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Dr. Karl Kranz, Beloved Physician, Retires from Cascade Medical



One of Cascade Medical's finest providers, Dr. Karl Kranz, is retiring after almost 28 years as a family practice physician.

Kranz was pivotal in helping Cascade Medical (CM) out of a crisis in the nineties.

"In July of 1998, when I was hired as the new CEO, Cascade Medical Center was dangerously close to closing its doors," said Doug Williams, former CM CEO. "Many thought that it had no hope, including the state auditor. But in reviewing its strengths, I found that we had a visionary board, a supportive community, a quality staff, and Dr. Karl Kranz.

"However, the reality was that, without Dr. Kranz, none of the other positive factors would have been enough to keep us afloat."

Dr. Geoff Richardson, a CM family practice physician, also credits Kranz with helping turn the facility around. "Karl has been the foundation of Cascade Medical for decades. When there was a revolving door of providers, and staff weren't sure if their paycheck would bounce, Karl was a rock. His dedication to our community never wavered."

Kranz is proud of the hospital's transformation. In his words, "The hospital changed from an organism thrashing to stay alive to a wellplanned organization with stable staff and the ability, over time, to regain the trust of the community. It built on the work of community giants like Jim Ward and Jim Adamson, who envisioned what their hospital could become. We became, in Doug William's words, 'A family practice clinic with a hospital attached,' and this viewpoint made all the difference. People need a clinic all the time, and a hospital or ER sometimes.'

Dr. Kranz's commitment has inspired those around him, including Louise Bolser, who served as his nurse for almost all Kranz's 28 years. "Every day, Dr. Kranz showed respect and compassion for his patients. He was never in a hurry if questions came after time was up. I saw him often on his knee so he could look that patient in the eye as he described an illness or treatment.

"The longer we worked together the more I realized I loved working family practice in a small community. I looked forward to coming to work every day."

Diane Blake, current CEO of CM, said, "Dr. Kranz has always gone above and beyond, from working



PHOTO COURTESY OF CASCADE MEDICAL. Dr. Kranz has an easy rapport with his patients, including, pictured here, Faith

long hours in the clinic to coming in on his day off to provide care to making house calls and everything in between. And still he made time to listen and share wisdom with me as CEO whenever I sought it, which has not been infrequent! As a CM team member, as a community member and as a family member of one of his well-cared-for patients, I am deeply grateful."

Smith.

Mark Judy also served as CEO of CM, and currently is the treasurer

of Cascade Medical Foundation. He's also known Kranz as a patient. "Dr. Kranz is a gentleman in the truest sense. He used the tools of medicine effectively, yet the patient experience was always personal. He reflects the joy of being a physician."

Leavenworth benefits from the work accomplished during Kranz's tenure. "We now have an enviable health care model," Kranz said. "If you are a patient here and must use the ER, your doctor knows all about the visit and may even be the one taking care of you in the ER. If you must be admitted to the hospital in Leavenworth, your doctor will usually manage your care in the hospital. If you must go to a larger hospital for a surgery, you may be able to return to our rehab unit, again under your own doctor's care. If you must leave your home and move to Mountain Meadows, your doctor will still be seeing you for care if you wish."

This is exemplified by Kranz's relationship with his patients. "There are 25-year olds in my practice that have known no other doctor; they came to me because their parents and sometimes their grandparents came to see me. Knowing the family gives a clearer view of the patient."

Kranz will continue to call Leavenworth home, and looks forward to spending more time with his wife, Dawn, including taking advantage of his first days of retirement for cross country skiing.

He looks back on his career with satisfaction and gratitude. "I am so fortunate that I was called to be a family practice physician. It became clear that this was my destiny before I understood the reasons. To be a rural FP is to feel the pulse of your patients and your community, to know people deeply, and to support and be supported by your patients and their families. I came to Cascade to use all of my skills and have not been disappointed."

Mudslide clean up on US 2 east of Leavenworth



CHS and IRMS Begin Hybrid Education on January 19th

By Marlene Farrell

Cascade High School (CHS) finally welcomes back the majority of its students on January 19 for hybrid instruction. While some students have been back in the classrooms due to various needs, most high schoolers have been away for ten months, afternoon. All of this means that a teacher has to teach the same material to three different cohorts of students. And since the beginning of the pandemic, teachers have had a vastly compressed time to teach a week's worth of material, hoping that students can learn a lot on their own.

"This will be a work in progress that

front and athletics entrances will be used to keep queues short. Everyone will wear masks within the buildings, and extra masks will be available.

Between classes, Daley explained, "We will ask students to use the 'rules of the road' in the hallway, walking on the right side with six feet of distance in between them." In addition, classrooms can easily accommodate the maximum number of students per class, which is fifteen. High schoolers who have younger siblings attending the other schools can align their schedules so they all attend in-person on the same days. It's understood that a few families might opt in and out of different programs as they find what works best for their children. Icicle River Middle School's hybrid plan shares much in common with CHS though has some important distinctions. All middle schoolers take the same core classes, so they can stay within cohorts throughout the day. Minimal mixing in the hall will occur, because, for the most part, the teachers will switch rooms instead of the students. Finally, students will have some time in-school that will still utilize Zoom. While that seems counterproductive, it allows the teachers to interact with a larger group of students at once, thus increasing the actual number of hours of teacher/ student interaction. With these plans and the fact that schools following similar measures around the world have shown to be the source of negligible COVID-19 transmission, families of Cascade School District can feel confident that their students can learn in-person, part-time for now, and still be safe.

www.leavenworthecho.com

PHOTOS COURTESY OF WSDOT.

Leavenworth – Clean up work on a mudslide that occurred east of Leavenworth required road closures of US 2 on Thursday. A mudslide, located near milepost 102 just west of Peshastin, caused mud and debris to overtop the guardrail and spill out into the road. The material on the road resulted in closure of the east bound lane on Monday, Jan. 4. WSDOT crews removed the debris on the highway and a barrier was put in place to hold back the rest of the debris. On Thursday, Jan. 7, maintenance crew for the Washington State Department of Transportation worked on cleaning up the debris. The work required closure of the roadway for twenty minutes at a time. Travelers between Leavenworth and Wenatchee encountered longer delays than normal travel on Thursday.

possibly only coming to the parking lot once in September to meet teachers during an open-air orientation.

Elementary students have been allowed back for a while. High schoolers, and middle schoolers, are starting back now because, not only is it logistically harder to safely coordinate unique schedules, also older children are more like adults in their COVID-19 transmission and infection rates.

CHS has a robust plan in place to achieve this important milestone. The student body is split roughly in half alphabetically. One group will come to school on Mondays and Tuesdays from 8 a.m. to noon, and the other group will come on Thursdays and Fridays for the same time slot. Wednesdays will be reserved for cleaning of the building, independent study time, staff planning time and virtual office hours.

"In-person students do not Zoom at all. Their two days of in-person are their contact time with teachers. The rest of their work will be posted in Canvas for them to complete asynchronously," explained Elia Ala'ilima-Daley, CHS principal. "For students who are struggling in-person, a teacher may request them to attend the Zoom for intervention."

For families that prefer the remote learning model, students will have Zoom classes four days a week in the will require continual adjustments and flexibility for students, parents, and teachers," said Eric Bard, CHS math teacher. "I think our schools have made the best plan possible when considering the current situation, but I think we may need three subs when a teacher gets sick!"

Andrea Brixey, CHS English teacher, added, "Here is what this time reveals—we are all capable of learning—but it's stressful and difficult at times. The patience, humor, and support our friends and families have given us is deeply appreciated.

"Can we deliver content and attention to so many different groups of students in several different ways? The honest answer is I don't know yet. I do know that we are getting better at this by the day. We will use all of the energy and education we bring to the table, and the amazing resources our community has invested in, to help all of our kids connect and learn."

CHS will have health protocols in place to keep students and staff safe. Before arriving on campus, students will fill out a screening at home and show the "all clear" result on their phone at the school doors. For those who can't do the at-home screening, they will have their temperature checked and screening questions done by a staff member. Both the



Tree Fruit Days 2021 webinar series starts Jan. 18

By WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

Join WSU Tree Fruit Extension for a webinar series Jan 18 to 22. This series is designed to bring you research-based information while maintaining your safety from Covid19. Each webinar is 30 to 50 min. Choose 13 webinars the topics that most interest you.

Nine sessions offer 1 pesticide update credit approved by WSDA and ODA (marked with an astrix*).

Co-sponsors NCW Fieldmen's Association, NW Pears, NW Cherry Growers Register at treefruit.wsu.edu/events

Contact: Tianna DuPont, WSU Extension, (509) 293-8758, tianna.dupont@wsu.edu

Jan. 18, 9 a.m. - Organic Apple Mildew Management*, Ashour Amiri, WSU Plant Pathology. Using new research results to improve your powdery mildew management.

Jan. 18, 10 a.m. - The Latest Fire Blight Research*. Kerik Cox, Cornell; Ken Johnson, OSU; Kari Peter, PSU; Tianna DuPont, WSU

Jan. 18, 1 p.m. - Selecting New Varieties. Bill Dodd, Midwest Apple Improvement Association, Dr Brewster, Plant and Food New Zealand Jan. 19, 9 a.m. - Mating

Disruption as a Basis for

Apple IPM*. Don Thomson, Pacific BioControl; Coverage is Key in Apple IPM* Gwen Hoheisel, WSU Extension. How MD works: competitive attraction. Higher populations are more difficult to control. Aerosol emitter BMPs. Potential of resistance. Coverage is essential and there are some key components that should

be looked at this year to ensure that spray is reaching all areas of the canopy. Jan. 19, 11 a.m. - Codling

Moth Apple IPM – Don't Forget the Basics, SIR Update*, Betsy Beers, Matt Jones WSU Entomology. Success is influenced by weather. Monitoring basics. Rotate products. Virus in conventional IPM. Organic programs. Using cultural controls. Incorporating SIR into your IPM program successfully.

Jan. 19. 1 p.m. - The Labor Piece of the Production Puzzle. Karen, Lewis, WSU Extension. De-leafers, Cyclone, Scout, pedestrian orchards.

Jan. 20, 9 a.m. - Pear IPM*. Louis Nottingham, WSU Entomology. Key components to successful pear IPM programs. Latest research.

Jan. 20, 10 a.m. - Using Honeydew Washing to Improve Pear IPM*. Chris Strohm, WSU Extension. Case studies and research results from 2020.

Russell J. Speidel Russel Jan. 20, 1 p.m. - Irrigating Pears for Quality. Lee Kalcsits, WSU Horticulture. This webinar will provide the latest research on irrigating pears for high quality fruit from WSU's Lee Kalcsits.

Horticulture

Jan. 21, 9 a.m. - X-disease and Little Cherry Virus*. Scott Harper, WSU Pathology; Tobin Northfield, WSU Entomology; Louis Nottingham, WSU Entomology; Cody Molnar, WSU Extension. Symptoms and Sampling. New biology information: symptom types and biological effects per-variety. Vector ID, biology and management. New vector management study results. New vector management product trial results. Tree removal case studies.

Jan. 21, 1 p.m. - Cherry Powdery Mildew Product Resistance*. Gary Grove, WSU Pathology. Cherry mildew has been quickly evolving resistance to key fungicides in Washington. Dr Gary Grove will describe new research which has found that resistance to group 3 and 11 fungicides in all production regions as well potential as resistance in other groups.

Jan. 22, 9 a.m. - Rodent Control for Orchards*. Roger Baldwin, UC Davis. Efficacy of common and new rodenticides, burrow fumigants and repellents.

Jan. 22, 10 a.m. - Apple Thinning*. Poliana Francescatto, Valent BioSciences. How PGRs and PGR-like compounds can manipulate two of the most common practices: fruit thinning and flower formation. Current and new products.

Jan. 22, 1 p.m. - Matching Rootstocks to Scions and Varieties. Jenny Bolivar, WSU Extension. Major character-

Group viewing for Recertification Credits

BY WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

Washington State University is offering group viewing for their webinar courses. Webinars are suitable for pesticide applicators in turf, landscapes, agriculture, rights of way, industrial areas, and more. Interested parties may request to sponsor a group-viewing session. The approval process takes about two weeks.

For more information about this and to submit the request forms visit their website (https://pep.wsu.edu/group-viewing/). You can also email questions to pest@wsu.edu or call 509-335-2830.

Cherry Institute to be Jan. 21

By WSU TREE FRUIT RESEARCH AND EXTENSION CENTER

This year's Cherry Institute will be a little different. Due to the current COVID-19 restrictions in place, the organizers have planned for an entirely virtual venue. Each individual program item is listed in our events calendar as well as being shown in the agenda below.

You will need to register for each webinar separately to attend. Links for registration are provided for each presentation. Each webinar is free and many qualify for pesticide credits.

Jan. 21, 9:-9:50 a.m. - Xdisease and Little Cherry Virus*. Scott Harper, WSU Pathology; Tobin Northfield,



Louis Nottingham, WSU Entomology; Cody Molnar, WSU Extension

Symptoms and Sampling. New biology information: symptom types and biological effects per-variety. Vector ID, biology and management. New vector management study results. New vector management product trial results. Tree removal case studies. To register for this webinar visit http://treefruit. wsu.edu/event/lcd-webinar/ *Qualifies for 1 pesticide update credit with WSDA approval.

Jan. 21, 9:50 a.m. - Elec-

WSU Women in Agriculture Conference postponed for 2021

SUBMITTED BY WSU EXTENSION

The 2021 Women in Agriculture Conference has been postponed due to the health restrictions and safety requirements placed on events due to COVID-19.

According to Margaret Viebrock, WSU Extension Director in Chelan and Douglas Counties and Conference Coordinator, "this was a hard decision to make, because this event is a very popular gathering for women involved in

agriculture."

It is the largest event in the Northwest that addresses the needs of women farmers, aspiring farmers and women who support their family farms.

The Women, Farms & Food project began in Washington in 2005 with Washington State annual conferences offering speakers, practical advice, collaborative discussion, and networking opportunities. During the last 15 years this program evolved to a sixstate conference presented through Zoom technology to as many as 40 locations with 650 women participating. Since the first conference, the planning process has always been women-driven. It is primarily planned, facilitated, and taught by women. The focus groups, planning teams and evaluations have and continue to say, "we want to meet and talk with other women farmers, find out more about what they do and how they manage their lives and we need good information to be successful." Women farmers face unique challenges with the demands of both the farm and family. Equally important is the challenge to take care of themselves and, potentially, to care for extended family.

tions

Jan. 21, 10-10:50 a.m. - Q&A on X-disease and Little Cherry Virus. Scott Harper, WSU Pathology; Tobin Northfield, Louis Nottingham, WSU Entomology; Tianna DuPont, WSU Extension

Join us for discussion questions and answers on X-disease and Little Cherry Virus biology and management.

To register for this webinar visit http://treefruit.wsu.edu/ event/lcd-webinar/

Jan. 21, 1:-1:50 p.m. - Cherry Powdery Mildew Management & Fungicide Resistance Results*. Gary Grove, WSU Pathology

Biology, cultural controls, spray rotations, and results

SEE CHERRY ON PAGE B2

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"Many attendees say this is

SEE WOMEN ON PAGE B2



Horticulture()21

2021 expected to be profitable for Northwest agricultural commodities

SUBMITTED BY NWFCS

SPOKANE - Northwest Farm Credit Services, the Northwest's leading agricultural lending cooperative, has released its quarterly Market Snapshot reports covering the state of major agricultural commodities in the region. Northwest FCS teams throughout Idaho, Montana, Oregon and Washington monitor conditions and report outlooks for commodities financed by the co-op.

All Market Snapshots are posted online at Industry Insights.

Northwest FCS' 12-month outlook for the agricultural

FARMERS

in the Northwest are summarized below.

Hay – The 12-month outlook for the hay industry calls for slightly profitable returns. In 2021, the hay market will focus on modestly optimistic fundamentals. A weaker dollar favors exports, and higher prices for protein substitutes, like soybean meal, will provide tailwinds to hay producers.

Row Crops

Onions - Onions are forecast to provide break-even returns over the next 12 months. Supply and demand indicate prices could increase, yet producers are sensitive to contin-



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Potatoes - Slightly profitable returns are expected for potato producers. Processors' demand for uncontracted potatoes is restrained as the COVID-19 situation continues to dampen restaurant demand for processed potato products, such as french fries.

Sugar Beets – Sugar beet growers should see profitable returns for the 2020-21 season. The USDA forecast suggests stocks-to-use ratios will continue to decrease from 14.2% in 2019-20 to 13.5% in 2020-21, a favorable ratio for Northwest producers.

Tree Fruit

Apples – Apple growers can expect to see slightly profitable margins. A smaller crop and solid demand should increase prices. However, sev-

WOMEN

CONTINUED FROM PAGE B1

the best conference for women farmers, because it presents practical information they can use right away," Viebrock said.

Program evaluations over the years have shown that women farmers have developed their farm vision to meet their financial, marketing and production goals. They have



eral quality issues have challenged growers this season. Quality will be a key driver of individual growers' profits.

Cherries - Overall, profitable margins are anticipated for cherry growers. Reduced supply coupled with strong domestic demand helped sustain high pricing, which will translate into strong margins for growers. However, those with measurable losses in tonnage may not have had enough fruit to capture returns and will be reliant on crop insurance.

Pears - The 12-month profitability index forecasts slightly profitable returns for pear growers. Although demand has been lackluster the last few years, increased pricing indicates demand may be finding some higher ground. Good quality will

improved their financial record keeping, now have a business plan and follow it, developed marketing skills, and can now use their financial records to analyze their profitability.

Farming is risky business and women farmers benefit from the support of other women. Many conferences has switched to a totally technology-driven event, and Viebrock added, "I felt we could not fulfill the major objective of offering women an opportunity to net-

WEBINARS

CONTINUED FROM PAGE B1

Overview of data of honeycrisp on different rootstocks. Case studies of success.

CHERRY

CONTINUED FROM PAGE B1

from a new pesticide resistance study. To register for this webinar visit http://treefruit.wsu. edu/event/cherry-powderyproduct-resistance/ *Qualifies for 1 pesticide update credit with WSDA approval.



also increase growers' returns.

Wheat – The outlook calls for slightly profitable returns for wheat growers. The US-DA's projected 2020-21 season average farm price for all-wheat is \$4.50 per bushel. Current markets are showing a higher average of \$4.70 to \$4.80 per bushel from the 2019-20 season. High yields and government payments will partially offset otherwise break-even wheat prices.

Wine/Vineyard - Slight profits are expected for both vineyards and wineries, although it's a mixed bag for both. Lower grape yields and bulk wine supplies should support improved grape markets, but fundamental oversupply issues remain. Some wineries in the retail and direct to consumer chan-

work as they have consistently said is one of the main reasons they attend. Sitting together, sharing ideas and personal concerns, and offering solutions could not be accomplished virtually.

To stay connected with this program and other women in agriculture, women are encouraged to visit the website at www.womeninag.wsu.edu and add themselves to the Constant Contact list and join the Women in Ag conversations

 Please note that in order to try to accommodate the ability to receive pesticide credits each webinar has individual registration. We apologize for the inconvenience.

Horticulture Updates • Matt Whiting, WSU Horticulture, WSU IAREC. ON DEMAND available at http:// treefruit.wsu.edu/educationtraining/expert-presentations/ starting Jan. 21, 2021.

2020 Northwest Cherry Season by the Numbers B.J. Thurlby, Northwest Cherry

nels are having record sales; however, wineries reliant on tasting rooms, events or other in-person sales are left with limited options to generate revenue.

About Northwest FCS

Northwest FCS is a \$13 billion financial cooperative providing financing and related services to farmers, ranchers, agribusinesses, commercial fishermen, timber producers, rural homeowners and crop insurance customers in Montana, Idaho, Oregon, Washington and Alaska. Northwest FCS is a member of the nationwide Farm Credit System that supports agriculture and rural communities with reliable, consistent credit and financial services. For more information, go to northwestfcs.com.

on social media.

Many area farm businesses, women employed in the agriculture industry and financial instructions support the conference with their contributions to scholarships, speaker stipends, educational materials, and conference meals.

Businesses interested in supporting the 2022 conference and other educational opportunities for women farmers are encouraged to contact Viebrock at viebrock@wsu.edu.

• Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.

Growers

Domestic Market: The Pandemic Powerhouse James Michael, Northwest Cherry Growers

Marketing Cherries Internationally During a Pandemic Keith Hu, Northwest Cherry Growers

ON DEMAND available at http://treefruit.wsu.edu/ education-training/expertpresentations/ starting Jan 21.2021.

· Blue Orchard Bees for Improving Pollination

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ON DEMAND available at http://treefruit.wsu.edu/education-training/expert-presentations/ starting Jan 21, 2021. Contacts:

Cherry Institute, Northwest Cherry Growers: Kathy Keeth cherryinstitute@wastatefruit. com;

WSU Extension: Tianna Du-Pont tianna.dupont@wsu.edu (509) 293-8758: Gwen Hoheisel ghoheisel@wsu.edu



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Community



September 22, 1930 -December 7, 2020

Patricia "Pat" Anne Stegeman Stoudt, Leavenworth, died on December 7, 2020. She was born on September 22, 1930 in Leavenworth, WA to John Stegeman and Henreka Agnus Parkins. The eldest of nine children, Pat helped tend to her younger siblings and assisted with never-ending farm chores. After surviving the depression and during World War II, Pat's family moved from their large farm known as "The Stegeman Dairy" to their "Eagle Creek Ranch". Days were consumed with long hours of hard work contributing to Pat's strong work ethic and compassionate heart.

Pat was blessed with a beautiful voice. At 18 years of age, Pat was offered a full scholarship to a Seattle music conservatory. She chose to sacrifice this opportunity in order to assist an ailing family member. Pat used her singing talent throughout her life as she sang in church choirs and musicals. Pat was also artistic, enjoyed the arts, and was an avid antique collector.

In the late 1940's, Pat met the love of her life, Tom Stoudt. They married and were blessed with four children. The Stoudt family farmed their property in the lcicle River Valley. Pat remained extremely active in her community. She was a member of The United Methodist Church and the Washington State and National Grange associations for over 70 years. For decades, Pat belonged to the Autumn



Leaf Festival Association, was a member of the Royal Bavarians, sang with the Village Voices, and acted as board member of the Cascade Orchard Irrigation. Pat and her husband stayed active in 4-H. One of her proudest moments was representing her community as the 1999 Royal Lady. Patricia's gracious spirit and generous heart will never be forgotten.

Pat is survived by her four children: Prudence Stoudt-McRae, Seattle; Tom R. Stoudt Jr., Pennsylvania; Rosemary Ann Stoudt, Montana; and LaRoy Stoudt, Seattle. Pat is also survived by her sister June Racus; four brothers, Bill, Jack, Dave and Bert Stegeman; and numerous nieces and nephews. Pat was preceded in death by her beloved husband, Tom Stoudt. A private family memorial is planned. Memorial donations can be made to the United Methodist Church, Leavenworth, WA.

OBITUARY Leonard Frank Sauer

November 25, 1930 – January 1, 2021 Peshastin, WA

Leonard Sauer, builder of Sauer's Mountain trail near Leavenworth, passed away at his home on New Year's Day 2021 at age 90. Leonard built the trail across his private property with hand tools over the course of two summers in his retirement, recognizing that Sauer's Mountain is accessible in the spring when the high-country trails remain frozen. Since then, thousands of people have discovered the trail and the outdoors. His family wishes to thank the many kind hikers from around the world who stopped to visit with Leonard at the trailhead during his aging years. Leonard ensured that the site will remain with his family long after his passing. Born at the outset of the Great

Depression in 1930 in Leavenworth, Washington, the principles of work, outdoor adventure, and climbing onward are hallmarks of the heritage Leonard learned as a boy growing up in the nearby mountains, and which he passed on to his family and to others. Likely no person has ever known Leavenworth's mountains better. Leonard visited every mountain lake multiple times, planted the first fish in many of them, named three of them, and fed his family from venison and fish that he packed from the top of the mountains every year from ages 10 to 77. His name is repeated many times in the state hunting record books. His trap sets from the 1940s can still be found in the wilderness. He built trails and fought forest fires as a young man. He chose a view of his namesake Leonard Lake to be engraved on his tombstone.

Leonard was a distance runner at Leavenworth High School and ran cross country for Washington State College where he earned a degree. He taught industrial arts, and coached track and football in Richland, Washington schools, where in football he sported an 82percent winning record and was proud to have worked with Richland's finest young men.



Raising eight children, Leonard worked full-time teaching and coaching, then worked weekends and summers carrying mail, plus he worked his orchard with his children. He established the Sauer's Orchard fruit stand in Kennewick that his son continues to run today. He spent the final years of his career carrying mail full-time.

Leonard was preceded in death by his parents Welcome Friend Sauer and Celia Miriam (Knowles) Sauer, by his beloved wife Jeanne (Riske), his brother Gary Sauer, and his stepson Dave Chambers. He is survived by his sister Dolores Dahl of Des Moines, WA, his children Heidi Kinne of Centralia, Joe Sauer of Leavenworth, Welcome Sauer of Wenatchee, Steve Sauer of Kennewick, and Debbie Draker of Richland, along with stepchildren Nancy Seton of Friday Harbor, Donna Jantzer of Peshastin, Linda Meyers of Wenatchee, Gregg Chambers of Kennewick, and Robert Chambers of Dover, Delaware. He is loved by nineteen grandchildren.

Leonard will be interred in a small family service at Old Leavenworth Cemetery alongside multiple generations of Sauer ancestors. A later tribute will be held at his trailhead. You are invited to view Leonard's Online Tribute at www. HeritageMemorialChapel.com where you can also leave a memory and/ or condolence. Arrangements are in the care of Heritage Memorial Chapel, East Wenatchee, WA.



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STORAGE



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.

re Rect

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







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



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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.



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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286 GRACE LUTHERAN CHURCH

SEVENTH DAY ADVENTIST CHURCH

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

SPIRIT LIFE CENTER

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

MONITOR

MONITOR UNITED METHODIST CHURCH

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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH

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

New LIFE FOURSQURE CHURCH 7591 Hwy. 97 • 548-4222 Sunday Worship, 10 a.m.

Pastors, Darryl and Mindy Wall Email: newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com





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

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

10170 Titus Rd. (across from middle school) Church: 548-7667 Meetings: Sunday - 10:00 a.m.

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

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

429 Evans Street, 509- 470-7745 Sunday Worship: 11:00 AM Website: www.leavenworthbaptist.com Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 548-5292 Sunday Worship 9:00 a.m. Lead Pastor: Mark Miller Youth Pastor, Kent Wright www.LCN.org

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

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 - 6:00 p.m. • Pastor John Smith www.christforcashmere.org

DRYDEN

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

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

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH

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

CASHMERE

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

Find us on Facebook at Cashmere Baptist Church



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

CASHMERE PRESBYTERIAN CHURCH

CASHMERE UNITED METHODIST CHURCH



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



CHRIST CENTER

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







Community

December 31

Scholze St.

St., #2

& 9th St.

Streets

Peshastin

14:22 Parking/abandon, 229

14:39 Suspicious, 108 River St.

16:21 Suspicious, 1216 Commercial

16:24 Public assist, Beaver Valley

16:45 Parking/abandon, US Hwy. 2

16:46 Welfare check, 315 Benton St.

18:50 Public assist, Front & Division

17:15 Attempt to locate, Icicle FS

19:11 Noise, 3509 Hansel Lane,

21:56 Fireworks, 60 Foxridge Ln.

23:32 Domestic disturbance, 920

23:09 Agency assist, 820 Front St.,

Rd. & Chiwawa Loop

7600 Rd. & Grinds

20:29 Fireworks, 9630 E.

Leavenworth Rd.

Gazebo Park

Rd.

	Local, Regional
COMMUNITY	Community
BULLETIN	News and
BOARD	
••••••	Events

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:	

Sheriff/

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.

The sheriff's report is compiled from public records

as provided by the Chelan County Sheriff's Office.

Rd.

Hwy

Gazebo Park

Gazebo Park

Yodelin

Peshastin

Wenatchee

January 2

Lake Wenatchee

97 Peshastin

Sherbourne St.

& 9th St.

Peshastin

Hwy.

Hwy.

Wenatchee

Peshastin

January 3

Dryden

Hampton Inn

Lake Wenatchee

Chumstick Hwy.

Lake Wenatchee

Willet Ln., Plain

January 4

St., #C

St

Beaver Valley Rd.

16:09 Property, 10395 Chumstick

18:30 Property, 820 Front St.,

18:31 Trespass, 801 Front St.

19:43 Accident/no injuries, 18632

20:02 Disturbance, 633 Front St.,

21:27 Fireworks, 10001 School St.,

02:14 Traffic offense, 21328 SR 207,

11:06 Public assist, 4702 US Hwy.

14:44 Parking/abandon US Hwy. 2

15:12 Trespass, Van Creek Bridge

15:56 Accident/no injuries, US Hwy.

18:13 Burglary, 12300 Chumstick

18:59 Vehicle theft, 12633 Chumstick

20:33 Public assist, 23500 Blk. Little

20:59 Civil, 10765 Lone Pine Dr.,

04:33 Alarm, 9255 Foster Rd.,

08:12 911, 301 Ward Strasse,

11:04 Trespass, 19475 US Hwy. 2,

12:22 Extra patrol, 111 Ski Hill Dr.

20:12 Court order violation 214 - 13th

20:54 Fireworks, 17800 N. Shore Dr.,

21:22 Suspicious, US Hwy. 2 & 12th

01:25 Trespass, 76 Willet Ln., Plain

08:16 Harass/threat, 11195 Wending

08:27 Accident/no injuries 9000 Blk.,

Ln., Lake Wenatchee

21:41 Domestic disturbance, 74

13:58 Welfare check,10395

15:32 Civil, 6012 US Hwy. 97,

2 & Alpensee Strass

14:07 Hazard, US Hwy. 2 &

21:45 Unknown accident, 2113

Chiwawa Loop Rd., Lake

17:25 Liquor violation, 820 Front St.,

The publisher cannot certify the complete

Call for information on any of these items. 509-548-5286

THE LEAVENWORTH

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Noon, Friday
Noon, Friday

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SERVICES:

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 AlAnon 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 Celebraterecoverylcn@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.

Fire/EMS US Hwy. 2 Union 76 23:33 Fireworks, 17806 N. Shore Dr. 01:33 Suicide threat, 12795 Ranger

January 1

- 00:15 Fireworks, Sherbourne St. & US Hwy. 2 00:39 Fireworks, 70 Snow Creek Ln.
- Rd., Plain
- Appaloosa Ln., Plain 03:35 Property, 309 - 8th St., Post
- Hotel
- Way
- Park & Ride
- Canvon Rd.
- Anderson Canyon Rd.
- Peshastin
- 12:35 Public assist, SR 207 & US Hwy. 2, Lake Wenatchee
- 14:07 Public assist, US Hwy. 2

CASCADE

SCHOOL MENU

Thursday, January 14

Breakfast: Bacon breakfast burrito, orange juice, chocolate milk.

Lunch: Homemade chili, Southern cornbread, green beans, apple, chocolate milk.

Friday, January 15

Breakfast: Oatmeal, orange juice, chocolate milk. Lunch: Chicken breast and gravy, rice pilaf, green beans, apple, chocolate milk.

Monday, January 18

NO SCHOOL

Tuesday, January 19

Breakfast: Greek burrito, orange juice, chocolate milk. Lunch: Chicken salad wrap, carrots, apple, chocolate milk.

Wednesday, January 20

Breakfast: Sweet potato muffins, orange juice, chocolate milk.

Lunch: Spaghetti with meat sauce, three bean salad, apple, 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, 549-5275. (1st Wed.)

- 8 a.m., Leavenworth City Council study session. City Hall,
- 548-5275. (2nd Tues.)
- Icicle Rd. 10:36 Hazard, 11025 Chumstick

- **B1**
- accuracy of the information provided. & 9th St. 14:34 Public assist, 7530 Saunders

- 01:46 Disturbance, 21611 Camp 12
- 02:20 Domestic disturbance, 22131
- 07:38 911, 100 Enchantment Park
- 10:15 Suspicious, 990 US Hwy. 2,
- 10:56 Parking/abandon, Spromberg
- 11:00 Agency assist, 9452
- 12:35 Trespass, 10773 US Hwy., 2,

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

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 daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to echo@ 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.

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. orq
- LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 548-5477. (1st. Tues.)
- Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leaveworthmasons. org. (1st Tues.)
- Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 662-7706. (3rd Tues.).

NCW Libraries

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.

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 St.

Currently the Leavenworth Senior Center is closed. 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 \$8.00 fee.

January 14, Thursday: No lunch.

January 15, Friday: Pork chops, stuffing and gravy, zucchini tomato bake, garden salad, pineapple, dessert.

Saturday and Sunday: No lunch.

January 18, Monday: Closed

January 19, Tuesday: No lunch.

January 20, Wednesday: Oven fried chicken, macaroni salad, 4-way veggie blend, spiced salad, orange quarters, whole wheat roll, dessert.



Open: Monday, Wednesday and Friday from 10:30 a.m.- 4:30 p.m. 219 - 14th St. Leavenworth • 509-548-6727 Kindly bring donations to our sorting center.

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



Hwy.

- 10:47 Hazard, 11150 Eagle Creek Rd. 12:37 Welfare check, 18183 Winton
- Rd., Lake Wenatchee
- 13:17 Suspicious, 12200 Blk.,
- Meacham Rd.
- 14:13 Agency assist, 320 Park Ave., #A1, Mountain Meadows
- 16:57 DUI, Old Bridge & E.
- Leavenworth Roads
- 21:18 Prowler, 1530 Alpensee Strasse

January 5

08:23 Hazard, Chumstick Hwy. & US Hwy. 2 09:20 Hazard, US Hwy. 2, MP 85, Lake Wenatchee 10:44 Traffic offense, US Hwy. 2 & 9th St. 10:56 Trespass, 428 Dempsey Rd. 12:59 Suspicious, 10765 Lone Pine Dr., Peshastin 17:54 Injury accident, US Hwy. 97, MP 172, Peshastin 17:58 Civil, 4702 US Hwy. 97, Peshastin 17:59 Welfare check, 9077 Deadman Hill Rd., Dryden 19:42 Hazard, 7375 Icicle Rd., Sleeping Lady 23:14 Alarm, 585 US Hwy. 2 **January 6** 08:04 Suspicious, 8816 Derby

Canyon Rd. 09:08 Public assist, 520 Ash St. 10:22 Parking/abandon, 34491 US Hwy. 2, Stevens Pass 14:01 Abuse, 76 Willet Ln., Plain 22:14 Traffic offense, 707 US Hwy. 2, #F

January 7

10:21 Burglary, 647 Front St. 11:43 Extra patrol, 10176 Main St., Peshastin 13:10 Theft, 20693 Miracle Mile, Lake Wenatchee 13:28 Public assist, 20715 Pelton Pl., Lake Wenatchee 16:58 Harass/threat, 2547 Sumac Ln., Lake Wenatchee 17:24 Welfare check, 2620 Wenatchee Pines, Lake Wenatchee 22:32 Public assist, 116 B. River Bend Dr., Safeway

23:56 Warrant, 920 Pine St.

Stop in The Leavenworth

Echo office 215-14th St.

Open 10-5 weekdays.

509-548-5286.



Happy Ads Help Wanted PUBLISHER'S NOTICE 8 Windermere Real Estate/NCW All real estate advertis-ing in this newspaper is subject to the Fair Windermere Leavenworth/Lake Wenatchee Specialists Do you have a Caregiver needed for Housing Act, which says result makes it illegal to advertise "any preference, limitation or discriminaimmediate hire! SPECIAL EVENT Carmen Bagdon - 237-2060 Looking for real estate COMING UP? Amada Senior Care tion based on race, color, religion sex, handicap, familial status or na-Momi Palmieri - 433-2211 is looking for in the Upper Valley? HAPPY BIRTHDAY tional origin, or an intention to make any such preference, limitation or discrimination." This newspaper will CONGRATULATIONS! compassionate, Geordie Romer - 679-8958 Give us a call today! experienced, and reliable WILL YOU MARRY ME? Allyson Romer - 630-9898 not knowingly accept any advertis-ing for real estate that is in violation of the law. To complain of discrimi-nation call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275. HAPPY ANNIVERSARY caregivers. See all available properties at windermereleavenworth.com Our caregivers are the heart and soul of what Add unlimited text and pictures, video for your makes Amada Senior online ad at Care great! We are **Furniture For Sale Help Wanted** CORRECTIONS: NCW Media looking for CNAs and www.NCWMarket.com Inc. shall be responsible for corrections to advertisements HCAs that are up to the Looking for a great, on the first publication only The advertiser will be responsi **Antiques & Collectibles** Print ads are limited to 30 challenge of meeting our **Office Furniture** local employee? ble for corrections made there-after. NCW Media Inc. shall not be responsible for slight words, over 30 words, or high standards of care Items available: It is easy to Get cold hard cash and are committed to extra enhancements like 2 large wood desks with place your ad for your changes or typographical er-rors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertise bold words or border will improving the lives of the side desk attachment, online 24/7 at Antiques and be a minimal extra clients we serve. One metal desk, one www.NCWMarket.com Collectibles by placing charge. large all wood conference Register and pay on our them in our classifieds. Ads will be placed in the We are currently hiring a table, a large counter connection with an advertise-ment is strictly limited to the publication of the advertisesecure site. Place your ad with following Wednesday caregiver to staff a client approx. 7' x 3 1/2' tall with Want Print only for pictures online edition of the papers. in Chelan, WA removable shelves, wood ment in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286. The Lake Chelan Mirror 24/7 at It is easy just credenza Quad City Herald, NCWMarket.com Register and pay on our Schedule is as follows: 2 fabric room dividers with Brewster Just register and pay secure site 24/7 Monday, Tuesday, metal legs. Call 509-682-2213 online and you are done. Or call 509-682-2213 to Thursday, Friday One large framed or email Meg at Your ad will appear place ad or have 10:30am-6:30pm whiteboard mirrorads@lakechelan online and in the auestions. All items only \$10 each. mirror.com newspaper The Lake Chelan RATE: \$22.50/hour Cash and carry. OR for one low price. or Quad City Herald Call to arrange a time to Leavenworth Echo Deadline: Friday by Noon APPLY NOW: Administrative or email examine or pick up. **Cashmere Record** for all papers. https://careers.hireology.c mirrorads@ All items located in 509-548-5286 Lake Chelan Mirror lakechelanmirror.com om/amadaseniorcare-oreg **Puzzle Solution** Cashmere. or send email to **Quad City Herald** onwashington/485403/ For For information call classifieds@leavenworth 509-682-2213 or email The Leavenworth Echo description 548-5286 or Bill, at echo.com mirrorads@lakechelan or Cashmere Valley 509-670-1837. mirror.com Record OFFICE Also see photos on **Deadline: Friday by** BEYONCE DUALIPA or call Call 509-548-5286 ASSISTANT/RECORDS NCWMarket.com Noon for the following The Leavenworth Echo or email CLERK OFFALLS Wednesday issues of all **Cashmere Valley Record** classifieds@leavenworth SEROW CITY OF CHELAN, newspapers. 509-548-5286 echo.com WASHINGTON **General Merchandise** classifieds@leavenworth City of Chelan is accepting echo.com Employment applications the for **Cards for Sale Work Wanted** STAPLES position of Office To raise funds for the **Help Wanted** Assistant/ Records Clerk. House Cleaning and have Royal Ladies of Autumn Please submit a complete SHEET references. Leaves. application package Special Leavenworth card Call 509-557-2151 3 7 2 4 8 6 9 1 including: cover letter, like: 5 8 2 4 9 1 7 3 resume and employment REDUCE Wish you were here with 8 7 3 6 1 2 5 application to the City 4 me in Leavenworth. REUSE Clerk by mail at PO Box Happy Birthday from 3 6 5 8 9 1 2 7 The Cascade School RECHELE 1669, Chelan, WA 98816 Leavenworth! and many District is seeking qualified 6 5 4 7 3 9 2 1 electronically or to more titles. applicants for the following pgallucci@cityofchelan.us. 3 7 5 8 9 4 1 6 No boxed cards. Place positions. Application materials are 9673 5 Thank you for your 8 2 4 located on the City's your Help support. Substitute: 6 4 1 2 9 5 8 7

Announcements

9 5 6

3 1

Teachers

Emergency Teachers

Para Educators

Custodians

Bus Drivers

click here to se

6

9

4

8

2

3

7

4

2

8

B2



Wanted

and find

website:

www.cityofchelan.us

accepted until 5:00 p.m.

on January 29, 2021.

will

be

Applications

Check the weathercams online before traveling over the mountain passes! www.leavenworthecho.com www.cashmerevalleyrecord.com SNOQUALMIE STEVENS BLEWETT

PASS

lick here to see

PASS

click here to see

THE WASHINGTON OUTDOORS REPORT

New Year's resolutions for the outdoors enthusiast

BY JOHN KRUSE, THE WASH-INGTON OUTDOORS REPORT

Call it the silver lining of the COVID-19 pandemic... People are discovering or rediscovering the great outdoors. This means the outdoors will likely be a crowded place in 2021 as well. This means now is the time to plan your outdoor adventures for the year. With that in mind, what will you resolve to do outside in 2021?

Try Something New - If you haven't gone fishing or hunting before, this is a great year to try both and the Washington Department of Fish and Wildlife along with

local sportsman's groups host events throughout the year meant to introduce newcomers to these sports. If you are already an angler or hunter resolve to go after a new species. Perhaps you are a trout angler? If so, learn how to be a walleye angler. Trust me, after you taste fresh walleye, you'll thank me for this. Maybe you are a deer hunter. In that case, consider going turkey hunting for the first time or invest in a bird dog and take up waterfowl or upland bird hunting. If nothing else, you'll get a dog out of this resolution.

Be A Thrill Seeker – You can enjoy some incredible adventures in the Pacific Northwest at any age. One of those involves whitewater river rafting. Whether you raft relatively tame streams like the Skagit, Methow or



Courtesy Zoller's Outdoor Odysseys Whitewater rafting on the White Salmon River.

Grande Ronde, reliably fun roller coaster rides found on the Wenatchee or Tieton Rivers, or want to plunge over a small waterfall on the White Salmon, there are numerous companies that will take you out for the day and

The Moderna vaccine gives

around 80% protection within

2 weeks after the first dose,

and 94% effectiveness 2 weeks

after the second dose, given 4

2 .Even if you get COVID

The 5% of people who got

COVID-19 despite being immu-

nized only had mild symptoms,

not a serious infection requiring

3. Keep wearing your

Since the vaccine study par-

ticipants were tested for COVID

only if symptomatic, we don't

know whether either vaccine

can prevent an asymptomatic

4. Serious allergic reactions

despite being vaccinated, it

will most likely be mild.

3 weeks later.

weeks later.

hospitalization.

COVID infection.

are rare.

mask.

no experience is required. What you do need is a positive attitude, just a little bit of courage and the ability to paddle when your guide tells you to do so!

Want some more thrillseeking adventures? They may not be in Washington, but they are within a day's drive. They include cave explorations at Lewis and Clark Caverns State Park in Montana or at the Oregon Caves National Monument, though **COVID-19** restrictions will likely impact the guided tours at these caves for part of this vear.

How about a 20-mile bike ride, all downhill, along an old rail line? You'll find that on the Route of the Hiawatha just off of I-90 at the border of Montana and Idaho. If you can pedal a bicycle, you'll love this experience which

incorporates great scenery, a whole bunch of history, and a real sense of adventure.

Push Yourself – Resolve to go deeper into the woods or wilderness this year. If you are a three-season hiker consider becoming a yearround one with the purchase of a pair of snowshoes or cross-country skis. Maybe you enjoy simple day-hikes. Resolve to get away from the crowds by exploring new, less popular trails or going a bit further than most do. Better still, invest in a lightweight tent, stove, sleeping bag and pad and go on a backpacking adventure.

Don't want to lug all of that stuff on your back? Then put it into a canoe or kayak. There are all sorts of lakes, rivers and backwaters to explore and paddling for the day or for an overnight boat camping getaway makes for a unique experience.

Go Somewhere New - Last but not least, resolve to break the bonds of the familiar and go to a new place or two this year. Don't limit yourself to the destinations most people head to or one's you have visited or experienced for years. Instead of going to that popular state or national park, consider going to a county park, Department of Natural Resources or Bureau of Land Management Recreation Area. Explore national wildlife refuges and state wildlife areas you have never been to before. Try to find somewhere out of the way and under the radar. You'll may just fall in love with your new destination away from the crowds if you do.

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

My COVID-19 experience

My clinic received their first allotment of COVID-19 vaccine Monday morning of this week. Hooray! We started vaccinating our clinic staff the very next day. I received my first dose of Moderna COVID-19 vaccine this week, and yesterday my pharmacy student Albert and I administered vaccine to my co-workers as well as other front-line health care providers in my community, including 2 dentists, 12 dental assistants, plus physical and occupational therapists.

I've helped set up and run influenza vaccination clinics every fall for the past 10 years. Organizing COVID-19 immunizations is DEFINTELY more difficult.

The biggest difference is the vaccine itself, which is only available as a multiple dose vial. Influenza vaccine also used to be available only in multiple dose vials, each containing 10 doses. It actually takes longer to draw up each dose from the vial than it does to administer it. We could then put the remaining unused vaccine vial back in the refrigerator until the next time someone needed a flu shot.

For the past 5 years, singledoses of influenza vaccine without preservatives have been available, each one premeasured in a ready to use syringe, sav-



discarded. Yikes!

Washington State is delivering two COVID-19 vaccines to various sites around the state, one developed by Pfizer-BioN Tech, and the other developed by Moderna. They are basically very similar in how they work and how effective they are.

Here are 6 Tips on COVID Vaccines:

1.COVID vaccines are amazingly effective.

Influenza vaccine effectiveness varies from 40% to about 60% in most adults. The older you are the less the vaccine protects you. To overcome this, influenza vaccine formulas are available for adults older than 65 years old.

Pfizer's vaccine provides about 50% protection after the first dose, starting about 2 weeks after it is given, with 95% protection from COVID within 1 week of receiving a second dose, due

After giving the vaccine, you get a card with the vaccine information on it, PLUS a sticky note with the exact time the vaccine was administered. You are asked to stay under observation for 15 minutes, in case of an allergic

> reaction. One dental hygienist had a

severe allergy to shellfish and bee stings that required her to carry an Epi-Pen. She stayed for 30 minutes afterward, and had no problems.

5. Use the V-safe smartphone app.

Developed by the Center for Disease Control and Prevention (CDC), V-safe prompts you to report how you are feeling after your COVID-19 vaccine. It checks in with you every day for a week directly to the CDC, and if you self-report a serious side effect, someone from the CDC will contact you. It texts me a reminder each day for the first week, asking me how I am doing and will remind me when I am due for my final vaccine dose.

6. Be on time for your vaccine appointment.

Once a vial of COVID-19 vaccine is opened, each dose MUST be administered within 6 hours to avoid having to be discarded. There are 5 doses per vial for Pfizer vaccine and 10 doses per vial for Moderna vaccine. If you don't show up on time, the dose that is waiting for you can't be used past its 6-hour time limit.

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 cine safely. 2021 Louise Achey

YOU Can Take Them Safely. Check out her NEW website The-MedicationInsider.com for daily tips on how to take your medi-

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ing a great deal of time and trouble.

During our flu shot clinic, we checked the age of our client, selected either the regular or the over-65 years influenza formulation, removed the dose of vaccine already filled and ready in the refrigerator, attached the appropriate needle, then gently inverted it several times to make sure it was well mixed before administering it.

Giving COVID-19 immunizations is more complicated, because not only must each dose be drawn up individually out of the multiple dose vial, there is a time limit to using that dose. Once you take out the first dose of COVID-19 vaccine out of its vial, if it isn't given to someone within 6 HOURS, it must be







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