



**Outdoors Report**  
**See Page B1**

## Vote “Yes” to Both School Levies



**Marlene Farrell**  
Correspondent

By now, ballots have arrived in mailboxes and they are in the hands of voters. On the ballot are two replacement levies for the Cascade School District. These four-year levies have been approved in the past, so they are not new requests; they are a continuation of critical funding.

Voters need to vote “Yes” on both levies in order for the schools to continue operating current programs and meet the needs of students.

One levy is for Educational Programs and Operations (EP&O). The EP&O levy funds 20% of the district’s operating budget, and thus impacts nearly every aspect of academic and extracurricular life at the schools. Here are a few examples:

Teresa Disher is the Facilities Director and oversees custodial, maintenance, warehouse and delivery, and grounds. “EP&O funding is critical for a level of maintenance that our new buildings and sports/play fields need,” said Disher. “We rely heavily upon this funding to support almost a third of our personnel, equipment and supply needs. With all of this, we provide a safe and healthy learning and working environment for students and staff.”

Athletics represent another area that is heavily reliant on EP&O funding. “Levy funding is our main funding source to pay coaches, pay for transportation to events, pay for officials, and purchase other items needed for our programs,” said Dominique Coffin, Athletic Director.

“If the levies didn’t pass it would be hard to run athletics. We would have to look at cutting C teams and maybe even junior varsity teams, as well as possibly limiting our middle school numbers. It could even lead to cutting whole programs if we couldn’t find the funding.”

The arts as students have come to expect them can’t exist without EP&O funding. “If the levies don’t pass, this could mean the band program wouldn’t be able to replace or maintain some instruments,” said James Mitsuyasu, middle school and high school band director.

“For example, if I can’t replace the thirty-year-old tenor saxophone in my inventory, I can’t guarantee it will stay in playable condition for a student.

“We might also miss out on the opportunity to participate in the regional middle school and high school concert band festivals. These have costs to participate, and it’s one of the most unique and beneficial learning experiences a music student gets as part of their regular school year.”

Unmaintained instruments with poor sound quality and fewer performing opportunities could mean band students are less motivated to stay with the program. Similar detrimental issues could affect the art classes and the drama program without EP&O funding.

CONTINUED TO PAGE A2



SUBMITTED PHOTO.  
Sarah Butruille standing on a table in a scene from Brigadoon. Drama is one of the programs funded by the EP&O levy.

## School District and Cascade Medical address Suicide prevention



SUBMITTED PHOTO

Cascade Medical Foundation (CMF) applied for and received a grant for Cascade Medical (CM) and Cascade School District (CSD) to collaborate on suicide prevention training. The \$7000 will enable staff from CM and CSD to take train-the-trainer workshops and develop more comprehensive suicide prevention curriculum and resources for students, staff and parents.

On a sunny winter day, representatives from CMF, CM and CSD gathered outside Cascade High School for a presentation of the check.

**Front row, from left:** Rudy Joya, CHS assistant principal, Shelly Zehm, school nurse, Keshia Smith, school nurse, Tracey Beckendorf-Edou, CSD superintendent, Trey Ising, school board chair, Dr. Maxwell Moholy, CM clinical psychologist, Kathy Montgomery, CMF board member, Mogens Bach, CMF board member, Aisha Houghton, CM clinical social worker.

**Back row:** Brett Johnson, special education director, Brooks Murphy, CHS intervention specialist, Katie Schmitt, CHS career counselor, Elia Ala'ilima-Daley, CHS principal, Tyler Cox, school psychologist, Dani Steele, IRMS counselor, Ashley Bartanen, CHS counselor.

## HB 1239: Give us ‘Liberty’ or ... stay united?



PHOTO BY GARY BÉGIN/NCW MEDIA.

Representatives Mike Steele and Keith Goehner.

By GARY BÉGIN  
Managing Editor

**OLYMPIA** – Representative Rob Chase (R-Spokane) has introduced a bill for the future of Washington state and Atmerica, that his former colleague Rep. Matt Shea of Spokane Valley has wanted for years – establishing the state of Liberty from all of Eastern Washington.

Establishing the new state of Liberty — House Bill 1239

Introduced by Rep. Rob Chase (Spokane) (R) on January 18, 2021.

The Bill states in Section 1, “A separate and independent state is established from the eastern portions of Washington. The new state is named and known as the state of Liberty. The western boundary of Liberty follows the crest of the Cascade mountains and the western borders of Okanogan, Chelan, Kittitas, Yakima, and Klickitat counties. The eastern, northern, and southern borders of Liberty are the existing state borders.”

State Senator Brad Hawkins (R-East Wenatchee), replying exclusively to an interview from NCW Media, stated, “I would be very surprised if the House of Representatives, given its Democratic majority, will give this bill much consideration, but it would sure be an interesting discussion. Since I serve in the Senate and there are sometimes thousands of bills being considered each year, I probably won’t be able to study up on this one unless it advances to the Senate for consideration.”

Hawkins continued, “While I know that people in eastern and central Washington would prefer to work separately with ‘like-minded’ people and I’d welcome an eastern Washington governor, this wouldn’t be without some logistical challenges. I do have questions myself about how this idea could actually be implemented. There is a large, rural geographic footprint in eastern and central Washington requiring significant state investments for transportation, wildfire suppression, higher education, and other things.”

Hawkins said, “While we may disagree with the political philosophies of many people in western Washington, that area of the state is an economic driver for us over here. Maybe we could live without them and their progressive policies,

but we’d also have to live without the economic benefits of Amazon, Boeing, Starbucks, and Microsoft.”

Hawkins cites “high needs” of rural Washington, “The schools and social system on our half of the state usually have high needs as well, given the large proportion of free-and-reduced lunch students and lower economic status. So we’d have a huge service territory with lots of federal lands and a relatively low tax base, but that’s not to say a separate state couldn’t be successful. The public hearing on the bill would get lots of attention, and it would be interesting to hear the testimony on both sides.”

State Representative Mike Steele (R-Chelan) did not wish to comment on the issue, until and if, it reaches his desk. State Representative Keith Goehner (R-Dryden) said, “Although there is great frustration by many with legislation that is driven by urban Puget Sound legislators, forming a new state does not guarantee that there will not be conflicting views represented in the political process. Rural Western Washington is impacted similarly to Eastern Washington and it is important for us to continue to present our ideas and principles in a way that resonates and affects the change we want to see. Washington has many diverse contributors and it is critical for us to work in a collaborative manner to make our State more prosperous.”

Managing Editor Gary Bégin can be reached via email: Gary@ncwmedia.net. Comments may be used as Letters to the Editor.



COURTESY PHOTO.

Senator Brad Hawkins

**SHOP LOCAL**

**During this difficult time support your neighbors**  
Most local businesses offer curbside service or delivery



### Inside The ECHO this week

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SUBMITTED PHOTO.

Cascade High School Band students performing at a jazz concert. Band is one of the student activities funded by the EP&O levy.



# PUD commissioners boost fund to help cover the bills for people in need

SUBMITTED BY RACHEL HANSEN

Chelan PUD

**WENATCHEE, WA** – Chelan PUD commissioners voted Tuesday to double the donations customer-owners have given since March 2020 to Helping Hand, a fund that helps low-income people cover their utility bills (02:45:30 on the board audio).

"I am proud of our community for contributing to this cause," Commissioner Garry Arseneault said in a board meeting earlier this month. "It speaks to the core of who our

community is and the concerns we have as citizens in Chelan County."

The \$40,565 match will be transferred into the Helping Hand fund from the PUD's Public Power Benefit program, bringing the total of available aid to more than \$128,000. For information on how to apply, visit [chelanpud.org/helping-hand](http://chelanpud.org/helping-hand) or call (509) 661-8002.

Earlier this month, PUD staff reported to commissioners that 257 residential customers owed a collective \$113,400 in past due balances.

Middle-school teacher Car-

men Johnson celebrated the commissioners' vote Tuesday. She has donated to Helping Hand for several years, and continued supporting the program after she moved out of the county to East Wenatchee last year.

"I work with some of the most at-risk kids, and I know what a difference it makes when they don't have basic needs met," Johnson said in a phone interview. "Students don't come to school ready to learn. Parents can't parent well. The things I like to give most to are focused on helping families cover the

basics, so they can concentrate on the important things in life, like love and learning."

Ray Bowen -- cofounder of Charlie's Produce and a long-time property owner in Chelan -- donated \$1,000 to Helping Hand last month after learning about it from his Chelan PUD invoice. He came from a lower-middle class background, and still remembers the generosity of those who tipped him 25 cents for carrying their golf bags when he was 10. ("That was a lot of money back then!" he said.)

"I know there are people in Chelan County that are strugg-

## School Levies

CONTINUED FROM PAGE A1

The second replacement levy is for school technology. The Technology & Safety levy includes the student laptops, which are in full use during remote education, and subscription-based learning management systems. Each teacher also needs a set-up that can handle the demands of teaching in these new ways, while being efficient and not labor-intensive.

This levy covers safety equipment as well. Examples include building entry safety features, and, more recently, health safety purchases of a temperature check station at the high school and software so staff and students can perform a health check at home before arriving at school.

Residents in favor of the levies include parent Canuche Terranella. "I'm impressed

with the professionalism of our superintendent, Tracy Beckendorf-Edou, and the respect for the pocket books of our community. She and the school board are asking for about 30% less per household than the previous levy," he said. "Now more than ever, we need to support our schools while we recover."

Another perspective comes from Mall Boyd, a resident for almost 50 years. "Education is the best investment we can make in our community; it ensures economic growth and is a social equalizer," said Boyd. "Good schools strengthen communities and increase property values. Our kids benefited from a good education at Cascade, and it's our turn to pay it forward by supporting the two replacement levies."

Residents have a long history of supporting these programs. Voting "Yes" on both levies will ensure our local children have opportunities to thrive

• Reviewed PUD goals for 2021 in the District Performance Plan (00:50:00)

• Heard a recap of outage restoration efforts Jan. 11-12 (02:32:20)

\*\*\*

The next regular PUD commission meeting is at 10 a.m. on Monday, Feb. 1. The public is welcome to attend remotely in accordance with the latest guidance from the state Department of Health.

Here for you, providing the best value for the most people for the longest time [chelanpud.org](http://chelanpud.org)

## Red Cross urges blood donation to maintain supply amid pandemic

**January 25, 2021** — The American Red Cross typically has a tough time keeping the blood supply strong during the winter months when inclement weather and seasonal illnesses can impact donors. This year the pandemic adds in another challenge in keeping the blood supply strong. The Red Cross is urging healthy individuals to make an appointment to give blood or platelets.

It's so important, especially as we navigate this pandemic, to make sure there is blood available. Blood is such a meaningful gift to give.

One heartwarming gesture deserves another

As a thank-you for helping ensure a stable blood supply,

those who come to give this February will receive a \$5 Amazon.com Gift Card via email, courtesy of Amazon. (Restrictions apply. Additional information and details are available at [RedCrossBlood.org/Together](http://RedCrossBlood.org/Together).)

Make your appointment to give blood, platelets or plasma with the Red Cross by downloading the Red Cross Blood Donor App, visiting [RedCrossBlood.org](http://RedCrossBlood.org), calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.

Important COVID-19 information for donors

The Red Cross is testing blood, platelet and plasma donations for COVID-19 antibodies. The

test may indicate if the donor's immune system has produced antibodies to this coronavirus, regardless of whether an individual developed COVID-19 symptoms. Red Cross antibody tests will be helpful to identify individuals who have COVID-19 antibodies and may now help current coronavirus patients in need of convalescent plasma transfusions. Convalescent plasma is a type of blood donation collected from COVID-19 survivors that have antibodies that may help patients who are actively fighting the virus. Plasma from whole blood donations that test positive for COVID-19 antibodies may be used to help COVID-19 patients.

COVID-19 antibody test results will be available within one to two weeks in the Red Cross Blood Donor App or donor portal at [RedCrossBlood.org](http://RedCrossBlood.org). A positive antibody test result does not confirm infection or immunity. The Red Cross is not testing donors to diagnose illness, referred to as a diagnostic test. To protect the health and safety of Red Cross staff and donors, it is important that individuals

who do not feel well or believe they may be ill with COVID-19 postpone donation.

Each Red Cross blood drive and donation center follows the highest standards of safety and infection control, and additional precautions -- including temperature checks, social distancing and face coverings for donors and staff -- have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive and are required to wear a face covering or mask while at the drive, in alignment with Centers for Disease Control and Prevention public guidance.

**Upcoming blood donation opportunities Feb. 1-15**

Cashmere, WA  
• 2/3/2021: 12:30 p.m. - 6:30 p.m., Cashmere United Methodist Church, 213 S. Division Street  
Chelan, WA  
• 2/17/2021: 12 p.m. - 6 p.m., United Methodist Church Chelan, 206 North Emerson  
Leavenworth, WA  
• 2/4/2021: 12 p.m. - 5 p.m., LDS - Leavenworth, 10170 Titus Road  
Wenatchee, WA

• 2/1/2021: 1:30 p.m. - 7 p.m., Kings Orchard Church of Christ, 1610 Orchard Avenue, PO Box 1019

• 2/2/2021: 11 a.m. - 4 p.m., Kings Orchard Church of Christ, 1610 Orchard Avenue, PO Box 1019

• 2/5/2021: 10 a.m. - 2:30 p.m., Pybus Market, 7 N Worthem Street

• 2/16/2021: 10 a.m. - 3 p.m., Pybus Market, 7 N Worthem Street

• 2/19/2021: 10 a.m. - 2 p.m., Confluence Health, 820 North Chelan

East Wenatchee, WA

• 2/15/2021: 2:15 p.m. - 5:45 p.m., Holy Apostles Catholic Church, 1315 8th NE

• 2/1/2021: 1 p.m. - 5:30 p.m., St Paul's Catholic Church, 14181 Glade Road

About blood donation

Simply download the American Red Cross Blood Donor App, visit [RedCrossBlood.org](http://RedCrossBlood.org), call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) or use the Blood Donor App.

**About the American Red Cross** The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [redcross.org](http://redcross.org) or [cruzrojaamericana.org](http://cruzrojaamericana.org), or visit us on Twitter at @RedCross.



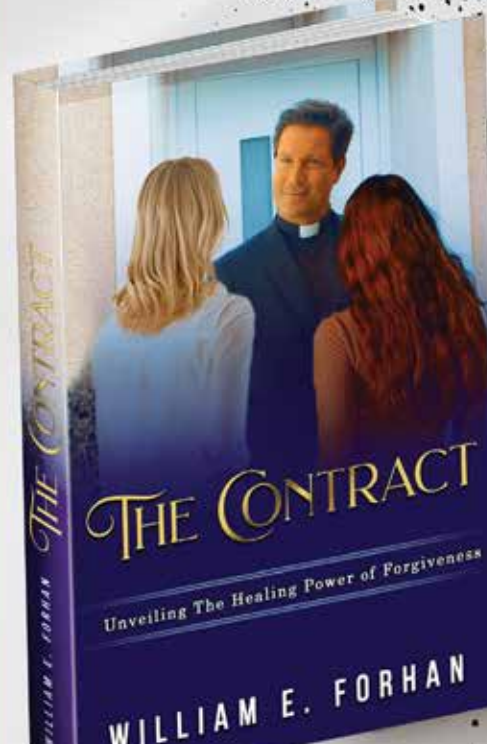
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**Excerpt from Chapter 1 DNA**

**The Contract**  
A novel by local writer William E. Forhan.

Most mothers can tell you the moment their child was born. It's not the same for fathers. But I can tell you precisely the moment I met my daughters. It was 2:46 on a Sunday afternoon in October.

I had rushed back from church and just sat down to watch the game of the week. My Denver Broncos were playing their most despised of opponents -- the Oakland Raiders. My game was interrupted by a knock on my front door.

My wife had taken our two sons to help her with grocery shopping. So I had to get up from my game to respond to that irritating knock.

I opened the door to two attractive young women. They seemed surprised.

"You're a priest?" one queried.

In my rush to watch the game I had not removed my clerical collar.

"Well, yes I am," I responded. Fully expecting they were a couple of young evangelists looking to tell me about the gospel.

There was a sudden and distinctly deafening pause.

"Can I help you?" I finally said.

They looked at each other. Then almost in unison burst out, "We think you're our father!"

In an instant twenty-three years of guilt and remorse overcame me. I could not help it. Tears poured out like a river. My heart began to pound and I could not hear a sound.

We looked at each other for what seemed like an eternity. None of us knowing what to say next, but I knew in my heart they were correct.

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 \(509-548-5286\)](mailto:Bill.Forhan@gmail.com), the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to [Bill.Forhan@gmail.com](mailto: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.

## Loved it!

Reviewed in the United States on January 5, 2021

Verified Purchase

I really enjoyed reading *The Contract*. The author created a gentle read that brings the reader on a journey with intertwined characters that are embracing a series of life challenges. The author shows off his advanced skills

by carefully positioning the reader to truly understand the perspectives and feelings of each person in the story.

It has a Christian influence throughout the story, yet the influence is not overpowering allowing the reader to develop their own views of the issues and the characters in the story.

I highly recommend this book.

**Becki Subido**

## 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](mailto:classifieds@leavenworthecho.com)

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**Who:** Any non-profit 501(c)(3) group, person(s) must submit full name and phone number.  
**What:** Items pertaining to local events that are free or minimum charge.  
For two weeks only (space limited).  
**Where:** Email to: editor@leavenworthecho.com or editor@cashmerevalleyrecord.com  
Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com

**Other ways to advertise your News and Events:**

Garage and yard sale ads are paid events, please email these to classifieds@leavenworthecho.com  
If your group is not a non-profit group you can now be listed for a small fee.  
Call for information on any of these items. 509-548-5286



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**SUBSCRIPTIONS:**  
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In State (yearly) \$40.00  
Out of State (yearly) \$52.00  
Online E-edition only \$40.00

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

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

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



**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.

**All events and meetings are cancelled until further notice. Contact the organization listed for update information.**

**AA MEETING SCHEDULE**

**Information numbers for AA:**  
The phone number to call for the Zoom link to Leavenworth AA meetings is 541-480-8946  
The phone number to call for the Zoom link to Leavenworth AIAnon meetings is 509-548-7939  
509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379  
**Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St.**  
**Sunday, 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**  
**Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain**  
**Information number for Alanon: 509-548-7939**  
**Alanon Meeting Schedule**  
**Monday, 7 p.m., United Methodist Church, 418 Evans St.**  
**Celebrate Recovery meetings are on Zoom, Fridays at 6:30 p.m., email us at this email address for information and a link to the meeting Celebraterecoverylcm@gmail.com**

**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**  
**Chelan County Veteran Service Officer, WorkSource, and SSVF, coffee and organizational information, 10 a.m.-1 p.m.,** Kristall's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri.)

**Monday**  
**Upper Valley Free Clinic, 6:30 p.m.,** evaluates urgent health needs; dental consultation is available the 1st Mon. of the month. Contact Upper Valley MEND, 548-0408.  
**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.** Contact President Ellie, 425-319-9869 (1st Mon. each month).

**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**  
**1-800-426-READ (7323). Online At ncwlibraries.org**  
**Leavenworth Public Library: 548-7923.**  
**Peshastin Public Library: 548-7821.**  
**Leavenworth Library Hours**  
Monday, Wednesday, Friday-Curbside Service 9-10 a.m.  
Monday, Wednesday, Friday-Library Open 10 a.m.-1 p.m.  
Tuesday, Thursday, Curbside Service 2-3 p.m.  
Tuesday, Thursday, Library Open 3-6:30 p.m.  
Masks and Social Distancing are required. We are limited to 11 people at a time. We will have 3 public computers available. All visits are limited to half an hour. 700 Hwy. 2, Call 548-7923 or leavenworth@ncwlibraries.org

**Other events**  
**The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is closed by Governor Inslee's order.** Please check our Facebook page or our website at www.leavenworthmuseum.org for updates.  
**Leavenworth Fish Hatchery, 548-7641.** Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.  
**Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.**



**Sheriff/ Fire/EMS**

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

**January 15**  
11:14 Suspicious, 12022 Sromberg Canyon Rd.  
13:18 Agency assist, Little Wenatchee Rd.  
16:08 Noise, 157 River Valley Ln., Plain  
18:16 Disturbance, 280 US Hwy. 2  
19:01 Noise, 10465 Fox Rd.  
20:21 DUI, US Hwy. 2 & 12th St.  
20:22 Parking/abandon, Little Wenatchee Rd., MP 1  
20:29 Property, 116 River Bend Dr., Safeway

12:05 Parking/abandon, 11752 D'Anjou Ln.  
14:14 Extra patrol, Ski Hill Dr. & Pine St.  
18:24 911, 590 US Hwy. 2, Enzian Inn  
20:41 Warrant, 14395 Chumstick Hwy.  
21:40 Trespass, 208 - 9th St., Baren Haus  
21:49 Disturbance, 1030 Commercial St.  
22:28 911, 120 Irwin Ln.  
22:31 DUI, SR 207 & Conard Rd., Lake Wenatchee  
22:52 Trespass, 810 US Hwy. 2, Bavarian Lodge

**January 16**  
00:53 Noise, 8000 Blk. Old Bridge Rd.  
07:17 Suspicious, 13341 Chumstick Hwy.  
12:01 Domestic disturbance, 212 Commercial St.

**January 17**  
09:17 Parking/abandon, 11752 D'Anjou Ln.  
20:28 Animal problem, 10560 Fox Rd.

**January 18**  
10:06 Suspicious, Peshastin Cemetery, Peshastin  
11:18 Public assist, 1107 Front St., #1  
12:57 Public assist, 8333 River View Rd., Peshastin  
13:02 Trespass, 225 Central Ave.  
13:35 Public assist, North Rd. Bridge  
13:46 Malicious mischief, Cedar Brae Rd. & Kahler Drive  
14:55 Accident/no injuries, 116 River Bend Dr., Safeway  
17:23 Public assist, 960 US Hwy. 2  
18:06 Trespass, 8800 Blk. Icicle Rd.  
18:35 Disturbance, 34491 US Hwy. 2, Stevens Pass  
18:51 Civil, 10355 Merry Canyon Rd.  
18:52 Disturbance, 131 Birch St.  
20:35 Disturbance, 810 US Hwy. 2, Bavarian Lodge  
21:46 Accident/no injuries, Division & Commercial Streets

**January 19**  
10:02 Traffic offense, Chumstick Hwy. & Camp 12 Rd.  
10:49 Suspicious, 9099 Anderson Canyon Rd., Peshastin  
14:05 Property, US Hwy. 2 & Ski Hill Dr.  
16:05 Animal problem, 12688 Chumstick Hwy.  
16:32 Civil, 10625 Stewart Ranch Rd., Peshastin  
18:55 Harass/threat, 190 US Hwy. 2, Der Ritterhof

**January 20**  
07:53 Alarm, 9073 US Hwy. 2  
10:28 911, 590 US Hwy. 2, Enzian Inn  
17:01 Suicide threat, Leavenworth  
18:52 Theft, 19475 US Hwy. 2, Lake Wenatchee  
21:00 Traffic offense, 17458 US Hwy. 2, Nason Creek  
21:44 Weapons violation, 18130 Sunland Dr.

**January 21**  
00:16 DUI, 11566 River Bend Dr.  
10:39 Missing person, 22002 Stirrup Rd., Plain  
13:04 Disturbance, 700 US Hwy. 2, City of Leavenworth

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

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

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

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

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

This announcement sponsored by The Leavenworth Echo

**CASCADE SCHOOL MENU**

**Thursday, January 28**  
**Breakfast:** Italian sausage burrito, orange juice, chocolate milk.  
**Lunch:** Chicken nuggets, shoestring French fries, apple, chocolate milk.

**Friday, January 29**  
**Breakfast:** Bacon muffin, orange juice, chocolate milk.  
**Lunch:** Chicken Thai sweet chili, brown rice, green beans, apple, chocolate milk.  
**No Menus available**

**Monday, February 1**  
**Breakfast, Lunch**

**Tuesday, February 2**  
**Breakfast, Lunch**

**Wednesday, February 2**  
**Breakfast, Lunch**

**CITY COUNCIL MEETINGS**

Call phone numbers for meetings or Zoom information 7 p.m., Leavenworth Planning Commission at City Hall contact Liliith 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.)

**SENIOR CENTER MENUS**

**Leavenworth Senior Center, 423 Evans Street**  
The meals on this menu will be available 3 days a week at the Leavenworth Senior Center, for take-out and home delivery meals.  
For meal pick up: CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL (509)548-6666. Seniors Age 60 & over suggested donation \$4.00.  
Under age 60 \$10.00 fee.

**January 28, Thursday:** No lunch.  
**January 29, Friday:** Spaghetti with meat sauce, Caesar salad, peaches, garlic bread, dessert.  
Saturday and Sunday: No lunch.  
**February 1, Monday:** BBQ Chicken, mac & cheese, broccoli Normandy, spiced salad, apple crisp.  
**February 2, Tuesday:** No lunch.  
**February 3, Wednesday:** Stuffed pepper soup, cottage cheese, mixed greens salad, fruit cocktail, cornbread, dessert.

**P.E.O. Scholarship Opportunity**

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 applicants must be seeking further higher education at either the undergraduate or graduate level in one of the following ways:

- Applicant must be age 30 or above and reside in Chelan or Douglas County, WA
- Applicant must be currently enrolled in, or returning to, a higher education program after a two-year or more absence.

The colleges, universities, or technical schools where applicants have been accepted must be fully accredited and within the State of Washington. Out-of-state, on-line accredited schools are acceptable. Applicants may re-submit applications each year until they complete their programs of study.

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 at mimikeller5@icloud.com

# Local and Regional News

## 5 Tips to Protect Seniors from Financial Scams Right Now

**(StatePoint)** Social isolation among seniors is not only linked to numerous negative health consequences like depression and cardiovascular disease, but it's also a primary contributing factor in financial exploitation and scams. Estimated to affect one in 10 older adults and cost billions annually, the threat of elder financial fraud is pervasive, and especially so right now.

With seniors more isolated than ever due to the pandemic and stimulus checks being sent to millions of Americans nationwide, experts suggest that seniors and their families be extra vigilant.

"Scammers look for key time periods where money and private financial information are in motion. Not only is IRS fraud one of the most common and successful types of scams that exists, as a general rule, additional money equates to additional fraud," says Ron Long, head of Aging Client Services at Wells Fargo.

"Scammers are banking on the fact that many seniors are apart from families and friends due to COVID-19. When someone is alone, physically or socially, they often miss out on the added benefit of a second pair of eyes and ears." Compounding the risks associated with isolation is the number of seniors who feel their chances of falling victim to a financial scam is unlikely. According to a recent Wells Fargo study conducted by The Harris Poll, 69 percent of all seniors age 60 and above believe they're not likely to be susceptible to a financial scam, despite nearly all seniors (97 percent) acknowledging that older people are very or somewhat susceptible to becoming a victim. When asked about their peers, the poll found that 47 percent of all seniors knew someone who had already fallen victim to a scam. "The results indicate what most of us want -- the ability to age relatively unaffected from the realities associated with aging," says Dr. Marti DeLiema,



PHOTO: (C) DAISY-DAISY / ISTOCK VIA GETTY IMAGES PLUS

a gerontologist and consultant for Wells Fargo's Aging Client Services. "The problem is that when someone doesn't feel they're at risk, they're unlikely to take precaution."

To better protect seniors from elder financial fraud and abuse, consider these tips from Wells Fargo:

- 1. Don't wait for a crisis.** Seniors should speak with trustworthy family members about financial plans, as well as consult them when something doesn't feel right.
- 2. Stay up-to-date.** Seniors and families should draft and periodically update legal documents such as wills, healthcare directives and powers of attorney.
- 3. Automate.** Seniors should consider signing up for direct deposit, automatic bill pay and large transaction alerts.
- 4. Prioritize security.** Seniors should keep checks and credit cards locked away, and update passwords when information is compromised. They should also carefully review credit reports, account statements and bills for unusual activity or charges.
- 5. Be aware.** Families can help seniors stay aware of the latest and most common scams, as well as help them identify potential red flags, including:
  - Alleged emergency situations involving family

members, often grandchildren, requiring immediate payment.

- Lottery winnings requiring upfront cash payment for taxes and other fees.

- Phone calls from alleged government agencies, such as Social Security, threatening arrest or penalties.

For more information

on fraud prevention, visit wells Fargo.com.

"Aging resiliently requires planning ahead and not shying away from difficult conversations," says Long. "We have to talk with our older loved ones about the risks, the warning signs and prevention -- and we have to keep talking."

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

LOCALLY OWNED

**JONES & JONES ~ BETTS**  
Funeral Home

302 9th St., Wenatchee • 662-2119 or 662-1561  
jonesjonesbetts.com

Honoring the lives of residents in the Valley for over 100 years.  
You can always rely on our dedicated staff.

## Rest, Refreshment in Troubled Times



**A WALK WITH PASTOR JOHN SMITH**

I came home after a long day of ministry, weary. In fact, every day has been long and exhausting considering the times we are all in. As I walked to my front door, my steps heavy and my shoulders slumped due to fatigue, I looked up and was treated to a beautiful sunset. Hues of fiery oranges, deep purples matched with the white snow-covered mountains made for an awesome display. At that moment, I couldn't remember the last time I looked up to watch a sunset as beautiful as this one and I was remarkably touched to the point of tears.

How many sunsets have we missed during this season of tumult? How many instances where we were oblivious of God's creativity all because our attention was focused elsewhere? Probably too many times to count. I, like many of you, have had my focus on so many other things. Whether it is how to navigate a COVID-19 world, the election, and all the emotions tied to it, or just trying to figure out what's for dinner, there are so many things that have and currently are demanding our attention. Yet, all the while, God is out there, displaying his glory in creation, reminding us of his presence and continued involvement in our world.

As I am writing this, the inauguration ended a couple of hours ago with very little disruption and fanfare. It was a peaceful transition of power and as the dust settles after one of the most controversial election cycles to date, I, for one, am glad it is over. Not that I accept the unrighteousness that won Joe Biden the Presidency nor am I rejoicing that the radical Leftist politicians occupy the White House bringing with them the most anti-God

agenda this country has ever experienced, I am, however, at peace. Indeed, part of the anxiety is not knowing what is going to happen but after this, I know what to expect and will respond accordingly.

The constant not-knowing, and focusing on the "What If's" has drained and distracted people (including myself) from what God has been doing throughout this whole process. It is Christ, as the Scripture says, who "upholds the universe by the word of his power" (Heb. 1:3) and ordains the times and the seasons of all things, demonstrating his sovereignty. And in his loving sovereignty and his grace, he has given us the beauty of fallen snow, brilliant sunrises and sunsets, and other innumerable examples in Creation that declare the glory of God and his goodness.

Here is my advice for the coming days: Stop watching the news and fretting about the future and go take a walk. Spend some time away from the noise of political fallout and lift your eyes to see a sun just about to set behind the hills. Breathe in the crisp clean air of a winter's morning and enjoy the grace that God has given you.

Regardless of who is President, if you are reading this at this moment, God has given you more than you or I deserve and he bids you to find rest and peace in Christ.

Christ is speaking to the weary, burdened soul, "Come to me, all who labor and are heaven laden, and I will give you rest" (Matt. 11:28) and I am praying you hear and take him up on his invitation.

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



**Due to the COVID-19 virus, all churches in the Upper Valley have suspended Saturday and Sunday services, Sunday School and meetings.**

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.



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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

### CASHMERE

**CASHMERE BAPTIST CHURCH**  
103 Aplets Way • 782-2869  
Sunday School 10:00 a.m. - Worship 11 a.m.  
Bible Study, Wed., 7 p.m.  
Pastor Bob Bauer



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



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



### 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](http://christcentercashmere.com)  
Underground High School Sundays 8:00 p.m., In-person, Conservatory  
Middle School Youth Thursdays 7-8:30 p.m., In-person, Conservatory  
Lead Pastor, Steve Haney  
Children's Pastor, Andy Robinson  
Congregational Care Pastor, Joyce Williams  
Director of Operations, Pastor Ian Ross  
High School Director, Kelsie Folden  
Community Outreach, Steffanie Haney



**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](http://www.christforcashmere.org)

### DRYDEN

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

### MID-VALLEY BAPTIST CHURCH

8345 Stine Hill Rd. • 782-2616  
Worship Service, 10 a.m.,  
Sunday School, 9 a.m.  
Pastor Mike Moore  
[www.midvalleybaptist.org](http://www.midvalleybaptist.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



### 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](http://www.faithleavenworth.org)

### FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

429 Evans Street, 509- 470-7745  
Sunday Worship: 11 a.m.  
Website: [www.leavenworthbaptist.com](http://www.leavenworthbaptist.com)  
Email: [info@leavenworthbaptist.com](mailto:info@leavenworthbaptist.com)

### LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 548-5292  
Sunday Worship 9 a.m.  
Lead Pastor: Mark Miller  
Youth Pastor, Kent Wright  
[www.LCN.org](http://www.LCN.org)



### SEVENTH DAY ADVENTIST CHURCH

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

### SPIRIT LIFE CENTER

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

### MONITOR

### MONITOR UNITED METHODIST CHURCH

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

### PESHASTIN

### LIGHT IN THE VALLEY COMMUNITY CHURCH

8455 Main Street • 548-7517  
Sunday Worship 10 a.m.  
Pastor John Romine  
[www.lightinthevalley.org](http://www.lightinthevalley.org)



### NEW LIFE FOURSQUARE CHURCH

7591 Hwy. 97 • 548-4222  
Sunday Worship, 10 a.m.  
Pastors, Darryl and Mindy Wall  
Email: [newlifeleavenworth@gmail.com](mailto:newlifeleavenworth@gmail.com)  
FB page: [newlifeleavenworth.com](http://newlifeleavenworth.com)



# Community News

## The Washington Outdoors Report

### Carp Diem!

By JOHN KRUSE

Wondering what to do on the water this month? Due to the mild temperatures this winter many Eastern Washington lakes don't have safe ice for hardwater fishing and most anglers have their boats put away until spring. Never fear, Carpe Diem, or "seize the day", as they say and target carp in a lake or river near you!

Carp can be caught in many open bodies of water year-round. They commonly average three to five pounds in size and can reach up to 30 pounds. In Washington State no license is required to fish for the common carp, there is no minimum size requirement and no limit on how many you can keep. Why is this? Probably because they are considered a trash fish by many these days and harmful to the environment. They grow in numbers fast and carp can take over a lake or waterway, especially shallow ones, in just

a few years. As bottom feeders they often uproot shallow rooted plants and muddy up water, covering eggs and nests from more desirable game fish.

Carp didn't always have a bad reputation. In fact, they were introduced to America from Germany by the United States Fish Commission in 1876. Since that time carp have spread from coast to coast. In Europe, the common carp is still considered a fine eating fish but today in our country, most don't consider them for table fare. However, noted American angling author A.J. McClane wrote, "The carp is a good fish to eat when properly prepared. It's important to skin them and trim out the dark flesh...Carp is excellent when smoked and the roe is edible and often sold in canned form. Carp flesh is an important ingredient in making gefilte fish."

My first experience with carp was at a shallow lake near Greeley, Colorado. I was six years old and my grandfather took me to the deserted body

of water that was full of carp. My grandpa baited my hook with canned corn, tied a couple of split-shot a couple of feet on the line above the hook, and cast it out. In short order I was wrestling with a fish far bigger than the bluegill and pumpkinseed I was used to catching and I've had a special place in my heart for carp fishing ever since.

The dead of winter is usually when I target carp, largely because there is little else going on in the fishing and hunting world during this time. My go-to offering is to use a nightcrawler on a bait hook, tie on two feet of leader to a swivel, and then put a sliding egg weight above the swivel. That way a carp can pick up the bait and swim away with it before it senses the weight attached to it, giving you time to get a good hookset into the bony mouth of these fish. Carp put on a good fight. They don't jump, but they do pull and run and catching a few makes for a fun day on the water.

In addition to using bait like corn, nightcrawlers or bread dough (a traditional carp offering) you can also catch them from time to time on artificial lures and even with a fly rod. Large rabbit hair streamers in natural colors can be a good bet and sight fishing for carp with a fly rod became so popular in the 1990's that some anglers started guide services catering to catching carp this way and a number of articles about this were published in fishing and fly-fishing magazines around the country.

Fly fishing for what one writer called "golden tarpon" moment may have waned as a fad but casting a line for the common carp can still be a fun affair if you are looking to tangle with a sizeable fish when few other options are available.

John Kruse – [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaindoorsradio.com](http://www.americaindoorsradio.com)



Russell Johnston with a nice carp caught last winter in the Columbia Basin

PHOTO BY JOHN KRUSE

## Where can I get USEFUL information about my medicines and supplements?

Are you looking for information on one of your prescription medicines? Needing to know about which non-prescription medicine works best? Intrigued by a supplement or herbal product, but not sure whether you should try it or not?

If you look around, there is a LOT of information, but it can be overwhelming. And in today's world of "false news," how trustworthy is it? Where can you find "news you can use" about your medicines, over-the-counter remedies, food supplements, and herbal products?

Not that long ago, you would get helpful information about your new medicine from your family doctor at your appointment. The pharmacist at your neighborhood pharmacy would then explain a bit more about it when you picked up your new prescription. If you had questions about your medicine, they usually had the

time to point out and explain the important things you needed to know.

Today? You may see two or three different doctors. They often don't know anything about your other doctors or your other medicines, just what they are treating you for. Instead of using a local pharmacy, many people have medications mailed out to them by a mail-order pharmacy, saving money because they can get a 90-day supply for the same price as a 30-day supply at their local pharmacy.

Pharmacists are so busy these days they don't have much time to come out from behind the counter to advise you on non-prescription products and remedies. You can get help from a clerk or pharmacy technician, but they don't have the in-depth product knowledge that a pharmacist acquires with years of education and training.

For years, I have seen people flail around looking for accurate, USEFUL information to answer their questions about their prescription medications, non-prescription medicines, ways to treat common issues, as well as vitamins, minerals, supplements, and herbal products. The helpful advice that your local pharmacist and family doctor used to provide is now in very short supply, and you are on your own to find out what you need to know.

I started Medication Insider.com to provide timely information that's useful and easy to understand. It's designed to give you a pharmacist to ask those questions that you were too nervous to ask, forgot to ask, or that your doctor didn't have time to explain to you. Medication Insider has a free newsletter, a blog with posts that answer common questions about medication safety, remedies, food supplements,

and herbal products.

**Here are some places I recommend for useful information about medicines and supplements:**

### 1. When You Need to Identify a Pill

I find Google's search engine to be the BEST way to identify a mystery tablet or capsule. Do your pills look different than they used to? I recommend using Google to double-check whether your medications are what they are supposed to be, despite being a different color or shape.

Here's how: First, put on your reading glasses. You will probably need them (I know I do!) to decipher that teeny tiny writing on the side of the capsule or the imprint on the tablet. Enter the pill's color, shape (round, oval, square), whether it's a tablet or capsule, and any markings you find. If the medication has a slash in it that divides it in half or in

quarters, you can add the word "scored" to your description. After hitting the "enter" button, you should get at least one or two options, with a clear photo of each. Compare your mysterious pill to the pictures on the screen.

### 2. General Information About Medicines and Other Treatments for Medical Conditions

I like WebMD because it is timely and comprehensive. It covers medicines, remedies for common problems, and more. WebMD also sells advertising on their website, which can be distracting.

### 3. Food Supplements and Vitamins

The Food and Drug Administration (FDA) website at [fda.gov](http://fda.gov) offers accurate and useful consumer-oriented information about food additives, food supplements, vitamins, and minerals. It's an excellent place to find out what various vitamins and minerals



do for you and what foods are good sources for them.

### 4. Information about Infections

Both the CDC (Centers for Disease Control and Prevention) at [CDC.gov](http://CDC.gov) and WebMD have timely, interesting, and helpful articles that explain infections like the common cold, influenza, and of course, COVID-19.

### 5. How Medicines Work and How to Stay Safe When Taking Them

Web MD and my blog and newsletter at [TheMedicationInsider.com](http://TheMedicationInsider.com) have articles on remedies, medicines, and supplements.

*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. Check out her NEW website [TheMedicationInsider.com](http://TheMedicationInsider.com) for daily tips on how to take your medicine safely. 2021 Louise Achey*

## Grow Quick, Easy and Nutritious Microgreens

By MELINDA MYERS

Add fresh flavor to your meals year-round with microgreens. These easy-to-grow greens need minimal space and no special equipment for a flavorful and nutritious harvest in little more than a week.

Use microgreens on salads, soups, pizzas, omelets, in stir fries or as a snack. These tiny seedlings are packed with more nutrition than their mature counterparts.

Add a bit of spice to soups and sandwiches with radish and mustard microgreens. Try red cabbage, chard, beets and amaranth for some added color. Sunflower's somewhat

nutty flavor makes it perfect for snacking. Let some of your pea microgreens grow a bit taller to use in stir fries.

Fill a shallow container with a two-inch layer of moist potting or seed starting mix. Sprinkle seeds over the soil surface and lightly cover with potting or seed starting mix. Water gently to ensure good seed-to-soil contact.

Continue to water often enough to keep the soil slightly moist. Reduce your workload and keep the planting mix consistently moist by covering freshly planted containers with plastic. Once the greens break through the soil, remove the cover and move the container

to a sunny location or under artificial lights.

Increase the fun and success with a microgreen growing kit like the Organic Herb and Microgreens Grow Kit from Gardener's Supply ([www.gardeners.com](http://www.gardeners.com)). This set up is the perfect size for your countertop or other small space. The full spectrum light is adjustable so you can raise or lower it as needed whether growing short microgreens or taller herbs.

Or skip the growing mix and mess with a Jute Microgreens Starter Kit. Set the jute mat in the shallow tray, add seeds, and water. Then compost the jute mat after harvesting your

greens.

Follow the planting directions on the seed packet. You typically need two to three tablespoons of seeds for an 11" x 21" tray. Buy enough seeds to make additional plantings every week or two to ensure a constant supply. Microgreens like most vegetables taste best and are most nutritious when eaten fresh. And these tasty bundles do not last long in storage.

The microgreens are ready to harvest once the plant forms the first set of true leaves. These are the leaves that resemble those of the mature plant. This takes anywhere from 7 to 14 days, depending on the room temperature and type of microgreens you are growing.

Use scissors to clip the greens off at ground level. If you prefer to use the whole seedling, roots and all, you will need to wash off any of the seed starting mix clinging to the roots.

Once you harvest all the greens, it is time to replant. Save money and be kind to the environment by composting the used planting mix and reusing containers. Convert shallow fast-food containers into planting trays. Disinfect these or other planting trays before using them for subsequent plantings. Just soak the containers in a 10% bleach and water solution for ten minutes. Then rinse in clear water before planting.

Gardening doesn't get much easier than this. You will enjoy the fresh flavor all winter long as you wait for the outdoor growing season to begin.

Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How

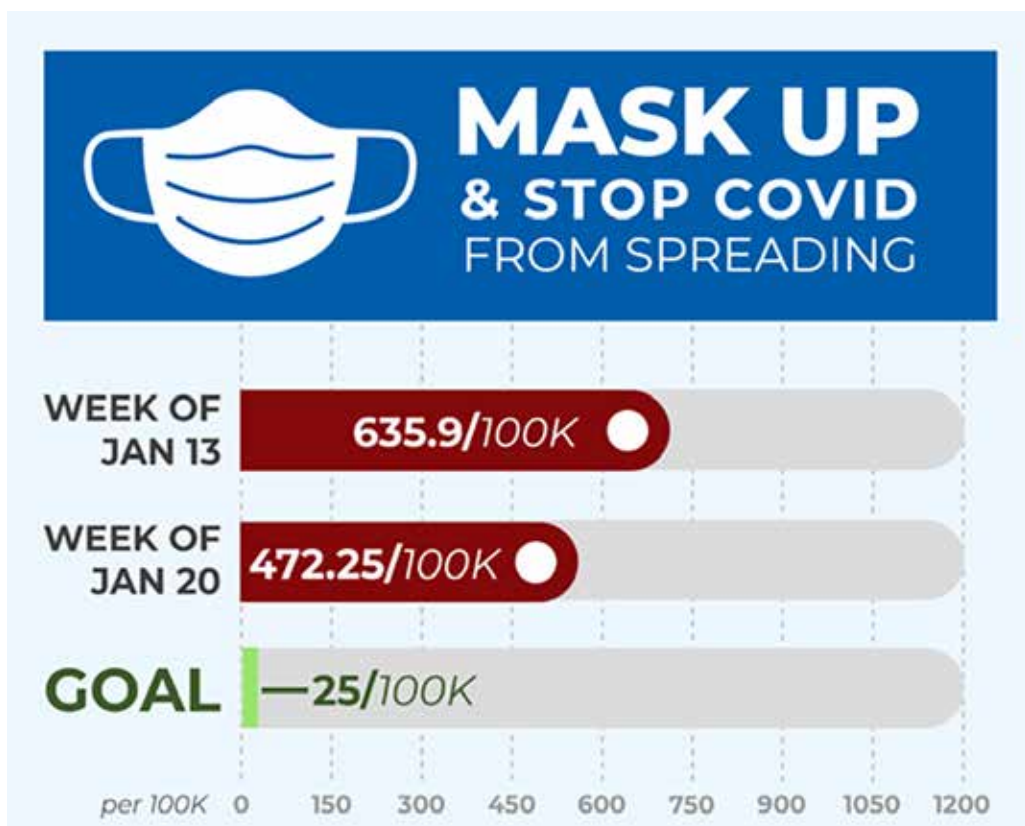
to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds

& Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Myers' web site is [www.melindamyers.com](http://www.melindamyers.com).



PHOTO COURTESY OF GARDENER'S SUPPLY COMPANY.

Small grow light kits make growing herbs and microgreens indoors easy and convenient for harvesting and cooking.





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EW	CDROMS	ONCE							
NANCY	EDO	ANTRA							
URSA	BADGED	EER							
SEEDIER	GARRET								
	BLT	SIGMA							
CAUL	CHRISTMAS								
AZURE	HIKE	TALA							
SATYR	AVER	EMIT							
PRO	RED	DATE							

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

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**Deadline: by Noon on Friday**

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**Help Wanted**

  
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(closes 11:59 p.m. on 12/31/21)  
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**Employment**  
**Help Wanted**



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Join our sales team. If you enjoy helping local businesses grow. We have a job for you! We will train the right candidate. Must be outgoing, personable, honest and must be able to use a computer. Stop in The Leavenworth Echo with a resume or call for an interview. 509-548-5286.

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Conditional on WIAA approval of athletic season. Salary based on experience and percentage of season played. All applications processed through FAST TRACK: [www.pateros.org](http://www.pateros.org)>Our District>Employment>Assistant Coach. Position descriptions available online. Contact [employment@pateros.org](mailto:employment@pateros.org) or the district office at 509-923-2751 x 4 for more information. Application deadline is 2/3/2021. Position open until filled. EOE

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This 1.0 FTE position commences with the start of the 2021-22 school year. CTE/ Vocational certificate with metal shop and wood shop experience preferred. Eligible for Washington State Teaching Non-Emergency Certificate is preferred. Eligible for Washington State Emergency certificate required. Must favorably pass background check. Salary is dependent on experience and education. Position open until filled. All applications processed through FAST TRACK: [www.pateros.org](http://www.pateros.org)>Our District>Employment. Position descriptions available online. Contact [employment@pateros.org](mailto:employment@pateros.org) or the district office at 509-923-2751 x 4 for more information. Application deadline is 2/3/2021. EOE

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**Legals**  
**Public Notices**

**IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF SNOHOMISH**

In re the Estate of: NINA C. RINKE, Deceased. NO. 21-4-00013-31 NOTICE TO CREDITORS (RCW 11.40.030)

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having claims against decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of:  
(1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and non-probate assets.

Date of first publication: January 27, 2021

**ROBERT C. RINKE**, Personal Representative c/o Sarah E. Duncan, Attorney 3128 Colby Avenue Everett, WA 98201 425-339-8556  
Published in The Leavenworth Echo/ Cashmere Valley Record on January 27, February 3, 10, 2021. #1515

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**Check the weathercams online before traveling over the mountain passes!**  
[www.leavenworthecho.com](http://www.leavenworthecho.com) | [www.cashmerevalleyrecord.com](http://www.cashmerevalleyrecord.com)

I hope the groundhog sees the... ...sun so we can keep having winter fun. Kids: color stuff in!

# Newspaper Fun!

www.readingclubfun.com Animills LLC © 2021 V17-4

## Groundhog Weather Forecaster?

Are you awake, Mr. Groundhog? I don't mean to hound you, but maybe you can predict the winner of the Super Bowl, too? Hello!

Do you think that a groundhog can predict the weather? On February 2, some people will get up very early to watch the groundhog come out of its home. They will stand around the groundhog's hole in the ground and study the sky. As soon as they see the groundhog poke out of its hole they will snap pictures. Who do you think will see the funnier sight...the people or the groundhog?

Hey, let me shine!

Time to Rhyme!  
Find and circle the ten words that rhyme with "ground."

count, mound, frowned, crown, wound, pound, crouch, groaned, hound, found, sound, browned, crowd, round, pounce, woodchuck, smaller, hibernation, ball, mammal, heart, squirrel, forecast, underground, spring, April, superstition

What's that sound? Do I hear cheering?

Ahhh...I'm ready for springtime weather!

Our whole family doesn't weigh a pound!

Look at the mound of dirt!

11. it is said that when the groundhog pokes out of his hole and sees the sun there will be six more weeks of winter, but when he sees clouds, \_\_\_\_\_ is near

12. where the groundhog lives

Read the clues to fill in the crossword puzzle:

- a long winter's nap
- a warm-blooded creature
- another name for the groundhog
- curls into this to sleep
- something people believe in or think will happen without facts or proof
- the groundhog's \_\_\_\_\_ pumps more slowly when it hibernates
- the groundhog is part of this family
- young are born in this month
- males are about two feet long and weigh about twelve pounds; females are \_\_\_\_\_
- to tell about an event before it happens

## Football Fever

Find and circle these football terms:

touchdown, tackle, referee, offense, kickoff, defense, field goal, teams, quarterback, huddle

Look at him bound off to watch the game!

Visitors

Home Team

Off to watch the Super Bowl...chicken wings, potato chips, veggies and dips...yay!

## Is Winter Almost Over?

Why did the groundhogs cheer when they came out of their burrows and saw only clouds? Use the alphabet code to fill in the blanks and find out:

^ \_ O # ) \_ { # \*

^ \_ O + ^ ( || } ? { &

Yay! It's cloudy.

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## CROSSWORD PUZZLE

THEME: VALENTINE'S DAY

ACROSS

- "You're the \_\_\_\_\_!"
- Horse color
- Interesting person, acr.
- "Feeling of the heart"
- Nevada city
- City in Belgium
- Use a whisk
- Greek H's
- "Popular Valentine's Day delivery, pl.
- "Love means never having to say you're sorry" movie
- Ballpark calls
- Strong adhesive
- Greek letter N, pl.
- Lord's subordinate
- Given to drinking
- Ovine mom
- Old storage medium
- Fairy-tale beginning
- Politician Pelosi
- Tokyo, once
- Bone hollows
- Sky bear
- Fitted with a name tag, e.g.
- "Ever" to a poet
- With more seeds
- Attic
- Summer sandwich?
- Fraternity letter
- Medieval headdress
- "Only day more popular than Valentine's for card giving"
- Like blue sky
- Walk the Pacific Crest Trail, e.g.
- Samoan money
- "Dionysus" pipe-playing companion
- Affirm
- Give off
- Plays for pay
- "Color of Valentine's Day"
- "Lovers' reunion"

DOWN

- Cry like a baby
- Canyon sound
- Convict's weapon
- Conical dwellings
- Get on juice diet, e.g.
- Opposite of binary
- Like a gossipmonger
- Exterminator's target
- Change for a five
- Part of T.G.I.F.
- Like an abridged classic
- Tiler's paste
- "I Will Always Love You" singer
- Stupefied
- Us, in Mexico
- "Cupid's mother"
- In the know
- Common thing?
- Smoke plus fog
- Lay to rest
- Rocks at mountain base
- "Symbol of Valentine's Day"
- Infantry's last row
- Roulette bet
- "Chocolatier, pioneer of the heart-shaped box"
- Apple
- Risk something
- Between egg and eggie
- Feeling worse than before
- Gave away
- Thin piece
- Annoyed
- Russia's alternative to caesar
- Aries or Taurus, e.g.
- Burn to a crisp
- MADD member, colloquially
- Climbed down, as from a carriage
- Fill beyond full
- Pharaoh's cobra

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- the groundhog is part of this family
- young are born in this month
- males are about two feet long and weigh about twelve pounds; females are \_\_\_\_\_
- to tell about an event before it happens

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

# COVID crisis grows for guest workers



**MIKE  
MAKES  
WRITE  
MIKE  
MALTAIS**

The recent announcement by the Washington State Department of Labor and Industries (L&I) of a \$2 million-plus dollar fine levied against Gebbers Farms for violations related to guest worker deaths

during the COVID pandemic is setting off alarm bells within the agriculture community.

With thousands of guest workers waiting at the gate for the first quarter of the 2021 season, farmers are fearing the fallout if state COVID emergency rules are not modified to prevent a shortage in an already tight labor supply. The fact that L&I is poised to punish violators for failing to adhere to halved housing occupancy rates and other protocols put in place in 2020 fails to factor in advances – like vaccines – that improve the prospects of protection

and safety measures.

It does not help matters that Washington state became the poster child for the novel coronavirus when the first case on U.S. soil was reported here one year ago on Jan. 21. Fast forward 12 months, nearly 300,000 COVID cases, and 4,065 deaths later – 45 of those in Okanogan County – and you begin to appreciate the problem. We do not have a template in place to pilot us through this storm. The economic stress on citizens and businesses builds toward critical mass on the one hand while our over-taxed medical

emergency personnel struggle under the caseload on the other. So far there has been no remedy for the present crisis that does not hurt some segment of the public. That includes the peripheral group that comprises the front line of our food industry.

The near-miraculous speed under which researchers have developed several vaccines to combat the plague offers the best hope of slowing down the spread of the virus. However, at this writing the new cases diagnosed are growing faster than the vaccination rate of citizens.

The state has adopted a cautious and conservative approach under the current Healthy Washington – Roadmap to Recovery plan. As of this writing the entire state remains under Phase 1 through Jan. 28. Washington is among the six remaining states – California, Oregon, Hawaii, New Mexico, and D.C. – that has yet to allow high school sports this year.

Agricultural groups including the Washington Farm Bureau and the Washington State Farm Labor Association (WAF-LA) are asking the state Department of Health (DOH), L&I, and the governor to revisit renewed COVID rules. The groups want the state to prioritize test-

ing and vaccinations of guest workers to reflect the improved science and understanding of COVID since the rules were first enacted May 2020.

The regulations as they stand limit farmworker housing facilities to 50 percent occupancy even after the workers are vaccinated which appears to run counter to getting farms back on the road to normal operations.

The dual goal here should be to protect the crucial first link in our food supply chain – farm worker health – and still allow farmers to remain in business. It is a tightrope to walk but one the state needs to address while there is still time to do so.

## Renewable hydrogen demonstrates our region's continued clean energy leadership



**COMMUNITY  
VOICES  
Brad  
Hawkins**

Back in 2019 I partnered with Douglas County PUD to sponsor and pass a bill authorizing Public Utility Districts to produce and sell renewable hydrogen. Hydrogen is a gas that can be created from a process that uses electricity to separate hydrogen and oxygen molecules in water. I worked closely that

year with Douglas County PUD because of their interest in using surplus hydropower to produce hydrogen.

The bill's passage allows for the production and sale of "renewable hydrogen," which is defined as emissions-free electricity source. With state authorization in place, renewable hydrogen will soon be developed in Douglas County. The opportunity PUDs now have to produce renewable hydrogen provides our hydroelectric facilities a new way to address an ever-increasing challenge.

Given recent expansion of wind and solar generation across many western states, the

Pacific Northwest's electric grid experiences periods of surplus power generation in the spring. During periods of springtime snow melt, hydropower generation is abundant because of high flows in the Columbia River.

Wind and solar generation are often strong in the spring as well. Not generating power by spilling excess water through our dams can adversely impact fish but securing buyers for our hydropower when supply exceeds demand can be both financially ineffective and challenging. Using surplus electricity to produce hydrogen is an exciting opportunity because it can be both environmentally

and economically beneficial. As owners of the PUDs, anything that benefits a PUD will ultimately help its customers.

Hydrogen can serve many purposes, but one of its uses is clean fuel for vehicles. Hydrogen-based vehicles, similar to plug-in electrics, produce zero greenhouse gas emissions. Now that the PUDs have the authority to produce hydrogen, our state should consider how it may incentivize use of this clean fuel for vehicles.

Currently, our state provides a 50 percent sales tax exemption to purchasers of traditional plug-in electric vehicles. I recently introduced Senate Bill 5000 to establish an

8-year pilot project to extend to fuel cell vehicles the same sales tax benefit the state already provides to plug-in electrics. The bill recently was heard in committee and has gained commitments from 30 bipartisan co-sponsors.

We should be very proud of the abundant clean energy produced in our region. As a result of our renewable hydropower, North Central Washington has provided tremendous leadership and innovation on clean energy.

As you know, there has been continued focus in recent years on reducing greenhouse gas emissions. Fortunately, our region already leads the way with low emissions due to our hydro-based electric sector and little to no industrial emissions. Most of our region's emissions are a result of transportation activities.

As drivers explore options for zero-emissions vehicles, hydrogen-based fuel cell vehicles may be an excellent option. It is difficult to currently envision, but plug-in electric vehicles may not be the most viable option in the future once a large-scale number of drivers make a switch, given the long charging times and the upstream costs and

environmental considerations of electric infrastructure.

Hydrogen can easily be delivered to fueling stations (on hydrogen semitrucks). Hydrogen cars take about five minutes to refuel and generally have a longer range. The case for hydrogen is even stronger when considering hydrogen long hauling and bussing options.

When it comes to clean energy policies, I believe it is important to offer incentives and options to promote clean energy rather than push for policies with punitive measures. My bill provides this option while encouraging the state to be "technology neutral" when offering state incentives to zero-emission vehicles. As a long-time proponent of clean energy, I support a variety of options and technology.

However, I am excited about the many beneficial purposes of renewable hydrogen and especially so because it will be produced locally

*Brad Hawkins is our 12th District state senator representing North Central Washington in Olympia. He may be contacted at 360-786-7622 or brad.hawkins@leg.wa.gov.*

## Governor says capital gains tax not an income tax. Rest of the country disagrees

By JASON MERCIER

*Director, Center for Government Reform  
Washington Policy Center*

Despite the budget being balanced, billions in reserve, and projected revenue growth of 7.2% the Governor is yet again proposing an income tax on capital gains in his new budget. Here are the details on his proposed 9% capital gains income tax. The Governor, however, claims that this type of tax isn't an income tax. What does he know that the IRS and every other state across the country doesn't?

IRS: "You ask whether tax on capital gains is considered an excise tax or an income tax? It is an income tax. More specifically, capital gains are treated as income under the tax code and taxed as such."

Nonpartisan legislative staff: "Most states do not have separate capital gains tax rates. Instead, most states tax capital gains as ordinary income subject to the state's income tax rates."

Do states without personal income taxes tax capital gains? No. For example:

- Florida: "There is currently no Florida income tax for individuals and, therefore, no Florida capital gains tax for individuals."

- Alaska: "No personal capital gains tax. Alaska currently does not have a personal income tax."

- Nevada: "Nevada does NOT

have a capital gains tax similar to federal income tax."

- Texas: "No capital gains tax. Texas does not have a state income tax."

- Wyoming: "No capital gains tax because Wyoming does not have an income tax."

Not a single state with an income tax on capital gains describes this type of tax as dependable or stable. Instead, here are a few examples discussing the extreme volatility problems inherent with taxing this type of income:

- "In Delaware, capital gains are taxed under the personal income tax as all other income. As in every other state, capital gains are extremely volatile and unpredictable. This is particularly problematic toward the end of market cycles, when they represent a greater share of personal income tax revenues."

- "For the Commonwealth of Massachusetts, taxes on capital gains are among the most volatile and unpredictable major sources of revenue. Obviously, that is very much in line with the experience of other states."

- "California's tax revenues have numerous volatile elements, but among the more significant sources of revenue volatility are the state's tax levies on net capital gains through the personal income tax."

- Virginia: "Capital gains is the most volatile tax source that any state has to forecast. It is not dependable or stable."

What are the motivations behind the Washington income tax on capital gains proposals? Thanks to public records we know the goal is to set up a lawsuit in hopes of imposing a graduated income tax without a constitutional amendment. Consider the following emails from Sen. Jamie Pedersen:

- "But the more important benefit of passing a capital gains tax is on the legal side, from my perspective. The other side will challenge it as an unconstitutional property tax . . . make it possible, if we succeed, to enact a progressive income tax with a simple majority vote."

- "... adopting a capital gains tax is one of the best things we could do to help advance the possibility of an income tax in our state . . . Until that happens, it would take 2/3 majorities in the legislature (and a vote of the people) to adopt an income tax"

Washington's Department of Revenue (DOR) says: "The federal capital gains tax is characterized as an income tax. One potential challenge to a capital gains tax proposal is that opponents may characterize the Washington capital gains tax as an income tax . . ."

More from DOR on capital gains tax: "susceptible to constitutional challenge as an income tax prohibited by the Washington state constitution . . ."

On September 13, 1960 the

state Supreme Court issued a unanimous one page ruling with this sage advice: Don't ask the Court to reverse its numerous rulings prohibiting a graduated income tax; instead amend the constitution.

The voters have already rejected 6 constitutional amendments to allow a graduated income tax. The state Supreme Court this year also refused to hear the Seattle income tax case that was trying to challenge the prior income tax ban court rulings.

Washington's Department of Commerce has made the state's lack of an income tax a major selling point for its "Choose Washington" campaign: "We offer businesses some competitive advantages found in few other states. This includes no personal or corporate income tax."

Excise taxes are transaction taxes that apply at point of sale on price or volume. Taxes applied on income from a transaction are not excise taxes. Prepare to be amazed, they are income taxes. This is why every tax agency outside of Washington says a capital gains tax is an income tax.

2020 has taught us that there are many things in life that are uncertain. A capital gains tax being a highly volatile income tax is not one of them. This is not a debate unless you are trying to circumvent Washington's constitutional prohibition on graduated income taxes.

## Letters to the editor

### Less Begin please

As a Chelan resident and regular Mirror reader, age 64, I am grateful that you published Don Peters response to yet another of Mr. Begin's ridiculous articles. I have yet to read one of Begin's writings that sought to unite, and many seeking to divide. In many of his "original" writings he has filled the word count with other's words and song lyrics (often misused and likely sans permission of the original writers). It would be a great New Year's gift to many of your readers if there were less articles by Begin displayed on your pages.

Happy New Year and aloha online from cloudy Chelan

**Thomas Hickey**  
Chelan

As a parent and educator, I urge you to vote yes on the upcoming levies for Cascade School District. These are not new taxes. There are two levies proposed which will replace taxes that are already being collected. In fact, the rate proposed for these two levies combined (\$1.14/1,000 assessed value) is lower

than what is currently being collected (\$1.50/1,000 assessed value). Voting yes for school levies provides schools approximately 20% of their funding revenue. The majority of the funding will go towards student support services and safety (46%) and the remainder will fund facilities (28%), extra-curricular activities (19%), technology (4%), and learning improvement (3%). This has been an incredibly tough year for students, teachers, and parents. Let's approve this levy to show support for our district rather than giving them one more thing to figure out like how to make extensive budget cuts. Right now, we need the District administration to focus on supporting teachers and students through distance learning and figuring out how to bring our students back to school safely. Again, I urge you to vote yes on the upcoming levies. Ballots will be mailed out January 22 and they are due February 9. For more information, please visit [www.cascadesd.org/page/1542](http://www.cascadesd.org/page/1542)

**Jennifer Hadersberger**  
Leavenworth

Our community has suffered a great deal due to the pandemic. It is essential that we as community members continue to support each other through difficult times. One key element to building and maintaining strong communities is public education.

I have lived in the Upper Valley for the last 13 years and feel very fortunate to live in an area that values education. As a community, we can continue to support learning efforts by voting YES on the upcoming levies. Ballots will be in mailboxes on January 22 and are due February 9.

The decision to support the levies is quite simple because there are no new taxes. These are replacement levies for the current ones that will expire. Technology is \$0.15/\$1,000 the same level as current one. Enrichment Programs and Operations (EP&O) is DROPPING in cost by 28% to \$0.99/\$1,000. Technology and Safety are vital to student learning and yet are NOT covered by the State. If it were not for previous technology investments, we would not

have had the infrastructure to implement COVID distance learning. We need to keep up with technology upgrades in order to meet the unique challenges brought on by the pandemic.

Students and teachers need support from the community now more than ever. These levies are extremely important because they cover 20% of the school district budget. Please join me in support of levies for learning as you complete your ballot.

**Jenelle Landgraf**  
Leavenworth

### Reader disagrees about Trump impeachment

Dear Editor,  
I'm sorry that you, like Newhouse, feel impeachment should be done without adequate deliberation or information. As the facts come out, Trump was not guilty of inciting violence. The violence took place while he was still speaking. Newhouse should be replaced asap for failing to do due diligence and acting like a kangaroo court.

**Connie Coopersmith,**  
Chelan

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