



## Cashmere Planning Commission

BY KIRK BECKENDORF  
Correspondent

Multiple Cashmere residents addressed the city's Planning Commission (CPC) Sept. 9 meeting. They requested that the city consider changing its ordinance that prohibits the raising of chickens. The 4 or 5 individuals who spoke explained that they like growing their own sustainable food, especially with the recent increase in prices, and teaching their children about where their food comes from. One of the residents told the Commission that she loves the family connections that develop by going out together and gathering food with her daughter. She said she was interested in raising backyard rabbits as a sustainable meat supply for her family. The group explained that a lot of towns and cities allow backyard chickens

and rabbits and that many of the young families moving to Cashmere want to be able to have gardens, berries, and chickens on their small city lots. As a point of clarification, Director of Operations, Steve Croci, said that the current city code allows chickens on lots that are an acre or more in size. He explained that the topic of backyard chickens on smaller lots was raised a year or so ago and was addressed by the city council, which decided to not change the ordinance. Croci told the citizens that they could bring their concerns to a City Council meeting.

Croci announced that construction on the Sunset Highway Improvement project is scheduled to begin in April with completion estimated for the Fall of 2023. The upgraded roadway will include curbs, gutters and sidewalks and will be similar to the current road in front of Crunch Pak. He also updated

the Commissioners, in regard to the 48-unit apartment building being built on Pioneer Ave. According to Croci it is nearing completion and apartments will probably start being rented in October.

For the remainder of the meeting, the Planning Commission continued its deliberations, from prior meetings, to update Cashmere's Parks, Recreation and Outdoor Spaces Plan (PROS). Christina Wollman, a consultant with Pertee, Inc., led the conversations. Her goal is to have a "final draft" for the Commissioners to review by their October meeting, followed by a public hearing in November. After the hearing, Commissioners would make any needed changes to the document and send the plan to the City Council for their approval.

The current draft includes 4 goals with accompanying objectives and strategies for achieving the goals.

The overarching topics of the goals are: 1) Well-stewarded Parks; 2) a Vibrant Riverfront; 3) Outdoor Recreation; and 4) Connectivity: An interconnected network between destinations.

Wollman told the CPC members that a priority for the evening's meeting was to discuss which projects to include in the Capitol Investment Plan that would propose facility development for 2022 - 2027 and beyond. Repairing and upgrading the city pool, river access at Riverside Park, development of the Lagoon property and paving the pump track were all included in the draft document.

Funding for the proposed improvements and additions to the city's parks was a significant part of the evening's discussion. Croci suggested that the city will need

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## New Confluence Health PACU designed for patients, alongside staff, with an eye for the future

SUBMITTED BY ADAM MACDONALD  
Corporate Communications Program Manager

**WENATCHEE** - Persistence and vision pay off and, for the new Confluence Health PACU, the third time was the charm.

Confluence Health recently opened its newly expanded PACU which doubles its available beds to 20 to allow for better care of patients while supporting 12 operating rooms. However, it was a long process that faced a variety of hurdles before coming to fruition at the end of August 2022.

The PACU (Post Anesthesia Care Unit) or Recovery Area is a department that closely monitors and cares for patients after surgeries and procedures. It is an extension of the operating room and is supported by surgeons, anesthesiologists, and nurses. Patients are kept there until fully recovered from anesthesia.

"An investment in the PACU is an investment in better patient outcomes," commented Tracey Kasnic, chief nursing officer for Confluence Health. "This unit is uniquely trained to understand the needs of patients who have just come out of surgery with anesthesia, and our staff of medical professionals are able to provide the specialized care needed to allow for the best possible outcomes."

A new PACU had been a dream for many years but had faced challenges as other projects took precedence and funding over the years. One area that had to be overcome was the design of the new facility. Staff and managers knew that they wanted this to be someplace special and to reflect the needs of those providing the care in how it was put together.

"We knew the best way to make the new PACU the most efficient and effective was to design it alongside those who knew the needs: our staff," remarked Liz Dittbender, perioperative service director at Confluence Health and one of those directly involved with the project. "We asked our staff to imagine how things could be done better, done in a way that reflected the reality of their work. For example, the original design would have had twice as many supply areas as we ended up making. But our nurses pointed out that a supply area that reflected our 2:1 care ratio would make things more efficient. We listened, and they were right."

The entire project was built towards efficiency and a utilization of space in the best way possible, including the construction of procedural rooms. A major improvement over the previous PACU, these new rooms can serve as a location for minor procedures that in the past would have tied up an operating room, despite being procedures that didn't really need a full operating room.

"This flexibility and forethought will allow us to free up that real estate for the more complex procedures, benefiting patients, providers, and the whole community," continued Kasnic.

CONTINUED TO PAGE A3

## Bears and more bears, yes or no? Part 1: To what extent is bear presence changing?

WESLEY ZHAO  
Correspondent

Rich Beausoleil has been tagging, tracking, and researching bears since 1997. Beausoleil is a North American bear expert, lives close by in Wenatchee, and works for our Washington Department of Fish and Wildlife. For the last ten years Beausoleil and the WDFW have used GPS tagging and DNA sampling to acquire a more accurate understanding of bear population, population density, and activity patterns. Washington has a population of about 20,000 brown bears, and the Eastern Cascade Study Area, which includes Leavenworth, has a population density of approximately 16 bears for every 100 square kilometers (about 38 square miles). According to Rich, there have been no significant changes to either figure recently. But one source estimates the number of bears the WDFW lethally removes every year is growing. It is now close to 50 per year.

"There has been more bear activity this year than in years past," according to Christie Voos, communications analyst for the city. Across neighborhoods, residents have also reported noticing an increase in personal encounters with bears this year. Yet others, including Marjie Ludwick, who lives near Eagle Creek Road, an area with greater forest cover and more frequent bear sightings than downtown, have noticed little or no change: "I haven't noticed anything that makes me think this year is any different, with more or fewer bears than previous years." Still others, including Diane Wells, who lives in the Alpensee Strasse neighborhood, have experienced a decrease. Neither the WDFW nor the City had readily available figures on whether reporting's or incidents have increased. But there have been at least a handful of encounters this year in more visible and dense parts of the city, likely the result of just one or

maybe two bears.

On August 18th, WDFW set a trap for a bear on Blackbird Island. A bear was caught, then released. On August 20th a bear was again reported on Blackbird Island. As recent as August 24th, a bear was photographed along with strewn trash behind Valley Café on Commercial. Earlier the same week Madi Russ saw a bear closing up at Blewett Brewing, likely the same one. Madi's supervisor caught the bear on video rummaging through the restaurant's trash the week prior. Madi, her supervisor, and staff at the Valley Café have all worked here multiple years, but this year was their first encounter with a bear behind Commercial.

"When you look at it on a map, or you rise above it like a bird would, boy... you see how all these canyons just feed right into Leavenworth," Beausoleil proudly told me. The modern American black bear, *Ursus americanus*, evolved in North America and has lived here ever since, 4-5 million years ago. Unlike Grizzlies, which are not native to our continent, have had no confirmed presence in our region since 1996, and are far more territorial, black bears have been Leavenworth's friendly neighbors for as long as residents can remember. "Grizzlies are more open country, lightly timbered, whereas black bears are a forest dweller." Leavenworth is surrounded by forest cover, vegetation, and berries. We live in "bear country," says Beausoleil. Residents living closer to city limits along East Leavenworth Road, Icicle Road, and the Chumstick, have always frequently seen bears. Most enjoy it; Beausoleil too: "I live here because I like the size of the communities and the natural setting."

At the same time, Beausoleil recognizes Leavenworth needs to improve its relationship with bears. Nearly every time he and his WDFW

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Brown bear behind Valley Café late August

PHOTO BY ARTURO TORIBIO



Mom and baby bear on E. Leavenworth Rd.

PHOTO BY DAVID MASUDA/BUNKHOUSEPHOTOGRAPHY.COM

## 2022 NCW College & Career Expos - Call for Exhibitors

SUBMITTED BY TAMI MCBRIDE  
NCESD

**North Central Washington** - The Apple STEM Network and the North Central Educational Service District (NCESD), in partnership with Wenatchee Valley College, Big Bend Community College, Foundation for Youth Resiliency and Engagement (FYRE), Okanogan County Economic Alliance, Confederated Tribes of the Colville Reservation, WorkSource and SkillSource, are proud to announce that the 2022 NCW College and Career Expos will be in person at three locations across the region:

Okanogan County Expo: Wed., Oct. 26 from 8:30 a.m. - 12:00 at Okanogan

Agri-Plex  
Chelan/Douglas County Expo: Thurs., Nov. 3 from 9 a.m. - 1 p.m. at Wenatchee Valley College

Grant County Expo: Tues., Nov. 8 from 9 a.m. - 2 p.m. at Big Bend Community College

The NCW College and Career Expo events are free opportunities for North Central Washington students to explore colleges and career opportunities in just a few hours at one location. Educators and local industry professionals will introduce students to a wide variety of work experiences that engage, train and inspire future careers in high-demand fields with regional employers.

"We know that our students benefit most from early and frequent participation in high-quality career connected learning opportunities as they prepare to enter the workforce," said Tami McBride, Career Connected Specialist at NCESD. "We are excited to be back in person this year and expand the event regionally to offer students opportunities to participate in one of three regional locations."

Businesses, educational institutions, training programs, and student

support services are all encouraged to participate at the event as exhibitors. Exhibitors can attend any or all events. During the expo, exhibitors will need to provide a hands-on activity such as allowing students to try on gear/uniforms, displaying tools or equipment used in the workplace and/or providing real job descriptions for review. Participating students will have the ability to explore different booths and connect with exhibitors of interest.



**About NCESD:** Our mission is to provide leadership & quality service in advocating for innovative educational programs for the children and communities we serve.



SUBMITTED PHOTO.

### THIS WEEK

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**\$100**

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# Q Can I get a COVID-19 and flu vaccine simultaneously?

Yes, with two exceptions. The nasal spray vaccine Flumist® contains live virus, so you should wait 2 weeks between getting COVID and Flumist® vaccinations.

Getting a flu shot helps protect you from some of the severe effects of COVID-19 infection, like stroke, blood clots, and severe infections.

It is unknown if there are any increased side effects when getting 2 vaccines with adjuvants simultaneously, like Flud® and Shingrix, the newer shingles vaccine.

**Q: When is the best time to get a flu shot?**

The CDC recommends that everyone 6 months and older get vaccinated by the end of October. However, you can get vaccinated at any time during the flu season.

Young children aged 6 months through 8 years getting the flu vaccine for the first time should get 2 doses. The first dose should be given as soon as the vaccine is available, and

the second one 4 weeks later.

**Q: How long does it take to be protected against the flu after getting vaccinated?**

It takes about 2 weeks for a flu shot to become fully effective.

**Q: Will a flu shot last you the entire flu season?**

Your best protection from the influenza vaccine lasts for about 6 months and decreases to 50% by 12 months. If you are young and healthy, one vaccination provides protection for the entire flu season.

As we age, we get a less powerful response to vaccines.



There are 2 flu vaccines approved by the Food and Drug Administration (FDA) designed to boost their effectiveness in seniors.

**Q: Why do we need yearly vaccinations against influenza?**

The influenza virus frequently mutates, making your antibodies against influenza less effective.

As the influenza virus reproduces itself, it occasionally makes mistakes. Sometimes the influenza virus will combine with another flu strain, creating a new one. If that new strain is more successful at causing infection than a previous one, it will eventually replace it. If the new strain changes enough, we become more susceptible to it. It will be considered for inclusion in the next flu vaccine.

**Q: Is this year's flu vaccine the same as last year's?**

No. Most human influenza

is caused by one of two main types, an A strain or a B strain. Influenza A strains are associated with pandemics and cause more severe symptoms and deaths than B strains.

The World Health Organization (WHO) keeps track of influenza patterns worldwide with facilities in Tokyo, Beijing, Melbourne, London, and Atlanta. They meet each February to decide on the 4 strains best suited for the next influenza vaccine, choosing two A and two B strains.

All of the influenza vaccines available in the United States are quadrivalent, with two "A" strains and two "B" strains.

Last year's flu vaccine replaced one A strain. This year's vaccine formulation has 2 updates: one A strain and one B strain are new.

**Q: My pharmacy is advertising the "high dose" flu shot. Should I get that one instead of the regular formula?**

Older adults have weaker immune systems and may get only half of the protection of influenza vaccines compared to younger people.

The FDA approved two influenza vaccine formulations designed for people 65 years and older to combat this. One is a "high dose" vaccine containing 4 times the concentration in standard formulations.

The other formulation contains MF59, an additive called an Adjuvant. Adjuvants are compounds added to vaccines to trigger a more robust immune response.

One trial showed these enhanced formulas boosted effectiveness by 24% compared to a standard influenza vaccine formulation.

Recent evidence shows that older adults getting an over 65 flu vaccine formula get better protection than a standard influenza vaccine.

Are you over 65 years of age? If you are, the Center for Disease Control and Prevention (CDC) recommends you get vaccinated with one of the flu vaccines designed for adults over 65.

**Q: What about the "nose spray" flu vaccine?**

FluMist® Quadrivalent is a nasal influenza vaccine



approved for people from 2 to 49 years old. FluMist® contains a live influenza virus and should be AVOIDED by pregnant women, people taking immunosuppressant medication, and anyone taking an antiviral drug within the previous 48 hours.

**Q: What if you are pregnant?**

Pregnancy causes changes in your immune system and other organs in the body, making you more likely to suffer severe illnesses from having influenza. Vaccination against flu can reduce the risk of a pregnant woman hospitalized with flu by about 40 percent.

*Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2022 Louise Achey*

**Bears**

CONTINUED FROM PAGE A1

colleagues discuss cities needing improvement on human-wildlife conflict and education, "Leavenworth is one of the first places we talk about."

Black bears are more similar to humans than most people expect. Though it has been known bears are smarter than dogs, more recent studies suggest some of their cognitive abilities, including their ability to count and form complex associative memories, may prove they have an intellect

closer to primates. Like us, bear mothers are protective of their cubs, their average litter size is two, and when cubs emerge from the den, they usually weigh around five pounds. Also like us, black bears are tolerant of most, but not all, humans. Beausoleil draws three other similarities. One, all bears are unique individuals with unique personalities, "You cannot paint their behavior with a brush." Two, they love living here for similar reasons we love living here, "Look at all the berries we can pick."

And three, they love high-calorie junk food, "[They] are no different than you or I on a busy day, hitting the drive-through for a quick bite."

To understand a bear's attraction to Leavenworth, you might imagine what you would do if you found yourself starving, mid-elevation, in our Cascade Range, as the snow is beginning to melt in April. Fresh green vegetation will be most immediately available to you. So, you eat it. As snow continues to melt, more nutritious greens will sprout, and you might follow the growth

up the mountain. Eventually, you will reach a high enough elevation where the snow has yet to melt and available vegetation declines. So, you head downslope to look for food. By now, it may be deep into spring, and during most years, you will find berries aplenty. But what if one year the berries are lacking? Or, by chance, you catch a pungent waft of leftover heirloom tomatoes, Tillamook cheddar, or schnitzel emanating from a delicious bag of garbage. To survive the winter months, bears need to consume about 5,000 calories a day, and up to

20,000 just before hibernation. A pound of huckleberries might be about 160 calories. A pound of ground beef is around 1,600; a pound of bird seed is 2,600; and a large cheese pizza is nearly 3,000 calories. Why spend 20 hours scavenging for berries, when you could spend 20 minutes tossing garbage cans and bird feeders. Like us, bears can and will remember where they found good food, and what was associated with it (garbage bins, homes, times of day and week). And just like us, especially when resource-constrained, they easily get hooked on junk food.

When asked about bears in the Cashmere area, it was noted that in Cashmere there is definitely less activity than Leavenworth because the bear habitat is not 360 degrees around town (Bear habitat is only 1/3 of it). Also, there are large orchards along the edge of the habitat so there is no need for the bears to go past apples to get into town as they have an easier food resource.

*See Part 2 Bears: What should residents expect and do? in next week's issue.*

**October is Breast Cancer Awareness Month**

**Are you a survivor?** *From 1 day to many years*

On Oct. 5 we will publish our feature page of survivors, in our Breast Cancer Awareness Special Section, to help encourage the newly diagnosed.

*There is life after cancer.*

For additional information please contact Carol at 548-5286, ext. 1004 or [carol@leavenworthecho.com](mailto:carol@leavenworthecho.com)

To be included on the feature pages, fill out the form below or pick one up at the Echo office. Mail your form or drop it off by **Wed, Sept. 28**

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**Cashmere**

**Cashmere Farmers Market**

The Cashmere Farmers Market is on Sundays from 9 a.m. - 1 p.m. 600 Cotlets Way with vendors and live music. Visit us at [cascademarkets.org](http://cascademarkets.org) for updates, weekly live music listings, rotating booths, and movie selections.

**Leavenworth**

**Leavenworth Rotary Fundraiser**

Join us for the Duck Race on the river Saturday, September 17, Duck drop 1 p.m. at Blackbird Island Bridge, West Bridge release and East Bridge catch them.

\$10 each to win cash prizes of \$500 and \$250. Adopt 10

ducks and you will be entered in a drawing for \$100. Thank you for your support, proceeds will go to local community projects. Go to [leavenworthrotaryduckrace.org](http://leavenworthrotaryduckrace.org)

**Seth Garrido & The Long Relief**

Concert in the Meadow on Saturday, September 19, 7 p.m. Tickets \$10, Bring a chair or blanket and enjoy music in the meadow with the local band.

**Cascade Community Market**

The Leavenworth Farmers Market is on Thursdays, 4-7 p.m. 330 Evans St.

Look for berries and veggies in season. Stick around after the market for movie screenings at 7 p.m. Bring snacks or grab some fruit from the vendors, we've got blankets. Visit us at [cascademarkets.org](http://cascademarkets.org) for

updates, weekly live music listings, rotating booths, and movie selections.

**Leavenworth Lions Club Breakfasts in the Park**

Enjoy a hearty all-you-can-eat breakfast of pancakes, eggs, and sausage. Satisfy your appetite and support your community at the same time. The proceeds support community vision, hearing and diabetes needs and so much more. Breakfasts will be held on 2nd and 4th Saturdays in September at Lions Club Park. Ages 10+ \$9, ages 4-9 \$4 and free to ages 3 and under and active military personnel with ID.

**Red Barn Events**

Wenatchee River Institute's (WRI) Red Barn Events begins in September

and runs through May 2023. Join in for an evening of enlightening speakers, discussions, stories and more. Red Barn Events occur during the week from 7-8 p.m. with doors opening at 6:30 p.m. for a community social. You also have the option to attend by livestreaming via Zoom. Wednesday, September 28, WRI and A Book for All Seasons welcome award-winning journalist and nature photographer, Timothy Connor to discuss his book, Beautiful Wounds. Learn about the rugged beauty and diverse natural features of the Channeled Scablands of eastern Washington.

Admission is by donation and helps Red Barn Events continue to grow with help from local business sponsors. Visit the website for more details: <https://wenatcheeriverinstitute.org/>. Contact: Rande Zerger [rzerger@wenatcheeriverinstitute.org](mailto:rzerger@wenatcheeriverinstitute.org), 509-548-0181 ext. 7.

**COMMUNITY CALENDAR**

**Wednesday**

**Cashmere Rotary Club:** Zoom meetings Noon, Co-presidents Tracy Franklin 509-670-1165 and Kelley Boyd.  
**Mission Creek Community Club:** meets every month, 7 p.m. (1st and 3rd Wed.).  
**Cashmere Food Bank,** open 2nd and 4th Wednesday from 3-4 p.m. Cashmere Food Distribution Center, 316 River St., for more information, call Pam, 509-245-6464

**Thursday**

**Caregiver Support Group,** 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)  
**Cashmere Sportsman Assoc. (Cashmere Gun Club),** open to the public for trapshooting 7-10 p.m. Private rentals by appointment. Call Brian James, 509-782-3099.  
**Cashmere American Legion Post 64,** 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 509-782-4973. (1st Thurs. of every month, August -June).  
**Cashmere American Legion Auxiliary #64,** 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 509-679-0243. (1st Thurs. of every month, August -June).

**Friday no events**

**Saturday no events**

**Sunday**

**CHURCH:** See the church page for local service times and events.  
**Cashmere Farmers Market,** 600 Cotlets Way, Cashmere Museum, 9 a.m.-1 p.m.

**Monday**

**Cashmere Wacoka Kiwanis Club,** 6:30 p.m., American Legion Hall, lower level. 6:30 p.m. Call Pam Leighton, 509-669-3159. (4th Monday)  
**Tillicum Riders:** 7 p.m. Chelan County Fairgrounds. Call Cindy, 509-662-5984. (1st Mon.)  
**Cashmere City Council,** 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.).  
**Planning Committee Meeting,** 5 p.m. at City Hall (1st Mon. of each month unless a holiday, then Tues.).  
**Cashmere Fire Department,** Business management, 7 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)  
**Cashmere Fire Department,** meeting, 8 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)  
**Cashmere School Board Work Session.** Board work sessions are typically held towards the beginning of the month at 6:30 a.m. with no action taken. For updated info. Visit [www.cashmere.wednet.edu](http://www.cashmere.wednet.edu)  
**Cashmere School Regular Board Meetings,** are typically held towards the end of the month at 7 p.m. with action taken. The schedule for meetings is subject to change to accommodate conflicts in schedule or special circumstances. Visit [www.cashmere.wednet.edu](http://www.cashmere.wednet.edu) for the most up to date info.  
**Chelan Douglas Republican Women,** Meetings at Red Lion, 1225 N. Wenatchee Ave. Please, RSVP if you want to have lunch. Cost for lunch is \$18; Cost for meeting with beverage and dessert is \$8 (no outside food please). Check-in begins at 11 a.m. and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon., monthly).

**Tuesday**

**Icicle & Peshastin Irrigation Districts:** Current meeting time 8 a.m. at 5594 Wescott Drive. Call Anthony Jantzer, cell, 509-433-4064, 509-782-2561 or [tony.id.pid@ncwi.net](mailto:tony.id.pid@ncwi.net). (2nd Tues.)  
**Peshastin Water District,** meets at 5:30 p.m. Contact: Steve Keene for meeting location. 509-548-5266. (2nd Tues.)  
**Cashmere Chamber of Commerce.** Noon, everyone is invited to attend as a guest. Call Executive Director, for meeting location. 509-782-7404. (3rd Tues.)  
**The Chelan County Cemetery District #2** (Peshastin) meets at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)

**NCW Libraries**

**Cashmere Public Library: 509-782-3314**  
**You can order your books online at [ncwlibraries.org](http://ncwlibraries.org) or call 1-800-426-READ (7323).**  
 Mon., Tues., Thurs., and Fri., 9-6, Wed. 1-6 and Sat., 10-2. Closed Sun. 300 Woodring Street. Call 782-3314, or online at [cashmere@ncwlibraries.org](http://cashmere@ncwlibraries.org)  
**Cashmere Museum and Pioneer Village**  
 Call for more information 509-782-3230  
**Chelan County Historical Society Board meets,** 7 p.m., Cashmere Museum, 600 Cotlets Way. Call Nicky 509-782-3230. (3rd Thurs.)  
**Note:** Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

**MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY**

**AA Meetings:**  
 Call for the Zoom link to Leavenworth AA meetings: 541-480-8946  
 Call for the Zoom link to Leavenworth Alanon meetings: 509-548-7939  
 509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379  
 Sunday 7 p.m., Leavenworth Senior Center, 423 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, 1 p.m., Leavenworth Senior Center, 423 Evans St.  
 Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.  
 Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain  
**Alanon Meetings,** call 509-548-7939  
 Monday, 7 p.m., United Methodist Church, 418 Evans St.  
**Renewed Celebrate Recovery,** Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: [CelebrateRecoveryLCN@gmail.com](mailto:CelebrateRecoveryLCN@gmail.com) or 509-596-1510.

**BUSINESS & SERVICE Directory**  
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**CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS**  
 This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot certify the complete accuracy of the information provided.

Sept. 2	Sept. 5
00:34 Suspicious Circumstance, 3829 McKee Ln., Monitor	08:13 Disturbance, 201 Riverside Dr., Riverside Park
18:02 Suspicious Circumstance, West Cashmere Bridge	11:57 Burglary, 5653 Sunset Hwy., Colchuck Consignments
23:31 Assault, 221 Perry St.	16:18 Malicious Mischief, Mission Creek and Sand Creek Roads
Sept. 3	Sept. 6
00:15 Trespassing, 108 Pioneer Ave.	17:48 Diversion, 200 block Independence Way
04:53 Alarm, 121 Elberta Ave.	20:13 Civil Dispute, 6125 Hay Canyon Rd.
06:16 Public Assist, 400 block Norman Ave.	Sept. 9
07:16 Runaway, 101 Cottage Ave.	08:46 Vehicle Prowl, 117 Mission Ave., Liberty Orchards
07:58 Agency Assist, US Hwy. 2 MP 107, Dryden	11:30 Trespassing, 2960 Easy St., Hot Rod Cafe, Monitor
08:46 Parking/ Abandoned Vehicle, 1073 Mission Creek Rd.	16:54 Parking/ Abandoned Vehicle, Olalla Canyon Rd. MP 5
09:26 Suspicious Circumstance, 3 Big Rock Pl.	17:10 Theft, 127 Riverfront Dr.
15:49 Traffic Offense, 119 Cottage Ave., Doane's Valley Pharmacy	Sept. 12
16:22 Juvenile Problem, 6125 Hay Canyon Rd.	09:28 Fraud/ Forgery, 600 Cotlets Way, Pioneer Village and Museum
21:40 Noise Complaint, 4867 Mission Creek Rd.	13:38 Disturbance, 108 1/2 Cottage Ave., Club Crow
23:50 Noise Complaint, 201 Riverside Dr., Riverside Park	13:41 Welfare Check, 6015 Webster Way
Sept. 4	Sept. 15
09:43 Theft, 5510 Mill Rd., A & W Paving	14:39 Hazard, Flowery Divide and Stine Hill Roads
15:03 Civil Dispute, 8051 Depot Rd., Dryden	14:51 Civil Dispute, 209 Perry St.
15:31 Weapons Violation, Nason Ridge trail area	19:05 Disturbance, 210 Riverside Dr.
16:29 Injury Accident, 8895 Olalla Canyon Rd.	Sept. 18
17:20 Traffic Offense, US Hwy. 2 and Cotlets Way	09:17 Traffic Offense, US Hwy. 2 MP 105, Dryden
18:47 Trespassing, 8000 Kinney Rd., Dryden	10:16 Attempt to Locate/ Contact, 102 Titchenal Way, BJ's Shell
22:59 Fireworks, 867 Mission Creek Rd.	14:53 Disturbance, 3850 Iroquois Ln., Monitor
23:27 Extra Patrol, Woodring St. and E. Pleasant Ave.	16:34 Burglary, 8459 Main St., Duffy's Pub
	17:26 Parking/ Abandoned Vehicle, 117 Aplets Way, Cashmere Valley Bank

**THE LEAVENWORTH ECHO**  
 215 14th Street • (509) 548-5286  
[www.leavenworthecho.com](http://www.leavenworthecho.com)

**CASHMERE VALLEY RECORD**  
 PO Box 39, Leavenworth, WA  
[www.cashmerevalleyrecord.com](http://www.cashmerevalleyrecord.com)

**Confluence Health**

CONTINUED FROM PAGE A1

This forward-thinking also led to the installation of an economizer during the PACU remodel. A component of a building's HVAC system, an economizer helps conserve energy by constantly checking humidity, temperature, and more to be as efficient as possible, such as not running as many air exchanges when an area is not in use. While often used to keep utility bills low, these systems also help keep a building green. In an area with low utility costs, the inclusion of the economizer demonstrated Confluence Health's commitment to the environment and keeping an eye to the future.

"I think it is an incredible thing that speaks to the vision for the future and a heart for sustainability," said Dittbreder. "Being green mattered enough to us

that we followed it through despite already low utility costs because it was the right thing for our community and patients and will serve us well far into the future."

About Confluence Health: Confluence Health serves the largest geographic region of any healthcare system in Washington State, covering over 12,000 square miles of Okanogan, Grant, Douglas, and Chelan counties. Confluence is one of only two locally-lead healthcare systems in the state with the purpose of maintaining availability and access to high-quality, cost-effective healthcare services for North Central Washington. The Confluence Health Board of Directors provides governance for Confluence Health, the Clinic, Central Washington Hospital, and Wenatchee Valley Hospital, and includes nine community board members and six physician board members.

# The Washington Outdoors Report

## Big game hunting prospects

By JOHN KRUSE

The Washington Department of Fish and Wildlife has released their annual hunting prospects report, put together by regional and district game biologists. Here's the highlights for deer and elk for the upcoming season:

### Deer

The best place to go for white-tailed deer in Washington is Northeast Washington's District 1, covering Ferry, Stevens and Pend Oreille Counties. Ferry County also offers good opportunities for mule deer. Last year 3544 deer were harvested in this region, which was down 18 percent from the five-year average. WDFW biologists state roadside surveys indicate deer populations are stable. The best Game Management Units to hunt for success are GMU 121 (Huckleberry) where 31 percent of deer hunters harvested an animal during the modern firearm season though this did attract an average of five hunters per square mile. GMU 101 (Sherman) was best for archery hunters. Very few hunters were in the area last year and the success rate was 23 percent. WDFW will have voluntary check stations set up at locations throughout this region during the opening weekend of hunting season and will be checking animals for the presence of chronic wasting disease.

Heading to North Central Washington's District 7,

covering Chelan and Douglas counties, you'll find what is traditionally some of the best mule deer hunting in the state. The Chelan herd of mule deer has a buck to doe ratio of 25:100 while the Douglas herd's ratio is 26:100, meeting or beating management objectives. Harvest was down last year but biologists believe that's because hunter participation was as well.

If you are looking for big numbers of mule deer, head to Okanogan County (District 6) which has the largest migratory mule deer herd in the state. Good numbers of white-tailed deer are found in GMUs 204 and 215. Fires and drought in recent years have set deer numbers back but the herds are recovering. Biologists expect a modest increase of 2 1/2-year-old bucks this year and a harvest similar to last season.

Last year 2,228 deer were harvested in Okanogan County, about a hundred deer above the five-year average. Archery hunters did best with a 26% success rate, followed by muzzleloaders with a 23% success rate and modern firearms hunters, of which only 18% harvested a deer.

The Desert Wildlife Area and Columbia Basin in Grant and Adams Counties also offers very good mule deer hunting, albeit, carefully managed and often limited to hunters lucky enough to draw a tag. Last year 747 bucks were harvested in this area (District 6), and 156 of them were 5-point antlered bucks or better. Modern firearms hunters had the best success in the open terrain found in this region

and with very healthy buck to doe ratios biologists expect good mule deer hunting again this year. Most of the bucks will likely be harvested in GMU 272 (Beezley) and GMU 284 (Ritzville).

Finally heading to Klickitat, Skamania and Clark Counties, deer hunters have limited public land opportunities so permits from timber companies often dictate opportunity and success. Having said that, biologists say, "Deer harvest and success is remarkably consistent within District 9, where hunters are expected to harvest approximately 2,000 bucks during the 2022 general season, representing a success rate of 20-25 percent." Biologists also noted, "Deer harvest in West Klickitat (GMU 578), Grayback (388), and East Klickitat (382) was higher in 2021 than in recent years, which is an indication of recovery for these populations."

### Elk

The Blue Mountains elk herd has been significantly declining in numbers in recent years, down to an estimated 3900 animals this year compared to a high of some 5800 animals eight years ago. The bull to cow ratio is just under 20 bulls for 100 cows. Harsh winters in the last decade definitely had an effect on this herd but so does predation. Very few calves radio collared in a recent study survived and most of those that died were killed by cougars. Staff biologists predict, "The low number of calves being recruited into the population in 2022 will result

in a low number of yearling bulls (spikes) available for harvest this fall. This fall will be another below-average year for yearling bull harvest."

The Mount Saint Helens elk herd has also struggled in recent years due to hoof rot disease as well as harsh winters and cold, late springs. Biologists say, "These indicators point toward an elk population that is below objective and well below historic highs. Therefore, hunters should expect a generally less productive elk hunting season during the 2022 hunt. WDFW has reduced antlerless hunting opportunity accordingly."

Another option is Northeast Washington, where the Selkirk elk herd resides, but WDFW biologists caution, "In general, opportunities are marginal and harvest success is very low."

The Coluckum herd, residing in Chelan and Kittitas Counties, offers a brighter note. In the Wenatchee District, GMU 251 (Mission) offers the best chance for elk hunters going after animals from the Coluckum elk herd in places like Jump Off Ridge as well as the Camas and Tronsen Meadows. Of the 42 elk harvested in this district during last year's general season, the vast majority came from here. During the general

season, this is a spike bull-only harvest area. There was also a late cow elk season last year in the Peshastin area to reduce damage to orchards and this will likely happen again this year. Overall, biologists are hearing reports of increasing numbers of elk in this district and harvest rates are expected to be between 40 to 55 elk.

For more information about hunting prospects in Washington this season go to <https://wdfw.wa.gov/hunting/locations/prospects>.

John Kruse - [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)



PHOTO BY JOHN KRUSE

Rocky Mountain Elk

## Planning Commission

CONTINUED FROM PAGE A1

to consider a wide variety of funding sources such as bonds, levies, a park district, as well as grants; since the city currently can only financially take care of what it already has. Commissioner Paul Nelson said that it is clear the city doesn't have the money to implement everything that is in the plan, but it will be up to the City Council for how to proceed. He suggested that the Council is the audience for the PROS document, and it needs to be focused and understandable. People are moving to Cashmere for the types of amenities that are

included in the PROS plan, according to Commissioner Matthew Walgren, and he feels that they are willing to pay for them to be maintained and repaired.

Wohlman told the Commissioners that it is necessary to have a plan in place before being able to completely figure out funding sources. She explained that a well developed plan is necessary when applying for grant funding. She added that plenty of cities improve their parks without additional taxes or parks' districts, but sometimes it is necessary to plan and then to plan some more and deep dive into the details.

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## Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald

An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data.

Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later.

Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.

Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. \*Payment is due at the time of placement. \*Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited.

Deadline is 4 p.m. on Friday - some exceptions may apply.

Please call 509-548-5286 for more information  
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# UPPER VALLEY CHURCH GUIDE

New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 509-548-5286

### CASHMERE

**CASHMERE BAPTIST CHURCH**  
103 Aplets Way • 509-782-2869  
Sunday School, all ages, 9 a.m. Worship 10 a.m.  
Bible Study, Wed., 6:30 p.m.  
Pastor Bob Bauer  
Find us on Facebook at Cashmere Baptist Church

**CASHMERE PRESBYTERIAN CHURCH**  
303 Maple Street • 509-782-2431  
Sunday Morning Worship 10:30 a.m.  
Call for activities: Pastor Charles Clarke  
[www.cashmerepres.org](http://www.cashmerepres.org)

**CASHMERE UNITED METHODIST CHURCH**  
213 S. Division • 509-782-3811  
In-person Service, Sunday, 11 a.m.  
until further notice.  
Pastor Lilia Felicitas-Malana

**CHRIST CENTER**  
Sunday Worship Service at 10 am  
5800 Kimber Rd., Cashmere  
509-782-2825  
[christcentercashmere.com](http://christcentercashmere.com)

**GRACE LUTHERAN CHURCH**  
• 509-860-0736 401 Elberta Ave.,  
Morning Prayer or Holy Eucharist.  
Services, 10 a.m.  
Pastor Rob Gohl

**ST. JAMES EPISCOPAL CHURCH**  
• 509-860-0736 222 Cottage Ave.,  
Morning Prayer or Holy Eucharist.  
Services, 9:00 a.m.  
Pastor Rob Gohl

### DRYDEN

**DRYDEN COMMUNITY CHURCH**  
Hwy 2 at Dryden Ave. • 509-782-2935  
Sunday School 9:30 a.m.  
• Worship 10:45 a.m.  
Pastor Steve Bergland

**MID-VALLEY BAPTIST CHURCH**  
8345 Stine Hill Rd. • 509-782-2616  
Worship Service, 10 a.m.,  
Sunday School, 9 a.m.  
Pastor Mike Moore  
[www.midvalleybaptist.org](http://www.midvalleybaptist.org)

### LEAVENWORTH

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

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

**SEVENTH DAY ADVENTIST CHURCH**  
10600 Ski Hill Drive • 509-548-4345  
Saturday Services • Bible Study 9:30 a.m.  
Worship 11 a.m. • Fred Smith • 509-860-3997

**SPIRIT LIFE CENTER**  
210 Benton Street • 509-548-7138  
Sunday Worship 10 a.m., Prayer 6 p.m.  
Wednesday Bible Study 6:30 p.m.  
Pastor Russell Esparza

### MONITOR

**MONITOR UNITED METHODIST CHURCH**  
3799 Fairview Canyon • 509-782-2601  
In-person service, Sunday, 9 a.m.  
Pastor Lilia Felicitas-Malana

### PESHASTIN

**LIGHT IN THE VALLEY COMMUNITY CHURCH**  
8455 Main Street • 509-548-7517  
Sunday Worship 10 a.m. • Pastor John Romine  
[www.lightinthevalley.org](http://www.lightinthevalley.org)

**NEW LIFE FOURSQUARE CHURCH**  
7591 Hwy. 97 • 509-548-4222  
Sunday Worship, 10 a.m.  
Pastors, Darryl and Mindy Wall  
Email: [newlifeleavenworth@gmail.com](mailto:newlifeleavenworth@gmail.com)  
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Bears fall to Cashmere Bulldogs, 52-14

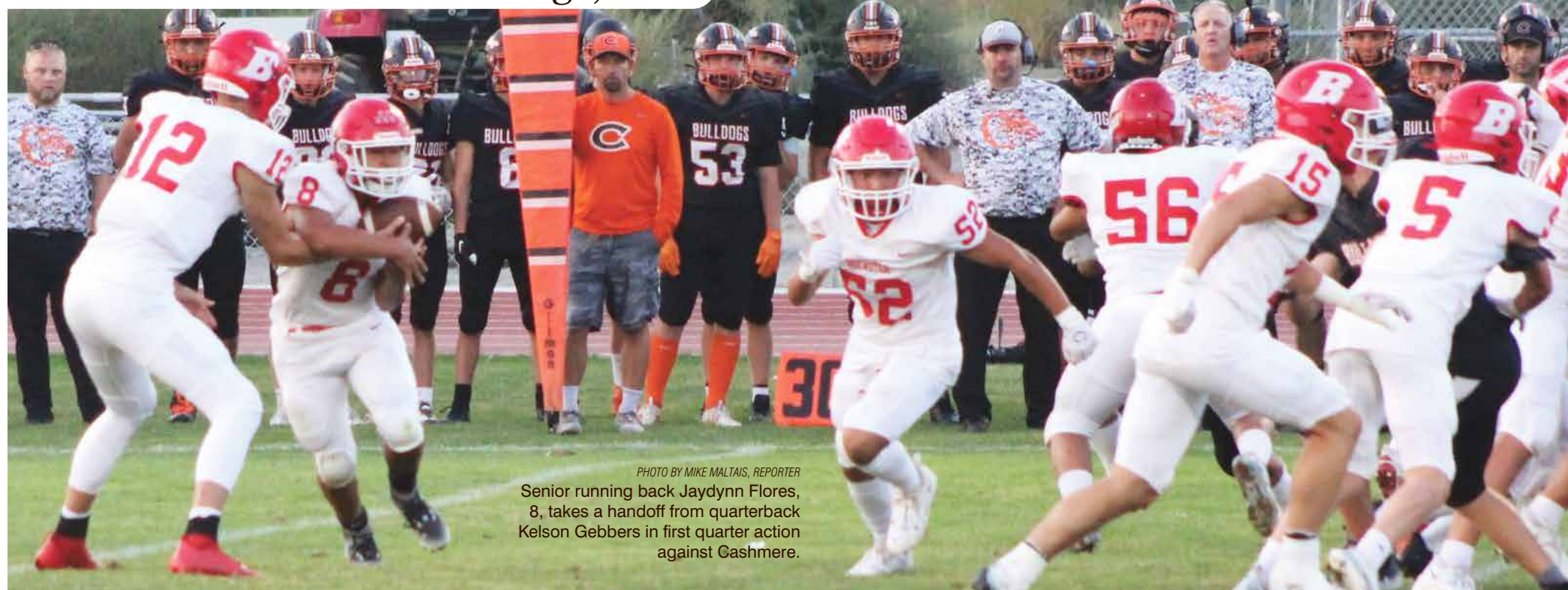


PHOTO BY MIKE MALTAIS, REPORTER  
Senior running back Jaydynn Flores, 8, takes a handoff from quarterback Kelson Gebbers in first quarter action against Cashmere.



PHOTO BY MIKE MALTAIS, REPORTER  
Brewster senior wide receiver Reese Vassar, 6, pursued by Cashmere's Jack Croci, 1, takes a pass reception past the midfield marker during last Friday's game against Cashmere.



PHOTO BY MIKE MALTAIS, REPORTER

A pack of Bulldogs pull down a Brewster ball carrier early in the first quarter of a game that saw Cashmere cruise to a 52-14 win at Brewster last Friday night, Sept. 9 in Brewster.

**BULLDOG SCOREBOARD**

**GIRLS' SOCCER**

Sept. 3:	Cashmere 1, Montesano 0; Win
Sept. 6:	Cashmere 0, Eastmont 2; Loss
Sept. 8:	Cashmere 2, Ephrata 0; Loss
Sept 10:	Cashmere 11, La Salle 2; Win

**VOLLEYBALL**

Sept. 6	Cashmere 0, Manson 3; Loss
Sept. 8	Cashmere 3, Brewster 2; Win

**FOOTBALL**

Sept. 2:	Cashmere 47, La Salle 6; Win
Sept. 9:	Cashmere 52, Brewster 14

**Sports Schedule**

**GIRLS' SOCCER**

Sept. 13:	Cashmere vs. Okanogan, Away 4:30 p.m.
Sept. 15:	Cashmere vs. Quincy, Away 6:00 p.m.
Sept. 17:	Cashmere vs. Overlake, Home 1:00 p.m.
Sept. 20:	Cashmere vs. Ellensburg, Home 6:30 p.m.

**VOLLEYBALL**

Sept. 13:	Cashmere vs. Zillah, Home 6:30 p.m.
Sept. 14:	Cashmere vs. Quincy, Away 6:30 p.m.
Sept 16:	TBA Yakima SunDome Festival, 8:00 a.m.
Sept. 20:	Cashmere vs. Ephrata, Away 6:30

**FOOTBALL**

Sept. 16:	Cashmere vs. College Place, Away 6:00
-----------	---------------------------------------

**CROSS COUNTRY**

Sept. 17	Girls' 12:10 p.m. and Boys' 12:40 p.m., Away Walla Walla Point Park
Sept. 20	Girls' 5:00 p.m. and Boys' 5:30 p.m., Away Okanogan Valley Golf Club

Cashmere Museum Passes Available at Libraries

SUBMITTED BY MICHELLE MCNIEL  
Public relations specialist

NCW Libraries is now offering family passes to the Cashmere Museum & Pioneer Village for checkout.

The museum passes can be reserved and checked out from the Cashmere, Leavenworth, Peshastin, Wenatchee and East Wenatchee libraries. They are available for a two-week checkout period and grant

free entry to two adults and all children who accompany them.

Reserve a Cashmere Museum pass online or inquire in person at one of the participating libraries.

The Cashmere Museum opened in 1959, showcasing a large collection of Native American artifacts, historical relics, antiques, and curios. In 2007, a collection of ancient art and artifacts, sourced from archaeological sites along

the mid-Columbia River, was donated to the museum.

The accompanying Pioneer Village opened in 1967 and features 20 original, historic structures furnished with antiques from the late 19th and early 20th century — including a one-room schoolhouse originally located in nearby Brender Canyon — as well as a restored Great Northern Railway caboose.

The museum passes are part of NCW Libraries'

Library of Things, which features an array of nontraditional library items such as nature backpacks, telescopes, blood pressure monitor kits, snowshoes, Washington State Discover Passes, and WiFi hotspots. For additional information: [www.ncwlibraries.org](http://www.ncwlibraries.org) or Reserve a Cashmere Museum Pass or Library of Things or Cashmere Museum & Pioneer Village (509) 663-1117 ext. 147 or (509) 679-8002.

September 16-18  
**Sustainable Living & Farming Tour**

SUBMITTED BY ARIAHA JONES

The Sustainable Living & Farming Tour is finally back in-person for the first time since 2016. The tour was historically organized by Simply Living Farms and was a yearly highlight for community members and tourists alike. Waste Loop is excited to partner with local farmers and organizations to offer this informative and inspiring weekend as we envision a more sustainable future together.

The Sustainable Living & Farming Tour is an opportunity for people to

learn more about living a simpler and more sustainable life by visiting examples and partaking in hands-on applications in the greater Leavenworth area.

Over the course of one weekend, participants will choose between various workshop offerings and site visits that educate, inspire, and motivate a path towards sustainable living. Participants will form connections to local food, the surrounding environment and the people that are 'walking the talk' of sustainability & stewardship. Workshops throughout

the weekend include: Tools & Tips for Winter Gardening, Backyard Chickens, Backyard Pollinator Garden Design, Introduction to Pruning, Herbal Medicine Making, a farm glean with Upper Valley MEND, a tour of the new Winton Composting facility and 'The Reciprocity of Restoration' with Cascade Conservation District.

The Farm Tour focuses on some of the incredible Chumstick farms including Gibbs Organics, Tierra Farm, Infuse Organics and Snowgrass Farm. Through the tour, participants will be able to see what organic

farming, regenerative agriculture, land stewardship and permaculture look like in practice. This is a great opportunity to learn from the experience of locals that have navigated the unique challenges of the region and found ways to live a life in tune with nature.

Additional information and registration can be found at [www.wasteloop.org](http://www.wasteloop.org). Waste Loop is a 501(c)3 nonprofit organization that connects with people and businesses to inspire innovative solutions to local waste and recycle challenges, valuing each resource through its lifecycle.



SUBMITTED PHOTO OF TIERRA FARM PRODUCE

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# CLASSIFIEDS

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All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

**CORRECTIONS:** NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.



**Administrative**

**Puzzle Solution**

P	A	P	A	L	E	N	D	D	U	C	T
A	R	U	B	A	L	E	T	D	O	G	M
T	E	N	O	R	S	O	S	O	R	L	O
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9	6	8	3	1	7	4	5	2
7	1	3	4	2	5	8	9	6
5	4	2	8	6	9	7	3	1
3	2	4	9	7	8	6	1	5
1	8	7	5	3	6	9	2	4
6	5	9	1	4	2	3	8	7

**Announcements**

**Lost & Found**

**LOST & FOUND ITEMS** can be placed in our **Local Newspapers** and **Online at NCWMarket.com** for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere 509-548-5286 or email [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com) or Lake Chelan Mirror 509-682-2213 or Quad City Herald 509-689-2507 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com)

Deadline Noon on Friday for the next week's papers

**Happy Ads**

Do you have a **SPECIAL EVENT COMING UP? HAPPY BIRTHDAY CONGRATULATIONS! WILL YOU MARRY ME? HAPPY ANNIVERSARY**

Add unlimited text and pictures, video for your online ad at [www.NCWMarket.com](http://www.NCWMarket.com)

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

**The Lake Chelan or Quad City Herald** or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

**Employment**

**Help Wanted**

**CASCADE SCHOOL DISTRICT**

School District is seeking qualified applicants for the following positions:

Alpine Lakes Elementary School  
American Sign Language Para Educator and Title 1 Para Educator

Fast Track application process and information can be found on our website at [www.cascadesed.org](http://www.cascadesed.org) EOE

**Help Wanted**

**NCW Media Newspapers** is looking for a Part to full-time reporter to join their team. This would be an amazing opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume.

This job is based in Leavenworth, WA. Applicants would be covering Leavenworth and the surrounding area for the Leavenworth Echo and Cashmere Valley Record each week, and for the Wenatchee Business Journal that is published monthly. Responsibilities would include:

Writing about local events. Photographing sporting events for the local schools. Uploading content once a week to the web.

For the Wenatchee Business Journal: Compiling a list of new businesses/bankruptcies and property listings each month.

Keeping up with people, interviewing local businesses and community members and other assigned duties. Candidate would need to have reliable transportation. Pay will be based on experience. Email your resume and writing examples to [publisher@leavenworthecho.com](mailto:publisher@leavenworthecho.com) or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

**NORTH CENTRAL WASHINGTON OPPORTUNITY**

Horticulturist sought for Northwest Contract Research, LLC. Position based in Pateros, WA. Position requires limited regional travel to sites throughout Okanogan, Grant, Chelan and Douglas Counties. Send resume ASAP to: Stephen Cockfield, Northwest Contract Research LLC, at PO Box 1461, Brewster, WA 98812 or email resume to: [sdcockfield@gmail.com](mailto:sdcockfield@gmail.com)

**Experienced in-home care giver needed in the Brewster area.** Call or text Kevin at (206) 510-5260 for details.

**Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists**

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

Robyn Bodajla - 617-462-3402  
Momi Palmieri - 509-433-2211  
Geordie Romer - 509-679-8958  
Allyson Romer - 509-630-9898

See all available properties at [windermereleavenworth.com](http://windermereleavenworth.com)

**Help Wanted**

**Orca Information**

OFFICE POSITION at Orca Information Full-time position in small office 10 minutes outside of Chelan. Looking for hard worker excited about learning little-known and effective techniques to prepare Employment & Tenant Screening background checks. Have a history of being Independent, on time for work, high level of integrity, good grammar, writing and basic computer skills. Start at \$16.00 per hour. Spanish speaking starts at \$16.50. Background Check and Drug Testing required. Send cover letter to [Orca@orcainfo-com.com](mailto:Orca@orcainfo-com.com) or text 360-840-0326 that is 360-840-0326. Attention Rebekah.

**Looking for a great local employee?** It is easy to place your ad online 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com) Register and pay on our secure site.

**Want Print Only** for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

Deadline is Friday by Noon for the following Wednesday issues of all newspapers

**Advertise Advertise Advertise Advertise Advertise Advertise Advertise Advertise Advertise Advertise**

**548-5286 or 782-3781**

YOU WILL Call Now! Call Now! Call Now! Call Now! Call Now! Call Now!

**Help Wanted**

**Bus Driver/Operator - Full Time Organization: Okanogan County Transit Authority (TranGO)**

TranGO IS HIRING DRIVERS; Full-time (36+ hours per week) positions available now; hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit [www.okanogantransit.com](http://www.okanogantransit.com) for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to [financehr@okanogantransit.com](mailto:financehr@okanogantransit.com), mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S 2nd Avenue, S, Suite A, Okanogan. Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

**Work Wanted**

**Material Placement** We Place the Material for you!

**Rock Bark Sand Soil Dump Truck Service**

**No more wheelbarrows, shovels or rakes! FREE ESTIMATES** Cell: 509-393-1244 Office: 509-885-2269 [tcslingers.com](http://tcslingers.com) **Landscape Supply Yard** 1869 1/2 S. Wenatchee Ave. Wenatchee

**For Sale**

**Antiques & Collectibles**

Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds. Place your ad with pictures online 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com) Register and pay on our secure site.

**Want Print Only?** Call Lake Chelan Mirror Quad City Herald 509-682-2213 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) or call The Leavenworth Echo Cashmere Valley Record 509-548-5286 [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com) **Deadline: Noon on Friday for all papers.**

**Garage & Yard Sale**

CLEAR SOME SPACE WITH A **Garage Sale**

Fill your pockets with CASH \$\$ Let others know what items you are selling!

Go online now to Place your ad 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com)

Print only? **Deadline Friday at Noon for all papers**

Lake Chelan Mirror Quad City Herald Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price !

**WHAT'S HAPPENING**

**EVENTS**

Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available

[www.leavenworthecho.com](http://www.leavenworthecho.com)

[www.cashmerevalleyrecord.com](http://www.cashmerevalleyrecord.com)

**RUN IT 'TILL IT SELLS**

Housing sales are HOT!

Is your home getting the attention it needs!

Advertise your property on **NCWMarket.com** for one low fee!

**\$100 fee includes:**

- Up to 5 photos of your home & property
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it

General Merchandise

**ALL OCCASIONS Greeting Cards ONLY**  
**Special Leavenworth Cards**  
 now only \$1.00 per card for a fundraiser for Royal Ladies of the Autumn Leaves

Example sayings are:  
 Wish you were here with me in Leavenworth.

"Special Friends"  
 Or I miss you.

Happy Birthday from Leavenworth!

Stop in The Leavenworth Echo office  
 215-14th St.  
 Open 10-5 weekdays.  
 509-548-5286

Vehicles

Automobiles

**FREE-FREE**  
 But you need to haul away. '91Jeep Cherokee 368,000 miles. Body damage but engine still in good condition. It has not run in a few years. Call Carol to see in the evenings. 509-670-1723. See engine at [NCWMARKET.COM](http://NCWMARKET.COM)

Legals

Public Notices

The Cascade School District Board has declared property to be surplus. This property has been available for purchase by public or private school districts for the past 30 days. The remaining surplus property will be offered to the public through a sealed bid process and an on-site sale. Check out the list of items for sale at <https://www.cascadesd.org/site/default.aspx?PageID=1582> (Cascade School District website/District Information/Facilities & Maintenance/ Current Surplus).

There will be no early viewings. Surplus not purchased will be destroyed or given to a non-profit. Sealed bids for the truck and trailer accepted at CSD, Attention: Sealed Bids, 330 Evans Street, Leavenworth, WA 98826 3pm. Viewing by appointment only by emailing [tdisher@cascadesd.org](mailto:tdisher@cascadesd.org) On-Site Sale September 16 & 17th, 2022 9 am-3 pm. 10001 School Street, Peshastin, WA. Published in The Leavenworth Echo/Cashmere Valley Record on September 14, 2022. #4514.

Public Notices

Cashmere School District Seeks Candidate for Seat on School Board Tom Christensen, School Board Director representing District 1 in the Cashmere School District, has announced his resignation from the board. Christensen has served on the school board for 20 years. Cashmere School District now begins a search for highly qualified candidates to fill the vacant School Board Director position representing District 1. In the event of a vacancy, the remaining board members will fill such vacancy by appointment. The appointed board member will serve until the next regularly scheduled board election. Letters of Interest will be accepted at the District Office, 210 S. Division Street, Cashmere, WA 98815. Letters must be received in the District Office by 4p.m. on September 23, 2022.

The Cashmere School District Board of Directors consists of five members. Directors in Districts 1-4 represent one of four geographic districts in which he or she resides. The fifth Director position is at-large. **District 1 boundaries are as follows:**

- Starting at the intersection of US Hwy 2 and Aplets Way.
- Southerly on Aplets Way to Prospect St.
- East on Prospect St. to North St.
- South on North St. to E. Pleasant Ave.
- East on E. Pleasant Ave. to Woodring St.
- South on Woodring St. to Riverside Dr.
- East on Riverside Dr. to Maple St.
- South on Maple St. to Mission Ave.
- West on Mission Ave. to Aplets Way.
- South on Aplets Way to S. Division St.
- South on S Division St. to Sunset Hwy.
- West on Sunset Hwy. to Paton St.
- Southerly on Paton St. to Pioneer Ave.
- Westerly on Pioneer Ave to Pioneer Dr.
- Westerly on Pioneer Dr to Brender Canyon Rd.
- Southwesterly on Brender Canyon Rd. to Icicle Canal service road.
- North by northwest, southwest and northerly on the Icicle Canal service road to the school district boundary.
- Clockwise on the school district boundary to the western crossing of US Hwy 2.
- Easterly on US Hwy 2 to the point of the beginning.

The district reserves the right to extend the application deadline if necessary to obtain a sufficient number of applications. The Board of Directors is the governing body of the Cashmere School District. Directors must be a U.S. citizen and resident of the state of Washington; be a resident and qualified voter in the school district; and reside in the director district which he or she represents.

Published in The Cashmere Valley Record/Leavenworth Echo on September 7, and 14, 2022. #4511

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of MARJORIE MARIAN MCLAUGHLIN, Deceased. NO. 22-4-00395-04 PROBATE NOTICE TO CREDITORS.

The administrator named below has been appointed as administrator 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 administrator or the administrator'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 administrator 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 non-probate assets.

DATE OF FIRST PUBLICATION: August 31, 2022

ADMINISTRATOR: Catherine Petri ATTORNEY FOR ADMINISTRATOR: David A. Kazemba ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES Suite 320 Wenatchee, WA 98801 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No.: 22-4-00395-04

OVERCAST LAW OFFICES By: David A. Kazemba, WSBA No. 48049 Attorneys for Administrator. Published in The Leavenworth Echo/Cashmere Valley Record on August 31, and September 7, 14, 2022. #4506.



# 3 tips to make back-to-school easy for kids and parents

BPT - The back-to-school season can be overwhelming for the whole family. While there's excitement about reuniting with friends and starting a new school year, it can be challenging for parents and kids to get back into a solid routine.

To help busy parents prepare their children mentally and physically to return to the classroom, Registered Dietitian and Nutritionist Dalina Soto has provided the following three simple tips that you can easily incorporate into your fall routine.

### 1. Reestablish a sleep routine

Summers often consist of late nights and mornings, so it can be tough for parents and children to adjust to weekday school hours. Before school begins, establish firm sleep and wake times for yourself and the kids.

You don't have to do it all at once. Ease into it by adjusting bedtime and the morning alarm to a half-hour earlier than your current routine. Once a week or every few days, keep moving it earlier until you have reestablished the school year sleep routine. Your family will still get to enjoy the summer and not be completely shocked by the switch come September.

### 2. Double down on hydration

During the hot summer months at home, you can keep a close eye on your kids and ensure they drink plenty of water as they play outside. However, during the school year,



Courtesy BPT

**Make your life easier and alleviate stress as you head into the busyness of the fall season. Have some simple, nutritious meals and snacks you can make in a pinch.**

you aren't able to remind them in between classes to grab a drink. Staying hydrated has its benefits. In addition to helping your child stay healthy, regular hydration can boost your child's mood, memory, and attention, according to HealthyChildren.org.

To encourage your kids to hydrate during the school week, add a reusable water bottle to your back-to-school shopping list. As you shop, help your child pick out a fun water bottle they can fill up at home and at school.

### 3. Start the day with a nutritious meal

One way to make your life easier and alleviate stress as you head into the busyness of the fall season is to have some simple, nutritious meals and snacks you can make in a pinch. Eggs are an easy, delicious, and nourishing ingredient you can incorporate into any meal at any time of the day.

To start your child's school day off right, cook up a meal with Egglard's Best eggs. Compared to ordinary eggs, they contain more than double the Vitamin B12, which naturally boosts energy to keep your child physically active. Egglard's Best eggs also have 25% less saturated fat, six times more Vitamin D and more than double the Omega-3s, to help improve your child's concentration and brain function in the classroom.

Make breakfast fun with these delicious Robot Egg and Cheese Roll Ups inspired by Disney and Pixar's Lightyear. They're packed with superior nutrition and are easy for parents to make, fun for kids to enjoy and provide lasting benefits for their school day!

Also, Egglard's Best has teamed up once again with Disney and Pixar's Lightyear to give families the chance to win Lightyear DVDs and more, Egglard's Best swag, and the Grand Prize

of \$5,000 to plus up their at-home movie watching experience. Enter daily now through September 24 for a chance to win. For recipes and more information, visit [www.EBFamilySweeps.com](http://www.EBFamilySweeps.com). Add Lightyear to your Pixar collection. Now on Digital and own it on Blu-ray™ September 13.

### Robot Egg and Cheese Roll Ups

Prep Time: 10 minutes; Cook Time: 5 minutes; Serves: 2

- Ingredients**
- 4 large Egglard's Best eggs (2 whole eggs, 2 egg whites)
  - 1/4 cup diced onion
  - 1/4 cup diced red bell pepper
  - 1 tablespoon chopped chives
  - 2 6-inch whole wheat tortillas
  - 1/8 cup low-fat shredded mozzarella cheese
  - 2 black olives

### Directions

1. Spray large pan with nonstick cooking spray and heat to medium-low.
2. In a small bowl, whisk Egglard's Best eggs and egg whites with onion, peppers, and chives. Season with salt and pepper.
3. Pour egg mixture into pan and cook on medium-low heat, stirring frequently until cooked through about 4 minutes. Add cheese and allow to melt slightly.
4. Immediately transfer eggs to tortillas and roll up tightly. Garnish with olives for the eyes, chives and bell pepper to create robot antennas.

To find this and more easy and quick recipes that you can make this school year, visit [egglardsbest.com](http://egglardsbest.com).

**NO PURCHASE NECESSARY TO ENTER OR WIN IN THE EGGLARD'S BEST "SUPERIOR HERO" SWEEPSTAKES.** Open to legal residents of the 50 US & DC, 18 or older. Void where prohibited. Sweepstakes starts 8/3/22 at 9:00 AM ET and ends 9/24/22 at 4:59 PM ET. For Official Rules, which govern, click here. Sponsor: Egglard's Best, LLC.

## SUDOKU PUZZLE

**GRAND ALASKAN CRUISE & TOUR**  
 12 days, departs May - Sep 2022  
 FROM \$1,949  
 \$1,699  
 VIST VACATIONS promo code N7017  
 1-855-208-9533

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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.

## CROSSWORD PUZZLE

**CROSSWORD**

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- THEME: OUTDOOR FUN
- ACROSS**
1. Relating to Vatican's Francis
  6. Denouement
  13. Lesser Antilles destination
  14. Big Island necklace
  15. Truth without proof
  16. Luciano Pavarotti, e.g.
  17. Distressing acronym
  18. Acrylic fiber
  19. "Outing in a wagon"
  21. "Overnighting outdoors"
  23. "\_\_\_ Te Ching"
  24. RC or Jolt
  25. Tax pro
  28. Lowest brass instrument
  30. "Al fresco meal"
  35. Kaa's warning
  37. This and that
  39. Extended family member
  40. "The Sun is \_\_\_ a Star"
  41. Namely (2 words)
  43. "The Parent Trap" child
  44. Renter's paper
  46. H. H. Munro's pseudonym
  47. Snaky swimmers
  48. Geisha's garb
  50. Kids' construction block
  52. Caustic chemical
  53. Display displeasure
  55. Blunder
  57. "S" more cooker
  61. "U-Pick destination"
  65. Yahoo! message
  66. Hyperactivity acronym
  68. Relating to hilum
  69. To the point
  70. Make a pigeon sound
  71. Silly
  72. Ancient eternal life symbol
  73. H in British HMS
- DOWN**
1. "Promenading route"
  2. Atlas stat
  3. Small and weak
  4. Cut short
  6. Additional
  7. Opposite of paleo
  8. "Xanadu" music genre
  9. Village, mostly in South Africa
  10. Tangerine plus grapefruit
  11. Colloquial "Follow me!"
  12. NASA's orange drink
  15. Master's area
  20. Meryl Streep/Philip Seymour Hoffman 2008 movie
  22. "Climbing peak"
  24. Fashion week stage
  25. "Sidewalk artist's medium"
  26. Mushroom caps
  27. Indian black tea
  29. Unwelcome reception, pl.
  31. Give a quote
  32. Handrail post
  33. In an unfriendly manner
  34. Incense without prefix
  36. Comme ci, comme ça
  38. "Nature walk"
  42. Detroit mascot
  45. Store as fodder
  49. Not their
  51. Lady Slipper, e.g.
  54. "Lifestyles of the Rich and Famous" host
  56. Horny odd-toed ungulate, for short
  57. Between Phi and Kappa
  58. Bad luck predictor
  64. Police informer
  60. "Angling reward"
  61. O in b.o.
  62. Having wings
  63. Military status
  64. Squirrel's nest
  67. Rudolph's Clarice, e.g.

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Call or email us for details!

**ECHO RECORD MIRROR HERALD**

Leavenworth 509-548-5286  
 Cashmere 509-782-3781  
 Carole@leavenworthecho.com

509-682-2213  
 509-689-2507  
 ruthk@lakechelanmirror.com

ALL NATURAL  
**BONELESS PORK  
SIRLOIN CHOPS**  
VALUE PACK

**248**  
LB.



PRAIRIE  
FRESH  
NATURAL

# Grocery Savings!

Best Foods  
Real  
Mayonnaise  
Selected Varieties  
30 Oz.

**5<sup>98</sup>**



Bull's-Eye  
BBQ  
Sauce  
Selected Varieties  
18 Oz.

**2/\$4**



Heinz  
Tomato  
Ketchup  
20 Oz.

**2<sup>98</sup>**



Heinz  
Yellow  
Mustard  
14 Oz.

**2<sup>28</sup>**



Vlasic  
Pickles  
Selected  
Varieties  
16 to 24 Oz.

**2/\$7**



Velveeta  
Slices  
12 Oz.

**3<sup>98</sup>**



**4<sup>98</sup>**  
LB.

PREMIUM BEEF  
**BONELESS BEEF  
BOTTOM ROUND  
ROAST**

USDA  
CHOICE

St. Helen's  
BEEF

LOCAL  
FRESH

**3<sup>98</sup>**  
LB.

**2<sup>98</sup>**  
LB.

BONELESS SKINLESS  
**CHICKEN THIGHS**  
VALUE PACK

Fresh

# Fresh Produce

**Jumbo  
AVOCADOS**  
**2/\$4**



**3<sup>98</sup>**

Wonderful  
**PISTACHIOS**  
Salt & Pepper  
or Sweet Chili  
7 Oz.

Roasted & Salted

Wonderful  
**PISTACHIOS**  
Salt & Pepper  
or Sweet Chili  
7 Oz.

Roasted & Salted

**3<sup>98</sup>**

PLANT  
POWER

**3<sup>98</sup>**

Orange, Yellow  
or Red Bell  
Peppers

**3/\$3**

Roasted &  
Salted  
Pistachios  
8 Oz.

**3<sup>98</sup>**

Extra Extra Large



Tim's Party Size  
Potato Chips  
Selected Varieties  
13 Oz.

**3<sup>98</sup>**



Stagg or  
Hormel Chili  
Selected Varieties  
15 Oz.

**2/\$4**



Kraft Shredded  
Cheese  
Selected Varieties  
7 to 8 Oz.

**2/\$6**



Rice-A-Roni  
or Pasta-Roni  
Selected Varieties  
4.2 to 7.2 Oz.

**3/\$4**



Fritos  
Corn Chips  
Selected Varieties  
9.25 to 10 Oz.

**2/\$7**



Kraft  
Dressing  
Selected Varieties  
16 Oz.

**2/\$6**



Red Lobster  
Cheddar Bay  
Biscuit Mix  
11.36 Oz.

**2/\$5**



Reddi wip  
Topping  
Original or Extra Creamy  
6.5 Oz. Aerosol

**3<sup>48</sup>**



Ghirardelli  
Brownie Mix  
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