

Armstrong and Davies etch names into CHS record books



Julia Armstrong set a new CHS pole vaulting record with a mark of 11-03. She is hoping to break the record again before she graduates.

By AL STOVER

One Cascade Kodiak track athlete recently added his name to two history books while another broke her own record.

During the April 13 Cashmere Invitational, sophomore distance runner Landon Davies won the men's 3,000 meter event in a time of 9 minutes and 10.28 seconds.

Davies' time not only broke a previous Cascade record for the men's 3,000 meters, but also set a new top time for the event at the Cashmere Invitational.

Davies is ranked No. 1 in the men's 3,200 meters at the 1A Classification, with a

time of 9:45.85 and is currently third in the 1,600 meters (4:28.22).

Three days after Davies' record-breaking performance, Julia Armstrong set a new CHS pole vault record with a mark of 11-3 feet at a North Central Washington track event.

Armstrong had tied the record as a junior with a mark of 11-00. Her newest accomplishment not only gave her sole ownership of the CHS pole vault record, but also moved her to No. 1 in the 1A standings.

On the day of the Cashmere Invitational, Davies

said he expected to achieve a good time in the 3,000 meters, because he was racing with top competition. Among the runners was Granite Falls' Issac Cortes, who finished third at the 2018 1A Cross Country championships, two places ahead of Davies. However, the Kodiak sophomore did not expect to break the event record, or even finish higher than Cortes.

"I just felt super blessed with that," he added.

Davies said his lighter frame is suited for distance events. He also works in keeping up his endurance throughout the season.

To prepare for a track meet, Landon Davies will eat a good dinner the night before, avoid caffeine, which he said stunts his energy level, and pray.

Davies said he enjoys track because it allows him to achieve personal records, which help him measure his progress and see which areas he needs to improve.

"In other sports, you can't really compare times and improvement," Davies said. "In soccer, you can say 'I scored this many goals,' but you can't measure (your progress) on an improvement scale."



Photos by Al Stover

Cascade's Landon Davies recently broke the school record in the men's 3,000 meter run during the Cashmere Invitational.

While he is aware of the cross-town rivalry between Cascade and Cashmere, Davies said he has close friends on the Bulldogs track team and will run with them on weekends.

"They support me and I support them, so it's kind

of cool getting a personal record and a meet record on my home field away from my home field," he added.

Before track, he competed in cross country in the fall and ran in the winter

SEE KODIAK ATHLETES ON PAGE B5



Leavenworth Rotary president, Penny Carpenter, smiles with Vasquez.

D'Andre Vasquez elected International Executive President

By KALIE DRAGO
Echo Reporter

On the weekend of April 27, D'Andre Vasquez headed to Orlando, Florida for the final leg of his campaign to become DECA's International Executive President.

He left Washington with the title of Cascade High School DECA chapter president and WA State DECA officer and returned as the DECA International Executive President.

"One thing I want to share with you all is my why, why did I run to be the next Executive President of this amazing organization," said Vasquez.

"My main objective in running this campaign is to provide that (DECA) opportunity for every student across the world. Although that'll be a very, very tough goal, I believe if there's someone determined to put all the time and commitment to do it, it's

definitely me."

To celebrate his new role that comes with the responsibility of representing 222,000 students and 12 different countries, the Leavenworth Rotary Club invited him to their weekly meeting on May 3 at Kristall's.

"One of the things I really tried to emphasize throughout this campaign, this brand

SEE DECA ON PAGE B5

Adventure Park debate comes to a peak

By KALIE DRAGO
Echo Reporter

A line has been etched in the sand for quite some time on the notorious possibility of a theme park in Leavenworth - the Adventure Park has sparked debate between neighbors and triggered some residents to plea with the city to reject the home of the Alpine Coaster. Regardless of locals stance on the Adventure Park topic, it is one that

is impossible to ignore, but rather been echoed in council meetings, chats at the grocery store and even made its mark on social media.

On April 30, the city held a public hearing at the Festhalle starting out at 8 a.m. to review the SEPA appeal on the Adventure Park applicant's Mitigated Determination of Non-Significance.

"We have carefully reviewed the Mitigated Deter-

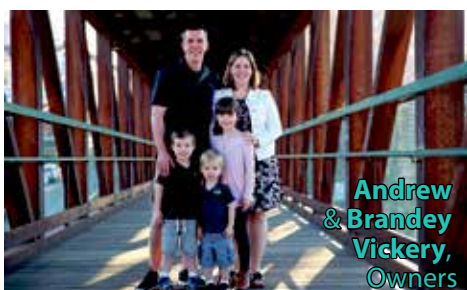
mination of Non-Significance for the proposed Adventure Park and we find it to be inadequate in several areas. There are issues with code compliance, faulty or unsubstantiated assumptions and inadequate mitigation," read a statement in the SEPA appeal from Friends of Leavenworth.

Some areas that were disputed during the appeal hearing were: noise impact, park-

SEE ADVENTURE PARK ON PAGE B5



Ann Crosby led the way for the many that participated in public comment.



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Section A	Section B	Inserts
Opinion..... 2	Schools & Sports B1	Dan's Food Market
Community Calendar.. 3	Classifieds..... B3-B4	Safeway
Neighbors..... 4	Healthy Living..... B6	
Nurses Week..... 5-6		



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Opinion

Send in the clowns

As of this writing there are 21 Democrats who have announced they are running for President and 4 more that are thinking about it.

Twenty-five individuals who think they have what it takes to be a responsible and compassionate leader of the most powerful nation on the planet.

Many of these will fade quickly from lack of money and name recognition.

The problem is many of their progressive ideas could become part of their party's platform. I don't have room to cover all of them here but let's just review some of the dullest bulbs in the box.

Robert Francis "Beto" O'Rourke

Beto's primary campaign focus is to eliminate inequality. He would end the war on drugs program saying it disproportionately impacts minorities. He is a former U.S. Representative from El Paso, a former candidate for the U.S.



IN MY
OPINION
Bill Forhan
Publisher

Senate and a former musician in two failed punk rock bands.

Kirsten Gillibrand

Gillibrand is the current senator from New York having replaced Hillary Clinton whom she describes as her political mentor. Her hot button issue is women's rights including sexual harassment, equal pay, and the "#MeToo" movement. She is unapologetic about her abuse of due process in calls for disqualification or removal from duly elected office for men who have been accused of misconduct by a woman.

Eric Swalwell

A still wet behind the ears

Californian, 38-year-old Swalwell's only issue is gun control. Fueled by the Parkland school shooting he wants to ban assault rifles. The desperate citizens of Venezuela wished they had guns right now and our founding father's were smart enough to recognize that a well-armed citizenry was a deterrent to dictators.

Elizabeth Warren

Massachusetts Senator and previous professor at Harvard Law School, Warren seems to think she needs to be a member of a second minority to compete in the world, so she claimed she was native American. Questions about her heritage resulted in a DNA test that proved her native American roots were far too thin to qualify her for tribal membership. Warren wants an "ultra-millionaire tax" and a complete overhaul of housing policies. She'll probably have to temper her tax proposals to exempt her fellow

politicians and lets hope her housing proposals don't call for allowing tents like Democrats in places like Seattle, Denver, San Francisco and Los Angeles have done.

Pete Buttigieg

A 37-year-old self described Millennial, Mayor Pete's extensive political accomplishments include being elected as Mayor of South Bend, Indiana. He is a military veteran and will draw strong support from the LGBT community as the first openly gay President.

Tulsi Gabbard

Another 37-year-old Congresswoman, Gabbard represents Hawaii and her central issue is "war and peace." Gabbard has managed to anger many in the Democrat ranks by calling for a non-interventionist foreign policy even having meetings with Syrian President Bashar al-Assad.

Jay Inslee

Our own governor thinks he's now ready to step up. Problem is he's Gore light, a one trick pony whose only real reason for running is

to save the planet from evil abuse by mankind. Following two terms as Washington's governor he was unable to get his carbon tax initiatives passed by a Democrat friendly legislature. Having graduated from WSU you would think that he had learned the importance of carbon dioxide in our environment, but apparently agricultural science was not one of his classes.

The problem here is with the party divided by the out of touch octogenarians and idealistic Millennials with no real world political experience, candidates like Inslee may be seen as a reasonable option.

These are just a few of the questionable candidates vying to represent the Democrat Party in the 2020 election.

I doubt any of these will end up getting the nomination but so far the most likely candidates seem to be focused more on their hatred for President Trump than any real policy changes or issues that will address the concerns of American citizens.

LATEST NEWS

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LETTERS TO THE EDITOR

Thank you

Thank you to the Leavenworth Echo for publishing information about the Cascade Garden Club and the many gardens they manage around Leavenworth. This group adds so much beauty to our community!

The Wenatchee River Institute is delighted that the Garden Club has put such love and care into the gardens on the Wenatchee River Institute campus. As the new Executive Director at WRI, I have not yet seen the gardens in full bloom, but once in bloom, they will be glorious!

Since 2012 a small, but dedicated group of volunteers (many of them Cascade Garden Club members) have

managed the WRI Community Garden at the end of 12th Street. This year we are pleased that all garden plots have been rented, and while most of the harvest is taken home with the local gardeners, occasionally leftover vegetables are donated to Upper Valley MEND. Our local gardeners like to give back to our community!

Thank you Cascade Garden Club for making the WRI campus such a lovely place to provide outdoor education to both youth and adults. If you are interested in joining in on some of the fun - on May 11th from 9:00 - noon WRI will be hosting a cleanup party of our entire 9 acres of property. We invite you to join us for this fun, community event!

Carolyn Griffin-Bugert
Executive Director

Dear Editor

I want to thank the Cascade School District Board for passing Procedure 3211P in support of transgender access to restroom facilities that align with their gender identity.

Passage abides with the law of the Washington State, and also, at the same time, marks an important moment for Leavenworth.

I'm proud to live in a community where inclusiveness reigns, and those in the minority do not have to fear the beliefs of the majority being forced upon them.

I'm glad we recognize there must continue to be a clear separation between religion and our public schools, where Christians, Muslims, Jews,

Agnostics, Atheists, and everyone in between learn together in the same classrooms.

There is an argument that this new restroom policy might affect the safety of some students, particularly girls. I believe that to be a false claim.

I'd like to point out that transgender children must show incredible bravery to be open about their true gender identity, and it is their safety, in lieu of potential bullying, that needs to be at the forefront of everyone's concern.

The policy includes giving all students the opportunity to use single-user bathrooms if desired. This should dispel any contentions around this issue.

Marlene Farrell

Marlene Farrell

Will Trump walk away from a bad trade deal with China?

For months, the financial world was convinced that the trade war with China would be ending soon.

The consensus was that a small, insignificant deal would be agreed to, and both sides would declare victory. After that, the entire global economy could gloriously move beyond all the trade uncertainty.

That's looking less likely now. Rather than a small deal, Trump seems to be going big. He's angling for a trade deal that fixes some of the biggest problems we have with China (including technological theft and government subsidizing their corporations).

I will give Trump credit for trying, but a big, comprehensive deal won't be easy to accomplish.



BRAD
BLACKBURN
Financial
Opinion

Ominously, there's an obvious comparison to the North Korea situation. Trump picked a fight and successfully forced them to negotiate. While that was an accomplishment, it was only the beginning. Coming to a significant, verifiable deal is a lot more difficult - even for the world's greatest negotiator. There's a lot riding on this.

When Trump walked away from North Korea talks with nothing, the stock market shrugged it off. However, if

Trump walks away with nothing from China, it will be a much bigger problem for the markets.

However, it does seem like both sides want a deal. The American economy is slowing, some of Trump's strongest supporters in the Midwest are hurting, and there is an election next year. Trump would like to declare victory and move on.

Similarly, China would like to move on. Their economy slowed down significantly last year. It's hard to know how much of that slowdown was due to the trade war, and how much a result of China's own policies. They have been deliberately slowing their economy in an effort to get a handle on their massive amounts of debt. So, how much of their econom-

ic slowdown was because of the trade war, and how much was a result of China simply tightening their own belt?

At this point, China doesn't want to fight two battles, so they've given up on the belt tightening. They are stimulating their economy again, and their economy looks better as a result.

However, they do not want to keep doing simulating. So, they would like to get a deal done and get back to focusing on their own problems.

Because both sides really want a deal, I still think the most likely scenario is that

we will see a few small agreements, and all the difficult stuff will be continuously kicked down the road. While that's a lot better than any escalation of the trade war, it means that the tariffs, and all the uncertainty of the trade war, could be with us for a long time. That would not be a good outcome.

Brad Blackburn, CFP®, is the owner of Blackburn Financial, Registered Investment Advisor. Blackburn Financial is located at 121 Cottage Ave, Cashmere. He can be reached at 509-782-2600 or email him at brad@blackburnfinancial.net

Community Cupboard upgrades fridges and freezers

By KALIE DRAGO
Echo Reporter

After the Upper Valley MEND was awarded a generous grant from the Community Foundation of Northwest Washington in 2018, the local organization is ready to share with the community the new additions to the Community Cupboard.

On May 3, the Community Cupboard hosted an open house to show off the new the fridges and freezers that were purchased with the grant money.

"The new fridges and freezers are glass fronted so it increases access and visibility," said Pamela Nelle, Upper Valley Mend development manager.

The Community Cupboard was awarded a total of \$9,500.

According to Nelle, the Community Cupboard used the open house as a dual opportunity.

One, as a presentation of the upgraded refrigeration equipment and two, an interactive engagement to thank the donors involved.

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Neighbors

2019 Autumn Leaf Festival Float makes debut

The Washington State Autumn Leaf Festival crew won the Community Sweepstakes Award at its first event of the year in Wenatchee last Saturday.

Even the parade escort couldn't help but join in the classic Chicken dance!



Photo By Bill Forhan



Photo By Bill Forhan

The Cascade High School Band looked sharp as they led the way representing the Leavenworth community at the 100th Annual Washington State Apple Blossom Festival parade in Wenatchee.

LEAVENWORTH ROTARY NEWS

Each spring local Rotary Clubs from across North Central Washington and the Southern Interior of BC present selected young adults the "award" of a leadership development seminar called RYLA. The Rotary Youth Leadership Awards is a truly exciting opportunity for young adults, between 19 & 24, to participate in a four day, leadership program with like-minded individuals where they will form lasting friendships, hear from professional speakers, develop as a leader, grow as a person and have fun. This year's event will take place in the heart of Okanagan, BC from May 23rd -26th, 2019.



Leavenworth Rotary is proud to sponsor Mason Elliott from Cashmere to attend RYLA this year. Mason is currently a senior at Central Washington University pursuing a degree in Public Relations. Mason is sporting a great 3.7 GPA and has been on the Dean's List every quarter since starting college. During high school he was captain of both his baseball and basketball teams. He is currently serving an internship at Sleeping Lady and has been a frequent visitor on Friday's Rotary meetings. RYLA will offer Mason a chance to hone his leadership potential. As university student he will be given the opportunity to develop creative problem-solving strategies as well as ethical business practices.

Leavenworth Rotary wishes him well and we know he will represent Leavenworth Rotary proudly.



THE ROTARY NEWS
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A Leavenworth Rotary member for 18 years.
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Amanda Ledezma

SUBMITTED PHOTO

Mountain Meadows nurse dedicated to the patients, not just job

BY KALIE DRAGO
ECHO REPORTER

Lifelong member of Leavenworth, Amanda Ledezma, found her niche in caring for others - Ledezma is the current Director of Nursing Services at Mountain Meadows, but has been a staple in the senior living campus for 11 years and played an integral role in the inception of the memory care unit.

"(Mountain Meadows is a great place to work because) they're focused on serving the people rather than the financial aspect," said Ledezma.

Ledezma began her journey as a caregiver at Mountain Meadows while she simultaneously attended Wenatchee Valley College for her Associates degree in nursing.

She finished up her education milestones by securing her Bachelor's degree online and since graduating college as a registered nurse, she's remained at Mountain Meadows.

"(The most rewarding part about my job) is walking people and their families through the end of their life - the end of their life with maintaining dignity and limit suffering," said Ledezma.

Her steadfast dedication goes

beyond just enjoying her work environment, but to the patients. While Ledezma has stayed static at the senior living campus, she has grown within Mountain Meadows.

"She was very instrumental in birthing the memory care unit and has been responsible for staff development," said a statement from Nate Oglesby.

A memory care unit serves a significant purpose in a senior living facility. It offers an avenue to stimulate memory for individuals that are suffering with forms of memory loss diseases, such as Alzheimer's. Ledezma being such

a strong component of putting the memory care unit is an example of her unyielding dedication to helping those in her care.

"I was with it from the ground up, it was kind of my baby," said Ledezma.

Ledezma does her job and does it well and has advice for those who choose to follow in her footsteps in pursuing a nursing career.

"Develop the best relationships you can with patients and their families," said Ledezma. "Nursing, its about customer service and serving people the best you can."



DeAnna Griggs

SUBMITTED PHOTO



Shawn Ottley

SUBMITTED PHOTO

Who are the best nurses in NCW? Two are right here in Leavenworth

BY RACHEL HANSEN

It's a typical Thursday at Cascade Medical, and Nursing Director DeAnna Griggs is charging ahead, cradling a folder and her coffee mug, to her next appointment - an infection control meeting about a new partnership with University of Washington.

In the hall, a co-worker congratulates her for her recent honor - Nurse of the Year for Excellence in Management, one of six awards announced by the NCW Nurse Week Committee. The committee also honored her supervisor, Chief Clinical Officer Shawn Ottley, as Nurse of the Year for Excellence in Executive Leadership. DeAnna smiles and humbly gives thanks. A nurse for 16 years, she's not used to the spotlight. She's more focused on caring for the people in her charge.

She leads a team of nearly 50 nurses and more than a dozen other staff in six departments. Today, Acute Care is busy with several patients, a blood transfusion and a new patient admit.

The endoscopy department's schedule is booked to capacity with colonoscopies. Spring fever has hit the Upper Valley, and as more people head outdoors, it's keeping the Emergency Department busy with orthopedic injuries.

On the wall by the emergency department, a dozen paper baseballs are pinned to a cork board titled, "Caught Ya!" There, nurses

thank each other on handwritten notes, one of many morale-boosting strategies DeAnna implemented since she was hired a year ago.

The radiology director stops by DeAnna's office during lunch and asks, "Hey, can you start an IV on a CT patient?" Of course, she does. She loves interacting with patients and their families, and she doesn't mind lending a hand. Next, she's working on recruitment, training, scheduling, payroll and long-term planning. How does she juggle it all? She sighs, her warm eyes shining with amusement, "I have 100 fires burning on my desk on any given day. I tackle the biggest flames first."

In her nomination letter, Clinical Nurse Manager Deb Schlotfeldt describes DeAnna as a natural leader who inspires by example. She's driven, organized and above all, compassionate.

"She has been a mentor to me," Deb wrote. "She strives to deliver the highest quality of care for patients and their families and is compassionately committed to those she works with."

As Chief Clinical Officer, Shawn Ottley's days are also fast-paced. He oversees Inpatient and Emergency Department Nursing, Clinical Informatics, Infection Control, Social Work, Emergency Medical Services, Risk

SEE BEST NURSES NCW ON PAGE B5

Thank you to our Nurses!

In honor of National Nurses Week, Mountain Meadows Senior Living Campus would like to recognize **Amanda Ledezma, RN, Aubrea Hill, RN** and **Nate Oglesby, RN,** for their service and dedication to our residents.

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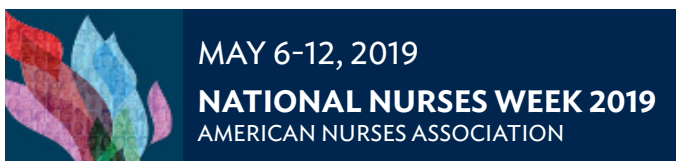
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National Hospital & Nurses Week



A visual of what the new 3D mammography machine looks like.

Photo by Kalie Drago



Photo contributed by Cascade Medical and photo by Heidi Swoboda
The women in the photo are Lead Mammographer Holly Blue and patient Patti Bosket.

Small hospital has a big leap in mammography technology

BY KALIE DRAGO
ECHO REPORTER

Mammograms are instrumental in combating breast cancer with early detection.

Mammograms are encouraged for women ages 50-74 biyearly and suggested universally for women as a preventative method to breast cancer.

Cascade Medical is invested in ensuring the top medical assistance in its patients - and recently has made an investment, aided by the Cascade Medical Foundation who pledged \$100,000, to purchase a 3D mammography machine.

chase a 3D mammography machine.

"This is a big milestone because it allows us to serve women with this technology that gives unprecedented accuracy," said Rachel Hansen, Cascade Medical public relations coordinator. "It's reassuring that we can offer the same technology, the same accuracy (as the bigger hospitals).

3D mammography has technology behind it to produce hundreds of visuals layered to produce the three-dimensional reconstruction

of the breast.

The radiologist then looks through each slide individually or can view it as an interactive animation.

This produces a clearer image and gives radiologists the opportunity to diagnose cancer at the earliest stages.

"The traditional mammogram has one projection - what this one does is called tomography so it sweeps, so instead of one static picture it's a sweep of 50 degrees. We basically end up with a three dimensional view," said Scott Mitchell, director of radiology at Cascade Medical.

ogy at Cascade Medical.

According to Mitchell, other hospitals in the Valley have a different brand than Siemens Revelation brand (Cascade Medical's 3D mammography) that only offers up to 15 degree angle technology.

The technology behind the 3D mammography allows for both a more comfortable experience and more improved detection ability.

According to Cascade Medical's press release, the 3D mammography increases detection of invasive cancer

by over 40 percent.

"We see all kinds of stuff that might be hidden under ducts and vessels. It's a larger arc of information on each picture," said Mitchell.

3D mammography is recommended for women with dense breasts due to the machine being capable of automatically adjusting compression correlating with the breast density - a way to provide the most degree of comfort.

"It's just a huge upgrade in the images we get. It shows so much more breast tissue, it's much more sensitive. We should be able to catch pathologies way earlier," said Mitchell.

"It automatically detects the breast density to one of four classifications. That makes a big difference in early detection of cancer."

Just recently the U.S. Food and Drug Administration has enforced a policy that breast density reports be included in all mammograms - those with dense breasts have a higher risk, four times, of cancer.

"In the last year we've been having a lot of local women want to go to Wenatchee to get their mammograms, specifically because they wanted 3D," said Mitchell. "So now we (Cascade Medical) have that in place too."

Since 2005, Cascade Medical has offered mammography and has done roughly 350 per year.

Since late March 2019, Cascade Medical has improved its ability to offer mammography at a new degree with the latest addition.

With the 3D mammography in Cascade Medical's toolbox, it allows those in Leavenworth to have a closer to home option with high end technology that offers accurate and swift test results.

"From what we're hearing from patients its also a more comfortable mammogram," said Hansen.

"Really this is the first time in our community women can have access to big hospital technology to get their mammogram, but still have that close to home experience, close to home atmosphere."



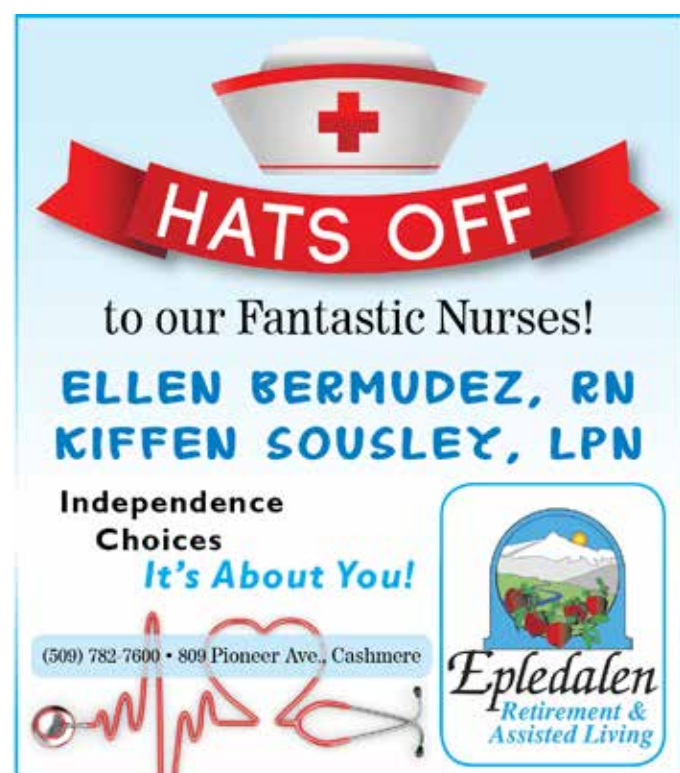
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UPPER VALLEY NEWS SINCE 1904

Cascade golf faces Omak, Quincy

By AL STOVER

The Cascade High boys and girls golf teams wrapped up a busy week with a Caribou Trail League contest on April 25 and a nonleague match.

The Kodiak boys lost to Omak by just two strokes, 422-424, in their first home match of the season. There was no girls match due to Omak not having a girls team.

Isaac Cortes was the medalist after shooting a 91, followed by Austin Curry, who hit a 107. Gavin Dwyer hit a 111 and Michael Whitehead finished with a 115. Ledger Parrish shot a 116 to complete the varsity scores.

Despite Omak not having a team, the Cascade girls recorded scores during the match. Emma Halseth led the team with a season best 107. Emma Nielson, who hit a 110, another season best, and Natalie Craig shot a 122.

"The kids are continuing to practice hard every day," Head Coach Randy Alexander. "We try and get one full practice per week, on short game only. That is where a golfer's real scoring comes from, the short game. I am starting to see a little lower scores from the kids. It's that time of the year,

and scores will start to fall.

A day after the Omak match, Cascade faced Quincy in what was a highly anticipated match between the Kodiaks and the Jackrabbits.

The Kodiak girls defeated Quincy, 462-495.

Halseth once again led the group with a 103, which was 17 strokes behind medalist Stacia Sarty, who hit an 86.

Craig, who continues to improve, shot a personal best 104, and Nielson finished with a 110. Freshmen Carly Ostrem and Ruthie Biebesheimer once again joined the Kodiak girls lineup. Biebesheimer hit a 145 and Ostrem shot a 157, a personal best for both athletes.

"Both have been practicing hard and improving enough to make the move," Coach Alexander said. "Carly (Ostrem) had been called up to play in Chelan a few weeks ago to give us four golfers which is enough to score in the match."

On the boys side, medalist Connor Morgan, with 91, along with three other Jacks who hit below 100, defeated the Kodiaks, 376-419.

Cortes led the Kodiaks in scoring, followed by Curry's 107, Whitehead's 108 and Dw-

yer's 108 to complete the scoring.

Parrish was close with a 113, and newcomer, senior Chandler Pulse, had his finest day with a first time 18-hole score of 117, followed by Ryan Totman's 143.

"This was Ryan's (Totman) and Chandler's (Pulse) first 18 score of the season," Alexander said. "Both have worked hard at becoming the best they can be. Both of them will be vying for that sixth spot on varsity for the rest of the season."

The Cascade High golf teams continued Caribou Trail League play on April 30 against Chelan. The Kodiaks lost to the Goats 362-417 while the girls won their match via forfeit.

Cortes shot his best round all season with an 85, followed by Ledger Parrish's 109, a personal record for the athlete. Gavin Dwyer hit 111 and Mike Whitehead finished with 112 to round out Cascade's scoring.

Coach Alexander noted it was a beautiful day with no wind on the course, which added to the big-match atmosphere between the Kodiaks and rival Chelan.

"At our house, we were hoping to give them a better match, but they are a tough solid bunch and they are young," Alexander said. "They will be tough for a few more years. I had a lot of guys shooting their best rounds yesterday but it just wasn't enough."

Parrish wasn't the only Cascade golfer to have his best day at the course. First year golfers Chandler Pulse and Ryan Totman finished with PRs of 115 and 130, respectively.

"It's fun to watch each player improve," Alexander added.

Emma Nielson led the Cascade girls with a personal best 101.

"Emma (Nielson) had a couple bad holes that kept her from breaking that magic 100 mark," Alexander said.

Following Nielson were



Cascade's Ledger Parrish shot a 116 during the Kodiaks' April 25 match against Okanogan.

Emma Halseth and Natalie Craig, who both hit 107. Carley Ostrem shot 139 to cap Cascade's scoring.

Cascade took a break from Caribou Trail League play on May 3 with nonleague contests against Warden. Both Kodiak teams earned forfeit wins due to Warden's lack of players.

Craig, the match's medalist, shot a personal best of 101 to lead the Cascade girls. Nielson hit 102 and Halseth finished with 104. Ostrem recorded a 154 to finish team scoring.

Cortes was the medalist in the boys' division after hitting an 86. Dwyer shot 106 while Parrish finished with 109 and Pulse hit a 119. Totman recorded 136 to round out the boys' scoring.

"Again, it's fun to watch the kids scores come down, I see it on every player," Coach Alexander said. "The newest golfers are coming down the fastest and the veterans are having to work extra hard to bring their scores down."

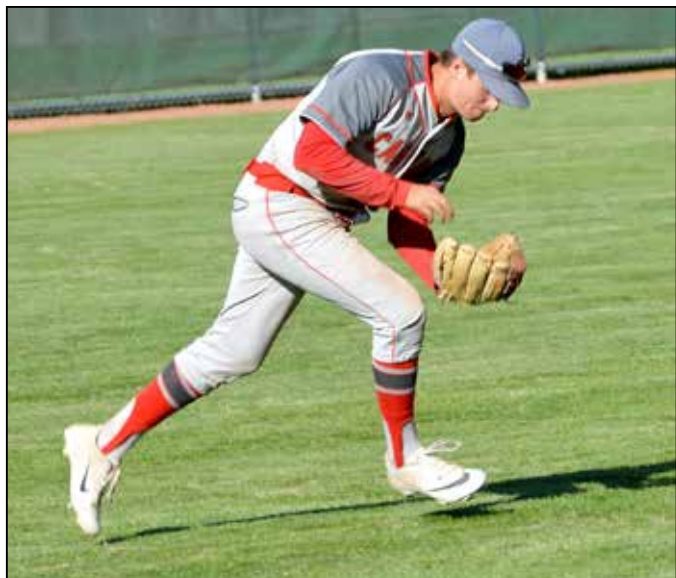
Coach Alexander said both teams continue to work hard in preparation for the CTL and District championships, which will be held at Chelan on May 14.

Cascade hosts Okanogan in their final home match on May 9.



All photos by Al Stover

Cascade's Emma Halseth readies her shot during the April 25 match against Okanogan. Halseth led the Kodiak girls with 107.



Cascade's Emma Halseth readies her shot during the April 25 match against Okanogan. Halseth led the Kodiak girls with 107.

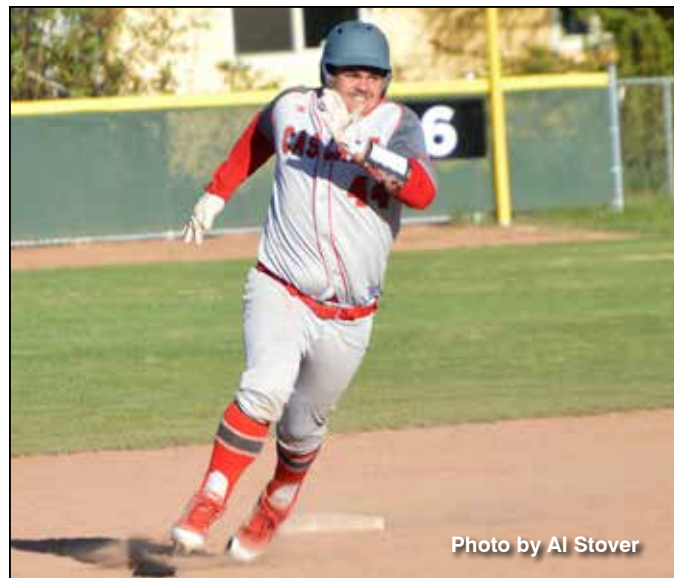


Photo by Al Stover

Cascade's Hunter Reinhart speeds toward third base.

Cascade baseball finishes regular season against Cashmere, Kiona Benton

By AL STOVER

The Kodiak baseball team endured a 10-3 Caribou Trail League loss to Cashmere on May 2.

Cascade opened with a 1-0 lead after Cam Ostrem singled on an 0-1 count to bring home a base runner. The Bulldogs pulled away with three runs in the third inning and added one in the fourth.

Down 4-1, Conrad Hasse scored a single to bring in Owen Sunitseh to cut Cashmere's lead to two runs in the fifth inning.

In the bottom of the sixth, David Nelson's base hit brought home Hunter Reinhart to score the Kodiaks' final run of the game.

Hasse took the pitching loss after sharing the mound with TJ Thompson and Reinhart. In his five innings on the mound, he allowed three hits and four runs while striking out seven Bulldog batters.

The game also marked senior night. Seniors Hasse, Nelson and Nate McMahon were recognized for their contributions to the team.

"Conrad has kept us in every game and battles for us," Head Coach Brett Isadore said. "Nate played great left field for us and steps up at the plate. David is hurt and he came in to pinch hit for us and score that run. They all do their thing."

The Kodiak baseball team wrapped up their regular seasons on May 3 with a 10-2 road loss to Kiona Benton.

Cascade had a 2-0 lead, scoring runs in the first and fourth frames, only for Kiona Benton to score 10 runs in the bottom

of the fifth.

The conference loss puts the Kodiaks (1-8 CTL, 5-12 overall) at fourth in the conference standings.

Cascade played Cashmere for the third time on May 6 in a loser-out game of the District 6 tournament.

If The Kodiaks defeated the Bulldogs, they will play the loser of the District 6 championship game between Okanogan and Chelan. The winner of that game will advance to the CTL/Northeast A League crossover game on May 11.

CASCADE SCOREBOARD

Baseball	
May 2	Cascade 3, Cashmere 10
May 3	Cascade 2, Kiona Benton 10
Boys Soccer	
April 30	Cascade 7, Omak 0
Softball	
May 3	Cascade 13, Cashmere 2
Boys Tennis	
April 30	Cascade 0, Omak 5
May 2	Cascade 0, Ellensburg 5
Girls Tennis	
April 30	Cascade 4, Omak 1
May 2	Cascade 4, Ellensburg 1
Boys Golf	
April 30	Cascade 417, Chelan 362
May 2	Cascade def. Warden via forfeit
Girls Golf	
April 30	Cascade def. Chelan via forfeit
May 2	Cascade def. Warden via forfeit

CASCADE SCHEDULE

Boys Soccer	
May 9	District 6 Championship at Wenatchee Apple Bowl at 8 p.m. (if qualified)
Boys Golf	
May 9	Okanogan at Cascade at 2:30 p.m.
May 14	CTL Championships at Chelan at 12 p.m.
Boys Tennis	
May 9	CTL Championships at Chelan at 3 p.m.
May 11	CTL Championships at Chelan 10 a.m.
Girls Tennis	
May 9	CTL Championships at Chelan at 3 p.m.
May 11	CTL Championships at Chelan 10 a.m.
Boys Track and Field	
May 8	CTL Championships at Cascade at 4 p.m.
Girls Track and Field	
May 8	CTL Championships at Cascade at 4 p.m.
Softball	
May 11	CTL Championship at Rich Rice Memorial Field in Dryden at 11 a.m.
May 11	CTL Playoff No. 2 seed at Rich Rice Memorial Field in Dryden 3 p.m. (if Cascade loses)

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CHS Equestrian team qualifies for state competition

By AL STOVER

WENATCHEE, Wash. – The Cascade High School Equestrian Team's drill team is riding in this year's Washington High School Equestrian Team (WHASET) state competition.

The CHS Drill Team earned a goal medal at the third District 1 meet, April 25-28 at the Applechee Riders facility in Wenatchee. The accomplishment earned the drill team the opportunity to compete at the state competition, May 16-19 in Moses Lake.

The CHS Drill Team is comprised of Heidi Dougherty, Ty Harris, Ava Holmes

and Sasha Morgan.

Holmes earned a gold medal in Huntseat Over Fences and Dressage, as well as a bronze medal for Huntseat Equestrian. She also finished in the top 10 for In-hand Trail.

Hailey Birmingham received a Dressage District Medal to qualify for state. Gloria Campbell finished fourth in In-hand trail and will advance to state as an alternate.

Harris finished in the top 10 for Roping as did Holmes and Birmingham for Cattle Sorting. Birmingham, Campbell, Morgan and Holmes took four of the top 10 spots for In Hand Obstacle Relay.



Cascade's Sarah Paulson struck out 11 batters during the Lady Kodiaks' May 3 game against Cashmere.



Photo by Al Stover

Kayla Bittle was one of several Lady Kodiak athletes recognized during Senior Day.

First-place Cascade softball clobbers Cashmere to end regular season

By AL STOVER

The Cascade softball team finished their regular season with a 13-2 league win against Cashmere on May 3.

The victory gives Cascade (11-1 Caribou Trail League, 17-3 overall) sole ownership of the conference title, as well as boosted their winning streak to 10 games.

Down 1-0 in the first, Kaija Lovelady grounded out to score Cascade's first run, the first of two in the frame.

After Cashmere tied the game at 2-2, Cascade answered with three runs to take the lead. Lovelady crushed the ball

for a two-RBI triple along with Renee Lambert's RBI double.

Head Coach Todd Gilbert said the Lady 'Dawgs came out strong and pitched well, which caused issues for Cascade early in the game.

With a healthy 5-2 lead, the Lady Kodiaks' bats came alive as they scored sixth runs in the fourth frame, including Truh Merriman's home run and RBIs from Jocelyn Rodriguez and Alondra Acevedo. Cascade added two more in the final frame to invoke the 10-run mercy rule.

"Once we started hitting the ball well it became infectious

and it kept going," Gilbert added. "That was good to see."

Merriman was 3-for-3 and drove in five of Cascade's runs. Madison Hardy was 2-for-2.

Sarah Paulson earned the pitching win, striking 11 Cashmere batters and only allowing four hits.

Prior to the game, the team recognized Lovelady, Paulson, Acevedo, Kayla Bittle, Nicole Dunn and Madline Schiefel for their contributions to the Cascade softball program.

"It turned out to be a very fun senior day," Gilbert said. "We are very proud of the on the field accomplishments of

our seniors and are excited to see what the future has in store, both on and off the field."

Cascade will play Okanogan in the District 6 championship game on May 11. If the Lady Kodiaks win, they will not only claim the district title, but also advance to the CTL/Northeast A League crossover game on May 18.

If Cascade loses, they will play the winner of the Cashmere-Chelan game for the No. 2 spot on that same day.

Gilbert said he and the team look forward to hosting the District tournament.



File photo Arturo Avila scored five goals during Cascade's April 30 match against Omak.

Cascade boys soccer captures CTL title

By AL STOVER

The Cascade High boys soccer team staked their claim to the Caribou Trail League championship on April 30 after a 7-0 shutout over Omak.

This marks the sixth consecutive shutout for the Kodiaks, who finish the regular season with an 8-0 conference record and 12-0-1 overall.

"It's really nice to be undefeated," Co-Head Coach Pete Spiegel said. "It goes to show that hard work pays off. We just need to keep that momentum going."

Arturo Avila scored five goals and Efrén Guerrero earned a brace.

Spiegel said it was a great effort on the part of Cascade, who was missing seven starting players because of injury and illness. He also commended

the team's defense and how they have controlled matches. "I don't think I've had a team that I've coached with so many shutouts, it's very encouraging," he added.

Winning the league title also gives Cascade a first-round bye in the CWB/CTL District 6 tournament. The Kodiaks hosted Chelan in a semi-final district tournament match on May 7.

If the Kodiaks win they will advance to the District championship on May 9 in the District 6 championship at the Wenatchee Apple Bowl at 8 p.m.

If Cascade loses, they play the loser of Game 3 on May 9 at 6 p.m.

"The stakes are ramping up but our players are stepping up and ready to take charge," Spiegel added.

Cascade Speech students embark on the next step - Nationals

By KALIE DRAGO
Echo Reporter

After scooping up an impressive second place in Dual Interpretation at the state competition in Tacoma, speech competitors Kelsea Turner, senior, and Tagen Matthews, junior, aren't finished competing. The duo will travel to Omaha, Nebraska, May 9 to compete in Nationals.

"All of our Speech kids are wonderful people. I am so proud of how hard they work and how encouraging they are of each other. They are also very smart and fun to be around," said Mandi Wickline, speech and drama advisor.

The pair, Turner and Matthews, are proof that practice makes perfect after three years of being dual partners and taking first in districts every year. At state, there are eight speech events - Cascade students are often drawn toward the interpretive events that are shelved to a ten minute limit.

"People often assume that Speech and Debate is all about arguing. Our team focuses on the speech events, either performing scripted scenes or monologues, or writing their own persuasive or informational speeches," said Wickline.

In the Dual Interpretation, there is a difficulty element wedged when competing with

a partner like Turner and Matthews. With an array of character options, but eye contact and touch prohibited, it can be a tricky art to master. The Nationals bound duo performed "Action News: Now with 10% More Action" where they morphed into the anchors along with the other characters incorporated in the faux newscast setting.

"Our individual performers and dual teams work so hard to choose strong pieces that showcase their talents," said Wickline.

Despite being capped to a smaller population at Cascade High School, Wickline normally takes roughly 12 to 13 students to compete.

"Anything above 10 students is considered a large team, which is pretty funny considering the schools we compete against," said Wickline. "It's also difficult to succeed at the state level because we are competing against a lot of private schools with strong academic teams. But we are beginning to show what a small public school with a strong Speech and Drama program can do."

to show what a small public school with a strong Speech and Drama program can do." Although Cascade School District always boasts and cel-



Photo contributed by Mandi Wickline Kelsea Turner and Tagen Matthews, strike a pose, and are the duo headed to Nationals in Nebraska this summer.

brates their students achievements, they can't fund trips past state level. According to Wickline, Cascade Speech will be hosting car washes at Cashmere Valley Bank along with support from Faith Lutheran

Church and Leavenworth Rotary. Local businesses like Munchen Haus and South also have contributed help. If anyone else is looking to contribute, please contact Mandi at itsamandi@gmail.com.



Photo by Al Stover

Josh Pedersen (pictured) chooses a box of donuts over a bouquet of flowers from Head Coach Mark Hassinger (left).

Pedersen, along with Megan Evans and Dorothy Espinosa were honored for their contributions to the Cascade High School tennis program prior to the Kodiaks' match against Chelan on May 3.

Both tennis teams advance to the Caribou Trail League championships on May 9 and 11.

The Kodiak girls finished second in the conference standings while the boys placed fourth.

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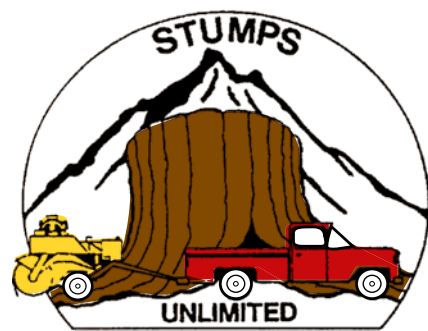


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Fast Track application process and information can be found on our website at: www.cascadesed.org EOE

Mansfield School District is accepting applications for a K-12 PE/Health Teacher for the 2019-2020 School Year. To view the position and download an application, access our website at www.mansfield.wednet.edu/Page/40. We are an equal opportunity employer.

Full Charge Bookkeeper Manufacturing company serving an international customer base seeks responsible and motivated Full Charge Bookkeeper. Proficiency in QuickBooks accounting and payroll, excellent Excel spreadsheet abilities, budget creation, polished writing and communication skills are required. Send resume and references to P.O. Box 242, Leavenworth, WA., 98826.



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

See all available properties at windermereleavenworth.com

HELP WANTED

Pateros School District .5 FTE Special Ed Teacher

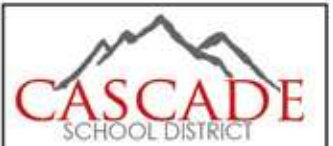
This .5 FTE position commences with the start of the 2019-20 school year. Washington State Teaching Certificate required with appropriate endorsements. Must favorably pass background check. Salary is dependent on experience and education. Position open until filled. All applications processed through FAST TRACK: www.pateros.org Our District Employment. Position descriptions available online. Contact employment@pateros.org or the district office at 509-923-2751 x4 for more information. Application deadline is 5/15/2019. EOE



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

Cascade High School English Language Arts Teacher

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



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

Cascade High School English Learner Teacher/6-12 Migrant Graduation Specialist

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

HELP WANTED

Full and Part-Time Bed Maker, Laundry and Housekeeping

Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry / Bed Makers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 4:00 daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months.
 Apply in person
 Enzian Inn
 590 US Hwy. 2
 Leavenworth

Part-time position available at Chelan Senior Center in the office.

Hours vary, and will usually be 5 to 10 hours a week, and will include some weekends. Good Spanish as well as English is very important, and the ability to use Excel, Word and the other programs in Windows Office 10. Applicant needs to be flexible, and able to solve problems.
 Please call the Chelan Senior Center at 509-682-2712 and ask for Vita or email: CSC@nwi.net

Full and Part-Time Breakfast Catering Staff

The Leavenworth Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions.
 Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course.
 Apply in person.
 590 Hwy. 2
 Leavenworth.

HELP WANTED

Chelan County Cemetery District #4 in Chelan, is hiring a seasonal assistant sexton.

Hours and days may vary. Ability to lift 70 lbs. required. Experience using mowers and other small equipment preferred. Send letters of interest to PO Box 1299, Chelan, WA 98816.

WORK WANTED

Looking to clean private rental homes part time in the Coles Corner/ Lake Wenatchee area. Call 509-763-0355.

PUZZLE SOLUTION



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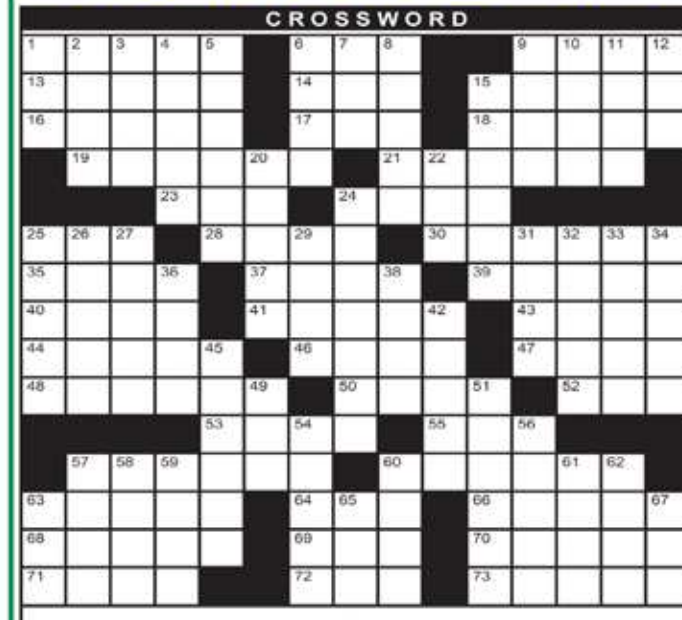
APPAREL

Selling New Pajama set size 3x. Please call 548-0355 ask for Kay.

GARAGE & YARD SALE

Annual Yard Sale. Something for everyone. Vintage kitchenware and dishes. Downsizing items. May 16 & 17, 8 a.m. - 5 p.m. Seventh Day Adventist Church, 10600 Ski Hill Drive, Leavenworth.

CROSSWORD PUZZLE



THEME: WEDDING BELLS

- ACROSS
- 1. Up and about
- 6. Originally part of smog
- 9. *Combining ___ pool
- 13. Tarzan's swing
- 14. It is well, if it ends well
- 15. *Acquired parent
- 16. Coastal feature
- 17. *Solemn promise
- 18. Greyish brown
- 19. *One of two wedding tossables
- 21. *Train ready for dancing
- 23. Scottish cap
- 24. Dole out
- 25. Cartridge contents
- 28. Bangladeshi currency
- 30. Mischievous-like
- 35. Designer's ___ book
- 37. Research facil. ___
- 39. Jedi's aura
- 40. A Flock of Seagulls' hit
- 41. From around here
- 43. Sound at a funeral
- 44. Road-tripping guide
- 46. Curbside call
- 47. Octagonal sign
- 48. *Length of a veil
- 50. Pro ___
- 52. Lt.'s subordinate
- 53. Rinna or Lampanelli
- 55. Clod chopper
- 57. *Wedding meal option
- 60. *Like ring finger
- 63. One born to Japanese immigrants
- 64. From Colorado to Wisconsin, on compass
- 66. Be limp
- 68. Aoint ___
- 69. ___ lacocca
- 70. Blood circulation artery
- 71. ___ over here!
- 72. Hole punching tool

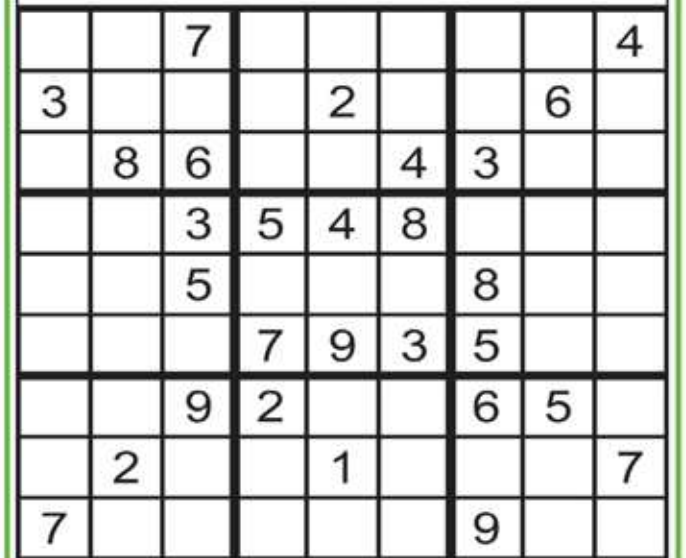
73. *Not to be seen by groom

- DOWN
- 1. Princess Jasmine's "prince"
- 3. Samoan money
- 4. Dead to the world
- 5. Drum roll sound
- 6. Like Eliza Doolittle
- 7. *One of four wedding "somethings"
- 8. Geography class prop
- 9. Buzzing pest
- 10. Twelfth month of Jewish year
- 11. Back of the neck
- 12. Ovine mom
- 15. Reflexive form of "it"
- 20. Spam, e.g. ___
- 22. Beehive State native
- 24. *It runs from tears
- 25. Hipbone-related
- 26. Magnetic ___
- 27. Down Under marsupial
- 29. *To be tied
- 31. *Some write their own
- 32. All worked up
- 33. *Future descendant
- 34. Gives a hand
- 36. ___ sack
- 38. Plural of taxon
- 42. Lithograph, for short
- 45. Popular post
- 49. It makes your nose grow?
- 51. Barbary sheep
- 54. Tall ancient monument
- 56. Possible result of trial
- 57. Trash containers, e.g. ___
- 58. Brings into play
- 59. Matted wool
- 60. Experience emotion
- 61. Ripped
- 62. Sexual attraction, slangily
- 63. Afternoon shut-eye
- 65. *Another of four wedding "somethings"
- 67. *Swan Lake" step

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SUDOKU PUZZLE

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 A Place for Mom has helped over one million families find senior living solutions that meet their unique needs.
 There's no cost to you!
CALL (855) 439-6734



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.

GENERAL MERCHANDISE

SPECIAL Fundraiser for Autumn Leaf Festival
Leavenworth Cards With sayings like Happy Birthday!



BOATS & TRAILERS

\$155,000



Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Club-house with showers, lounge with TV, bar, and kitchen for members use.

PUBLIC NOTICES

Meeting Time Change
Alpine Water District will meet on Wednesday May 15th at 1:00 p.m. at the Fire Station building in Leavenworth

Advertise Advertise Advertise Advertise Advertise Advertise
548-5286 or 782-3781

PUBLIC NOTICES

ALPINE WATER DISTRICT is currently accepting contractors resumes for the 2019 Small Works Roster. Please list your contact name, emergency contacts, whether or not you would be available within 24 hours for emergency work.

PUBLIC NOTICES

CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARING
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 two applications. The Hearing will be held at 11:00 am, Thursday, May 23, 2019 in the Council Chambers at City Hall, 700 Highway 2, Leavenworth, WA.

PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY
In the Matter of the Estate of INA O. ANDERSON, Deceased.
No. 19-4-00134-04
PROBATE NOTICE TO CREDITORS

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of Washington 61.24, et seq. 108 1st Ave South, Suite 202, Seattle, WA 98104
Trustee Sale No.: WA-19-850978-BB Title Order No.: 190672670-WA-MSW Reference Number of Deed of Trust: Instrument No. 2298475 Parcel Number(s): 232028550205

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of Washington 61.24, et seq. Trustee Sale No.: WA-18-833762-SW Title Order No.: Reference Number of Deed of Trust: Instrument No. 2227141 Parcel Number(s): 252-108-440-350



Don't forget to renew your subscriptions this spring
There's something for everyone in the local newspaper
Local news -Event notices
Local school news -Public & legal notices

Community newspaper Subscription rates:
Print and Premium on-line access - \$45 per year
Print only - \$40 per year
On-line only - \$40 - includes E-edition of paper exactly as printed

CLEAR SOME SPACE WITH A
Fill your pockets with \$\$ CASH \$\$
Let others know what items you are selling!
Place your ad 24/7 at www.NCWMarket.com

CONTINUED FROM PAGE 1

D'Andre Vasquez elected International Executive President



All photos by Kalie Drago

D'Andre Vasquez thanks the Leavenworth Rotary profusely at the May 3 meeting.

as D'Andre Vasquez as Executive President made me a little uncomfortable. I wanted my brand to be D'Andre Vasquez embodies serving and leadership and generate accessibility to this amazing organization," said Vasquez.

He came prepared with a speech thanking the Rotary Club for their support and the Rotary Club came with a cake to congratulate him on his accomplishment - that was no piece of cake.

The Leavenworth Rotary Club often takes students under their wings or channel

their efforts toward education.

Vasquez expressed immense gratitude as he faced the audience that was apart of the support during his journey to becoming International Executive President.

"I just really want to say thank you for providing me this opportunity, to be able to do that," said Vasquez.

"This would not have been possible without support, specifically Rotary. You guys have offered me such a great perspective of what it means to embody service and leader-

ship, and once again service above self."

Vasquez is looking forward to this next step on his path to success. He elaborated on what his mission is as he eyes how to approach his important position.

The Rotary Club appeared enamored as he explained his platform and how he plans to achieve the goals he's set in place for himself.

Beyond that, it was apparent that Vasquez was thankful for the community that helped propel him into this new role.

CONTINUED FROM PAGE 1

Armstrong and Davies etch names into CHS record books

months, in "all sorts of nasty conditions," according to Head Coach Bill Davies.

"Landon probably ran about five or six days a week on snowy, icy roads," Coach Davies said.

"He is still running extra miles by rising early and running in the mornings three, or four days a week, and then heading to practice each afternoon."

For cross country, Landon Davies said workouts consisted of longer runs on hills and terrain, which is different compared to track, where he and the other athletes focus on interval training and pace.

Even with the 3,000 record under his belt, Landon Davies has other goals he wants to accomplish his season, such as recording a 4:25 in the 1,600 meters.

He also wants return to the track and field state championships in May, and possibly win the men's 3,200 meter race.

As a freshman, Landon Davies finished fourth in the 3,200 meters with a time of 9:47.57, and placed sixth in the 1,600 meters, clocking in at 4:33.57.

So far, competing in last year's state championships

with his teammates is the highlight of Landon Davies' high school track career.

"We took so many people there and we all supported each other," he added. "It was a really fun experience."

Like her teammate, Armstrong said she felt good breaking the CHS pole vault record for the second time in her high school career. She felt her hard work in practice prepared her for accomplishing the feat.

"I like that I get to leave my name in the school (record books)," she added.

Armstrong noted the pole vault requires strength and a lot of technique and hard work.

Much of her preparation for her senior track season came before it started. Coach Davies said Armstrong trained at an indoor vaulting facility in East Wenatchee before the season, practicing 2-3 evenings a week with the help of local coaches.

"She is also committed to working hard in the weight room," Coach Davies added.

Armstrong said she is fortunate to compete at a smaller school like Cascade where there is less pressure and can work at her own

pace. Being a senior, she has helped mentor her younger teammates, specifically freshmen Kylea Gilreath and Lauren Muscutt, who have both competed in the pole vault among other events.

While Armstrong has her name on the CHS pole vault record, she wants to set a new record before she graduates.

Like Landon Davies, Armstrong has her sights set on returning to the state championships. She is already a two-time state competitor. As a sophomore, Armstrong finished sixth in the pole vault with a mark of 10-00. Last year, she took third with a mark of 11-00.

"I just want to do my best," she added.

In addition to being fierce competitors who leave nothing behind on the track and having tremendous work ethic, Coach Davies said both Armstrong and Landon Davies are modest and "great kids." Both Kodiak tracksters have also earned Scholar Athletes of the Month honors.

"It has been a joy to have them both contribute their leadership to the team," Coach Davies added.



The Leavenworth Rotary proudly listens to Vasquez discuss his future as International Executive President.

Two bids placed on Beaver Valley property

By KALIE DRAGO
Echo Reporter

After many months of discussion amongst the Cascade School Board along with a lot of prodding from eager buyers and Plain residents - the Beaver Valley property sale saga is pushing toward its last chapter.

The Cascade School board met April 29 in a special meeting and reviewed the two bids that were received by the deadline (April 29 at 4 p.m.).

According to a statement from superintendent Bill Motsenbocker, the two bids were placed by Lake Wenatchee Fire and Rescue and Kirby Phillips representing

Beaver Valley Community Recreation Association. Lake Wenatchee Fire and Rescue put in a \$340,000 cash bid. Phillips requested an east and west subdivision line to separate the north 2.79 acres and south 2.58 acres into two parcels.

There would then be a ten year lease agreement at \$1,000 per year for the north parcel with an option to buy the parking on school property and shared well.

According to Motsenbocker, the board will take action at the next school board meeting on May 13 at 7 p.m. The meeting will take place at the Discovery School which is located on the National Fish Hatchery site for those interested in attending.

CONTINUED FROM PAGE B1

Adventure Park debate comes to a peak

ing and traffic impact, aesthetic and lighting and the supposed incorrectly categorized wetland report.

"Now the combination of the category one wetland plus a habitat score of seven and a higher overall functional score is quite important for the determination of buffer widths under the Leavenworth municipal code," said Robert Parrish, a witness for the appellants. He presented facts discrediting the applicant's wetland report. "The city has accepted the applicant's inaccurate form that only a 90 foot buffer should apply to the Adventure Park."

Parrish concluded with his observation of the area that the buffer width requirement should actually round out to 120 feet.

The appellants harnessed in expert opinions, qualified speakers, residents who researched. Testimony was provided by a mix of lay witnesses and expert witnesses.

The proposed Adventure Park would be located at the entrance of Tumwater Canyon, which is both an exit and entry-way into the Bavarian Village. While the land is zoned tourist commercial, it has caused an influx of individuals to voice concern it will impact the residents as well.

"Nearly all coaster facilities are located at ski resorts that have night skiing. So the addition of lighting is not as significant as it already exists," said Alison Miller, expert witness, who testified regarding lights and aesthetic.

The appellants used visuals of condos near the site and images looking upward at the proposed park to illuminate how closely the future theme park treads on residential properties.

"The MDNS suggests that this proposal is exempt from the zoning code rather than mitigating the negative visual impact of the structure extend-

ing up to full height of a 235 foot hillside or acknowledging that this is not allowed by code," said Miller before explaining via city written documents that the codes are in place to maintain the Bavarian character.

During public comment, the opposition to the theme park reiterated that the disputed facts (i.e. noise impact, traffic and parking, etc.) from the MDNS have a direct impact on residential well being.

"The Comprehensive Plan in Leavenworth municipal code emphasizes the theme frequently. It is not possible for this proposal to conform to the theme or height limit. Preserving the character of Leavenworth takes precedence over providing different tourist experiences," said Miller.

A few implied it would dilute Leavenworth's Bavarian character to an artificial, cheap, tourist wormhole. There was audible distaste for the idea of Leavenworth morphing into an-



During the SEPA Appeal, brought by the Friends of Leavenworth, noise impact was one of the components scrutinized.

other Dollywood or Gatlinburg, well known tourist hotspots in Tennessee.

"Most of our visitors travel some significant distance to come here and enjoy what Leavenworth offers. They seek the pristine quality that we have managed to maintain until now," said Ann Crosby, resident. "If the Adventure Park project is built it will destroy Leavenworth's image as an accessible, charming, rural town and cause many visitors from gridlock urban areas to rethink thriving here if they

experience the same kind of traffic jams, noise and density at home."

Like many theme parks, when tourists are being flung around on a bungee trampoline, the stomach jerking will invoke some screams - noise pollution was a noted area of concern. Lights and noise infiltrating resident homes was issues voiced from many who gravitated to the microphone. Many spoke up about their prediction of more congested traffic and safety concern for bike riders along Icicle Road, already a nuisance that stirs up locals.

"I'm concerned primarily with safety and traffic. The intersection Highway 2 and Icicle is already scary on a bike, especially during summer months. Also we are not just a theme town, we are a recreation mecca. I have concerns that if we don't have a better mitigation plan for traffic that the recreational tourism could suffer along with quality of life for folks who want to ride their bikes in their community," said Kaylin Bettinger, resident.

Familiar faces were scattered in the crowd such as several council members, Sharon Waters and Jason Lundgren, along with city administrator Joel Walinski and Mayor Cheri Farivar. The overwhelming outcry during public comment wasn't stifled by city officials being in attendance and some openly addressed the city in their sentiment.

"And now the city is going to support the construction of the Adventure Park that will sit on a piece of iconic property that is the crown jewel of our west facing view," said Pat Thirby, resident. "This endorsement would be a complete hypocrisy, our leadership has failed this community. I challenge the community to demand accountability."

An exhausted topic, but not one that the residents are tired of combating to preserve what was stated as a fragile, but unique place to call home.

"Leavenworth has a special but fragile beauty. In order to preserve that we don't need a noisy Adventure Park," said Kristen Sweet, resident.



During the SEPA Appeal, brought by the Friends of Leavenworth, noise impact was one of the components scrutinized.

Healthy Living

May Is National Osteoporosis Month

Every year in May I always think of my mother, but not just because Mother's Day is in mid-May. May is also National Osteoporosis Awareness and Prevention Month and my mother suffered for over a decade with it, eventually dying from complications of osteoporosis.

Osteoporosis is a condition of having weak bones, making them more likely to break. Nearly 54 million Americans have low bone mass or osteoporosis, according to the National Osteoporosis Foundation (NOF), a health organization dedicated to preventing osteoporosis and broken bones through awareness, education and research.

This silent but devastating disease affects more women than men. Women have a 50% chance of suffering a hip, spine or wrist fracture in their lifetime and nearly 30% of men will experience an osteoporosis-related fracture.

It's just a broken bone, right? Unfortunately, osteoporosis is not just painful, it can be deadly: one in four women and one in three men WILL DIE WITHIN 1 YEAR of having a hip fracture. If you are female, your risk of having a bone break from osteoporosis is equal to your risk of breast, uterine and ovarian cancer COMBINED.

My mother broke her left wrist when she was 74 years old, tripping in downtown Seattle while trying to catch a bus.

Four years later she fell when getting out

of bed in the middle of the night to use the bathroom. Despite my pleas to see her doctor, she hobbled around on it for nearly 2 weeks, thinking she sprained her knee.

By the time her persistent pain drove her to seek help, it was too late. The bone ends had slipped and knitted together in that position, leaving her with the discomfort and inconvenience of her right leg one inch shorter than her left one for the rest of her life.

We build nearly 90 percent of our peak bone mass before we turn 20 years old. In middle age, that begins to reverse and we begin losing 1% of our bone mass per year, doubling to 2% per year for women after menopause.

Although its complications show up in old age, osteoporosis can start in childhood, as the thinner your bones are to start with, the more likely you'll experience a fracture later in life.

Here are 5 tips to help keep your bones healthy and strong:

1. Get adequate calcium and vitamin D. Eating a variety of foods rich in calcium is essential to building and maintaining strong bones. Green leafy vegetables like broccoli, Brussels sprouts and kale are good sources of calcium, as are dairy products like milk and yoghurt.

A calcium-rich diet is proven more effective at preventing osteoporosis than just taking calcium supplements, but if you are taking bone-building medicines, you may need ad-

ditional calcium and Vitamin D supplementation.

2. Do weight-bearing activities as often as possible. Walking, cycling, dancing, even gardening will help your body keep your bones strong. Activities like tai chi and lifting light weights strengthen your thigh muscles and improve balance, which helps prevent falls.

3. Don't smoke. My mother started smoking when she was 18 years old, finally quitting when she was 80. Quitting smoking years earlier could have helped her avoid the fractures that plagued her later years.

4. Talk to your doctor about your own risk of osteoporosis. If you have passed menopause or have taken certain drugs like prednisone, you may already have thinning bones.

Testing your bone density helps determine how likely you are to have a bone break in the future and if you are at risk, your bone loss can be slowed with medicine and other strategies.

My mother never realized she had thin bones until she broke her wrist. With osteoporosis screening and the bone-building drugs available today, she could have avoided the hip fracture that changed her life so drastically.

5. Try eating prunes every day. A recent study showed that eating prunes every day can make your bones stronger.

The study participants ate about 10 prunes every day for a year, but you don't have to eat

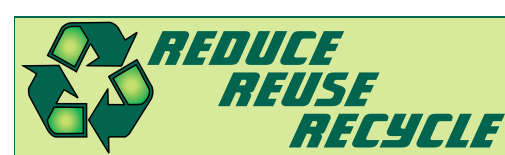


that many to benefit your bones. I suggest taking it slowly and building up to what you can manage, as prunes are a natural stool softener.

If you do have osteoporosis, there are many different bone-building drugs now available, from tablets you take every week to every month to injections given daily, every 6 months or even once a year. And even prunes!

To find out more about osteoporosis and how you can prevent it, stop by the National Osteoporosis Foundation website at www.nof.org.

Dr. Louise Achey, Doctor of Pharmacy is a 39-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Your questions and comments are always welcome at www.AskDrLouise.com



May 6 - 12 is National Nurses Week

COURTESY OF THE AMERICAN NURSES ASSOCIATION WEBSITE

National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday. These permanent dates enhance planning and position National Nurses Week as an established recognition event.

As of 1998, May 8 was designated as National Student Nurses Day, to be celebrated annually. And as of 2003, National School Nurse Day is celebrated on the Wednesday within National Nurses Week (May 6-12) each year.

The nursing profession has been supported and promoted by the American Nurses Association (ANA) since 1896. Each of ANA's state and territorial nurses associations promotes the nursing profession at the state and regional levels.

Each conducts celebrations on these dates to recognize the contributions that nurses and nursing make to the community.

The ANA supports and encourages National Nurses Week recognition programs through the state and district nurses associations, other specialty nursing organizations, educational facilities, and independent health care companies and institutions.

A Brief History of National Nurses Week

1953 Dorothy Sutherland of the U.S. Department of Health, Education, and Welfare sent a proposal to President Eisenhower to proclaim a "Nurse Day" in October of the following year. The proclamation was never made.

1954 National Nurse Week was observed from October 11 - 16. The year of the observance marked the 100th anniversary of Florence Nightingale's mission to Crimea. Representative Frances P. Bolton sponsored the bill for a nurse week. Apparently, a bill for a National Nurse Week was introduced in the 1955 Congress, but no action was taken. Congress discontinued its practice of joint resolutions for national weeks of various kinds.

1972 Again a resolution was presented by the House of Representatives for the President to proclaim "National Registered Nurse Day." It did not occur. In 1974 In January of that year, the International Council of Nurses (ICN) proclaimed that May

12 would be "International Nurse Day." (May 12 is the birthday of Florence Nightingale.) Since 1965, the ICN has celebrated "International Nurse Day."

1974 In February of that year, a week was designated by the White House as National Nurse Week, and President Nixon issued a proclamation.

1978 New Jersey Governor Brendan Byrne declared May 6 as "Nurses Day." Edward Scanlan, of Red Bank, N.J., took up the cause to perpetuate the recognition of nurses in his state. Mr. Scanlan had this date listed in Chase's Calendar of Annual Events. He promoted the celebration on his own.

1981 ANA, along with various nursing organizations, rallied to support a resolution initiated by nurses in New Mexico, through their Congressman, Manuel Lujan, to have May 6, 1982, established as "National Recognition Day for Nurses."

1982 In February, the ANA Board of Directors formally acknowledged May 6, 1982 as "National Nurses Day." The action affirmed a joint resolution of the United States Congress designating May 6 as "National Recognition Day for Nurses."

1982 President Ronald Reagan signed a proclamation on March 25, proclaiming "National Recognition Day for Nurses" to be May 6, 1982.

1990 The ANA Board of Directors expanded the recognition of nurses to a week-long celebration, declaring May 6 - 12, 1991, as National Nurses Week.

1993 The ANA Board of Directors designated May 6 - 12 as permanent dates to observe National Nurses Week in 1994 and in all subsequent years.

1996 The ANA initiated "National RN Recognition Day" on May 6, 1996, to honor the nation's indispensable registered nurses for their tireless commitment 365 days a year. The ANA encourages its state and territorial nurses associations and other organizations to acknowledge May 6, 1996 as "National RN Recognition Day."

1997 The ANA Board of Directors, at the request of the National Student Nurses Association, designated May 8 as National Student Nurses Day.

CONTINUED FROM PAGE 5

Who are the best nurses in NCW? Two are right here in Leavenworth

Management and Quality.

A former trauma nurse and flight nurse, he manages it all with a quiet sense of humor.

As he's analyzing quality control data or developing a new nursing staff matrix, his soundtrack might be Bad Religion or John Coltrane. His professional ensemble is made fun with vintage leather shoes and bright argyle socks.

"I'm humbled and honored," he says of the award. The intercom calls him to the emergency department, he pushes up his black-framed glasses and rushes down the hall.

Over the last two years, Shawn built a community and staff training program that includes EMT courses,

the Lippincott education database for staff, Trauma Nurse Core and Pediatric Advanced Life Support.

Under his leadership, Cascade Medical has offered more than 10 community classes and issued more than 150 CPR cards in the last year.

Shawn also spearheaded an Quality Improvement movement that involves every department at Cascade Medical.

He implemented new goals and quality measures for the organization, including better incident tracking and peer review, chart audits, and a monthly score card to help nurses improve and celebrate their achievements. He leads a dozen different safety and quality commit-

tees.

"He leads by example," said Louise Regan, Quality Data Specialist. "He encourages high-quality work but embodies and exemplifies his high standards for excellent patient care and teamwork."

His leadership efforts resulted in a successful Department of Health licensure survey last month. He's now working with Washington State Hospital Association to start a pilot program, the Rapid Response Team, at Cascade Medical for patients who need urgent medical care.

At the end of the day, Shawn grabs his motorcycle helmet from the acid-washed countertop he crafted, and rides home to recharge.

May 8th is National School Nurse Day

National School Nurse Day, an annual observation sponsored by the National Association of School Nurses, is designed to honor all school nurses. This year's celebration falls on May 8.

For some students, the school health services program or school-based health center serves as their primary connection to health services.

School districts look to school nursing, a specialized practice of nursing, to provide oversight of student health conditions and promotes student health.

School nurses, grounded in ethical and evidence-based practice, function not only as care providers for students with highly diverse and demanding medical conditions, but as leaders who bridge health care and education, provide care coordination, advocate for quality student-centered care, and serve as critical links between the

school, home, community, primary healthcare providers, and community and mental health services.

Their contributions to student health support attendance, engagement, graduation, and ultimately, development of successful community members.

School nursing responsibility for students with chronic health conditions, care coordination and monitoring is demanding, particularly when time and resources are

limited.

A school nurse may be responsible for students in multiple school buildings - some are responsible for multiple school districts - serving the needs of some school buildings one day per week or less.

Workdays can be hectic as the healthcare needs of students are managed along with health services program requirements.

Take a moment on May 8 and thank them for all they do.

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