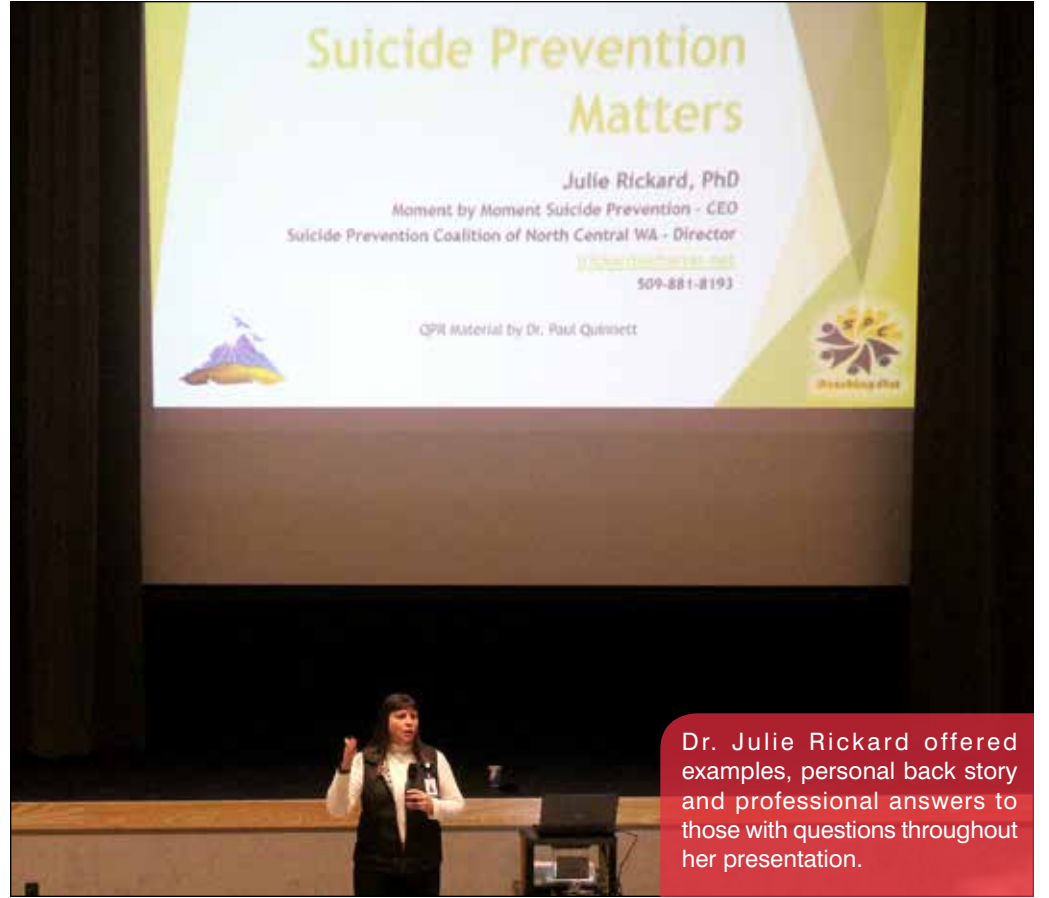
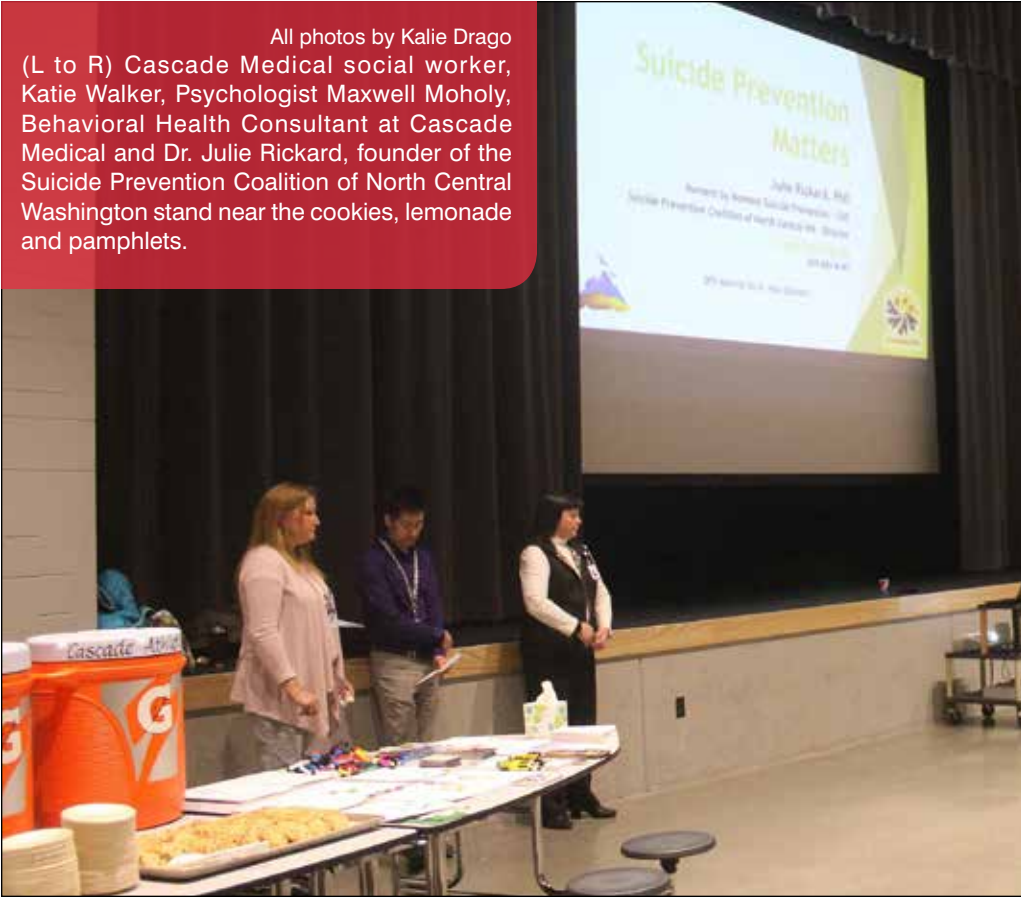


All photos by Kalie Drago (L to R) Cascade Medical social worker, Katie Walker, Psychologist Maxwell Moholy, Behavioral Health Consultant at Cascade Medical and Dr. Julie Rickard, founder of the Suicide Prevention Coalition of North Central Washington stand near the cookies, lemonade and pamphlets.



Dr. Julie Rickard offered examples, personal back story and professional answers to those with questions throughout her presentation.

Peshastin Blue Bird warehouse fire under investigation

By Kalie Drago
Echo Reporter

Local fruit company and oldest co-opertave in Central Washington, Blue Bird Inc., has suffered a severe blow Sunday night at their Peshastin location. A cold storage warehouse fire has caused the company to be looking at a range of \$15-20 million in damages, according to Chelan County Fire District 6 Chief Phil Mosher.

The fire was initially reported at roughly 7:06 p.m. The fire started from the outside of the building and it's not completely put out as of March 6 with the interior still burning, according to Mosher.

Chelan County Fire District 6, Chelan County Fire District 1, Chelan County Fire District 3, Chelan County Fire District 9, Cashmere Fire Department and Cascade Medical were all entities that responded to the fire.

The unfortunate event caused a smokey haze along with a 48 hour boil water advisory. The advisory has been lifted after water from the Peshastin wells were tested and free of contaminant, according to a press release from Peshastin Water Department. The water department reported they had been treating the water with extra chlorine as a precautionary measure.

The cause of fire is still undetermined, however the investigation is underway to discover why. Chelan County Fire Marshal, Bob Plumb is in charge of the investigation and has recruited the Chelan County Sheriff's Office and U.S. Bureau of Alcohol, Firearms, Tobacco and Explosives to assist.

Expert guides community on preventive action for suicide

By KALIE DRAGO
Echo Reporter

Experts visited the Cascade High School auditorium on March 5 to offer a free forum for suicide prevention - a difficult topic to tackle, but one of importance.

The preventive presentation was given by an individual seasoned in the field - Dr. Julie Rickard, founder of the Suicide Prevention Coalition of North Central Washington and assisted by psychologist Maxwell Moholy, Behavioral Health Consultant at local hospital, Cascade Medical.

Cascade School District parents, staff and superintendent all filed into the auditorium. They were greeted by cookies, lemonade and a wide array of suicide prevention guides and informative packets.

"We're all here because we have a caring heart. We're interested in helping our students and community heal from past events. And move for-

ward, knowing how to prevent these events from happening in the future," said Cascade High School principal, Elia Ala'ilima-Daley, as he opened the presentation.

Rickard navigated through the delicate topic, not with child proof gloves nor in a emotionless, sterile, harsh manner - but firmly explaining facts with a personable attitude.

Rickard launched into the forum with statistics that illustrated some staggering matter of fact numbers and percentages.

Some numbers focused on which demographics were considered high risk groups (seniors, LBGTQQ, teens, veterans) and which states have the highest suicide rate (rural states where its difficult to access care).

However some of the statistics zeroed in on youth specifically - for instance, Rickard explained age groups 10-14, 15-24 and 25-35 that suicide is the second leading cause of

death and shared the fact that about 20% of teens will consider suicide.

"I think it's surprising when we think about all the ways people can die and for youth, (suicide is) the second leading cause." Rickard.

"It's not uncommon when we look at suicide statistics we have a cut off around age 24 and that is based on the maturation of the brain. Part of the work we have to do is teach them (youth) resiliency skills, teach frustration tolerance."

She stressed that suicide is multi-determined - there is not one particular factor that propels an individual to suicide. It's a complex array of factors that all funnel into the decision.

"Suicide is always multi-determined. It's not uncommon people believe that it's one thing that made this happen. The truth is, it's always multi-factorial," explained Rickard.

"It's not because you chose not to call or chose not to post a thank you

or whatever the person feels as guilt."

Rickard touched on some factors that weigh in on why an individual would attempt or commit suicide, particularly pertaining to youth: substance abuse (including marijuana), most youth have the mindset their issues won't get better (this emotional moment they're currently immersed in will never pass) and having access to lethal means (mom's prescription drugs or dad's gun safe).

"83% of youth who had lethal doses of medicine got them from their grandparents, got them from people in their life," said Rickard. "86% of youth are able to get in the gun safe without any issue."

She tackled covering myths surrounding suicide or misinformed conceptions.

One myth was that suicide isn't preventable - she reiterated that

SEE SUICIDE PREVENTION FORUM ON PAGE 5

Carl Florea eyes Mayor's seat

By KALIE DRAGO
Echo Reporter

Familiar face, steady contributor to the community in several forms and long time resident of Leavenworth - Carl Florea has recently announced his intentions to run in the upcoming 2019 position for mayor of the City of Leavenworth.

"(I'm running for mayor because) the timing was right and the fact I think we can do a lot more and I think the city needs to and can," said Florea.

"The tools are there, it's needing a lot of political will to put those tools into place. We're a small town with big town problems."

Florea first ventured over to Leavenworth in 1985 as the pastor of Faith Lutheran Church and settled in with his wife and three sons. He has yo-yoed out of the community since then, but has returned.

He's looking at retirement, but weary about full

time retirement since he admittedly is not fond of being dormant or sitting still. "I always look for needs that aren't being met," said Florea. "Now I'm getting ready to retire, and that's one of the reasons I'm willing to take on being mayor. I'm going to have a little more free time, a little more flexibility."

Florea has rotated through many positions of importance in the community. He has served on the Cascade School Board, a council member on the Leavenworth City council.

Beyond that he was one of the founding directors for the well known Upper Valley M.E.N.D (Meeting Each Need with Dignity). He's currently the administrator at Cornerstone Community.

"That's not my nature to just sit back and say



Photo by Kalie Drago

Pictured is Carl Florea, the first to openly announce to the Echo he's running for mayor 2019.

SEE CARL FOREA ON PAGE 5

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Business Journal

ECHO RECORD MIRROR HERALD

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Inserts
Dan's Food Market
Safeway



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Opinion

Traffic congestion issue overblown by anti-social media

The hottest topic in town this last month has been about traffic.

It prompted the largest turnout to a city council meeting that I have witnessed in my nearly 20 years of living here.

The controversy is led by a group that calls itself "Friends of Leavenworth." While I have a number of local friends who support the efforts of that group, I am always suspicious of organizations whose title creates immediate division.

In this case, if you are a "Friend" of Leavenworth you belong and support all of their agenda. If you don't belong it suggests you must not be a "Friend of Leavenworth."

The problem in this important local debate is I hear a number of suggestions about how to solve the problem that would have disastrous consequences. Ideas like "lets cancel all advertising for a year," or cancel the Christmas Lighting Festival.

Many people have begun to talk about the problems of "over-tourism." A concept that suggests too many tourists can kill the golden goose.

On the other side many believe the over-tourism crowd does not appreciate the benefits that our tourism economy brings to our community. Lower property taxes, more restaurant choices to enjoy, year round employment opportunities to name just a few.

The problem for our local politicians and community



IN MY OPINION
Bill Forhan
Publisher

leaders is how do they sort out the true preponderance of opinion on this issue? How do we address the real problems and not give into hysteria.

The Friends of Leavenworth claim they have 400 supporters of their position.

The problem is we do not know how many of those are truly local residents and how many are just Facebook friends of local residents.

But even if all of them live in 98826 that is only 20% of the population of the city of Leavenworth and 6% of those who call 98826 home.

The real problem with these numbers is the Friends of Leavenworth have utilized Facebook to promote their agenda. I do not have a favorable view of Facebook.

My experience is it's a place for disgruntled individuals to criticize and complain about issues without having examined the issues in any depth.

And because it derives much of its "support" from individuals around the world who have even less knowledge of the issue, it tends to create an impression based solely on the emotional response of the readers.

That is not to say those

who love Facebook should be ignored, but it should be approached with caution.

Last months City Council meeting was enlightening. It was crowded. I had people call me later and claim there were hundreds of people in attendance.

That was an overstatement but it was standing room only. Those who spoke were predominantly critical of the cities efforts to address their traffic concerns. But there were a couple of local speakers who were supportive of the cities efforts.

Following that meeting I decided to put a poll up on the Echo website to test the depth of concern about the issue in our community.

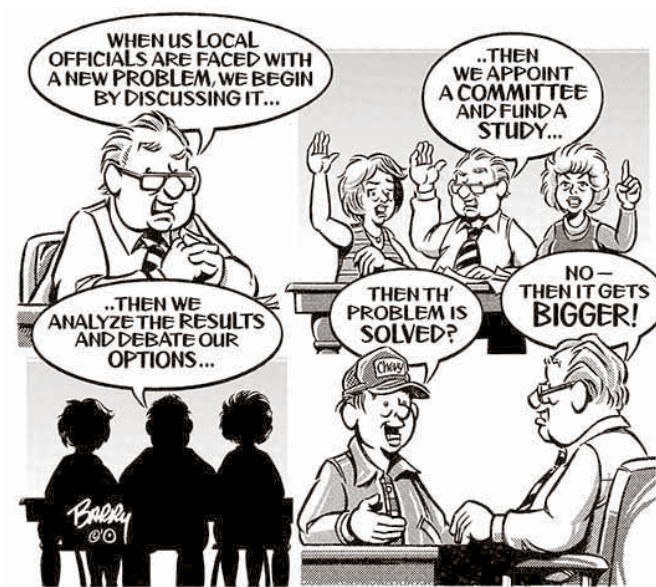
That poll has now been up for over a month. I said at the time that I am generally suspicious of on-line polling because historically activists have skewed the results by voting repeatedly. Newer technology however has made that more difficult.

During that month the website had 3,265 unique visitors according to Google Analytics.

Only 140 of the 3265 visitors actually looked at the poll and of those only 31 people responded to the poll.

My conclusion from that is this issue is greatly overblown. If we assume all 140 were city residents only 7% of the 1,965 city residents even looked at the poll and only 1.5% actually responded.

If we consider that those



who took the few seconds to respond included some local residents outside of the city of Leavenworth then the percentages become even less significant.

I have lived in this community for almost 20 years now. I have been an active participant in the life of the community and while I will admit there are a few times when traffic on Highway 2 is troublesome. It is not solely related to our tourism.

The reality is Highway 2 is one of two routes into the Seattle metro area.

When Interstate 90 is shut down traffic gets rerouted over Highway 2. Also a large amount of Highway 2 traffic is not just coming to Leavenworth.

Much of it is simply passing through on its way to other destinations like Chelan or the North end of the wet side

of the mountains. Highway 2 is woefully inadequate to handle the volume of traffic that regularly traverses our city.

Fixing that is a state problem that will take decades to address.

We cannot put our local economic engine in jeopardy to address the concerns of a vocal minority.

There are far more pressing issues for the city to address. Issues that can have an immediate impact on the quality of life here.

I will be replacing the on-line poll soon in an effort to give our city leaders a sense of the more pressing issues we face.

I hope each of you will take some time to help our local elected representatives prioritize some of these issues.

You can find the new poll at leavenworthecho.com

Tyrants censor our free speech; extremists on both left and right

When conservative speakers, even those considered "far right" are forbidden to speak or shouted down on college campuses, it is censorship.

What ideas are the blooming minds on campus afraid to hear and why have they forgotten the concept of free speech?

When President Trump throws a blanket over news media and calls it "fake news" he is in the same boat. That boat of censorship will sink democracy and thus the United States of America.

Free speech seems to be only free if one agrees with it, but those exact words morph into vile, blasphemous utterings if one disagrees with the same message.

America has been blessed since its founding by the First Amendment to the Constitution of which I condense here: "Congress shall make no law... abridging the freedom of speech or of the press..."

We have groups on both extreme sides of the political spectrum that would gladly kill the free speech of their sworn enemies while at the same time enhance their own bully pulpit



GARY BÉGIN
Managing Editor

any way they can.

I have collected some quotes here in my meager efforts to mollify our mutual hate for one another and advance an agenda of mutual respect, however difficult a task that may be.

Free speech and a free press go hand in hand, except that people can verbalize liable speech, whereas newspapers can be sued for printing the same. Other than that, they are synonymous. The quotes come from a collection put out by the Freedom Forum in 2002:

- "To say what you think will certainly damage you in society; but a free tongue is worth more than a thousand invitations." Logan Pearsall Smith, c1930.

- Censorship is like a poison gas - a powerful weapon that can harm you when the wind shifts." - Pamela Katz, 1997.

- "How is the world ruled and led to war? Diplomats lie to journalists and believe those lies when they see them in print." - Karl Kraus, 1918.

- "When information which properly belongs to the public is systematically withheld by those in power, the people soon become ignorant of their own affairs, distrustful of those who manage them and - eventually - incapable of determining their own destinies." - Richard Nixon, 1972

- "The truth shall make you free." - John 8:32

- "Reading about one's failings in the daily newspapers is one of the privileges of high office in a free country." - Nelson Rockefeller, 1972

- "A free press is not a privilege, but an organic necessity in a great society." - Walter Lippmann, 1965

- "It ought not to be permitted to speak well of politicians without an equal liberty of speaking ill." - James Mill, 1821

- "Only a fool expects the authorities to tell him what the news is." - Russell Baker, 1989

- "We are moving from a right-to-know to a need-to-

know society." - Gary Bass, 2002

- "I speak by right and not by permission." - Millard Fillmore, 1840

- "The more government becomes secret, the less it becomes free." - James Russell Wiggins, 1956

- "But words are things and a small drop of ink, falling like dew upon a thought, produces that which makes thousands, perhaps millions think." - Lord Byron, 1819

- "The press's ability to pursue the truth and publish what we feel is appropriate will always be called into question by those who would prefer to operate in a less open society." - Arthur O. Sulzberger, Jr., 2001

- "Let the people know the facts and the country will be safe." - Abraham Lincoln, 1861

- "Remember that this precious Constitution has been earned for you by your fathers ... to them it was the fruit of toil and danger - to you it is a gift." - Arthur Stansbury, 1828

- "A free press is the organ through which democracy breathes." - George F. Booth, 1943

- "None of the means of information are more sacred, or have been cherished with more tenderness and care by the settlers of America than the press." - John Adams, 1765

- "The only way to make sure people you agree with can speak is to support the rights of people you don't agree with." - Eleanor Holmes Norton, 1970

- "A function of free speech... is to invite dispute. It may indeed serve its high purpose when it induces... unrest... dissatisfaction or even stirs people to anger." - William O. Douglas, 1969

- "If we don't believe in freedom of expression for people we despise, we don't believe in it at all." - Noam Chomsky, 1992

Since I respect the intelligence of those who read this column, I have not elaborated on what role in society some of the above quoted people have held, but expect a Google search using name and year should suffice to enlighten the curious.

Those without Google are most likely able to use an encyclopedia for the same purposes.

Fake News Deterrent

Public Records: documents made by a government agency which are required to be kept and maintained.

Reporters love them. They form the backbone of many news stories. A reporter's pay can be based on drumming up stories so public records are of great value. Watch the news-room waters churn when juicy public records are thrown in! Political scandal, big names, big money, controversy, sex or violence! Hold on to your boat! Those piranhas will bite hard man!

Reporters can do a whole story on a public record. Example: A psychiatrist gets his license revoked by the State



KENNETH KRAMER
Guest Opinion

for having sex with a patient. Oh, that's a good one - story!

Hold the press! Translate the legalese into everyday English, get a couple of comments from participants and it might be on the front page the next day.

Accusations of "fake news" could simply be countered with links to public records. "unnamed sources", "it was

reported", "some people say" - just can't compare to the black and white of a mug shot, lawsuit or your mayor's e-mails - all public records.

Attorneys love them. They can be a primary source of evidence. Peruse any lawsuit and you will see attorneys demanding the other side produce documents. The code language of attorneys, Latin, even has a phrase for demanding documents, Subpoena duces tecum:

"A command for a witness to appear in court and produce documents". As soon as the documents are entered into the court file they become a public record.

Private investigators love them. They are an essential element of some investiga-

tive agencies. By checking public records alone, an investigator can find criminal histories, lawsuits, property, habits, whereabouts, affiliations, reputation, or character of his target.

Some Legislators hate them - apparently. They dream up legislation to hide public records.

They're constantly proposing Iron Walls to whittle away citizens' rights to public records. This week you will see newspapers across the country pointing out law and bills that restrict access to public records.

But reporters, attorneys, private investigators do not have a monopoly on public records.

There's a reason they are called "public records".

They are yours. Paid for by your tax dollars. Court records, property records, the e-mails of your local mayor. The list goes on.

Just dream up the record you'd like to obtain. If you don't know whether it exists just ask the city, county, state or federal agency for it.

If a government agency withholds a public record it is their responsibility to tell you why.

Good luck to you in your research!

Kenneth Kramer is a private investigator and public records expert. His website, PsychSearch.net, a research division of DataSearch, Inc., has the world's largest collection of public records on psychiatrists.

LATEST NEWS

FOR STATE LEGISLATURE NEWS CHECK OUT OUR WEBSITE

Leavenworthecho.com

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THE LEAVENWORTH ECHO

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Circulation
1-509-293-6780
circulation@lakechelanmirror.com

DEADLINES:
Calendar Listings: Noon, Thursday
News Submissions: Noon, Thursday
Letters to the Editor: Noon, Friday
Display Advertising: Noon, Thursday
Legal Notices: Noon, Friday
Classified Ads: Noon, Monday

SUBSCRIPTIONS:
In Chelan County (yearly) \$40.00
\$5.00 to include online subscription
In State (yearly) \$40.00
Out of State (yearly) \$50.00

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

SERVICES:
Back Issues are available up to one year after publication for a fee.
Photo Reprints are available for most photos taken by staff.

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

WNPA
Washington Newspaper Publishers Association Member

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

Corrections

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

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number.
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AA Meeting Schedule

Information numbers for AA:
509-548-1627, 548-4522, 664-6469, 425-773-7527, 1-206-719-3379
Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St.
Sunday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Tuesday, noon, First Baptist Church, 429 Evans St.
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
Thursday, noon, Kristalls Restaurant, 280 US-Hwy.2, Leavenworth
Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain
Information number for Alanon: 509-548-7939
Alanon Meeting Schedule:
Monday, 7 p.m., United Methodist Church, 418 Evans St.

Community Calendar

Wednesday
Peshastin Water District, 5:30 p.m., Peshastin Memorial Hall. Call Abby Bergren, 548-5266. (2nd Wed.)
Prostate Cancer Awareness & Support Group, 8:30 a.m., Kristall's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.)
Children and Youth program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 548-5292.

Thursday
Autumn Leaf Festival Association meetings, 6 p.m. at the Icicle Village Inn, in the Lake Wenatchee Room. Hwy 2. Call President Jim, 670-3343 or Secretary, Carol 670-1723. Everyone is welcome to attend. (1st Thurs. of every month, unless notified otherwise.)
Leavenworth Chamber of Commerce, 8 a.m., Kristall's Restaurant, Bill Forhan, president. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st & 3rd Thurs.)
Leavenworth Lions Club, Kristall's Restaurant, Conrad Delury, president, (509) 387-5051. (1st Thurs. at 6:30 p.m. and 3rd Thurs. at Noon)
Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
The Wenatchee Valley Doll Club, 11:30 a.m., call Yvonne, 509-663-7991. (2nd Thurs.)

Friday
Chelan County Veteran Service Officer, WorkSource, and SSVF, coffee and organizational information, 10 a.m.- 1 p.m., Kristall's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri.)
Leavenworth Rotary Club, 11:45 a.m. Kristall's Restaurant, Penny Carpenter, president. For more information, 509-885-0441.

Saturday
No Events Scheduled.

Sunday
No Events Scheduled.

Monday
Chumstick Grange Hall, 2 p.m., Helen Kensrud, 782-4086. (2nd & 4th Mon.)
Upper Valley Free Clinic, 6:30 p.m., evaluates urgent health needs; dental consultation is available the 1st Mon. of the month. Contact Upper Valley MEND. Call 548-0408.
Young Life Club, 6:30 p.m. All high school age students welcome. TJ Kaapuni 509-679-3247. (2nd & 4th Mon.)
Cascade School board meetings, 7 p.m., District Office board room. Call 548-5885. (2nd & 4th Mon.)

Tuesday
I.P.I.D. Meeting, 8 a.m., Anthony "Toni" Jantzer, 782-2561, meeting at Wescott Dr. in Cashmere. (2nd Tues.)
Icicle Valley Chapter of Trout Unlimited, 6:30 p.m., Icicle Village Inn, Lake Wenatchee Room. Call Dave, 548-0903. (2nd Tues.)
Cascade Medical Board Meeting, 9 a.m., at Cascade Medical, 548-5815. (4th Tues.)
Leavenworth People with Parkinson's Disease Support Group, 11 a.m. Church of Jesus Christ of Latter Day Saints, 10170 Titus Road. Call Katherine Degel, (206) 356-4288 or Judi Little (425) 870-2089. (2nd Tues.)
Upper Valley Women's Bible Study, Noon, at King Ludwig's. Call Delores Hall, 548-7803.
Buns, Book and Tea, Peshastin Book Club, 1 p.m., Peshastin Library. Call Kathy Springer, 509-433-1345. (3rd Tues.)
Cascade Education Foundation, 1 p.m., Boardroom at Cascade District office. Call Ken West, 670-1729.
LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 548-5477. (1st Tues.)
Leavenworth Masons, 7:30 p.m. Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)

Ongoing events
Leavenworth Public Library: 548-7923.
 Monday, Tuesday, Wednesday, open 9 a.m.- 6 p.m.
 Thursday, 9 a.m.- 8 p.m.
 Friday, 9 a.m.- 6 p.m.
 Closed on weekends and Holidays.
Special events:
 Tuesday, 11:30 a.m., **Baby story time**
 Wednesday, 1:30 p.m., **Preschool story time**
Peshastin Public Library: 548-7821.
 Monday, 2 - 6 p.m.
 Tuesday, 1 - 6 p.m.
 Wednesday, 9 a.m. - 2 p.m. Thursday and Friday, 1 - 6 p.m.
Special events:
 Tuesday, 2:30 - 3:15 p.m. Stories and crafts in Spanish and English.
 Wednesday: 10:30 - 11 a.m., **Preschool and toddlers, Story time.**
 Closed weekends.
Upper Valley Museum:
 347 Division St., 548-0728. Thursday, Friday, Saturday 10 a.m. - 4 p.m., Sunday, 11 a.m. - 3 p.m.
Leavenworth Fish Hatchery, 548-7641. **Open daily,** 8 a.m. - 3:30 p.m.

Regional events
SCORE (small business counseling), 1 - 4 p.m. Wenatchee Chamber of Commerce. Call for appointment, 888-2900. (Tues. & Thurs.)
Cascadia Conservation District Board Meeting, 3:30 p.m., Upstairs Conference Room, Wenatchee World Building, 14 N. Mission St., Wenatchee. 509-436-1601.
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Senior Center Events

Leavenworth Senior Center, 423 Evans St., Leavenworth
 Monday, Wednesday, and Friday 10:00 a.m., Gentle Exercise
 Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council Board meeting
 Tuesday, 1:00-3:00 p.m., Crafts
 Thursday, 1:00-3:00 p.m., Square Dancing
 Thursday, 6:30-7:30 p.m., Bavarian Dancing
 Friday, 6:00 p.m., Bingo
 Saturday 6:30-9:00 p.m., Music, Public Welcome, No cover charge

City Council Meetings

7 p.m., Leavenworth Planning Commission at City Hall contact Lilith Vespier, 549-5275. (1st Wed.)
8 a.m., Leavenworth City Council study session, City Hall, Joel Walinski 548-5275. (2nd Tues.)
3 p.m., Design Review Board, City Hall, Sue Cragun 548-5275 (2nd & 4th Tues.)
6:30 p.m., Leavenworth City Council meeting, City Hall, Joel Walinski 548-5275 (2nd & 4th Tues.)

Senior Center Menus

Leavenworth Senior Center, 423 Evans St., Leavenworth
 Please call 548-6666, 24 hours in advance to reserve a meal. Meals are served at noon.
March 14, Thursday: Sweet & sour chicken, rice, spinach salad, pineapple tidbits, garlic bread, dessert.
March 15, Friday: Corned beef & cabbage, boiled potatoes, carrots, tropical fruit, whole wheat bread or roll, pistachio pudding.
March 16, Saturday
March 17, Sunday: Happy St. Paddy's Day!
March 18, Monday: Baked chicken, wild rice, carrots, three bean salad, peaches, bread pudding.
March 19, Tuesday: Baked fish, rice pilaf, mixed vegetables, tossed salad, apple celery salad, garlic bread, dessert.
March 20, Wednesday: Lasagna, green beans, tossed salad, bread sticks, dessert.

Sheriff/Fire/EMS

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

Leavenworth	23:28 DUI, US Hwy 2 & 9th St.
February 27	March 3
09:16 Burglary, 11425 North Rd.	01:04 Disturbance, 690 US Hwy 2.
11:56 Civil, 7400 US Hwy 97., Peshastin.	07:25 Public assist, 405 US Hwy 2.
12:27 Suspicious, 980 US Hwy 2., Cashmere Valley Bank.	12:52 Civil, 12973 Chumstick Hwy.
13:25 Suspicious, 18451 Camp 12 Rd., Plain.	13:09 Domestic disturbance, 3432 Hansel Ln., Peshastin.
14:24 Welfare check, Coles Corner., Lake Wenatchee.	14:17 Public assist, River Bend Dr.
15:16 Vehicle prowl, 8601 Front Rd.	16:33 Suspicious, 12973 Chumstick Hwy.
15:42 Alarm, 9810 Big Y Junction Rd.	19:02 Traffic offense, 25807 Bridle Ln., Plain.
17:11 Accident, no injury, 817 Commercial St.	19:05 Assist agency, 10135 Peshastin Mill Rd.
20:01 Domestic disturbance, 116 River Bend Dr., Safeway.	March 4
22:14 Suspicious, 263 Mine St.	00:47 Alarm, 58 Snowshow Ln., Lake Wenatchee.
23:02 Traffic offense, 600 Blk Commercial St.	08:03 Domestic disturbance, 3910 Old Blewett Rd., Peshastin.
23:39 Warrant, 213 9th St., Post Office.	09:44 Assist agency, 23120 Lake Wenatchee Hwy.
February 28	09:48 Theft, 280 US Hwy 2., Kristalls.
10:22 Public assist, 330 Prospect St.	12:53 Atl/atc, 1250 US Hwy 2, McDonalds.
11:43 Assist agency, 807 Front St., Soup Cellar.	13:48 Welfare check, 330 Prospect St. #24.
14:20 Alarm. 8894 Stage Rd., Peshastin.	13:55 Public assist, 7840 E. Leavenworth Rd.
22:27 Assist agency, 11724 River Bend Dr.	14:16 Suspicious, 8721 North Rd., Peshastin.
March 1	14:26 Animal problem, 421 Price Ave., The Alley.
01:08 Traffic offense, 8900 Blk Josephine Ave.	16:10 Property, 228 Chumstick Hwy.
March 2	18:37 Parking/abandon, School & Main St., Peshastin.
14:28 Trespass, 2428 Salal Dr.	20:33 Suspicious, 8721 North Rd., Peshastin.
15:27 Civil, 633 Front St.	

SEE more public records at page 5

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

Please help us meet our needs by donating the following items:
 • Cereal • Juice • Canned Fruit • Cooking Oil • Eggs • Meats • Chili • Soups
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This announcement sponsored by The Leavenworth Echo

Leavenworth

Cascade High School Concert
 The Cascade High School bands and choirs will present a free concert on March 13, 7 p.m in the CHS auditorium. The public is invited . Also performances by soloists and small ensembles. The groups will be performing the pieces they have been preparing for Band and Choir Festivals, which will take place at the end of March. (e 10,11).

North Central WA Opioid Response Conference
 Pathways to Prevention will be at the Leavenworth Fire Station on Chumstick Hwy., Friday, March 15, 9 a.m.- noon. Join educators, tudents and community leaders/members in a unique opportunity for a facilitated discussion to address the opioid epidemic by taking action to increase awareness and prevention and by developing innovative, out-of-the-box strategies for opioid prevention for our community. Register online for a location near you. <https://www.eventbrite.com/e/ncw-opioid-response-conference-pathways-to-prevention-registration-56045603910>
 Contact, Christal Eshelman, North Central Accountable Community of Health, 509-886-6434 or Christal.Eshelman@cdhd.wa.gov (er 10,11).

Empty Bowls Artists Bowls Auction
 Don't miss the 23rd annual Upper Valley Empty Bowls on-line auction of bowls hand painted by local artists. From 8 a.m. March 6 through 10 p.m. March 20, 21 bowls designed and created by local artists and potters will be available for bidding on-line at the Upper Valley MEND website (www.uvmend.org). Each bowl is also available for immediate purchase with a "buy it now" price. All proceeds from the auction benefit Leavenworth's Community Cupboard food bank and a small art grant benefiting local youth. For more info, contact Diane dndpartytour@gmail.com (e 11,12).

Friends of Leavenworth Open Community Meeting
 The meeting will be held at the Leavenworth Fire Hall on March 15 from 6:30- 8 p.m. Subjects include updates on local projects, the Traffic Corridor Study; Status of Adventure Park Application; Community Survey results; and a proposal to bridge the needs of residents and businesses through a City Tourism Commission. For more information, www.friendsofleavenworth.org. (e 11)

False Promises: the Lost Land of the Wenatchi
 The Red Barn at the Wenatchee River Institute will host the movie. The movie will start at 4:30 p.m. on Sunday, March 24, doors open at 4 p.m for no host bar and social half hour. Free admission, but \$5 donation suggested at door. For more info, contact Rachel at 548-0181 (e11,12)

Is Truth Really Dead in America? Presentation
 Professor Steven Stehr from Washington State University will be presenting and NCW United and Humanities Washington will be hosting the event. A free presentation on April 16 at 7 p.m. at the Canyon Wren Recital Hall. For more information, ed@ncwunited.org or (425)457-6266.

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ICICLE CREEK THIS WEEK

Wildlife filmmaker Chris Morgan brings BEARTREK

JAMIE HOWELL
 Chris Morgan is an ecologist, an award-winning conservationist, an educator, a TV host, a filmmaker, and our next featured guest at the **Snowy Owl Theater**.

Morgan will be in town to screen his latest documentary feature, BEARTREK, as well as to lead a free workshop on wilderness filmmaking.

BEARTREK premiered last year and delivers what the title promises, an epic global trek - in this case on a motorcycle - to find the world's most elusive and endangered bears. It's been described as, "a conservation story wrapped in an adventure."

Before the Saturday evening screening, Morgan will lead a **free workshop**, offering insight into what it takes to capture such amazing wildlife footage. It promises not only stories from his many adventures, but a look into his technical approaches and the intended educational impact of his work.

As an added bonus, local film pro **Charley Voorhis of Voortex Productions**, and one of Chris Morgan's biggest fans, will share a short wilderness work-in-progress of his own.

The workshop starts at 5 p.m., the film follows at 7 p.m. For tickets or more information, go to icicle.org or call the box office at 548-6347, x1.

SAT., MAR. 23, 7 PM
BEARTREK
WITH CHRIS MORGAN
 sponsored by
 Voortex Productions
 Equilus Financial

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 DOOR \$22 12 & UNDER FREE
 SNOWY OWL THEATRE
 TICKETS: ICICLE.ORG OR (509) 548-6347 X1

Neighbors

Obituary

Betty Custer

October 17, 1928 – February 11, 2019



Betty Custer, 89, passed away after a short illness on February 11, 2019. Betty was married to Don Custer on December 20, 1948 and they had two sons: Michael Wayne and Ronald (Karen) Custer. Betty is survived by her sons: Michael and Ronald; brother, Jim; sisters: Joanne and Joyce; three grandchildren: Nicole (Roger), Michele and Victoria

and four great-grandchildren: Riley, Spencer, Bella and Kei. She was preceded in death by her husband, Don, and grandson, Charlie.

At Betty's request, there will be no service. Memorials may be made to the Cancer Society. Arrangements are in the care of Heritage Memorial Chapel, East Wenatchee and Cashmere.

Obituary

Douglas Gerald Moser

1967 – February 28, 2019

Doug Moser, 51, passed away February 28, 2019. He was born in San Diego, California to Jerry and Dodie Moser (Olson).

Doug's early years were in Snohomish, but most of his young adulthood was spent working alongside his family in their business the Cougar Inn and developing the popular 59er Diner located in Lake Wenatchee.

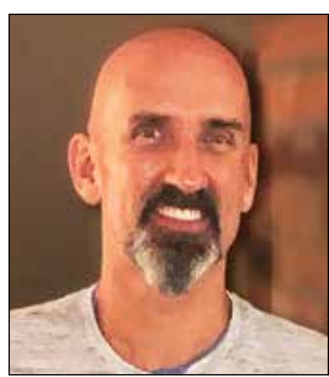
At the time of his death, he resided in Lynnwood WA and was employed as the General Manager at Chown Hardware in Bellevue.

Doug leaves behind the two most precious women in his life, his loving wife Cari, and his smart, artistic and beautiful daughter Raegan.

He is also survived by his twin brother Darrell and his sister-in-law Donna, his sister Nicole Olson, his father Jerry and Karen (Mom II), his mother Dodie Olson, nephews Cameron and Jordan, as well as his best friends T.R. Gibson and Ed Hall. Many other extended family and dear friends will also miss him greatly.

Doug was an amazing man that we lost too soon. He brought creative energy and high level of fun to everything he did. His family, friends, and co-workers loved his big personality, kindness, and wit.

The heartbreaking sadness of his death leaves his family



mind, and a generous spirit. Our family will never be the same without him. We will never ever forget the joy he brought into our lives.

A celebration of his life will be held at 12 noon, Saturday, March 16th at Purdy & Walters at Floral Hills, 409 Filbert Road, Lynnwood, WA. A light reception will follow the service.

Please follow the below link for more information about the service: <https://www.dignitymemorial.com/obituaries/lynnwood-wa/douglas-moser-8195898>

and loved ones overwhelmed with grief. There are no words for our sorrow at the loss of such a wonderful man. Doug had a sweetness in his heart, a beautiful soul, quick

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

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Funeral Home

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DR. O'BRIEN DDS
GENERAL DENTISTRY

Dr. Bradford O'Brien's office would like to introduce Clarissa Manzano

Clarissa received her dental assisting certificate from Everest College in 2012. She worked for many years as a lead dental assistant at Sunrise Dental in Kent, WA. Clarissa moved back home to Leavenworth in September 2018. She joined Dr. O'Brien's team in Jan 2019.

Clarissa enjoys learning new skills from Dr. O'Brien and staff. She is great at making her patients feel comfortable, and offers her bilingual skills in many areas of the practice.

Clarissa has a very energetic 4 yr old son; JR. Clarissa said she entered the dental profession due to her love of art, working with



her hands, and her passion for helping people. In her free time, she enjoys spending time with family, knitting, and going on road trips. GO MARINERS!

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303 Maple Street • 782-2431
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CASHMERE UNITED METHODIST CHURCH
213 S. Division • 782-3811
Worship & Sunday School at 11:00 a.m.
Office Hours: Monday - Thursday
10:00 a.m. - 1:00 p.m.
Pastor Lilia Felicitas - Malana

CHRIST CENTER

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Worship Celebration & Sunday School 10 a.m.
Meeting at The Conservatory, back entrance of Apple Annie's
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Junior High, Wednesdays, 6:30 p.m.
Meet at - 206 Vine Street
Lead Pastor, Steve Haney
Children's Pastor, Andy Robinson
Congregation Care Pastor, Joyce Williams
Pastor Ian Ross, Director of Operations
Stephanie Haney, High School Director
christcentercashmere.com



GRACE LUTHERAN CHURCH

Vine & Elberta Streets • 860-0736
Worship 10:30 a.m.
Pastor Robert Gohl



ST. JAMES EPISCOPAL CHURCH

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Holy Eucharist 9 a.m.
5th Sunday Morning Prayer 9 a.m.
Deacon Carol Forhan - 670-1723
Vicar Rob Gohl - Cell - 860-0736

EVERGREEN BAPTIST CHURCH

5837 Evergreen Drive • 782-1662
Sunday School - 9:45 a.m.
Morning Worship - 11 a.m.
Evening Service - 6:00 p.m.
Pastor John Smith www.christforcashmere.org

DRYDEN

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

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email: mkb3123@gmail.com

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Fred Smith • 860-3997

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Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR



MONITOR UNITED METHODIST CHURCH
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Church Service & Sunday School 9:00 a.m.
Pastor Lilia Felicitas - Malana

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Pastor John Romine
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Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: newlifeleavenworth.com
www.newlifeleavenworth.com



Gala pictures by Tiffany Brine

"The Upper Valley community came together for the third annual Empty Bowls Artist Gala and Showcase Reception on March 3. This was the first opportunity to publicly view the 21 artist bowls that will be auctioned off online at uvmend.org. March 6-20."

Board member position opens on Leavenworth Mosquito District

By KALIE DRAGO
Echo Reporter

Those with an inclination or desire to contribute to the Leavenworth Mosquito Control District have an opportunity to pitch themselves as a possible future board member.

With long time board member and original president of the mosquito dis-

trict, Tom Guthrie, exiting the board, there is an open position.

Guthrie was the original president back when the Mosquito District was assembled, according to manager Jennifer Mullins. He took a brief hiatus for a few years, but eventually returned to serve as a regular board member.

"He's done a lot for the mosquito district," said Mullins. "When he was president he got our first bank loan, made sure the taxing was done the way the state wanted it to be done, etc."

After contributing for many years, Guthrie has big shoes to fill. Mullins stated that the primary character-

istic the board is looking for is someone is able to make the meetings. She noted while an occasional absence is understandable, the crew is looking for someone that is reliable for meetings.

"(Characteristics that we're looking for is) somebody who can make it to most of the meetings, have an interest in what we're

doing and want it to go well and can contribute whatever talent they can," said Mullins.

According to the Leavenworth Mosquito District's website, meetings are held on the first and third Mondays of the month at 7 p.m., so if this doesn't overlap with one's schedule - the new board open position could be an option. It is also stated that meetings are not typical December through February.

The selection process, according to Mullins, is once people have expressed interest in the Leavenworth

Mosquito Control District then the board will evaluate background of the interested individual & what they can contribute.

The board will then send their selection to a county commissioner who will review the board's selected candidate and decide from there.

"We're open to anybody who can put that time commitment and willing to learn what they need to," said Mullins. "It's voluntary, a community service."

The individual interested in the position must live within the district.

CONTINUED FROM PAGE 1

Expert guides community on preventive action for suicide

research shows if people get good help when they need it, they usually never attempt again.

There was emphasis on looking beyond what the stereotypical, assumed "mold" of a suicidal person - that people often are shocked when good looking or popular people take their own life.

"A lot of people have some thoughts about suicide: whether you can talk about it, whether you can't talk about it. And that really plays a large role in how people move forward and talk about suicide to other people be-

cause they have this kind of misguidedness."

Another important segment of the forum was when Rickard defined various degrees of clues that are red flags.

Rickard gave examples of behavioral, situational, direct and indirect clues.

"Part of what we look for is a baseline change in how they've always been," said Rickard.

Lastly, she offered avenues for how to offer help or pose a question over someone's suicidal tendencies.

She expressed that its key to let them talk freely, avoid

trying to fix it and how imperative is to be a listening ear - and the primary first step is to seek out treatment for the individual.

At the end of Rickard's spiel, a Cascade High School student, Alana presented her peer support group.

She has begun kickstarting to provide a safe space for her peers in need.

There was also a question and answer opportunity for the audience to engage.

Despite being a somber and triggering conversation, the audience appeared to have left receptive from the forum.

CONTINUED FROM PAGE 1

Carl Florea eyes Mayor's seat

there's nothing we can do. I was raised to tackle the hard problems, it might take longer, but I'm not willing to give the community up without fighting," said Florea.

"What this election will be about is, quite frankly, whether or not enough people agree with that vision - that we need a full spectrum community, we need a full spectrum of living. We don't want to become just a resort."

He is not coming empty handed to the seat if elected.

He has a variety of interests to bring up and plenty of issues to tackle, but he's zeroed in on one particular topic - affordable housing.

"Over time what became one of my big issues was lack of affordable housing," said Florea.

"The passion is for community, it's not about housing per se, that's just wood and brick and stuff - it's about what it represents. It's home, it's about giving people a sense they belong and they're home."

His enthusiasm for affordable housing was ignited when he watched his own block being bought out as second homes (he emphasized that he has no problem with the 'other side', but rather it meant it was taking housing out of the local community for local workers).

Also he witnessed the issue unfold negatively during his

stint on the Cascade School Board - one young teacher backed out of accepting a contract due to not being able to live in the community.

"The idea of a bedroom community, where you commute in because you didn't have an option - that's not, in my view, a healthy community. A healthy community is able to house its workforce or at least have an option to house," said Florea.

"It's not healthy for the business community cause if you have to import your workers, they're not as loyal as they are if they're working and living in the community where their kids go to school, they go to your churches."

Another issue he stressed is that there is a need to bridge that gap between residents and the business community.

Florea clarified that he is pro affordable housing, but not anti business.

He's already met with some members of Leavenworth's local businesses to help strat-

egize some of the problems they face within the business circle.

This rolled into his opinion on the hotly debated tourism topic.

Florea noted a desire to stretch tourism into something profitable into winter months (shoulder season) after Christmas Lighting when the town tends to dim down with outside guests.

He also thinks there is a need to continue working to tackle the downtown parking problem beyond what's been done.

Lastly, he wants to add to the town in a way that pushes Leavenworth out of being solely a tourist town.

"I really hope to set a tone that would be 'let's solve all of these together' instead of this that I hear of business and/or community. One side against another."

"My goal would be, we hear one another. I think there are ways we can pull together, instead of pulling each other apart."



The pamphlets offered to those who wanted more information after the forum.

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Sheriff / Fire / EMS
Continued from page 3

<p>March 5</p> <p>06:17 Welfare check, 2429 Salal Dr., Lake Wenatchee.</p> <p>12:07 Trespass, OBlk Josephine Ave., Dryden.</p> <p>13:04 Malicious mischief, 7530 Saunders Rd.</p> <p>13:08 Miscellaneous, 228 Chumstick Hwy.</p> <p>14:37 Suspicious, 8570 Pine St., Peshastin.</p> <p>16:16 Domestic disturbance, 24110 Morgan St., Plain.</p> <p>19:15 911, 263 Mine St., #108.</p> <p>March 5</p> <p>06:17 Welfare check, 2429 Salal Dr., Lake Wenatchee.</p> <p>12:07 Trespass, OBlk Josephine Ave., Dryden.</p> <p>13:04 Malicious mischief, 7530 Saunders Rd.</p> <p>13:08 Miscellaneous, 228 Chumstick Hwy.</p> <p>14:37 Suspicious, 8570 Pine St., Peshastin.</p> <p>16:16 Domestic disturbance, 24110 Morgan St., Plain.</p> <p>19:15 911, 263 Mine St., #108.</p>	<p>March 6</p> <p>09:28 Parking/abandon, 932 Front St., Starbucks.</p> <p>10:37 Accident, no injury, 5400 Blk Binder Rd.</p> <p>15:56 Civil, 9495 Anderson Canyon Rd., Peshastin.</p> <p>16:09 Accident, unknown, 14865 Chumstick Hwy.</p> <p>16:21 Accident, no injury, Chumstick Hwy MP 1.</p> <p>17:00 911, 505 US Hwy 2, Icicle Village.</p> <p>March 7</p> <p>04:21 Hazard, Chumstick Hwy., MP 9.</p> <p>07:27 Welfare check, 1250 US Hwy., 2, McDonalds.</p> <p>08:21 Drugs, 25807 Bridle Ln., Plain.</p> <p>11:01 Harass/threat, 833 Front St.</p> <p>12:31 Harass/threat, 12790 Fish Hatchery Rd.</p> <p>19:00 Welfare check, 11869 Shugart Flats Rd.</p> <p>21:24 Traffic offense, US Hwy.2 & Sherbourne St.</p>
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CASSAYRE CROWNED 2019 MR. KODIAK



By AL STOVER
Echo Reporter

Cascade senior Will Cassayre joined an elite list of young men after being named Mr. Kodiak 2019 during the 10th annual event at Cascade High School on March 4.

Cassayre was one of seven seniors who competed for the prestigious crown, along with Kurt Fraker, D'Andre Vasquez, David Nelson, Conrad Hasse, Duncan Allen and Andrew Magnaghi. Alex "Hondo" Sanchez was an unofficial contestant as well.

All seven contestants had to throw out their best pick-up lines, display individual talents, perform a physical fitness routine, demonstrate poise and answer an impromptu question.

The event also recognized Mr. Kodiak 2018 Stefan Zuckriegel, who drafted a farewell letter ready by master of ceremonies Clint Strand.

In addition to the Mr. Kodiak competition, the program a performance from the CHS staff, a 50/50 raffle, and both silent and live auctions.

For his talent, Andrew Magnaghi demonstrated fencing. Magnaghi was dressed as Olympic fencer Chamley-Watson.

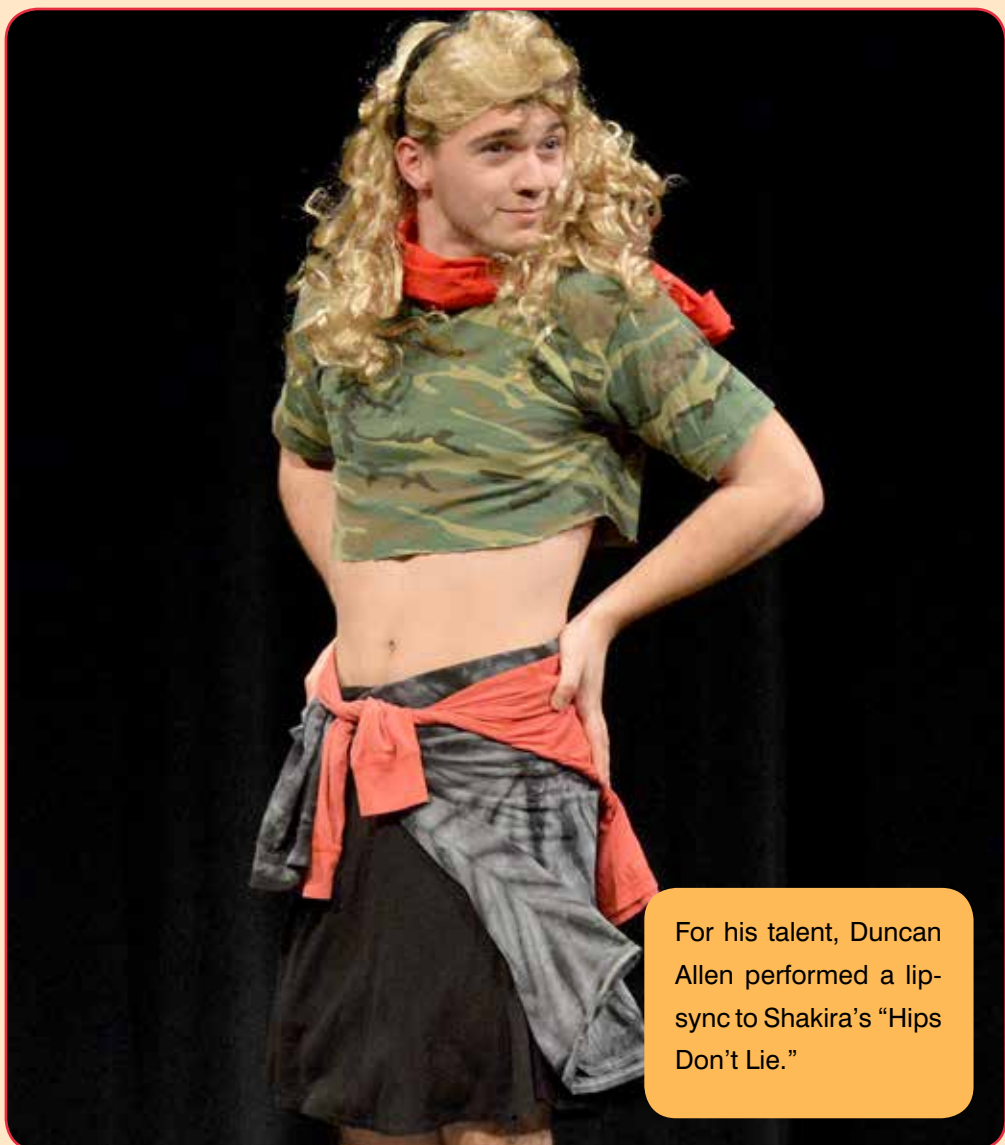


Escort Megan Evans (right) carries contestant Conrad Hasse to the stage for his impromptu question.

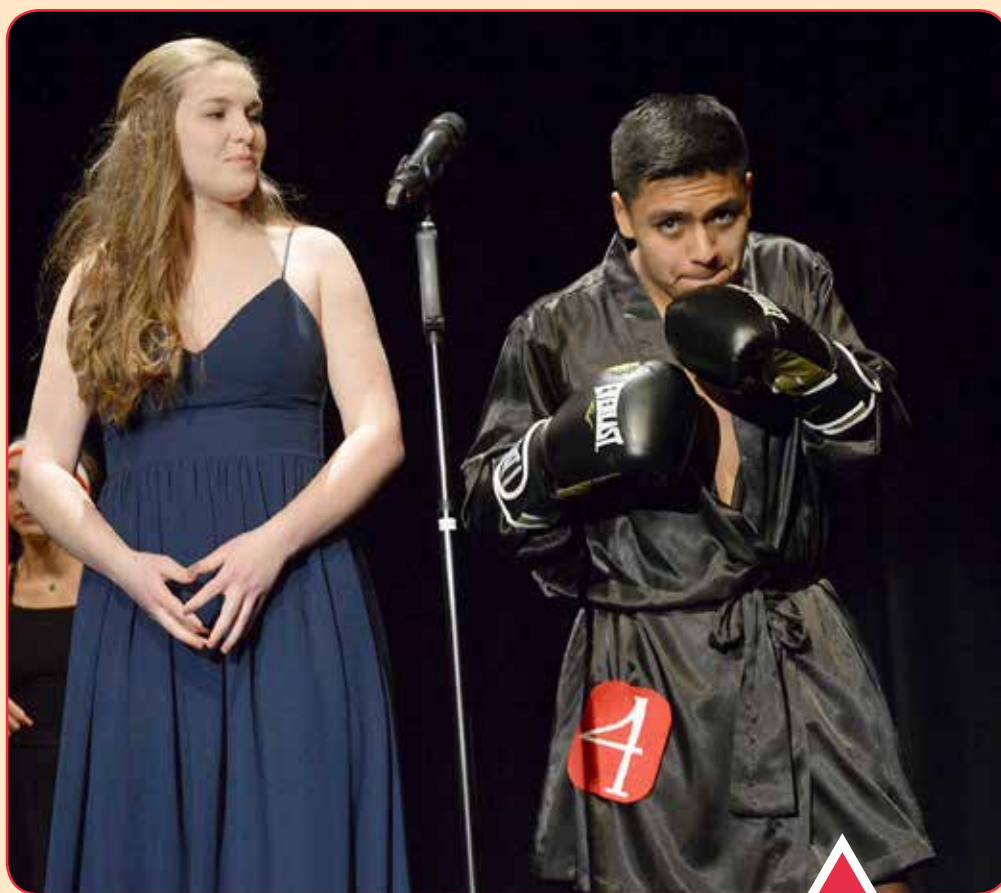
(From left) David Nelson and Kurt Fraker, along with the other Mr. Kodiak contestants, demonstrated their jazzercise skills for the physical fitness routine.



Will Cassayre (right), dressed as Olympian Steve Prefontaine and standing next to his valet Gianna Pistorosi, was crowned Mr. Kodiak for 2019 during the annual fundraiser on March 4 at Cascade High School.



For his talent, Duncan Allen performed a lip-sync to Shakira's "Hips Don't Lie."



With Mr. Kodiak 2019 focusing on an Olympic theme, D'Andre Vasquez was dressed as Muhammad Ali. Vasquez's escort was Abby Brown (left).

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SPRING SPORTS PREVIEW



Cascade boys soccer seeks return to state

All Photos by Al Stover

The 2019 Cascade High School boys soccer team. Back row from left: Josiah Johnson, Caidan Newman, Isac Guzman, Elijah Robles, Angel Onate, Adian Arceo, Victor Oropeza, Raul Mata, Ben Piers, Eric Rosario and Ricky Barragan. Middle row from left: Gabriel Norby, Jerome Jerome, Jose Reyes, Julian Alvarez, Joseph Wall, Emanuel Gil, Jose Rivera, Eduardo Camarena, Price Schubert, Aldair Oropeza, Alexis Ibarra and Christian Tovar. Front row from left: Jaden Niemela, Arturo Avila, Jose Valdez, Efen Guerrero, Owen Bard, Will Piers, Derek Richardson, Edgar Mata and Antonio Garcia. Not pictured: Daniel Sandoval, D'Andre Vasquez, Jalen Willis, Manuel Camarena, Saul Vizcaino, and Carlos Vazquez.

By AL STOVER

The Cascade High School boys soccer team are picking up where they left off last season.

In 2018, the Kodiaks finished with a 13-5 record and second place in the Caribou Trail League standings.

Both head coaches Pete Spiegel and Jesus Sandoval are back to lead the Kodiaks this season. Coach Sandoval noted that the team has a core of great athletes returning to the soccer pitch this year.

Among the returning players are Daniel Sandoval, Jose Valdez and Julian Alvarez. Coach Sandoval said all three players "bring a lot to the table," and provide numerous options on

the field. Arturo Avila, who scored 30 goals as a freshman and Efen Guerrero also return to the varsity roster. Both athletes will likely play forwards.

Both Raul Mata and Will Piers have experience playing at midfield last season. Eric Rosario, Aidan Arceo and Ricardo Barragan, who all played defense, return to the team. Coach Sandoval added that Alvarez can also play defender.

There are two players competing for the team's open goalie position, previously held by Jose Mendoza. One is Jerome Jerome, who played goalie for JV and put in a lot of work in the offseason. The other goalie candidate is freshman Edgar

Mata, who Coach Sandoval said has good footwork and hands. Coach Sandoval noted both players will share the goalie position in the beginning of the season before he and Spiegel decide on a permanent starter.

"It's still hard to pick without being on the field," Coach Sandoval said. "We want to see what they'll give us. It's a very important position."

In addition to Mata, the Kodiaks have two other freshmen who will step up to the varsity roster, Derrick Richardson and Owen Bard.

Coach Sandoval said there are enough players for the Kodiaks to have different formation options during games.

"Last year we had a lot of depth, and looking at the bench (this year), I know we have a bunch of guys who are eager to give us good minutes," Coach Sandoval said.

The Kodiaks were scheduled to begin their season in a non-league contest against Royal on March 12. They are set to play Prosser in a nonleague game on March 16 at the Wenatchee Apple Bowl.

As for the CTL landscape, Coach Sandoval said Chelan is a tough opponent for Cascade. He noted Cashmere always brings their best effort against the Kodiaks because of the crosstown rivalry.

As for season goals, Coach

Sandoval said the team wants to capture both the conference and district titles and reach the final four of the 1A state

tournament like they had two years ago.

"I truly believe we have the squad to do it," he added.

Date	Opponent	Time	Place	
Wed, Mar 6	Jamboree			
	Wenatchee (Host)	5:30 PM	Away	AppleBowl
Sat, Mar 9	Connel	4:00 PM	Away	Connell-Hi
<i>Postponed, new date to be determined</i>				
Tue, Mar 12	Royal	6:30 PM	Away	RHS
Thu, Mar 14	Quincy	6:30 PM	Home	
Sat, Mar 16	Prosser	10:00 AM	Home	AppleBowl
GAME AT WENATCHEE APPLE BOWL				
Tue, Mar 19	Omak	4:30 PM	Away	EOP
Thu, Mar 21	Toppenish	6:00 PM	Away	Meagher
Sat, Mar 23	Wahluke	11:00 AM	Away	
Tue, Mar 26	Cashmere	4:30 PM	Home	CCUP
Thu, Mar 28	Chelan	4:30 PM	Away	CFalls
Sat, Apr 6	Meridian	1:00 PM	Home	CCUP
Tue, Apr 9	Okanogan	4:30 PM	Away	CVSC
Thu, Apr 11	Omak	4:30 PM	Home	CCUP
Sat, Apr 13	Brewster	1:00 PM	Home	
Thu, Apr 18	Cashmere	4:30 PM	Away	CSF
Tue, Apr 23	Chelan	4:30 PM	Home	CCUP
Thu, Apr 25	Okanogan	4:30 PM	Home	CCUP



The 2019 Cascade High School baseball team. Back row from left to right: Brodie Ward, Nikoli Habek, Cameron Ostrem, Cole Warnaca, Justin Puntiel, Daniel Balzar, Hunter Zackary, Jadon Hiatt, Jeremy Sickles, Nate McMahon, Conrad Hasse, T.J. Thompson and Seth Blanchard. Front row from left to right: Owen Skylstad, Hunter Reinhart, Ben Sunitsch, David Nelson, Cody Enloe, Spencer Drolc, Hunter Rodgers, Ashtin Oropeza and John Mcloed. Not Pictured: Rally Baker and Aiden Skylstad.

Isadore takes reins of Kodiak baseball

By AL STOVER

The Cascade High School baseball team has a new head coach at the helm for the 2019 season, Brett Isadore.

Prior to taking over the head coach position, Isadore was an assistant coach for the Kodiaks for two years, and has been involved with the program for 12 years. "I wanted to do whatever I could to help

the program," Isadore added.

Assisting Isadore are Steve Martin and Scott Dempster.

The Kodiaks baseball team finished 2018 with a 3-9 Caribou Trail League and 7-14 overall.

Isadore said the Kodiaks have 24 athletes on this year's team, which the largest turnout for the ball club in the last 4-5 years.

Several varsity players return to this year's Cascade lineup including infielders David Nelson, Conrad Hasse and Cody Enloe, as well as outfielders Nate McMahon and T.J. Johnson.

"We have a good core of guys to work around," Isadore said. He added that the team has a crop of freshmen who joined this year's ball club.

As with other local teams, Cascade is forced to practice indoors because of the snow covering the ball fields.

"You're limited on what you can do fundamentally," Isadore said. "You can't hit fly balls or do base running. For the most part, we're working on pitching and hitting, and a lot of hand-eye coordination and footwork."

One of Cascade's strengths this season will lie in pitching. Isadore noted the team has 6-7 players who can throw well. During practice, the team has focused on pitching accuracy as opposed to speed.

"We just need to get the ball in the right location and put it in play," he added.

Cascade was scheduled to open their season with a doubleheader against Kiona Benton on March 9. Both games were canceled and rescheduled for March 25.

The Kodiaks will play their home opener against La Salle in a nonleague game on

March 17, followed by a road game against Ephrata the next week.

The CTL's baseball division will be a four-team conference as Omak's ball club canceled their season due to participation. Isadore said Omak withdrawing from the season will likely result in the cancellation of the CTL-Northeast A League crossover game.

As for goals, Isadore said he wants to show current and incoming players that baseball can be a fun game.

He also wants the Kodiaks to compete in all seven innings of each game.

Date	Opponent	Time	Place	
Sat, Mar 16	La Salle	1:00 PM	Home	PD
Tue, Mar 19	Ephrata	4:30 PM	Away	JOBSiad
Sat, Mar 23	Okanogan	11:00 AM	Home	PD
Sat, Mar 23	Okanogan	1:00 PM	Home	PD
Mon, Mar 25	Kiona Benton	3:00 PM	Away	
Mon, Mar 25	Kiona Benton	5:00 PM	Away	Kiona Bent
Sat, Mar 30	Chelan	11:00 AM	Away	CheICity
Sat, Mar 30	Chelan	1:00 PM	Away	CheICity
Fri, Apr 5	Meridian	3:00 PM	Home	PD
Sat, Apr 6	University Prep.	12:00 PM	Home	PD
Tue, Apr 9	Omak	4:30 PM	Away	EOP
Sat, Apr 13	Cashmere	11:00 AM	Away	CBE
Sat, Apr 13	Cashmere	1:00 PM	Away	CBE
Thu, Apr 18	Chelan	4:30 PM	Home	PD
Sat, Apr 20	Overlake	12:00 PM	Home	PD
Sat, Apr 20	Overlake	2:00 PM	Home	PD
Tue, Apr 23	Okanogan	4:30 PM	Away	PMF
Sat, Apr 27	Omak	10:00 AM	Home	PD
Sat, Apr 27	Omak	12:00 PM	Home	PD
Thu, May 2	Cashmere	4:30 PM	Home	PD

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Kodiak golfers getting in their swings for the season

The 2019 Cascade High School boys and girls golf team. Back row from left to right: Chandler Pulse, Isaac Cortes, Natalie Craig, Michael Whitehead and Ryan Totman. Front row from left to right: Assistant Coach Ken Baumann, Emma Halseth, Emma Nielson, Ruthie Biebesheimer, Carly Ostrem. Gavin Dwyer, Austin Curry, Ledger Parrish and Head Coach Randy Alexander Not pictured: Laura Lyman.

By AL STOVER

A person who walks through Peshatin-Dryden Elementary School in the afternoon may notice several high school students hitting practice golf balls in the gym, or putting in the hallways.

Like other local groups, the Cascade High School boys and girls golf team has been practicing indoors because of the winter weather. Yet Head Coach Randy Alexander, who leads the Kodiaks for another season, said the snow has not discouraged the team from working on their golf game. He noted that the athletes concentrating on getting at least 100 swings in every day at practice. The team spent the first week in the classroom, going over instruction videos and new rules.

"I'm excited, it's good to meet the kids, work with them and help them get their swings

in," Alexander said.

Ken Baumann also returns as an assistant coach. Alexander said the athletes enjoy Baumann's presence and learning from him.

Alexander said there are 13 athletes on this year's lineup, including five new faces. One of the returning athletes is junior Emma Nielson, who competed in the 2018 1B/2B/1A State Championships. Alexander said Nielson competing in the state tournament was a "good experience for her."

Emma Halseth, who qualified as an alternate at state last season, also returns to the team. The third familiar face is Natalie Craig, who Alexander said continues to improve her golf game and expects "big things from her," this year.

In addition to the returning athletes, there are three new girls on this year's team, Laura

Lyman, Carly Ostrem and Ruth Biebesheimer. Alexander described the athletes as "up-and-coming golfers" who he is excited to have come out for the team.

One of the returning athletes for the boys team is Isaac Cortes who competed in last year's state tournament. Like Halseth, Alexander said playing at state was a good experience for Cortes. He also is excited to coach Cortes, who is his grandson, and see him grow as a golfer.

Another returning athlete for the boys is second-year competitor Michael Whitehead, another up-and-coming golfer, according to Alexander. Ledger Parrish, Gavin Dwyer and Austin Curry return to the lineup as well.

The Kodiaks have two new boys, Ryan Totman and Chandler Pulse, who Alexander said

are doing well so far, and want to learn the game.

Cascade was originally scheduled to compete in a March 12 jamboree in Okanogan. The event was canceled and rescheduled for May 2.

The Kodiaks are slated to travel to Quincy for a match on March 23 followed by the Jack Barnes Invitational on March 23. Cascade will travel to Okanogan on March 26 for the first CTL match of the season.

Cascade is coming off a 2018 season where the girls won the Caribou Trail League championship during the regular season.

Alexander said Chelan is Cascade's biggest rival and noted that the Goats have a good team with talent in the boys and girls divisions. He added that the formats of the district tournament will

change this year to include the Northeast A League teams, which would increase the number of qualifying spots for the state tournament.

"We will have to step up our game when we play (the NEA teams)," Alexander added.

Date	Opponent	Time	Place	
Tue, Mar 12	Jamboree Okanogan (Host)	2:30 PM	Away	DesCan
	—Postponed, new date to be determined—			
Thu, Mar 14	Quincy	2:30 PM	Away	Col.RqGC
Sat, Mar 23	Jack Barnes Invitational Wenatchee (Host) Arlington Cascade Chelan Eastmont East Valley (Yakima) Kamiakin Lake Stevens Moses Lake Monroe Prosser Quincy Wapato	10:00 AM	Away	TLGC
Tue, Mar 26	Okanogan	2:30 PM	Home	LGC
Tue, Apr 9	Omak	2:30 PM	Home	LGC
Thu, Apr 11	Chelan	2:30 PM	Away	LCMGC
Wed, Apr 17	Gamble Sands Invitational Chelan (Host)	11:00 AM	Away	Gamble
Tue, Apr 23	Okanogan	2:30 PM	Away	OKVC
Thu, Apr 25	Omak	2:30 PM	Away	OKVC
Fri, Apr 26	Quincy	2:30 PM	Home	LGC
Tue, Apr 30	Chelan	2:30 PM	Home	LGC
Tue, May 14	CTL CHAMPIONSHIPS Chelan (Host) Cascade Cashmere Okanogan Omak	12:00 PM	Away	LCMGC



Kodiaks tennis team returns for 2019 campaign

The 2019 Cascade High School boys and girls tennis team. Back Row from left: Zac Holton, Avery Jacobson, Olivia Capellini, Vrushika Doshi, Ava Northrup, Chloe Palmer, Kolby Hunt, Austin McElravy and James Dickinson. Front Row from left: Leora Aurillio, Katden Peterson, Kaitlin Hesse, Lily Keziah, Xitlali Espinosa, Cooper Bryan, Hans Schlyer, Megan Evans and Rory Swaboda. Not Pictured: Stella Johnson and Dorothy Espinosa.

By AL STOVER

During the weekday afternoon, the sound of rackets hitting tennis balls echo from the Cascade High School gym - or the Icicle River Middle School gym, depending on the day.

The sounds are from the Cascade High School boys and girls tennis team, who are back in full swing for the season.

Last season the Kodiaks placed 10th as a team in the state championships due to the efforts of the two doubles teams in the tournament.

Head Coach Mark Hassinger returns for another season while Tiana Peterson once again is the assistant coach.

Hassinger explained the weather has forced the athletes to hold practices indoors. Despite the weather and circumstances, he noted the 35 athletes have great attitudes.

The Kodiak boys' varsity lineup will feature new faces in the single and doubles spots as all seven starters from the 2018 team graduated last June.

Two athletes who will likely step up in varsity roles are

returners Josh Pedersen and Kayden Pederson. Former JV players Torin Brine and Quinn Priebe will also move up to varsity.

The girls varsity lineup will have five returners, including Megan Evans, who competed in the 2018 state tournament with double partners Maddie

Vandel. Other athletes with varsity experience include Stella Johnson, Kolby Hunt, Molly Wisner and Dorothy Espinosa.

"That lineup looks pretty good on paper," Hassinger added.

Hassinger said the athletes spent the first couple of weeks

focusing on footwork, basics and getting full control of the racket. He noted that one of the challenges of practicing indoors is the team cannot practice accuracy and serving in a gym in the same way they could on tennis courts.

"We're doing the best with what we've got," Hassinger

added. "This is the latest we've practiced indoors. I'm excited, the kids are working hard and they want to get better."

The Kodiak are scheduled to begin their season 2B Connell on March 16 in a nonleague contest. They opened their conference schedule against Cashmere on March 19.

Date	Opponent	Time	Place	
Sat, Mar 16	Connell	4:00 PM	Home	OSB
Tue, Mar 19	Cashmere	4:30 PM	Away	CHS
Thu, Mar 21	Ephrata	4:00 PM	Away	EPH HS
Mon, Mar 25	Prosser	4:00 PM	Away	
Thu, Mar 28	Chelan	4:00 PM	Away	LCShores
Fri, Mar 29	Cashmere	4:00 PM	Home	OSB
Tue, Apr 9	Okanogan	4:00 PM	Home	OSB
Thu, Apr 11	Omak	4:00 PM	Home	CHS
Mon, Apr 15	Wenatchee-JV	4:00 PM	Home	OSB
Thu, Apr 18	Cashmere	4:00 PM	Away	CHS
Sat, Apr 20	Royal	11:00 AM	Home	OSB
Thu, Apr 25	Okanogan	4:00 PM	Away	OTC
Fri, Apr 26	Quincy	4:00 PM	Away	QUI
Tue, Apr 30	Omak	4:00 PM	Away	Omak HS
Thu, May 2	Ellensburg	4:00 PM	Away	Ellensburg
Fri, May 3	Chelan	4:00 PM	Home	OSB
Thu, May 9	CTL CHAMPIONSHIPS Chelan (Host)	3:00 PM	Away	Harmony Me
	CTL Championships			
Sat, May 11	CTL CHAMPIONSHIPS Chelan (Host)	10:00 AM	Away	Harmony Me
	CTL Championships			

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The 2019 Cascade High School girls track and field team. Back row from left to right: Kylea Gilreath, Tiera Graff, Bijou Zehm, Lauren Muscutt, Zoe McDevitt, Kascia Muscutt, Alexa Rodgers, Elise Brulotte, Sierra Stoddard, Hanna Drolc, Jaquee Guzman and Abigail Emert. Front row from left to right: Nina Brennan, Julia Armstrong, Soli Brinkman, Avery Mckenny, Joie Brennan, Porter Rayne, Alma Castro, Krisia Quintanilla, Cate Bailey and Tori Driscoll.

Improved turnout will help Cascade's coverage in events

Kodiaks track and field features over 40 athletes

By AL STOVER

The Cascade High School boys and girls track and field teams come into 2019 with over 40 athletes donning Kodiak jerseys this season.

"We've got good numbers," Head Coach Bill Davies said of this year's turnout. "I'm pretty happy with the amount of kids we have."

Both Cascade teams are com-

ing off strong seasons, with the Lady Kodiaks finishing eighth as a team at the 1A State Championships.

Coach Davies said many of the athletes on this year's team come in with state competition experience, including Landon Davies, who finished fourth at state in the 3,200 meter race in 9 minutes and 47.57 seconds, and sixth in the 1,600 meter in

4:33.57.

Jet Bailey, one of the top sprinters in the state, returns after recovering from an injury, as does Jace Seely, who competed in the 400 at state.

Among the returning competitors on the girls' side are Zoe McDevitt, who finished 11th in the 3,200 mile in 11:41.30 and Josie Brennan, who placed 15th in the same event in 11:56.07.

Pole-vaulters Julia Armstrong, who took third with a mark of 11 feet, and Gianna Pistoresi, who finished fourth with 10-foot-6, also came back this season. Pistoresi was also fourth in the high jump at state with a mark of 5 feet.

Kascia Muscutt, who competed in the 400 meter and other distance events, also returns.

In addition to the returning

athletes, Davies said the girls team will have a good crop of freshmen talent.

With over 40 athletes on both teams, Davies said Cascade will have coverage in multiple events.

He also sees the Kodiaks' strength lying in distance races.

Davies, who works with sprinters and relay team, has four assistant coaches. Derrick

Crites is the throwing coach while Omar Stubblefield helps the jumpers. Eric Wulfman is the distance coach, Mike Morrison helps with hurdles and Dan Cassyre works with the pole vaulters.

The Kodiaks are scheduled to begin the season on March 23 at the Ray Cross Invitational in Ephrata and the Manson Invitational.



The 2019 Cascade High School boys track and field team. Back row from left to right: James Young, Steven Tveten, Duncan Allen, Gavin Hall, Florian Jan and Parker Nunnally. Front row from left to right: Jace Seely, Skye Bartz, Landon Davies, Leo Guerra, Jet Bailey, Alex Sanchez, Andrew Magnaghi and Isaac Tveten.

Date	Opponent	Time	Place
Sat, Mar 23	Ray Cross Invitational Ephrata (Host)	10:00 AM	Away Kiwanis
Sat, Mar 23	Manson Invitational Manson (Host)	10:00 AM	Away MHS
Tue, Apr 9	Brewster Relays Brewster (Host)		Away BPHS
Sat, Apr 13	Cashmere Invitational Cashmere (Host)	12:00 PM	Away CHS Trac
Sat, Apr 20	Bellevue Open Bellevue (Host) Cascade Friday Harbor Kent Meridian Sammamish KM JV meet	10:00 AM	Away BlvuHS
Sat, Apr 20	Quincy Invite Quincy (Host)	10:30 AM	Away JCS
Tue, Apr 23	Wenatchee JV Invite Wenatchee (Host)	3:30 PM	Away WHS TR
Tue, Apr 23	Liberty Bell Meet Liberty Bell (Host) Cascade Chelan Okanogan Omak Tonasket	4:00 PM	Away LBHS
Tue, Apr 23	NCW@LVCS Valley Christian (Host) Cascade	4:00 PM	Away PD
Tue, Apr 23	NCW League Meet Cascade (Host) Entiat	4:00 PM	Home PD
Fri, Apr 26	Reike Invitational	4:00 PM	Home CHS
Sat, Apr 27	59th Annual Shelton Invite Shelton (Host)	1:00 PM	Away SHS
Tue, Apr 30	Bridgeport Invitational Bridgeport (Host)	3:30 PM	Away BPHS
Fri, May 3	CTL at Cascade Cascade (Host) Cashmere	4:00 PM	Home PD

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SPRING SPORTS PREVIEW



Lady Kodiaks softball features experience, depth

The 2019 Cascade softball team. Back row from left to right: Alondra Acevedo, Renee' Lambert, Emma Kampen-Palmer, Nayeli Fernandez and Itzel Guzman. Front Row from left to right: Kaija Lovelady, Kayla Bittle, Truh Merriman, Sarah Paulson, Madison Hardy, Madeline Schiefelbein, Jocelynn Rodriguez, Nicole Dunn and Autumn West. Not Pictured: Perla Martinez.

Date	Opponent	Time	Place	League
Tue, Mar 19	Ephrata	4:30 PM	Away	EHSFP
Fri, Mar 22	Quincy	4:30 PM	Away	QUI
Sat, Mar 23	Okanogan	11:00 AM	Away	QSE
Sat, Mar 23	Okanogan	1:00 PM	Away	OSF
Tue, Mar 26	Zillah	3:00 PM	Home	RRMD
Tue, Mar 26	Zillah	5:00 PM	Home	RRMD
Sat, Mar 30	Chelan	11:00 AM	Away	ChelCity
Sat, Mar 30	Chelan	1:00 PM	Away	ChelCity
Fri, Apr 5	Mount Baker	1:00 PM	Home	RRMD
Fri, Apr 5	Mount Baker	3:00 PM	Home	RRMD
Tue, Apr 9	Omak	4:30 PM	Away	EOP
Sat, Apr 13	Cashmere	11:00 AM	Away	CSE
Sat, Apr 13	Cashmere	1:00 PM	Away	CSE
Tue, Apr 16	Chelan	4:30 PM	Home	RRMD
Wed, Apr 17	Wenatchee	4:00 PM	Away	VWPP
Tue, Apr 23	Okanogan	4:30 PM	Home	RRMD
Thu, Apr 25	Cle Elum	4:00 PM	Away	
Fri, Apr 26	Omak	3:30 PM	Home	RRMD
Fri, Apr 26	Omak	5:30 PM	Home	RRMD
Fri, May 3	Cashmere	4:30 PM	Home	CHS

By AL STOVER

The Cascade High School fastpitch-softball team is gearing up to make another run in the Caribou Trail League.

The Lady Kodiaks finished last season with a 15-7 overall record, capturing the Caribou Trail League and District 6 titles along the way.

They were eliminated in the 1A State Championships after losing to Elma in their first game, and Bellevue Christian in the consolation round.

Head Coach Todd Gilbert returns to lead the team. Assisting Gilbert are Brooke Shelton, who played softball for Wenatchee Valley College, and volunteer coach Shelley Bittle.

Gilbert said the first weeks of practice have gone well so far for the 2019 Lady Kodiaks ball club.

Many starters from last season's lineup have returned to the team, including six seniors.

No. 1 pitcher Sarah Paulson returns to lead Cascade's bullpen. Paulson was the CTL Player of the Year last season.

Cascade's infield will include second baseman Madeline Schiefelbein, first baseman Kayla Bittle, third baseman Jocelynn Rodriguez and shortstop Truh Merriman, who will also spend time on the mound. Schiefelbein and Merriman were All League first-team selections while Kayla Bittle was an honorable mention.

Returning outfielders include Kaija Lovelady, a first-team selection, Alondra Acevedo and Madison Hardy, who also played catcher last season.

"We have a good crew coming back," Gilbert said.

Even with six starters returning, Gilbert said there are opportunities for younger players to step up and fill any gaps on defense.

When it comes to offense, Gilbert said the Lady Kodiaks' batting order will have depth as returning players have gotten stronger during the off-season, and there are a couple of freshmen athletes who will boost Cascade's bats.

Gilbert said the team spent the first couple weeks of the season working inside because of the snow.

Although working indoors allows the team to focus on fundamentals, and discuss strategy in a controlled environment, it is no substitute for practicing on the field.

"We're getting to the point

where it would be nice for us to be outside and get a full outdoor workout in," Gilbert added.

The Lady Kodiaks were scheduled to play a nonleague contest against Quincy in their home opener on March 12 but the game was rescheduled for March 22.

Before they play Quincy,

Cascade will face Ephrata on March 19 in a nonleague contest.

With an experienced lineup and six returning starters, Cascade should be in contention for another league title this season, in what Gilbert described as a "tough" CTL landscape.

He sees the Lady Kodiaks

being in the upper league standings along with Okanogan and Chelan.

"That being said, you never know when a couple of kids will come in and all of a sudden, things change and everyone is more competitive," he added.

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- **March 18** — Wenatchee Valley Museum and Cultural Center, 127 S. Mission, Wenatchee
- **March 19** — Cashmere Riverside Center, 201 Riverside Drive
- **March 20** — Chelan County Fire 3 station, Leavenworth, 228 Chumstick Hwy
- **March 21** — Lake Chelan Chamber of Commerce, Chelan, 216 E. Woodin Ave
- **March 25** — Entiat Fire Hall, 2200 Entiat Way

You also can view a virtual Open House at chelanpud.org/ServiceCenter.

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Call 602-625-5376.

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BUSINESS OPPORTUNITY
Profitable Flower Shop For Sale
Kashmir Gardens Florist, is a successful, well-known, respected business, and a Cashmere mainstay since 1949. Great growth potential! Owner retiring. Asking 35K. Includes inventory, equipment, and displays. Terms-cash. Building is for sale separately. **509-782-2071**
Kashmirdesigns florist@yahoo.com

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HELP WANTED
Manson School District is seeking applicants for the following position.
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Detailed job posting and online application process are available at: www.manson.org, EOE

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Place your ad 24/7 at www.NCWMarket.com
Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**
Deadline Tuesday at noon **Quad City Herald**
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See all available properties at windermereleavenworth.com

HELP WANTED
City of Brewster Employment Opportunity
The City of Brewster has one opening for a full-time year-round Parks and Public Works position and one opening for a temporary part time Parks and Public Works position.
Duties include: All aspects of Public Works and Park maintenance, cleaning and other duties as required. This position requires the ability to work outside in adverse weather conditions. Work hours may vary but are anticipated to typically be 40 hours per week, Monday through Friday, from 7:00 a.m. to 4:00 p.m. with a one hour lunch break.
Wage for the temporary position is DOE, wage for the full-time position is per Union Contract.
The successful candidate for the part-time position should anticipate the position will commence on April 1, 2019 and continue through approximately September 15, 2019.
Criminal background check will be required, as will pre-employment drug testing. Random drug testing throughout the employment period may occur. Applicants must have a valid WA State Driver's License.
An application can be obtained by visiting cityofbrewster.washington.org by calling (509) 689-3464, or picking up at Brewster City Hall. Application deadline is March 8 at 4:30 pm.

CASCADE SCHOOL DISTRICT
The Cascade School District is seeking qualified applicants for the following positions:
Substitute Cooks and Cashiers
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

NCW MEDIA
Full or Part-Time Front Office Receptionist
The Leavenworth Echo Newspaper is looking for an outgoing individual to work full time or on Mondays, Tuesdays part-time
A qualified individual will answer phones, take classified and legal ads, and other office duties. A qualified individual must have good customer service skills, adept at utilizing computer systems Accurate typing, spelling, and math skills are a must.
Interested applicants can send a resume to: Attention: Publisher P.O. Box 39 Leavenworth, WA. 98826 Or bring in a current resume to The Leavenworth Echo 215-14th St. (9 a.m. to 5 p.m.)

WHAT'S HAPPENING
EVENTS
Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available

HELP WANTED
MOUNTAIN SPRINGS LODGE
Head Chef
Full-time \$22-\$28/ hour plus gratuities.
Mountain Springs Lodge, located in the beautiful Plain Valley is seeking an experienced and creative banquet chef. Excellent customer service skills and a team player are a must.
Job Description
Manage and train kitchen staff, communicate well and work closely with other managers and employees.
•Manage all aspects of the kitchen: Plan, price and prepare meals from 300- person banquets, intimate weddings, weekly Sunday Brunch to lunch.
•Create menus and execute special event meals such as Winemaker & Brewmaster Dinners, Mother's Day & Easter Brunches
•Maintain a clean and organized kitchen, from refrigerators and freezer space to the grill and to the office.
•Place orders.
•Communicate well with clients: meeting and planning menus with brides & grooms and event planners.

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.

Find us online at:
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www.cashmerevalleyrecord.com

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THEME: THE 1940s

ACROSS
1. *Japanese attack locale
5. *Chairman of the Communist Party of China
8. Parent group
11. Horsefly
12. Voldemort's title
13. Ohio city
15. Sainly glow
16. Never a UK currency
17. Disapproved by audience
18. *American concentration camp
20. Peters out
21. *Harry Truman to Margaret
22. Feedbag morsel
23. Mountain climber's tool
26. Overplay in front of audience
30. Negative conjunction
31. Within a building
34. Leafy green
35. Captain America actor
37. Party bowlful
38. Diction, pl.
39. Network of nerves
40. Native Americans of the Pacific Northwest
42. "To ___ is human"
43. *#23 Across victim
45. Like a human
47. "Never ___ never"
48. Raccoon's South American cousin
50. Mount Olympus' famous dweller
52. *Manhattan Project site
55. Does like a sponge
56. Horizontal wall beam
57. Pelvic parts
59. Actress Parker
60. Geologic time divisions
61. Steve Urkel, e.g.
62. Eat, past tense
63. Lt.'s subordinate
64. "___ Louise"

DOWN
1. Mozart's "L___ del Cairo"
2. Homecoming guest
3. #50 Across wife
4. Kenya's neighbor
5. Native American earthen structure
6. Orderly arrangement
7. Shoe emanation
8. Circus trainer's poker
9. Zac Brown Band's body part hit
10. A in FANBOYS
12. Like weighed down with metal
13. At right angle to a ship
14. *Thor Heyerdahl's raft
19. Third axis
22. Dinghy propeller
23. Unable to move
24. Don't judge a book by it
25. Muse of love poetry
26. Shoshonean people
27. "It is silent" in sheet music
28. U in UV
29. * ___ Harbor
32. *a.k.a. Operation Neptune
33. Black gold
36. Miniature Japanese carving
38. Hindu garment
40. Blue overhead
41. Intelligence
44. Impudent
46. Horse-involved activity
48. Man-made stone pile
49. Ladies' fingers
50. *Popular 1940s suit
51. "Ill at ___"
52. Type of molding
53. High school club
54. Ireland's previous name
55. Hot springs
58. Wood-shaping tool

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CROSSWORD PUZZLE

THEME: THE 1940s

ACROSS
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52. Type of molding
53. High school club
54. Ireland's previous name
55. Hot springs
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

HELP WANTED



Administrative Assistant Full Time

Three Rivers Hospital is seeking an Administrative Assistant to provide administrative support to the Chief Executive Officer, Chief Operating Officer and the Board of Directors. Performs a wide scope of clerical tasks. AA Degree preferred, High School Diploma required. At least three years of advanced clerical office experience preferred. Competence in personal computers and related software; word, excel, etc. Strong organizational skills, excellent customer service and time management abilities. Superior oral and written skills. Monday - Friday; 9:00 a.m. - 5:30 p.m.

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

Three Rivers Hospital
Anita Fisk, Director of Human Resources
PO Box 577
Brewster, WA 98812
(509) 689-2517 x 3343
www.threerivershospital.net
afisk@trhospital.net
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<https://www.slidewaters.com/ncwmedia-team-member-opportunities>

PUZZLE SOLUTION

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With sayings like Happy Birthday! I Miss You---- Wish You Were Here (in Leavenworth.) and many others. Regular cost \$3.99 Selling for \$1.50 Pick up one or more and donate to a family-friendly festival organization. Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

AUCTIONS

Cut Rate Storage Abandoned Storage Locker Auction
On March 16, 2019 10:00 a.m. at 107 Railroad Ave. Cashmere, WA. 98815

PUBLIC NOTICES

NOTICE IS HEREBY GIVEN that on Monday, March 25, 2019, at 5:00 p.m. at the Cashmere City Hall, 101 Woodring Street, Cashmere, Washington, the Cashmere Planning Commission will hold a public hearing for taking testimony concerning adoption of a new City land use comprehensive plan. Written comments may be sent to the attention of Director Steve Croci at City Hall.

Published in The Cashmere Valley Record/Leavenworth Echo on March 13, 2019. #84720

NOTICE IS HEREBY GIVEN that on Monday, March 25, 2019, at 6:00 p.m. at the Cashmere City Hall, 101 Woodring Street, Cashmere, Washington, the Cashmere City Council will hold a public hearing for taking testimony concerning adoption of a new City comprehensive land use plan. Written comment can be sent to the attention of Director Steve Croci at City Hall. Published in The Cashmere Valley Record/Leavenworth Echo on March 13, 2019. #84719

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of JOHN S. VAUGHN, Deceased

No. 19-4-00059-04 PROBATE NOTICE TO CREDITORS

RCW 11.40.030

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: March 6, 2019
Personal Representative: BARBARA E. YANAGIMACHI

Attorney for the Personal Representative: RUSSELL J. SPEIDEL

Address for Mailing or Service: Speidel Bentsen LLP, 7 North Wenatchee Avenue, Suite 600, P.O. Box 881, Wenatchee, WA 98807-0881

Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 19-4-00059-04

BARBARA E. YANAGIMACHI Personal Representative

Attorneys for Personal Representative: SPEIDEL BENTSEN LLP
By: RUSSELL J. SPEIDEL WSBA No. 12838
7 North Wenatchee Avenue, Suite 600, P.O. Box 881, Wenatchee, WA 98807.
Published in The Leavenworth Echo/ Cashmere Valley Record on March 6, 13 and 20, 2019. #84630

PUBLIC NOTICES

Superior Court of Washington For Chelan County

In re the Estate of ERNEST LEE SUTTLES, Deceased
NO. 19-4-00070-04
NOTICE TO CREDITORS
The co-personal representatives named below has been appointed and has qualified as the co-personal representatives of this estate. Persons having claims against the deceased must, prior to the time such claims would be barred by any otherwise applicable statute of limitations, serve their claims on the co-personal representatives, or the attorney of record, at the addresses stated below, and file an executed copy of the claim with the clerk of this court within four months after the date of first publication of this notice, or within four months after the date of filing of the copy of this notice with the clerk of this court, whichever is later or, except under those provisions included in RCW 11.40.011 or RCW 11.40.013, the claim will be forever barred
DATE OF FILING COPY OF NOTICE TO CREDITORS with clerk of the court: March 8, 2019
DATE OF FIRST PUBLICATION: March 13, 2019
Co Personal Representatives: Patricia Rainey 175 Maus Avenue North East Wenatchee, WA 98802

Debbie O'Dell 9 N. Elliott Wenatchee, WA 98801

Attorney for Estate: Kyle D. Flick
Attorney at Law 222 South Mission Wenatchee, Washington 98801 (509)662-3333
DATED this 8th day of March 2019.
LAW OFFICE OF KYLE D. FLICK, P.S.
By /s/ Kyle D. Flick
KYLE D. FLICK, WSBA #14963
Attorney for Estate
Published in The Leavenworth Echo/ Cashmere Valley Record on March 13, 20 and 27, 2019. #84731

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the matter of the estate of CLARA BELL SHRADER, Deceased.
No. 19-4-00051-04

NOTICE TO CREDITORS (RCW 11.40.030)

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

DATE OF FIRST PUBLICATION: March 13, 2019.

/s/ Karen Ohrazda
Karen Marie Ohrazda
Personal Representative

Attorney for the Personal Representative: Ryan Smolinsky, WSBA# 46521

Address for Mailing or Service: Overcast Law Offices, PS Attn: Thomas D. Overcast 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801 (509) 663-5588.

Court of probate proceeding and cause number: Chelan County Superior Court Cause Number: 19-4-00051-04

Published in The Leavenworth Echo/Cashmere Valley Record on March 13, 20, and 27, 2019 # 84676



Using disinfectants, antiseptics, and antibiotics

When you need to clean a cutting board or take care of a cat scratch, what do you reach for? A disinfectant, antiseptic or an antibiotic?

Disinfectants

Disinfectants and antiseptics are chemical compounds with the power to either completely destroy organisms that cause disease, or keep them from multiplying. These compounds can be effective against bacteria, fungi, viruses and other microorganisms like amebae that live in water.

There are 2 main types of disinfectant chemicals and disinfecting procedures: sanitizers or sanitization, and sterilizers or sterilization. Sterilization is a procedure meant to destroy all forms of life on a surface, while sanitizing is less complete, killing most of the organisms it touches and reducing the number left down to what is considered a safe level.

Sterilization can be done at room temperature or below, or with heat. Surgical instruments are sterilized by first soaking them in a disinfectant solution of a particular concentration for a period of time (cold sterilization) followed by exposing them to very high temperatures inside a pressure cooker-like appliance called an autoclave (heat sterilization). Immersing empty canning jars into boiling water for a set period of time and processing filled jars with a pressure cooker are forms of heat sterilization.

Disinfectants work to clean inanimate surfaces like your kitchen cutting boards, but in order to clean and treat a cat scratch you need something that kills bacteria and other microorganisms while being applied to living tissue: an antiseptic. Antiseptics may be further specialized into antibiotics targeting bacteria, antifungals that attack fungus, and antivirals against viruses.

Not just any chemical can qualify as an effective disinfectant or antiseptic. You need a compound that can work on a wide range of microorganisms, kill on contact, and work quickly. Other very helpful characteristics include a sustained effect on microbes and being able to penetrate into cracks and crannies where microorganisms can lurk, especially into bacteria forming a tight layer over a surface, called a biofilm. When bacteria form biofilms they become much harder to destroy, and the ability of a compound to penetrate into a layer of bacteria and kill it is extremely valuable.

Disinfectants and antiseptics also should be able to be used safely with soaps and other compounds also used on the materials needing to be treated, not have any toxic fumes, and be economical to use. In addition, disinfectants shouldn't create any pitting, corrosion or staining of instruments or surfaces, and antiseptics must be safe to use on living tissue.

Some examples of commercial disinfectants include phenol, formaldehyde, hydrogen peroxide and sodium hypochlorite (the ingredient in household bleach). Although bottles of hydrogen peroxide and laundry bleach are common household items, those chemicals may be used in different concentrations as commercial disinfectants.

Antiseptics

Antiseptics include compounds that reduce the spread of certain types of organisms or kill them outright. An anti-infective can suppress the general growth of microbes, or be more focused on specific organisms, like antibiotics



which affect bacteria, antifungals, and antivirals. Some are topical agents that should only be applied to intact skin, while others can be applied to wounds or given internally.

A compound containing mercury and bromine called Mercurochrome® was widely used in the 1960s as a topical antiseptic, and like many kids at that time, my mother painted it on my cuts. After stinging like mad it left a bright reddish-orange stripe that would take days to fade. Mercurochrome® is no longer used because it isn't considered effective enough to be worth the risk of getting exposed to mercury, as its mercury can be absorbed through broken skin. Mercurochrome® was replaced with Merthiolate®, a different form of mercury called thimerosal that "locks" the element in place to prevent it being absorbed into your body. Thimerosal has been used in many vaccines as a preservative, but the growing availability of single-dose vaccines has allowed vaccines to be packaged free of any preservatives, avoiding any potential exposure to

mercury from vaccination. Chlorine bleach is still useful to disinfect surfaces like cutting boards and countertops. Iodine tablets decontaminate water for drinking and povidone iodine solution (Betadine®) cleans skin prior to procedures. Silver is used both as silver sulfadiazine, an antibiotic widely used in burn victims and as silver nitrate to cauterize wounds and reduce bleeding.

Hand gels containing 60% alcohol are hand sanitizers because they reduce the number of germs on your hands but don't kill them all. Parabens and benzalkonium chloride interfere with the growth of microbes and are widely used as preservatives in eye drops and nose sprays.

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*. Your questions and comments are always welcome at www.AskDrLouise.com. ©2019 Louise Achey

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