



Cascade School District Going the Extra Mile for Students

BY MARLENE FARRELL

Dominique Coffin and Rudy Joya both have a different routine than pre-COVID. One of the most important aspects of their jobs now is making phone calls and home visits to students and families that are struggling with remote education.

"I had a focus on athletics, and now with sports only doing our 'open period' [noncompetitive conditioning], it's changed a lot," said Coffin, who is the CHS athletic director and also became the IRMS dean of students this year.

"You could say my job is way different with no students here," said Joya, CHS assistant principal. "The major change is the method of communication. I am still doing attendance and discipline work, just communicating differently about it with students and families."

Joya and Coffin have stepped up, like all of the district staff, to meet the pressing demands of an evolving situation. Teachers are the front line in terms of gauging the wellbeing of students. If there's a concern for a student, they reach out to Joya and Coffin for help. "Rudy and I created a form for teachers to fill out," explained Coffin. "Teachers answer five short questions. Then that information is put into a spreadsheet, and we are notified."

Joya mentioned the school counselors and grade reports are other mechanisms for identifying students. "Within all these layers, we're able to choose students with multiple concerns and we visit those students, or we refer to counselors if that is a better option. We also

get phone calls from parents asking for help because their student is not listening to them. We visit those students also."

On Fridays, both administrators take district vehicles and make the rounds to about five students' homes, spread out over the full extent of the district. Phone calls happen on the other days. "I joke with Elia [the CHS principal] that I am going to find a new job in telephone calling because that is my expertise now," said Joya. "With parents not being able to answer the phone during work, I am often making phone calls after 4:30pm from home or on my way home."

What happens when they show up on a student's doorstep?

"Each home visit is different," said Coffin. "For some students, it might be behavior issues, for others, they

are not attending class or not doing the work, and for some, it's all the above."

The administrator will talk to the student, who might be alone, and/or to a parent or grandparent. "With some parents, it is a relief that we came. Because they have tried so hard to get their student to do something but have had no success," said Joya. "They see us as another level of intervention for their student."

"We also show students that this is serious. Some of their faces when we show up are priceless. Sometimes we leave home visits feeling like we accomplished nothing, but later find out that the student started contacting teachers and doing work when they had not for a long time."

"My favorite part of my job by far is being around students," said

Coffin. "It's been hard not having students around the building. Part of why Rudy and I enjoy our home visits so much is we get to see students and connect with them on a different level since we are at their house and able to show them we care and want to see them be successful."

The impact goes both ways. "Personally, I have noticed how lucky I am and how lucky my own children are, because they will never experience what some of our students and families have experienced," said Joya. "It amazes me that some of our hardest-to-reach students are able to wake up every morning and come to school on a daily basis, pre-COVID, with a positive attitude."

Both Coffin and Joya were quick to praise the efforts of other staff. "Our counseling department has really stepped up to help our students out socially and emotionally," said Coffin. "The kitchen staff have done an amazing job, going above and beyond for our students and families. You should see the high school commons. There are tables, boxes, bags and food everywhere."

"Our custodial staff not only clean but disinfect the entire school without complaint," added Joya. "Also, I am able to call transportation and ask them to pick up a new student that is going to start coming in, and, without hesitation, they make it happen, even though the routes right now are crazy."

The old phrase, "it takes a village" holds a deeper meaning these days. Joya remarked, "We've been able to go into homes and give students help and hope."



Dominique Coffin

SUBMITTED PHOTO



Rudy Joya

SUBMITTED PHOTO

COVID 19: A Health Care Perspective

BY CLINT STRAND WITH DR. GEOFF RICHARDSON,

As the primary medical facility providing health care to so many in our area, the goal of Cascade Medical Center is to deliver not only the best health care for the communities we serve but to educate residents with the most accurate, up-to-date information reflecting the greater consensus of the medical profession, so they may make informed choices to stay healthy and avoid unnecessary illness.

It is for these reasons we are conveying our deep unease and reservation regarding the content of stories and editorials concerning COVID -19 in the November 18, 2020 edition of the Leavenworth Echo. In that issue, amongst other things, we read assertions that "the danger (of COVID) is not as serious as one thought", comparisons of community adherence to proper mask wearing and protocols to "an IQ test" (one you would fail if you complied), and arguments asking rhetorically how dangerous a disease really could be if many can carry the virus without exhibiting any symptoms.

From Cascade Medical Center's perspective, these assertions are inaccurate, defy medical consensus, and are likely to encourage actions that will increase COVID infections and put increased strain on our regional health care system which is already stretched too thin. We would like to thank the Leavenworth Echo for offering us the opportunity to share this perspective and the reasoning for it below.

First, let's be absolutely clear: the danger COVID poses, both to our

CONTINUED TO PAGE B1

Community Solar Success in Leavenworth

SUBMITTED BY LISA THERRELL

For six years now the sun has shined down on the 96 solar panels atop the roof of the Icicle River Middle School in Leavenworth. The energy captured from that sunlight has generated 147,424 kilowatt hours of electricity in those six years, which after running through four inverters, was put back into the energy grid. Local donors and investors funded the Icicle River Middle School Community Solar Project in 2014, with the project conclusion occurring this year.

The project was made possible through the Washington State Renewable Energy System Cost Recovery program, which was established to promote solar manufacturing in the state. The Icicle River Middle School project was the first and only community solar project in Chelan County, organized by the Earth Stewardship Group at Faith Lutheran Church in Leavenworth.

The project, which by design had to go onto a public property that was not federal, was funded by 20 donors and a total of 39 investors. Investors received cost recovery payments on an annual basis from the Chelan County Public Utility District for the remaining six years of the program, at the rate of \$1.08 per kilowatt hour produced. This enabled investors to fully recover their investment and

enjoy a modest rate of return. The P.U.D. then received a tax credit from the state.

In addition, the Cascade School District receives SNAP payments for the electricity produced. As of March 2020, the district had received a total of \$8,666.92. Started in 2001, the SNAP program is designed to help make small-scale solar and wind power more cost-effective for customers. The program connects customers who want to produce solar and wind power with other local customers who want to support the development of new, renewable energy.

Jim White, Senior Energy Efficiency Engineer for the Chelan County P.U.D., says "to me, this community solar project is the truest form of public power. It is power generated by the public for the public."

For the project organizers, this was never about making money. John and Mary Schramm of Leavenworth were among ten project investors that were also donors. "We feel the environmental crisis, including climate change, is the most critical issue we face at this time," says Mary Schramm. "We therefore feel that any step we can take is important. We thought this project was especially significant and we're happy to be a part of it."

The project even helped Faith Lutheran attract its new pastor.

Pastor Nancy Gradwohl says, "It was seeing faith in action that led me to answer the call to serve as pastor at Faith Lutheran. The congregation is active in social justice and Creation justice, as exemplified by spearheading the solar project at the middle school."

After the project concluded on June 30, the ownership of the solar installation transferred to Cascade School District. Because the electricity goes back into the grid, the Chelan County Public Utility District will reimburse the school district for energy produced based on off-peak market prices. The district will also continue to receive SNAP payments.

"We are very thankful this project was installed on Icicle River Middle School," says Mike Janski, principal of the school. "It is wonderful visual of how easy it can be to generate electricity. It also provides our School District with a monthly benefit that is appreciated today and into the future."

The project concluded without any major glitches. The years with more cloud cover, snow cover, or smoke had less energy production than the years where panels were clear. And the panels will keep on working for up to 50 years, with photons busily knocking electrons free from atoms inside the photovoltaic cells, creating electricity in the process.



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My Favorite Fudge Recipe

It's the holiday season, and there will be FUDGE. I LOVE old-fashioned chocolate fudge. I just wish it were easier to make.

Making fudge the old-fashioned way involves boiling a chocolate, milk and butter mixture for about 10 minutes in a heavy bottomed pan, then figuring out how long to cook it.

If you don't boil it long enough, you will end up with chocolate goo, but if you cook it too long, it will set up too fast and you won't be able to pour it out before it sets up inside your pan.

If you have a candy thermometer it needs to get to 237 to 239 degrees Fahrenheit. If you don't have a candy thermometer, you need to put a drop of hot candy into a cold glass of water to see if it forms a soft ball. Not yet? You'll need to repeatedly check to make sure you don't overcook it.

Luckily, there are simpler ways to make fudge, most involving chocolate chips,

marshmallow crème, condensed or evaporated milk and powdered or white granulated sugar. Those other recipes for chocolate fudge give you chocolate squares that are excessively sweet and must be chilled in order to hold their shape. When you pick up a piece, it sticks to your fingers. Ugh!

Then I found a VERY easy chocolate fudge recipe that tastes great and sets up just like the old-fashioned kind. No using a candy thermometer or dropping candy in cold water. And the best part? There's plenty of time to scrape every last yummy bit out of the pan before the fudge gets firm.

There are some key differences between this recipe and most other "easy" fudge recipes. This one uses evaporated milk, NOT condensed milk, and instead of powdered sugar, it uses granulated sugar. There's also a choice between using marshmallow crème or marshmallows. I

highly recommend using the marshmallow option to get the best texture.

Creamy-Sure Fudge

From the cookbook, "Best Recipes from the Backs of Boxes, Bottles, Cans and Jars".

- 1-1/3 cup white sugar
- 2/3 cup (1 small can) undiluted evaporated milk
- 1/4 cup butter or margarine
- 1 7 oz jar of marshmallow crème OR
- 16 large (or 160 miniature) marshmallows
- 1/4 tsp salt
- 1 12 oz package of semi-sweet chocolate chips
- 1 tsp vanilla
- 1 cup coarsely chopped walnuts

Combine sugar, undiluted milk, butter, marshmallows or marshmallow crème, and salt in a 2-quart heavy saucepan.

Cook at medium-high, stirring constantly, until mixture is at a full rolling boil for EXACTLY 5 minutes.

Remove from heat. Add chocolate chips and vanilla, stirring until the chocolate is



Ask...
Dr. Louise

melted. Stir in walnuts. Pour into buttered 8-inch square pan. Let stand until firm, then cut into squares. Makes 2.5 pounds of candy.

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 for daily tips on how to take your medicine safely.
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This announcement sponsored by The Leavenworth Echo

Supporting Charities in Times of Crisis



Denise Sorom

Have you ever noticed how nonprofit organizations talk about the importance of unrestricted donations? How they dream of donations that support their general operating needs and not specific programs? Those unrestricted dollars provide nonprofits with stability, but in uncertain times, they also allow nonprofits to be highly adaptable and respond to the needs of their communities. 2020 has been a case in point at the Community Foundation.

Fiscal year 2020 started when the world still seemed to be chugging along as usual. CFNCW was here to execute its traditional set of grants and scholarships supporting a wide range of causes and students throughout North Central Washington - it was business as usual.

When the world turned upside down on us in mid-March, we stopped in our tracks and asked ourselves how best we could address the many crises that were crashing down on our community. We paused all the programs that are funded from our unrestricted dollars and created a series of initiatives to put our broken community back together.

Helping Hands Grants were redefined to provide

emergency assistance to nonprofits who were seeing huge spikes in demand due to the economic collapse that COVID spawned. Since March, over \$147,000 of Helping Hands Grants have gone to local nonprofits and this is just the beginning.

The Back to Basics campaign was conceived to help school districts support their most vulnerable students who were suffering due to school closures. Over \$106,000 was granted to schools so they can help students with food, clothing, shoes, school supplies, personal hygiene products and other basic needs.

The Nonprofit Reemergence Grant program was developed to aid our charitable sector as they adjust to the new realities of social distancing and the collapse of live, in-person programming.

When the fires hit in September, we launched the NCW Fire Relief Fund to responsibly collect the charitable dollars that come rushing in during natural disasters and more importantly, ensure that those dollars directly help fire survivors rebuild their lives and livelihoods.

Through regular and frequent calls with leaders at a wide range of charitable organizations, we developed a keen understanding of what the nonprofit community was facing and how we could best help them weather the storm.

We forged partnerships with city and county leaders to make sure that charitable dollars did not overlap with governmental aid; and we developed unique

collaborations to make sure that public and private dollars were making their way to the people who needed them most.

There is no way we could have done all this without the donors who have supported the Community Foundation over the years. The flexibility of unrestricted donations empowered our team to use its expertise to make our philanthropy not just responsive but anticipatory.

For those of you who enjoy supporting charitable causes, we urge you to consider unrestricted gifts to your favorite nonprofits. When you make your gift, simply note that

the donation is unrestricted or to be used where it is needed most. If you are interested in supporting the Community Foundation in this way, you can become a Partner In Giving (or a "PIG" as we affectionately call them) with a donation of \$50 or more or you can consider leaving a legacy gift in your will as all endowed funds help CFNCW do its grant-making work every year.

In the end, the real heroes of this story are YOU - the donors who chose to support charitable causes - who are stepping up to support this community when it needs you

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Public Notices

NOTICE OF LEAVENWORTH CITY COUNCIL ATTENDANCE AT PUBLIC MEETINGS

NOTICE OF SPECIAL MEETINGS OF CITY COUNCIL

Notice is hereby given that a quorum of the Leavenworth City Council may be in attendance at the December 10, 2020 Parking Advisory Committee Meeting from 3:00 PM - 5:00 PM.

Public Notices

NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN that the City of Cashmere Planning Commission will hold a public hearing on December 7, 2020 beginning at 5:00 PM through a Virtual Meeting (information below), to receive and consider public comments on possible revisions to the Zoning Code to allow Short-term Rentals in the Business, Commercial and Industrial Zones and all Accessory Dwelling Units in all Residential Zones.

Public Notices

City of Leavenworth Request for 2021 Comprehensive Plan Amendment Proposals The City of Leavenworth is entering into the annual Comprehensive Plan Amendment cycle and is now receiving requests for proposals to amend the City's Comprehensive Plan, including the Land Use Zoning Map.



Public Notices

Draft Environmental Impact Statement for Leavenworth National Fish Hatchery Surface Water Intake Fish Screens and Fish Passage Project: Public Comment Period

The Bureau of Reclamation is seeking public comment on the Draft EIS for the Leavenworth National Fish Hatchery Surface Water Intake Fish Screens and Fish Passage Project.

The virtual meeting room is accessible at https://www.virtualpublicmeeting.com/leavenworth-swisp-draft-eis.

December 8, 2020, from 4:30 p.m. to 6:00 p.m. Pacific Standard Time December 10, 2020, from 10:00 a.m. to 11:30 a.m. Pacific Standard Time

Reclamation will be giving a project overview presentation at the start of each meeting followed by a question and answer session, and an opportunity to provide verbal comments. Subject matter experts will be available to answer questions about the project.

Published in The Cashmere Valley Record/Leavenworth Echo on November 25, and December 2, 2020. #1204

Public Notices

NOTICE IS HEREBY GIVEN that the Hearing Examiner for the City of Leavenworth will hold a Public Hearing to consider and make a decision on a Conditional Use Permit (CUP) Amendment application, described below.

CUP 2020-035: A Conditional Use Amendment, submitted by Dave Moffett (applicant) on behalf of Larry Langston (owner), to amend Conditional Use Permit# CUP2018-04, to revise the approved Leavenworth Adventure Park site layout including: (1) Elimination of the 5,000 square foot, Phase 2 Foodservice Building sited in the NE corner of the site;

The public is encouraged to attend via zoom and submit written comments prior to the hearing. Materials may be viewed on the City's Public Permit Portal at: https://lwnworth_wa.permitrax.com/Citizen/ (search LUA2020-035, address, or the interactive map) or by contacting Maggie Boles, City Planner, Development Services Department, at (509) 548-5275 or via email at planner1@cityofleavenworth.com.



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Public Notices

SUMMARY OF CITY OF CASHMERE RESOLUTION 08-2020 On the 23 day of November, 2020 the City Council of the City of Cashmere, Washington passed Resolution 08-2020. A summary of the content consisting of the title provides as follows: RESOLUTION 08-2020 A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF CASHMERE, WASHINGTON, REPEALING AND REPLACING RESOLUTION 05-2019, AMENDING WATER RATES OF THE CITY EFFECTIVE JANUARY 1, 2021.

Public Notices

Published in The Cashmere Valley Record/ The Leavenworth Echo on December 2, 2020. #1217

MASK UP & STOP COVID FROM SPREADING WEEK OF NOV 17 632.5/100K WEEK OF NOV 24 863.8/100K GOAL -25/100K per 100K 0 150 300 450 600 750 900 1050 1200

Med-project launches statewide program to provide safe medicine collection and disposal

The Medication Education & Disposal Project (MED-Project) launched a statewide program to offer Washington State residents free services to dispose of expired, unwanted, or unused medicine safely and conveniently.

State unveils app for viewing public lands

WASHINGTON STATE RECREATION AND CONSERVATION OFFICE OLYMPIA-Recreation and conservation lands managed by local, state and federal governments now can be viewed easily online in a new mapping application, the Recreation and Conservation Office announced recently.

mailing back unwanted medicine for disposal can request free, pre-paid, pre-authorized packages by visiting med-project.org; calling (844) MED-PROJECT; or visiting one of several MED-Project designated mail-back distribution locations, such as participating retail pharmacies.

way to taking the mystery out of what land is owned by the public," said Kaleen Cottingham, director of the Recreation and Conservation Office. "The app should make it easier for land managers to plan their purchases, partner with neighboring landowners and improve efficiency in land transactions."

on digital, print, and social media outlets statewide. "We want to encourage Washington State residents to take their medication as prescribed, store it safely, and dispose of unwanted or expired medicine securely," said Dr. Victoria Travis, MED-Project's National Program Director. "Our drop-off locations and mail-back services make drug disposal easy, convenient and safe."

CROSSWORD PUZZLE 1. Bambi and others like him 6. Nail a criminal 9. Use a paring knife 13. Cornucopia's shape 14. Lawyers' org. 15. Interior designer's focus 16. Gibson Girl Ice Cream Parlor's draw 17. 1/100 of afghani 18. Tapestry 19. Minnie Mouse's full first name 21. "Be Our Guest" performer 23. Kukui nut necklace 24. #22 Down competitor 25. Dojo pad 28. Pillow filler 30. Detected 35. Burden of proof 37. Ness' domain 39. Vernacular 40. Poker amount 41. Divvy up 43. U.S. freshwater invader 44. Relating to nose 46. Goller's warning 47. "The Three Musketeers" dueling sword 48. Isaac of science fiction fame 50. "The Princess Diaries" leading actress 52. Pigpen 53. Candle burner 55. Greek letters on campus 57. Remy's idol Auguste 61. Pongo's mate 66. Radio sign 65. J. Edgar Hoover's org. 68. Was dishonest with, two words 69. Iago and Kevin 70. Scar to Simba, e.g. 71. At the point of death, archaic 72. Command to Fido

THEME: DISNEY ACROSS 73. Seed alternative, to a landscaper 74. Loses color DOWN 1. Fraud 2. Famous Amos 3. Before long, to Shakespeare 4. Alef and Bet follower 5. "Like a Haunted Mansion visitor 6. California valley 7. "Aladdin's sidekick 8. What football and baseball have in common, pl. 9. "Frasier" actress Gilpin 10. Homesteader's measure 11. "Shere Khan's cry 12. Highland tongue 15. Woman in trouble? 20. Actress Davis 22. Package delivery service 24. Reveal the true nature 25. "How Far I'll Go" performer 26. ___ of Arendelle, pl. 27. Hutu's opponents, 1994 29. "Raksha or Rama 31. Cote d'Azur locale 32. Ginger cookies 33. Kind of heron 34. "Beardless dwarf 36. Clothing line 38. Honker 42. It may be perfect 45. Moves down 49. Itinerary word 51. Cap attachment 54. Part of a sleeve, pl. 56. Organ swelling 57. Loads 58. Military group 59. Sarah, alt. sp. 60. Not a slob 62. Object of worship 63. Tear, past tense 64. "A Bug's Life" characters 67. "Human child in Monstropolis

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