBERT C. BENSON, Deceased. No. 21-4-00056-04 NONPROBATE NOTICE TO CREDITORS RCW 11.42.030 The notice agent named below has elected to give notice to creditors of the above-named decedent. As of the date of the filing of a copy of this notice with the court, the notice agent has no knowledge of any other person acting as notice agent or of the appointment of a personal representative of the decedent's estate in the State of Washington. According to the records of the court as are available on the date of the filing of this notice with the court, a cause number regarding the decedent has not been issued to any other notice agent and a personal representative of the decedent's estate has not been appointed.

Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.42.070 by serving on or mailing to the notice agent or the notice agent's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the notice agent's declaration and oath were filed. The claim must be presented within the later of: (1) Thirty days after the notice agent served or mailed the notice to the creditor as provided under RCW 11.42.020(2)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.42.050 and 11.42.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: March 10, 2021 The notice agent declares under penalty of perjury under the laws of the State of Washington on the 22nd day of February, 2021, at Wenatchee, Washington, that the foregoing is true and correct.

DANIEL V. BENSON
Notice Agent:
DANIEL V. BENSON
Attorney for the Notice Agent:
David J. Bentsen
Address for Mailing or Service:
Speidel Bentsen LLP
7 North Wenatchee Avenue,
Suite 600
P.O. Box 881
Wenatchee, Washington 98807

Court of Notice Agent's Oath and Declaration and Cause Number: Chelan County Superior Court Cause No. 21-4-00056-04 Prepared By: SPEIDEL BENTSEN LLP By: David J. Bentsen WSBA No. 42107 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, Washington 98807 (509) 662-1211 Published in The Leavenworth Echo/ Cashmere Valley Record on March 10, 17, 24, 2021. #1680

Public Notices

ADVERTISEMENT FOR BIDS

Notice is hereby given that sealed bids will be received by the City of Cashmere, Washington, until 2:00 p.m. on **Monday, April 19, 2021**, for CAPITAL IMPROVEMENT PROJECT W2 - SULLIVAN STREET WATER AND SEWER REPLACEMENT. Bid proposals will be received at City Hall located at 101 Woodring Street, Cashmere, Washington, in accordance with the Instruction to Bidders contained in the contract documents. Bids will then be opened and publicly read at 2:05 p.m. on that same day. Order of magnitude of cost is approximately \$600,000.00. Proposals received after the time fixed for opening will not be considered.

Note: The Proposed Subcontractors list must be submitted with the bid package within the deadline listed above, and will NOT be accepted after that deadline. The Work to be performed within 70 working days from the date of Notice to Proceed consists of furnishing all materials, equipment, tools, labor, and other work or items incidental thereto. The project will include: Replacement of existing 6-inch cast iron water main in Sullivan Street with approximately 700 linear feet of new 8-inch ductile iron, new water services and appurtenances from Pioneer Avenue south to the City Limits. Approximately 760 linear feet of sanitary sewer main will also be replaced from Pioneer Avenue south to the city limits, including new side sewers and related work. Following the replacement of the utilities and associated services above Sullivan street's paved area will be replaced with Asphalt via full depth reclamation from Pioneer Avenue to the City Limits. Due to COVID-19 restrictions on businesses, the office is closed. However, bidders may deliver their bids in person by calling Cashmere City Hall ahead of arrival. A member of the staff will come out to receive the bid at the front door. Bidders may use alternative methods of delivery such as mail, package, or courier services, but the City will assume no responsibility for bids arriving past the deadline of 2:00 p.m. on Monday, April 19, 2021.

In order to promote social distancing, the bid opening will not be open to the public. However, interested bidders can join the **City of Cashmere's Zoom meeting** or call to listen in to the live reading of the bids, **which will commence at 2:05 p.m. on Monday, April 19, 2021**. To join the virtual bid opening see the information below:

<https://zoom.us> Meeting ID: 882 719 9871 Passcode: 788276 Audio Only: PH#1-(253)-215-8782

Comments and questions will not be accepted over the call. Bid results will be posted on the BXWA project website. Plans, Contract Provisions, addenda, and plan holders list for this project will be available online free-of-charge through Builders Exchange of Washington, Inc. at <http://www.bxwa.com>. Click on: "Posted Projects", "Public Works", "City of Cashmere, WA." Bidders are encouraged to "Register as a Bidder" in order to receive automatic email notification of future addenda and to be placed on the "Bidders List". Bidders that do not register will not be notified of addenda or other documents added. Contact Builders Exchange of Washington at 425-258-1303 should you require further assistance. Bidders are not to contact the City of Cashmere or the Engineer to obtain bidding documents. Starting March 24, 2021, informational copies of Plans and Contract Provisions will be available on file for inspection at City Hall, Department of Public Works, 101 Woodring Street, Cashmere, Washington 98815. Due to COVID-19 restrictions, bidders are required to call Cashmere City Hall and schedule an appointment to inspect the documents and follow all health safety guidelines consistent with the most current State and Federal requirements. All bid proposals shall be accompanied by a bid proposal deposit in cash, certified check, cashier's check, or surety bond in an amount equal to five percent (5%) of the total amount of such bid proposal, including sales tax. Checks should be made payable to the City of Cashmere. Should the successful bidder fail to enter into such contract and furnish satisfactory payment and performance bonds within the time stated in the Contract Documents, the bid proposal deposit shall be forfeited to the City of Cashmere. The City of Cashmere reserves the right to reject any or all bids and to waive irregularities in the bid or in the bidding. The City of Cashmere is an equal opportunity and affirmative action employer. Small, minority-and women-owned businesses and Section 3 business concerns are encouraged to submit bids. No bidder may withdraw their proposal after the hours set for the opening thereof, or before award of contract, unless said award is delayed for a period exceeding forty-five (45) days. The Contractor shall assure to the City of Cashmere that all services provided through this contract shall be completed in full compliance with the Americans with Disabilities Act (ADA) and Architectural and Transportation Barriers Compliance Board, Federal Register 36 CFR Parts 1190 and 1191, Accessibility Guidelines for Buildings and Facilities: Architectural Barriers Act (ABA) Accessibility Guidelines: proposed rule, published in the Federal Register on July 23, 2004. The City of Cashmere in accordance with Title VI of the Civil Rights Act of 1964, 78 Stat. 252, 42 USC 2000d to 2000d-4 and Title 49, Code of Federal Regulations, Department of Transportation, Subtitle A, Office of the Secretary, Part 21, Nondiscrimination in Federally-Assisted Programs of the Department of Transportation issued pursuant to such Act, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises as defined at 49 CFR Part 26 will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, national origin, or sex in consideration for an award. This Invitation to Bid may be canceled at the discretion of the City. If the invitation is canceled, notice of cancellation will be sent to all parties who have registered on the Plan-holders list at Builders Exchange. The notice will briefly state the reason for cancellation. The City reserves the right to reject any and all bids, to waive any informality in the bidding, and to make the award to the lowest responsible bidder as determined by the City. Dated at Cashmere, Washington, this 24th day of March, 2021. Kay Jones, City Clerk-Treasurer Published in the Cashmere Valley Record/ The Leavenworth Echo on March 24, 31, 2021. #1786

Public Notices

www.leavenworthecho.com • www.cashmerevalleyrecord.com

CROSSWORD PUZZLE

THEME: THE 1960s

ACROSS

- *Kennedy and Ruby
- Credit card acr.
- Yemeni's neighbor
- Just in case
- "First full-disk image of it was taken in 1966"
- Scheduled to arrive
- Alleviated
- Wildfire remains
- One born to Japanese immigrants
- "Catch-22" author
- "Oscar-winning leading lady of "Mary Poppins"
- Green or black beverage
- Piercing woodwind
- Mom in U. K.
28. ___ and drab
- Good-for-nothing
- TV's Batman, ___ West
- Figure skater's jump
- Make happy
- Hitchhiker's quest
- "Wilt the ___" of pro basketball
- Femur, e.g.
- Cut it out
- Away from port
- Largest organ of human body
- Like anti-cruelty society
- Same as #42 Down
- Even, to a poet
- Roaster's spot
- "It's the loneliest number"
- "Sam Walton's company"
- "Haircut popularized by the Beatles"
- Relating to axis
- PC brain
- "Sting Ray and Mustang, e.g."
- Threshing hand tool
- "On ___ Majesty's Secret Service"
- Dostoyevsky's novel, with The
- Seaside bird
- Tibetan ox
74. Condemn

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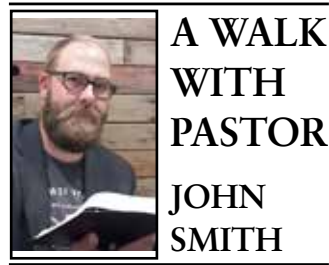
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His Mercy is More



A WALK WITH PASTOR JOHN SMITH

The Puritan Richard Sibbes once wrote, "There is more mercy in Christ than sin in us." For some, that is incredibly hard to believe because we think that Christ is far too distant for us. We live in the shame of our sin and therefore, thinking that we know the extent of our depravity, that Christ wants nothing to do with us. We are

far too unclean, too guilty, have too large of record, and are accustomed to constant rejection from others. Yet, we must remember that the Son of God, Christ Jesus, stepped into the depravity of this world through his incarnation, and lived among wretches. Christ draws near to the sinner, inviting them to dine with him at his table so, in that closeness, they would be made whole. Jesus is looking for sinners, that is why he came. In Mark 2:13-17, as Jesus was eating with tax collectors (the absolute dregs of Jewish society) and others, he was challenged by the religious leaders who were appalled that a Jewish Rabbi would ever dare to set foot in a sinner's home, let alone share a meal. Jesus replies in Mark

2:17, "Those who are well have no need of a physician, but those who are sick. I came not to call the righteous, but sinners." People error when they think that they must clean themselves up before ever coming fully to Christ. But it is Jesus who cleanses because he is the only one that has the power to do it effectually. We can try to change our behavior and have some marginal success or, attempt to "turn over a new leaf" but to deal with the radicalness of our sin and bring about true change, that can only come from Christ. Think of us as lepers, our bodies diseased and decaying. Yes, we can put on ointment and bandage our open wounds but due to the spread of the disease and the pervasiveness of the decay, our efforts have very little effect. Yet, here walks Christ who is the Great Physician, and we turn to him and say, "Will you make me clean?" Moved with compassion and without one shred of disgust toward us, Christ replies "I will; be clean" (Mk. 2:41). That simple act of turning from the corruption and decay of our sin to Jesus in repentance and faith is all one has to do to experience the mercy of Jesus and the salvation he brings. What about those who have received salvation by faith and feel as if Christ is against them because they have sinned? Indeed, believers who are still plagued with the fallenness of this world will sin. The idea of "Sinless Perfectionism" is not only unbiblical but frankly untenable. None of us can love God or our neighbor perfectly as the Law demands and therefore as long as we are in this world, we will fall short. When a Christian sins, their conscience is pricked and due to the softness of their heart by the work of the Holy Spirit, they mourn over it. However, in that grief over our sin, we can easily fall into despair and believe the lie of the Devil that we have been cut off from God, forever condemned.

Believers who struggle with assurance have, on one hand, an appropriate view of sin. Sin is deadly, ruinous for the soul, and corrupts everything it touches. Yet, on the other hand, they fail to fully see Christ, in all his redemptive work. To those struggling with sin, the worst thing you can do is run from Jesus. Instead, turn to him all the more and draw near because he will draw near to you (Jas. 4:8). Your sin is great, make no doubt about that, but Christ's mercy is more.

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

Taking Your Thyroid Medicine Successfully

Q: On my thyroid medicine bottle, there's an additional label that says to take it in the morning on an empty stomach. Sometimes I forget to take it before breakfast. Is it okay to take it later? You're not alone in asking about this. The synthetic thyroid hormone levothyroxine is the most prescribed medication in the United States. My mother was always worried about what might happen if she didn't take her thyroid medicine "correctly." Taking her first bite of breakfast, if she saw her yellow levothyroxine tablet still waiting on the counter, she'd skip her dose that day. "Louise, what if it can't be safely mixed with food? Could it start a chain reaction in my stomach?"

"Mom, if you do forget to take your thyroid medicine before you eat breakfast, the worst that could happen is your body won't get the full dose. That's because food can change how much of the levothyroxine your body can take in. Taking it with breakfast gives you a lower dose, but skipping it guarantees you get none of your dose. Taking no thyroid medicine at all affects you more than accidentally taking it with food." My mother wasn't the only one. 85-year old Ellen would set her alarm for 5 am every day to take her levothyroxine in the morning an hour before having breakfast. That's because otherwise, she'd forget about it altogether. Ellen took medicines four times daily. She'd start with levothyroxine at 5 am, take her morning pills with her breakfast, a blood thinner medicine at 5 pm, and her cholesterol medicine at bedtime. She was taking her medication 4 times a day, which felt overwhelming.

"I want to take my medicines correctly, but it's so hard to remember to take all of them the way I'm supposed to." I suggested she take her usual morning medicines at breakfast, then take her thyroid medicine, the blood thinner, and cholesterol medicine together at bedtime. That way, she only had to remember to take pills twice a day. Within 2 weeks of taking her thyroid medicine at night, her improved consistency was paying off. Ellen told me she felt less overwhelmed and more energetic. Just as importantly, she no longer worries about taking her medicine correctly. "It's such a relief to have less to remember and wonderful to have more energy!" Your body processes and metabolism are controlled by the level of active thyroid hormone in your body. Your thyroid gland secretes a form of thyroid hormone called T3 or liothyronine into your bloodstream. Most of your T3 needs to be converted to active thyroid hormone, called T4, in your tissues by specialized proteins called enzymes. Levothyroxine is a synthetic version of T4 that can be taken once daily. Your doctor monitors your thyroid hormone level by checking the amount of TSH in your blood. If TSH is too high, your body needs more thyroid hormone, and if TSH is too low, you need less. This may seem backward, but TSH is just a messenger, not thyroid hormone itself. Your doctor may also check your T4 level. If your TSH blood level is elevated or your T4 level is low, you need more levothyroxine (synthetic T4). Checking TSH 4-6 weeks later will confirm whether your thyroid hormones are back to normal.

5 Ways To Getting the Most Out of Taking Levothyroxine:
1. Be consistent. Levothyroxine is absorbed

better if you take it on an empty stomach (30 minutes to an hour before a meal or 4 hours afterward). If you take it the same way every time, however, you'll get a consistent dose, and your thyroid level will be more stable.

2. Avoid taking levothyroxine with coffee or tea. Coffee and tea can decrease how much levothyroxine you absorb by nearly 30%. If possible, wait an hour after taking your thyroid supplement for your first cup of joe.

3. Don't skip your dose. Even if you forget to take it at your usual time, absorbing some of your thyroid supplement every day is far better than getting none.

4. Space out any mineral supplements. Some minerals interfere with levothyroxine absorption, including calcium, iron, aluminum, and multivitamin supplements containing those minerals. One solution is taking any multivitamin and mineral supplements later in the day, at least 4 hours before and after your levothyroxine. You can safely take multivitamins without any minerals with levothyroxine.

5. Try taking levothyroxine at bedtime. If you avoid eating for 4 hours after your evening meal, bedtime can be an ideal time to take levothyroxine.



Ask... Dr. Louise

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

Obituary & Memorial Policies
 NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald
 An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data.
 Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later.
 Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.
 Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited.
 Deadline is 4 p.m. on Friday - some exceptions may apply.
 Please call 509-548-5286 for more information
 Or email classifieds@leavenworthecho.com

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

<p>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</p> <p>CASHMERE PRESBYTERIAN CHURCH 303 Maple Street • 782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke www.cashmerepres.org</p> <p>CASHMERE UNITED METHODIST CHURCH 213 S. Division • 782-3811 Virtual Zoom Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana</p> <p>CHRIST CENTER Cashmere Assembly of God: 509-782-2825 Worship Service Sundays 10:00 a.m., in-person, Conservatory Apple Annie's and on-line, christcentercashmere.com Underground High School Sundays 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</p>	<p>GRACE LUTHERAN CHURCH Morning Prayer or Holy Eucharist. Times and place will vary due to COVID restrictions. Service on YouTube or Email link: CashmereEpiscopalLutheranMinistries.org Contact Pastor Rob Gohl 509-860-0736 for more information.</p> <p>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.org Contact Pastor Rob Gohl, 509-860-0736 or Deacon Carol, 670-1723 for more information.</p> <p>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</p>	<p>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</p> <p>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</p>
<p>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</p> <p>MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 782-2616 Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore www.midvalleybaptist.org</p>	<p>CORNERSTONE BIBLE CHURCH Leavenworth Grange Hall 621 Front St. • 251-635-3435 Sunday Worship 10 a.m.</p> <p>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10 a.m.</p>	<p>MONITOR MONITOR UNITED METHODIST CHURCH 3799 Fairview Canyon • 782-2601 Virtual Zoom Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana</p>
<p>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</p>	<p>FAITH LUTHERAN CHURCH - ELCA "Reconciling Works Congregation" 224 Benton Street • 548-7010 Worship 9:30 a.m. w/coffee following www.faithleavenworth.org</p> <p>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</p> <p>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</p>	<p>PESHASTIN LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street • 548-7517 Sunday Worship 10 a.m. Pastor John Romine www.lightinthevalley.org</p> <p>NEW LIFE FOURSQUARE CHURCH 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth.com www.newlifeleavenworth.com</p>