



Cashmere retains the Bronze Shoe after defeating Chelan 22-12 last Friday night in Chelan. The Bulldogs have dominated the historic contest for the last 7 years and now stand at 55-12-1 in the 68 year history of the "Battle for the Bronze Shoe."

PHOTO BY MEGAN SOKOL

## Cashmere High's Leadership Class Host Veterans Day Parade



PHOTO SUBMITTED BY ANDY GROCE

(left to right) Naomi Valle, Mr. Groce, Aidan Campbell, Landon Baker, Kaden Miller, Alayna Groce, Maison Sims, Jack Niederstadt, Gabby Winchester, Ralene Wheatley, Aidia Schutt, Caden Flick, Esme Galvez, Emory Smith, Zoe Harrison, Ahren Campbell, Andrea Sanchez-Avila, Anthony Zavala, Ivette Alvarado, Reese Westlund, Gideon Six, Juli Alvarado, Sonia Lanuza, Lila Boushay, Gabby Ramirez, Oliver Satterfield, Allyson Kitchel, Raquel Pedraza, Christina Arroyo, Lily Wilson, Eva Gemeinhart. Not pictured: Jonah Groce, Riley Johnson, Ginny Pruitt.

BY: MEGAN SOKOL

Cashmere High School's Leadership class invites everyone to attend the annual Veterans Day Parade on November 10th at 9:15 a.m. The parade will start at Vale Elementary and end at Cashmere High School, with assemblies held at the CHS auditorium afterward. After the assemblies, lunch will be held at the American Legion Aux. #64, with sandwiches provided by Subway.

Leadership teacher Andy Groce will be leading the Leadership class for the first time this year, stepping in for Mrs. Karin Blomquist. This year, she will be honored at the parade as a guest speaker.

"The whole group decided it should be her because she's giving so much of her time and she's sort of just done a lot for our community," Senior student Esme Galvez states. "We figured because this is our first year doing the veteran's parade without her, we figured it be best for her to talk and have some recognition of

everything she's done. She's also a granddaughter of a veteran [and] a mother of a veteran."

They started planning for the parade after homecoming, collaborating



PHOTO SUBMITTED BY ANDY GROCE

Mrs. Karin Blomquist will be the guest speaker for this year's Veteran's Day Parade.

and assigning different roles to one another and working as a team.

"The process is really good because everyone in our class really loves to contribute to our school and we all put our heads together and think of speakers and decorations, and we really go into things and like pinpoint every little detail to make sure everything's good, like down to the inch," Freshman student Emory Smith explained.

This year's will be based on the Tomb of the Unknown Soldier, in honor of it's 100th anniversary.

"I believe it's one of the biggest things that we put on throughout the school year and it shows a lot of respect and a recognition to those who served our country," Galvez said. "I know our community's very patriotic and very close together. It's a great way to show what our community is all about."

For more information, you can contact Andy Groce at [agroce@cashmere.wednet.edu](mailto:agroce@cashmere.wednet.edu).

## Wenatchee-Entiat Beaver Project 4<sup>th</sup> Season Overview

**'Ecosystem Engineers' become tools for habitat restoration**

BY: MEGAN SOKOL

Wrapping up their 4th season in October, the Wenatchee-Entiat Beaver Project summarizes some of their recent beaver developments after receiving \$30k from the Salmon Recovery Board.

Kodi Jo Jaspers is the Program Manager for Beaver-Powered Restoration through Trout Unlimited, a national nonprofit that is partnered with U.S Fish and Wildlife service and Leavenworth Fish Hatchery.

The program has been in operation since 2018, utilizing beavers' innate building ability to restore the Wenatchee-Entiat ecosystem and sustainably managing the beaver population with the assistance of neighboring land-owners.

A recent development of the project has been the implementation of a low-tech process-based restoration called "beaver dam analogs" or BDAs, which is essentially a man-made beaver dam.

"Some of these streams where we want to put beavers [in] aren't quite ready for beavers, they need ponds or some more deciduous vegetation for the beavers," Kodi Jo Jaspers explained. "We'll go in with these BDAs and install them along stretches of streams to kind of help kickstart that restoration with hope that either beavers come back naturally on their own or it could be a future relocation site."

Jaspers dubbed the beavers as "ecosystem engineers" for their natural ability to transform a habitat in a matter of weeks.

"We relocated some beavers this summer and within a month they have built three dams already."

Jaspers and her team hope that the influx of beavers in the new relocation sites will help with neighboring fish populations by stabilizing water temperature, adding complexity to streams, and pool larger bodies of water for wildfire season.

"Beaver engineered habitats are really green, lush, riparian areas, so they help act in providing some resiliency on our landscape and fire breaks against those wildfires as well."

Jasper later explains how the ponded

water goes into the groundwater, a beneficial safety measure during the increasingly dry summers.

"It's retaining that water and it's released slower so that we have water in our streams later into the season."

The project oversees the coexistence between the beaver population and their human land-owning neighbors, making sure that both parties maintain a beneficial cohabitation.

"That's like tree wrapping with wire to keep beavers from chewing trees down or putting flow devices in beaver dams to keep them from flooding out property," Jaspers explained. "Sometimes that doesn't work, sometimes we have a bigger problem going on."

When a bigger problem does arise, the beavers are non-lethally trapped and relocated to the Leavenworth Fish Hatchery where they are kept for a week and then released as a family unit higher into the watershed.

"For a long time, and still, the number one way that we deal with beavers as a society and as a community has always been lethal removal, you call a trapper and they take care of it," Jaspers said, recounting previous fur trading rings in the 19th century.

"I think that what we're really trying to focus on in this project is shifting that mentality and showing people the importance of beavers and why we need to have them in our system."

Although they initially requested \$125k from the Salmon Recovery Board, the awarded \$30k will be used to build up to 80 BDAs over the next two years. If funds can be matched to meet their \$125k goal, they hope to continue coexistence measures with landowners and further develop relocation efforts.

"That's alright, some is better than none," Jaspers said. "We're happy to keep doing what we're doing and finding funds where we can find it."

The Beaver Project team hope to work more on their community engagement and outreach and to connect the community with restoration and wildlife within the valley.

You can learn more about the Beaver project on their facebook page at <https://www.facebook.com/pg/WenatcheeEntiatBeaverProject/posts/>

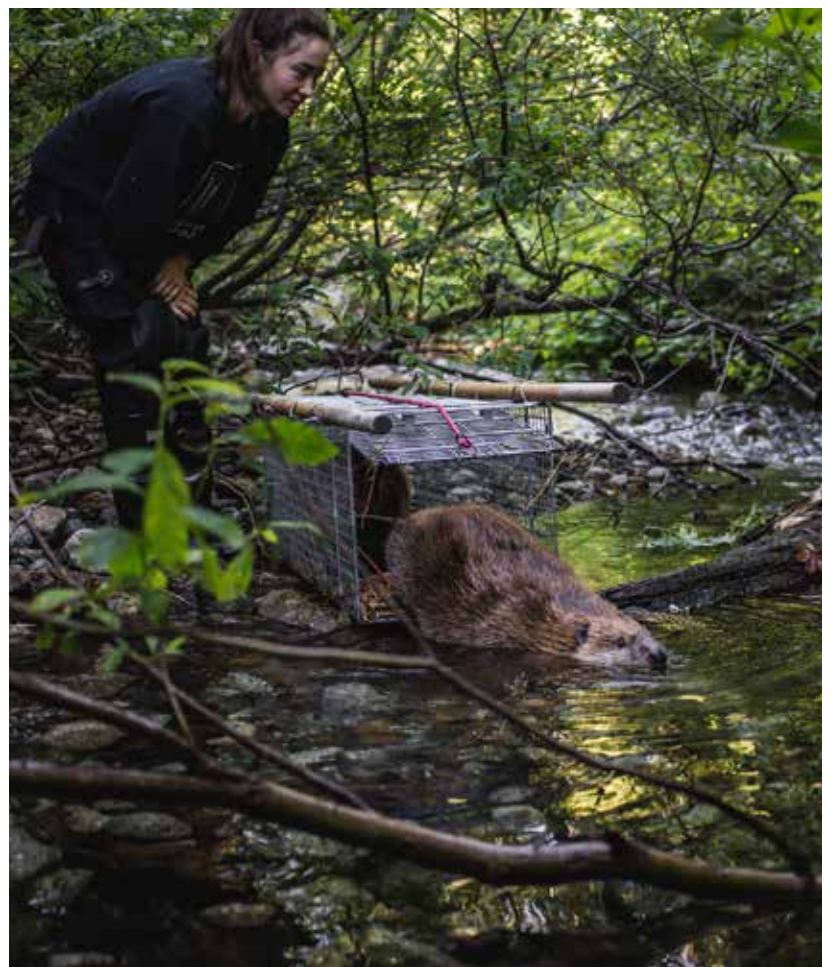


PHOTO LIZZIE BRIDGES PHOTOGRAPHY

**With the COVID-19 restrictions relaxed, take time to visit our local businesses for Shopping, Dining and Events**

### THIS WEEK

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- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

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For info call: Leavenworth: 509-548-5286, email: [reporter@leavenworthecho.com](mailto:reporter@leavenworthecho.com) Cashmere: 509-782-3781, email: [reporter@leavenworthecho.com](mailto:reporter@leavenworthecho.com)

**Help Support The Cashmere Food Bank**

Items to donate are: Canned foods (not expired), Dry beans, peanut butter, tuna, Cleaning supplies, hygiene products and toilet paper.

Cashmere Food Distribution Center is located at 316 River Street and open on the 2nd and 4th Wednesdays from 2:30 to 3:30 p.m.

For further information or to make a cash donation call Pam, 509-245-6464

Or you can write a check to: Cashmere Food Bank, PO Box 225, Cashmere, WA 98815

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Letter from Santa Project

Attention Quilters

Wouldn't your loved ones, naughty or nice, like a letter from Santa this holiday season? Leavenworth Lions Club is offering letters from Santa, arriving in a red envelope with a North Pole postmark. To order for a youngster, or someone mature, go to our website, [leavenworthlions.com](http://leavenworthlions.com) or [www.facebook.com/leavenworthlionswa](http://www.facebook.com/leavenworthlionswa)

Hurry! Order form must be postmarked by November 20th.

A Matter of Balance in-person workshop

This is a free workshop starting November 4 and 5, 11 and 12, 18 and 19, December 2 and 3, (8 sessions total). The times are 10 a.m.-12:00 and location is TBD. Interested people can call and register with me -- [sailwithmeec@gmail.com](mailto:sailwithmeec@gmail.com) or 509-393-9113.

Paul Anderson of Utah has been commissioned by the Leavenworth Nutcracker Museum to craft an Amish Quilted Nutcracker, the small quilt square is 10 inches by 12 inches, and must be received at the Nutcracker Museum, 735 Front Street, Leavenworth, WA. 98826 by December 1. A ceremony announcing the winner will be held on Sunday, December 5, at 3 p.m. Each person who sends in a quilt will receive 4 free admissions to the museum. Winning quilter will receive a copy of the "The Art & Character of Nutcrackers" book and a tour of the Museum for 10 people. All quilts will be displayed. Call the museum 509-548-4573 for more information.

**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.

**Home for the Holidays**

5 Tips to Prep Your Home for Holiday Guests

**(StatePoint)** Cooler temperatures, outings to the Christmas tree farm, game nights and holiday feasts. Now that the holiday season is here, it's time to prep your home for seasonal fun! Whether you're hosting a big or small group of family and friends this holiday season, decorating and decluttering around the house can make party prep easier and more enjoyable for everyone. With that in mind, here are some top tips to create functional and stylish spaces that are easy to keep clean and tidy throughout the festivities.

Delightful décor. Make any room feel warm and welcoming with EasyLiner Removable Adhesive Shelf Liner by Duck Brand. Decorating with laminate is an affordable way to add pops of color to a kitchen backsplash, reading nook or old side table. Choose a print that matches your style and easily stick the laminate to smooth, flat surfaces for a fresh new look that will wow your guests.

Mudroom without messy floors. Preparing an area near your entryway for bags and shoes is a must when expecting visitors. If you have a bench with storage, add machine-washable liner to the cubby to keep shelves clean and dry. Placing liner by the entrance of your home will also offer extra space to store muddy or wet shoes and stop salt and snow from tracking in the house.

When guests leave, toss the liner in the wash and reuse.

Spotless spaces for kids. All holiday gatherings need a space for kids to have fun and play together. While setting up for arts and crafts, line the table with a clear, textured liner to prevent crayons, markers or glue from damaging surfaces. When it's time to clean up, simply wipe the liner or toss it in the dishwasher.

Get your guest room ready. If you have family staying overnight, it's time to get your guest room in shape. Dress up drawers and closet shelves with Smooth Top EasyLiner. The grip bottom will keep the liner and items in place. Trendy patterns will elevate your home décor and guests will appreciate how clean and homey the space feels during their stay.

Bathroom basics. Once you're done prepping the guest room, don't forget about the guest bathroom. Keep styling stations and the bath clean and tidy with shelf liner and a bath mat. Duck Brand offers a variety of cushioned, machine-washable bath and shower mats for extra comfort and safety. The Clorox mat is also designed to prevent the growth of mold and mildew on the mat.

Making these small updates around the house now will keep your most-used spaces clean and tidy to ensure family and friends are comfortable and happy over the holidays.

**COMMUNITY CALENDAR**

**Wednesday**

**Cashmere Rotary Club:** Zoom meetings Noon, Call President Glenn Johnson, 509-782-1922 for more information.

**Cashmere Food Bank,** open 2nd and 4th Wednesday from 2:30-3:30 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 and Saturday no meetings**

**Sunday**

**CHURCH:** See the church page for local service times and events.

**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, 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 only is \$7 (no outside food please). Check-in begins at 11:30 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, 782-2561 or [tony.iid\\_pid@nwi.net](mailto:tony.iid_pid@nwi.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, Gina, for meeting location, 509-782-7404. (3rd 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).

Monday to Thursday, 10 a.m.-7 p.m. Friday 10 a.m.-1 p.m. and 2 to 5 p.m., Sunday 1 to 5 p.m. 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 Cottlets 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.

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Some time ago, I was talking with a client who had worked at a publicly traded technology company for many years. The appreciation in some of the stock he held was about 100%. On the verge of retirement, we discussed his future goals as well as estate planning and charitable giving. The client said that he and his wife gave consistently every year, about \$15,000 to their favorite organizations, and did not see this changing. These gifts had always been in cash. Since he did not have a mortgage and they were capped at \$10,000 for deducting state and local taxes, he was receiving very little benefit from their annual charitable giving since his total itemized deductions were around the standard deduction for a

married couple (\$25,100 for 2021).

I suggested an alternative for leveraging his highly appreciated stock. Instead of giving his cash to charity, why not give multiple years' worth of highly appreciated stock to a DAF? Since he had held the company stock for more than a year, a gift to a qualified charitable organization would result in a tax deduction of the fair market value of the stock. By gifting the stock, he could avoid the long-term capital gains tax at 20% as well as the Net Investment Income Tax at 3.8%. In addition, his charitable contribution could offset his ordinary income which was currently being taxed at 37%. The potential tax benefit was therefore 61.9% on his \$100,000 gift. While this example is extreme, given the client's tax brackets and stock appreciation, it highlights the power of giving appreciated assets to charity. Further, by using the DAF specifically as his charitable vehicle, he can continue his regular annual giving to his favorite charities every year.

Another client of mine left a substantial amount in his will to a specific charity in which he was very involved throughout his life. After his passing, the charity headed in a new direction which the donor's family felt was not in line with his intentions. However, there was nothing that could be done because that specific bequest was made in his will. Had he instead established a DAF with his family as the advisors, the family would have had more latitude in advising as to which organizations the client's generous donations went. This option might have allowed them to pause gifting to a specific organization or redirected to other causes that were important to the him. A charitable bequest at death to a DAF with family or friends listed as advisors allows the donor to better support his or her passions long past their lifetime.

Using the Community Foundation of NCW's DAF gives you the opportunity to maximize the benefits of charitable giving. I encourage you to consult with your professional advisor (CPA, lawyer, or financial planner) in supporting the causes you care about most.



## 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.

### October 22

14:17 Civil, 200 Titchenal Way.  
15:28 Juvenile Problem, 402 Pioneer Ave.  
20:20 Harassment/Threat, 8650 Dryden Frontage Rd. #5, Dryden.

### October 23

08:39 Alarm, 4062 Old Monitor Rd.  
15:44 Harassment/Threat, 400 Aplets Way.  
19:01 Alarm, 700 Cotlets Way.  
19:49 Suspicious Activity, 6300 Blk., Hay Canyon Rd.  
20:31 Extra Patrol, 3263 Allyn Ln., Monitor.  
21:44 Sex Offense, 209 Vine St.  
22:30 Domestic Disturbance, 107 Cottage Ave.  
23:01 Alarm, 106 Titchenal Way.

### October 24

09:00 911 Call, 817 Pioneer Ave.  
10:13 Non-Injury Accident, Mission Creek.  
17:18 Assist Agency, 302 Fisher St.  
18:39 911 Call, 5607 Sunset Hwy.  
19:35 Civil, 4212 Careys Corner Rd.

### October 25

11:22 Domestic Disturbance, 4906 Yaksum Canyon Rd.  
16:34 Harassment/Threat, 2294 East St., Monitor.  
18:32 Suspicious Activity, 102 Titchenal Way.  
18:58 Weapons Violation, 6200 Blk., Hay Canyon Rd.  
20:26 Non-Injury Accident, 6200 Blk., Tigner Rd.  
20:31 Trespassing, 305

Woodring St.  
20:35 Alarm, 407 Aplets Way.

### October 26

02:52 Disturbance, 201 Riverside Dr.  
08:59 Suspicious Activity, 400 Blk., Aplets Way.  
17:11 Theft, 117 Aplets Way.  
October 27  
05:19 Alarm, 200 Titchenal Way.  
09:00 Theft, 316 River St.  
13:17 Diversion, 101 Woodring St.  
23:23 Welfare Check, 115 E. Pleasant Ave. #8.  
23:35 Harassment/Threat, 108 1/2 Cottage Ave.

### October 28

03:37 Prowler, 3789 Ayers Rd., Monitor.  
12:00 Assist Agency, 655 Sand Creek Rd.



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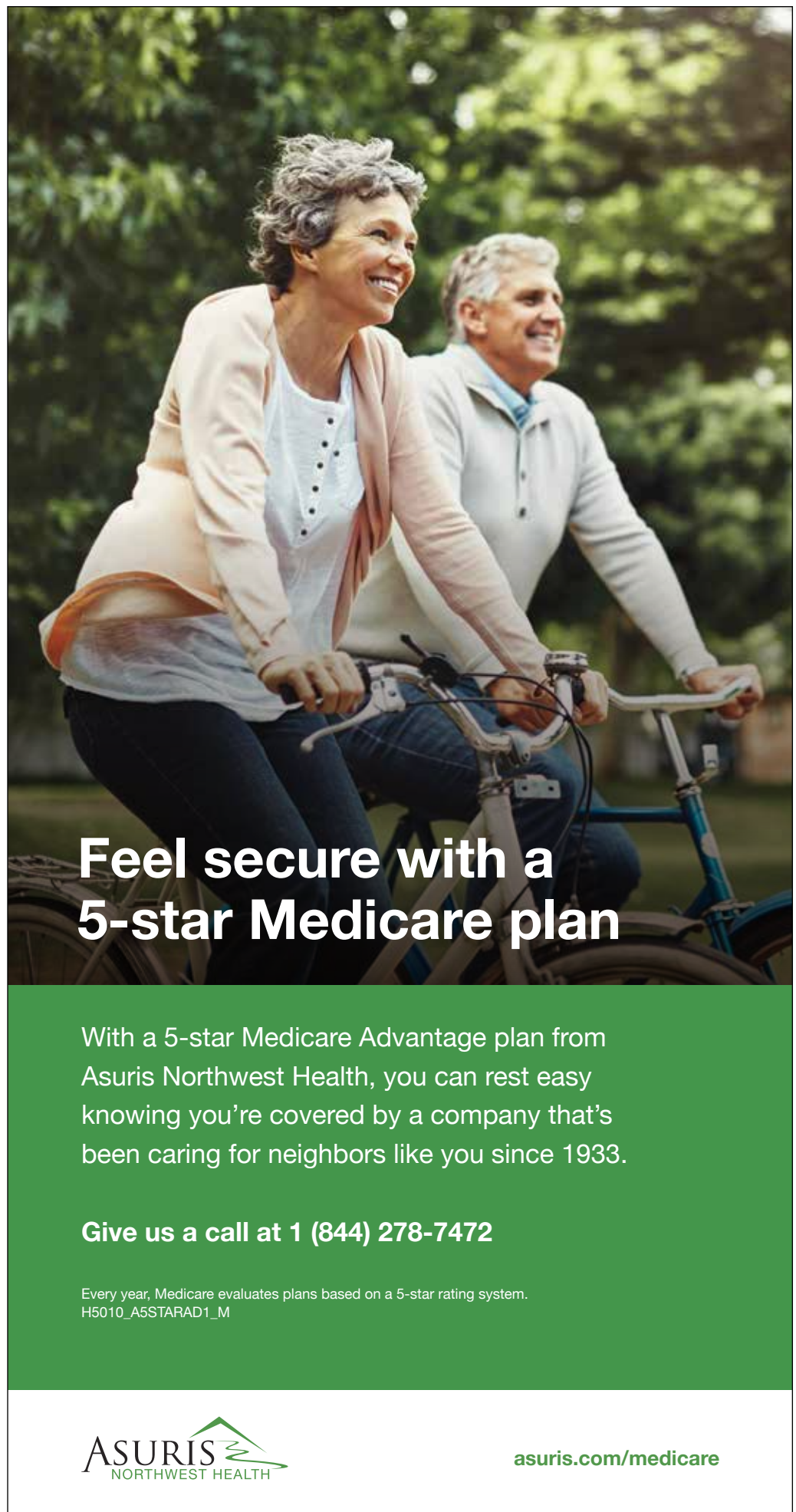
I want to thank Mrs. Holladay for always being there for me. She gave me the confidence to step out of my comfort zone and do things I wouldn't have been able to do on my own.



Yadira Sanchez-Rodriguez

Grade 12, Cashmere High School

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The Cashmere Valley Record 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 nonprofit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to publisher@leavenworthecho.com.

**Corrections**

The Cashmere Valley Record 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.

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## Can Probiotics and Prebiotics Help You?

Two months ago, Sally was diagnosed with a bladder infection. When the first antibiotic didn't fix the problem, her doctor gave her a different one. Within 3 days of starting the second antibiotic, she developed diarrhea. After a week of misery, she called, asking for help.

"I'm trapped in my own home," she wailed. "I can't walk past my bathroom without having to go."

I suggested she start taking a probiotic, and she called back a week later to report that her bowels were back to normal.

Probiotics are "friendly" microorganisms that live in our intestines and vagina. They include more than 400 separate bacteria, yeast, and parasites strains that help us absorb nutrients and metabolize our food.

Probiotics have another important job: they discourage the growth of "unfriendly" bacteria and other organisms that can make us sick. Probiotics can "crowd out"

other organisms by using up available space and nutrients. Some probiotics secrete antibacterial compounds like hydrogen peroxide, lactic acid, or acetic acid.

Sally's second antibiotic killed off the bacteria responsible for her infection but attacked her "good" intestinal bacteria as well. Eliminating her "friendly" bacteria left room for some "bad" bacteria to multiply and cause a condition called antibiotic-associated diarrhea.

Taking probiotics can decrease the risk of antibiotic-associated diarrhea by over 50%. Unfortunately, it isn't clear how protective they are against a common cause of antibiotic-associated diarrhea, a bacteria called *Clostridium difficile* or C. diff.

The 3 most common probiotics shown to help keep our intestines in balance are *Lactobacillus*, *Bifidobacteria*, and a fungus called *Saccharomyces*.

*Lactobacillus* makes lactic

acid, which increases the acidity of vaginal tissue. This helps protect you from both bacterial and yeast vaginal infections. The bacteria *Gardnerella* is an organism that typically lives in your vagina. Some antibiotics can disrupt that balance and allow the overgrowth of certain bacteria, causing inflammation and an infection called bacterial vaginosis. Along with lactic acid, *Lactobacillus* secretes hydrogen peroxide, which is deadly to *Gardnerella* bacteria, helping to prevent bacterial vaginosis.

The fungus *Saccharomyces*, available as Florastor®, has been shown to help prevent antibiotic-associated diarrhea. There is also evidence that taking both *Lactobacillus* and *Bifidobacteria* bacteria is more effective at treating antibiotic-associated diarrhea than either organism by itself.

*Lactobacillus* has more than one strain. Some strains are good at adhering to the lining of your intestine. In contrast,

others can overcome or push out "bad bacteria" that already have established themselves. One of the best ones for adhering to your gut lining is *Lactobacillus GG*, available as the product Culturelle®.

There is now a lot of interest in using prebiotics instead of probiotics to help your intestines and vaginal tissue stay healthy. Prebiotics are different than probiotics because probiotics are actually living organisms, while prebiotics are carbohydrates. Prebiotics work as support staff to your probiotics, feeding them and encouraging their growth by the way they change your intestinal environment.

Prebiotics work like "Miracle Grow®" to help certain bacteria and fungi grow and multiply. They are less expensive than probiotics because they don't have to be protected from excess heat and preservatives.

antibiotic-associated diarrhea.

**3. Choose probiotics containing more than one organism.**

There is good evidence that taking both *Lactobacillus* and *Bifidobacteria* bacteria together to treat antibiotic-associated diarrhea works better than either organism by itself.

**4. Store probiotics properly.**

Probiotics are living organisms and need controlled conditions to stay viable. Whether at room temperature or in the refrigerator, be sure to observe any storage recommendations and avoid extreme heat like in a parked car in the summer on the way home from the store.

**5. Try fermented foods.**

Fermented foods are some of the best and least expensive prebiotics. If you like sauerkraut or kimchee, eating



it regularly can help support a healthy balance of intestinal bacteria.

**6. Time your probiotics for maximum effectiveness.**

Start taking probiotics within 2-3 days of beginning an antibiotic, and continue for at least 3 days afterward.

*Dr. Louise Achey, Doctor of Pharmacy, is a 42-year veteran of pharmacology and 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. ©2021 Louise Achey*

## LETTERS TO THE EDITOR

### Art vs War

Could a work of art have saved the U.S. from Colin Powell's WMD speech to the U.N. Security Council and the eventual Iraq War? What if Nelson Rockefeller's loan to the U.N. of the Guernica tapestry had not been shrouded the day of Powell's visit? What if Powell and Tenet (C.I.A.) Chief had paused in front of the tapestry and appreciated Picasso's message? Would the silent screams of the Guernicans have brought out Powell's better angels? But art appreciation was not to be. When a German officer visited Picasso's apartment in WW II occupied Paris, he asked if the Guernica photo was something the artist had

done. "No" replied Picasso, "Something you did."  
**Joe Bissonnette,**  
Cashmere

*Note: Background of the Tapestry. NYTimes: For more than three decades, a 25-foot long canvas tapestry replica of "Guernica" hung outside the United Nations Security Council chamber, the backdrop for speeches by diplomats who were working to avert the atrocities depicted in Picasso's iconic antiwar painting. But now the tapestry is gone, repossessed by its owner, Nelson A. Rockefeller Jr., whose family had commissioned the tapestry in the 1950s and lent it to the United Nations in 1985.*



### 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.

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Pastor Bob Bauer  
Find us on Facebook at Cashmere Baptist Church

**CASHMERE PRESBYTERIAN CHURCH**  
303 Maple Street • 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 • 782-3811  
Virtual Zoom Service, Sunday, 11 a.m. until further notice.  
Pastor Lilia Felicitas-Malana

**CHRIST CENTER**  
In-person: Sunday Worship Service, 10 a.m.  
5800 Kimber Road, Cashmere  
Online: [christcenter.cashmere.com](http://christcenter.cashmere.com)  
The UNDERGROUND: Sunday, Middle School, 5 p.m., & High School, 6:30 p.m.  
Steve Haney, Lead Pastor  
Tim Williams, Executive Director  
Andy Robinson, Director of Operations  
Joyce Williams, Pastor of Congregational Care  
Steffanie Haney, Director of Adult Discipleship  
Kelsie Folden, Director of Youth Ministry  
Heather Pflugrath, Director of Children's Ministry  
Amber Vaughn, Director of Production & Creative  
Carmen Gamble, Office

**GRACE LUTHERAN CHURCH**  
Morning Prayer or Holy Eucharist.  
Join us at 10:00 a.m. on Sundays.  
Contact Pastor Rob Gohl  
509-860-0736 for more information.

**ST. JAMES EPISCOPAL CHURCH**  
Morning Prayer or Holy Eucharist.  
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509-860-0736 or  
Deacon Carol, 670-1723 for more information.

**EVERGREEN BAPTIST CHURCH**  
5837 Evergreen Drive • 782-1662  
Sunday School - 9:45 a.m.  
Morning Worship - 11 a.m.  
Evening Service - 6 p.m.  
Pastor John Smith  
[www.christforcashmere.org](http://www.christforcashmere.org)

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

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

### DRYDEN

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Sunday School 9:30 a.m.  
• Worship 10:45 a.m.  
Pastor Steve Bergland

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

### LEAVENWORTH

**CASCADE MOUNTAIN BIBLE CHURCH**  
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Sunday School 10:30 a.m.,  
Worship Service  
Office: 509-548-4331

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Sunday Worship 10 a.m.

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# The Washington Outdoors Report

## The Camping Crunch

By JOHN KRUSE

### Crowded Camping

The Center for Western Priorities released a study this month titled, "The Camping Crunch". The study looked at camping at reservable public lands such as national parks, national forest service campgrounds, Bureau of Land Management campgrounds and other lodging you can reserve online thru the website Recreation.gov. The study showed a 39 percent increase in reservations in the lower 48 states between 2014 and 2020 with reservations skyrocketing during the coronavirus pandemic in 2020.

In Washington State, the most popular camping areas were:

1. Kalaloch (Olympic National Park on the coast)
2. Willaby Campground (Olympic National Forest at Lake Quinalt)
3. Colonial Creek South Campground (North Cascades National Park)
4. Charbonneau Park (Army Corps of Engineers Park on the Snake River near Burbank)
5. Eight Mile Campground (Wenatchee-Okanogan National Forest near Leavenworth)

If you are looking for uncrowded camping options the campgrounds with the least number of reserved sites through Recreation.gov were:

1. Cayuse Horse Camp (Wenatchee-Okanogan National Forest near Ronald)
2. Gillette Campground (Colville National Forest near Lake Gillette)
3. Lakeview Campground - Stehekin (North Cascades National Park)
4. Lake Creek Campground - Entiat River (Wenatchee-Okanogan National Forest)
5. Lake Gillette Campground (Colville National Forest on Lake Gillette)

To give you an idea of the difference between these reservable sites the campground at Kalaloch had

96 percent of its campsites reserved while the Cayuse Horse Camp, which is only open for campers with horses or other stock, was reserved 15 percent of the time. Overall, the number of campsites reserved thru Recreation.gov in Washington State increased 20 percent between 2018 and 2020.

Aaron Weiss, Deputy Director for the Center of Western Priorities, says the study found in some cases campers are, "Loving our public lands to death". Weiss explained that when reservable campgrounds fill up, as they often have in recent years, campers will gravitate towards nearby campgrounds with fewer facilities or dispersed camping areas with no facilities at all. Couple this with the fact many campers are new at this and don't understand the ethics of "pack it out" or "leave no trace" and damage is definitely being done to our public lands. Weiss believes not only educating new campers, but increasing camping opportunities with more campgrounds and infrastructure are important goals for the federal government to address.

### Tumwater Campground Update

Earlier this year we addressed the continuing closure of the Tumwater Campground near Leavenworth which has 86 campsites as well as a group site for 55 people and a picnic area. The campground closed in 2014 due to wildfires in the area. Three attempts since the middle of August for information about plans to reopen the campground (or not) have gone unanswered by officials at the Wenatchee-Okanogan National Forest.

### State Parks Free Days

There are two more free days to recreate in Washington's State Parks this year where no Discover Pass is required for day-use activities. Those days are Veterans Day, November



PHOTO BY JOHN KRUSE  
Fall camping at Confluence State Park

11th and Black Friday, November 26th. Entry is not only free at state parks, but also at Washington Department of Fish and Wildlife Areas and Department of Natural Resource lands where a pass is required.

However, instead of waiting for free days to recreate on our state public lands, you should consider investing in an annual Discover Pass which only costs \$35. You can purchase one online when you renew your vehicle registration tabs or buy one at a local sporting goods store. They also make great Christmas gifts too for anyone who loves to recreate outdoors.

### State Parks Director Update

Joseph O'Sullivan, writing for the Seattle Times, found out a lot more information regarding the resignation of Washington State Parks Director Peter Mayer in October after just

seven months on the job. It turns out multiple employees, to include six regional park managers, filed complaints about Mayer's leadership style. Mayer allegedly used coarse language and belittled employees in public. Another complaint alleged Mayer tried to steer the agency towards a particular firm he had worked with previously for a \$29,000 contract in violation of established bidding procedures.

Mayer denied the allegations to the Seattle Times about this but through a spokesperson, apologized for any offensive language. Although he has announced his resignation, Mayer remains on home assignment and will continue to be paid until the end of the year.

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

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# Border Sheriff Says State Threatened to Pull Resources If He Didn't Stop Militia

CHARLOTTE CUTHBERTSON/THE EPOCH TIMES

CHARLOTTE CUTHBERTSON

BRACKETTVILLE, Texas—Days after a militia made its presence known in a rural Texas town, the county sheriff said he received a call from a Texas Department of Public Safety (DPS) official who threatened to pull all its resources from the county.

Kinney County Sheriff Brad Coe said that during the call, the official said they “didn’t know who these people were” who were wanting to come help on the border.

“He basically said, ‘I’ll pull all my resources out,’” Coe said.

Coe said he understood the call to mean that all state troopers assigned to the county would be relocated, and other resources including jail space could be made unavailable to Kinney County if militia personnel were operating in the county, even on private ranches.

“I said, ‘They’re not working for me. They’re not deputized. They’re just here on their own accord. And they have that right to be here,’” Coe told The Epoch Times.

Sam Hall, leader of the militia Patriots for America, said the group planned to operate as a deterrent in areas of high traffic.

“As a militia, we can’t detain or arrest people. We can disrupt and frustrate until the county or DPS can get there,” Hall told The Epoch Times.

Border Patrol agents recorded almost 4,000 illegal aliens who evaded capture in the Del Rio Sector in the seven days from Oct. 18, according to provisional Customs and Border Protection numbers provided to The Epoch Times. Most have to pass through Kinney County to get from the border cities of Del Rio and Eagle Pass to San Antonio.

“What we’ve seen is an invasion of this county,” Hall said during a county commissioner’s meeting on Oct. 18. “What we’ve seen is residents that are scared to death right now, and they don’t feel like they have support from the state.”

Coe said he had spoken to Hall and requested to know where they’d be operating, for safety purposes. The sheriff said he understood the concerns DPS might have of a “friendly fire” incident if they don’t know where people are working.

DPS has had a significant impact in Kinney County since the governor’s Operation Lone Star border enforcement effort began in March, especially with the extra state troopers on the roads arresting human smugglers and on the ranches apprehending illegal aliens for trespassing.

DPS didn’t respond to requests for



**A Border Patrol agent picks up four illegal aliens after Kinney County sheriff’s deputies arrested a U.S. citizen smuggler who was transporting them to San Antonio, in Kinney County, Texas, on Oct. 20, 2021.**

comment.

## Possible Kidnapping Charge

It’s not the first time DPS has threatened to pull back.

Rancher Cole Hill figured he was being proactive when he invited four men onto his ranch to help guard the property against trespassers one night in September. He was fed up with the constant illegal alien traffic, damage to his property, and slow (or no) response from overwhelmed law enforcement agencies.

The men ended up detaining a group of seven illegal alien men for DPS to subsequently pick up and charge with trespassing.

The next day, Hill told The Epoch Times, he received a phone call from DPS.

“Almost verbatim it was, ‘Look, you can’t do that. That’s not even legal what you guys did. That’s technically kidnapping. You cannot do anything to impede the travel of any other human being. And if you do so, if you try to detain somebody against their will, that is kidnapping, and you can be charged with kidnap for that,’” he said.

As a militia, we can’t detain or arrest people. We can disrupt and frustrate until the county or DPS can get there.

Sam Hall, leader, Patriots for America

Hill said the DPS officer told him that they will no longer come to his ranch to pick up detained illegal aliens because it would reflect badly on the agency to transport illegal aliens that had been “technically kidnapped.”

Hill’s ranch sits about 35 miles from the U.S.–Mexico border on a main thoroughfare for illegal immigrants who have evaded Border Patrol and are traversing his land on foot to skirt a highway checkpoint. The usual plan is to then be picked up by a smuggler who will drive them to a big city, often San Antonio.

Hill said he’s dealt with illegal aliens traversing his land for years, but only about 25 people a year, on average;

sometimes months would go by with no activity.

Until January.

Since then, he’s had men in full camouflage clothing on his front porch; a group surrounding his house, banging on the walls and peering in the windows; his ranch worker house broken into; and his truck ignition destroyed during a theft attempt.

The damage to his property is also increasing. In the past few months, he’s had his perimeter fence cut seven times, most of the time from top to bottom, and in three cases, an entire section was pulled out.

“Sure, there’s probably some good apples in there as well. But I don’t think the good apples are 35 miles off the river trying to evade every law enforcement they can as aggressively as they are,” Hill said.

He said he’s lost count of the number of confrontations he’s had with groups of five or six men while working alone on his ranch. The idea of having a group of men out on security one night seemed appealing.

“All they were doing was giving me a better night’s sleep,” he said.

He was shocked to get the call from

DPS.

Kinney County Attorney Brent Smith said ranchers have been detaining illegal aliens for years for Border Patrol and the sheriff’s office to pick up.

“No one’s ever brought this issue up until now with DPS,” Smith told The Epoch Times.

“Any citizen can arrest someone, or detain them, for breach of peace or a felony committed in their presence. And trespassing has been found to be a breach of peace before.”

Smith said that most of the time when a group of illegal aliens is walking through a ranch, one of them is the guide, or coyote, which constitutes a felony.

“So one of those guys is committing a felony. Can you detain all 10 of them until you find out who that one is? How do you know which one the guide is unless you detain them?” he said.

DPS didn’t respond to multiple requests for comment by The Epoch Times about this incident and about whether the agency has warned other ranchers in Texas that they could be charged with kidnapping.

## 5 Percent of Unvaccinated Workers Have Left Jobs Over Vaccine Mandates: Survey

TOM OZIMEK

Five percent of unvaccinated workers have left their jobs over workplace vaccine mandates, while 37 percent say they plan to do so if their employers impose such requirements, according to a new poll, which provides an early indication of labor market impacts of mandates.

The survey, carried out by the Kaiser Family Foundation on a nationwide representative sample of 1,519 adults and published on Oct. 28, showed that 1 in 4 workers said their employer has required them to get the COVID-19 vaccine—up 16 percentage points from June. And while 25 percent of all adults polled said they know someone who has left their job due to a vaccine mandate, 5 percent of unvaccinated workers—or 1 percent of

all adults—have done so themselves.

At the same time, around 50 percent of workers said they’re against their employer imposing a vaccine requirement and 37 percent of unvaccinated workers—5 percent of adults overall—said they would leave their job if a vaccine mandate were imposed even if it included a weekly testing opt-out. That proportion rose to 70 percent of unvaccinated workers (9 percent of all adults) in the absence of a testing option.

Meanwhile, 60 percent of unvaccinated workers (8 percent of all adults) said they would seek an exemption if their employer imposed a COVID-19 vaccine mandate.

While the question remains hypothetical for the 75 percent of workers whose employers haven’t imposed a vaccine mandate, the findings of the

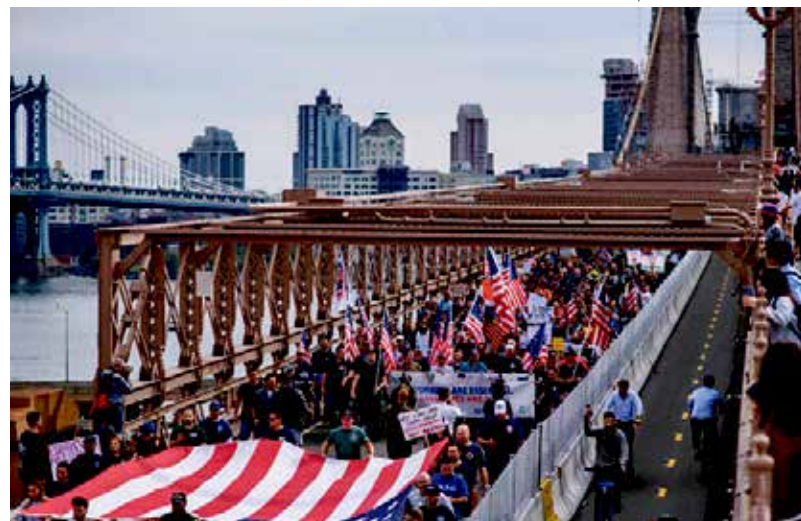
survey are an early gauge of the impact of requirements on the labor market.

In September, President Joe Biden announced a vaccine mandate with a weekly testing option for businesses with 100 or more employees. It’s estimated that the mandate, which remains under review, would cover about two-thirds of the private-sector workforce.

A number of business groups have asked Biden to rescind the rule or postpone it until the end of the busy Christmas shopping season, citing concerns that the mandate might prompt workers to quit, exacerbating the labor shortage and worsening the supply chain crunch.

Neither OSHA nor the White House has provided a firm timeline on when the emergency rule on private businesses would go into effect.

ED JONES/AFP VIA GETTY IMAGES



**Municipal workers march across Brooklyn Bridge during a protest against the COVID-19 vaccine mandate, in New York, on Oct. 25, 2021.**

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## Three Cashmere runners advance to state competition



PHOTO SUBMITTED BY JEFF KENOYER  
League and District Champion Kaden Miller



PHOTO SUBMITTED BY JEFF KENOYER  
Varsity boys 800 meters into the race



PHOTO SUBMITTED BY JEFF KENOYER  
Tristan Hoffman - running to 4th place and qualifying for her third trip to State



PHOTO SUBMITTED BY JEFF KENOYER  
JV Boys coming off the first hill

SUBMITTED BY JEFF KENOYER

The District 6 1A/Caribou Trail League Championship meet was hosted by Cashmere High School on Tuesday October 26. The meet determined which athletes and teams would qualify for the State Cross Country meet held on Saturday November 6 in Pasco. The meet was held in Walla Walla Point Park in Wenatchee under good weather conditions (which were not actually predicted). To qualify for the state meet an individual needed to finish in the top seven of their varsity race. Cashmere finished the day with four state qualifiers.

Tristan raced and then was driven to Seattle by her parents to catch a plane for Indianapolis to compete at the FFA National Convention. Carly went into the meet as the 18th best performer in the CTL and improved on that placing. The Kodiaks beat us and will be the CTL team representative at the state meet. Kaden, Hugh and Garrick qualified for their first state meet with their top seven placings.

A look at the results indicates not many of our runner ran personal record times or even season best times. According to the website Athletic.net only seven of the 53 male runners that competed in the meet had season best times. Weather was not an issue. Veteran coach John Durheim felt that the course ran slow even before the results were published.

Thanks to Mr. Carlson, Mr. MacKenzie, Mrs. Dart, retired teacher Mr. Smith, Mr. and Mrs. Graves, Mrs. Yamamoto, Mr. Johnson and lots of parents for their help at the meet. Special thanks to substitute teacher, Mr. Durheim, for all of his work behind the scenes setting up the course.

### VARSITY GIRLS RESULTS 27 runners

4th	<b>Tristan Hoffman</b>	22:31.6
15th	<b>Carly Schoening</b>	27:49.6

### VARSITY BOYS RESULTS 35 runners

1st	<b>Kaden Miller</b>	17:45.1
(1 second off his personal record)		
4th	<b>Hugh Wheeler</b>	18:17.9
(Personal record for 5K)		
5th	<b>Garrick Strong</b>	18:23.1
(Personal record for 5K)		
13th	<b>Sam Graves</b>	19:16.4
(1.4 seconds off his personal record)		
18th	<b>Landon Baker</b>	20:05.2
20th	<b>JJ Groner</b>	20:27.3
21st	<b>Owen Graves</b>	20:33.5

### TEAM SCORES

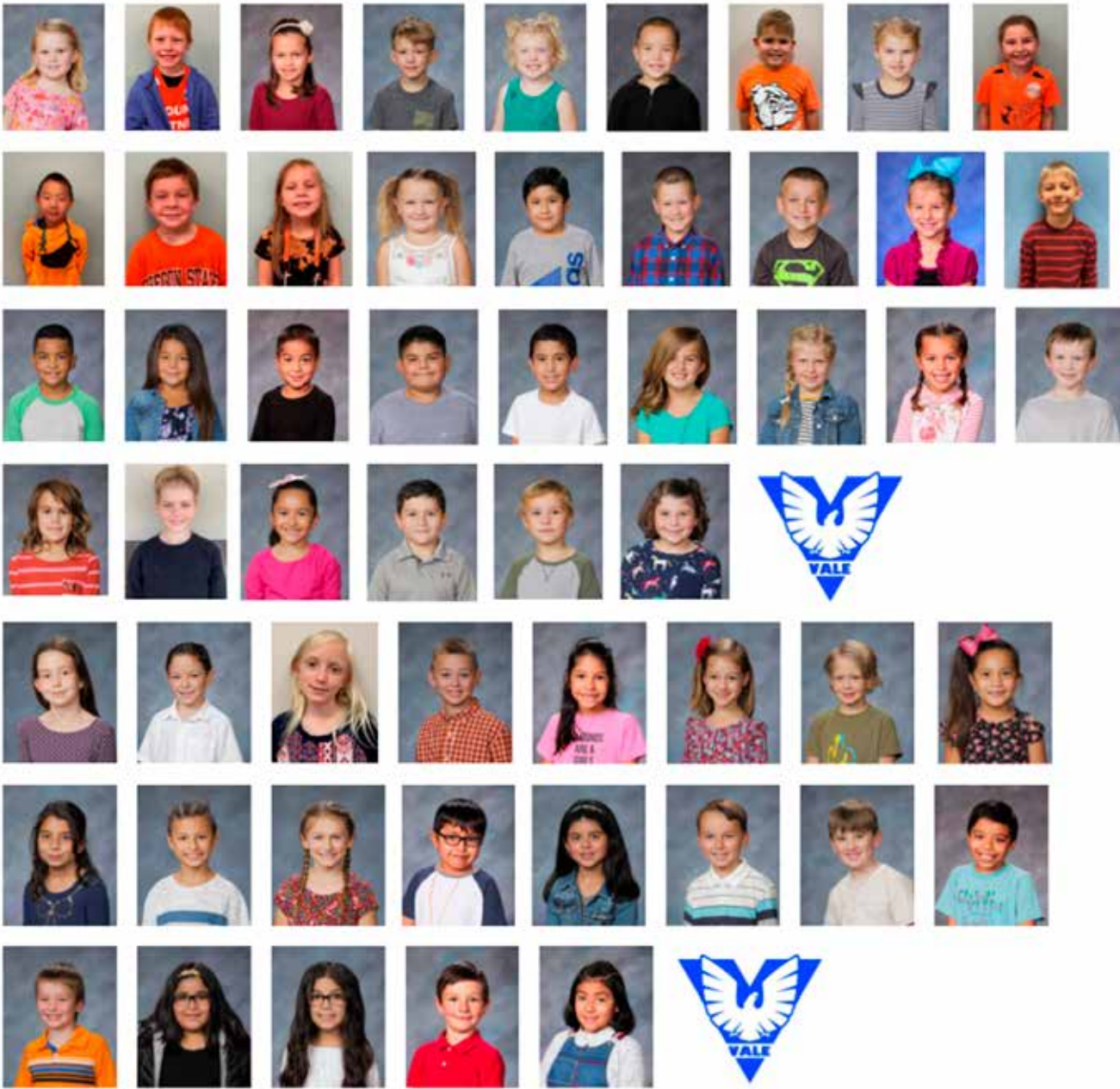
<b>Cascade</b>	34
<b>Cashmere</b>	41
<b>Chelan</b>	56
<b>Quincy</b>	111
<b>Omak</b>	115

### JV Boys Results 18 runners

2nd	<b>Jose Mora</b>	20:52.7
3rd	<b>Aidan Campbell</b>	20:59.8
(Personal record for 5K)		
7th	<b>Micah Guerin</b>	22:23.6
8th	<b>Nate Hodges</b>	23:02.2
9th	<b>Ben Todd</b>	23:48.5
10th	<b>Drake Hesselschwardt</b>	24:01.9
11th	<b>Ahren Campbell</b>	24:06.8
(2.8 seconds off his personal record)		
13th	<b>Jayson Marron</b>	24:51.8
15th	<b>Garrett Edwards</b>	26:13.6
17th	<b>Lucas Agnew</b>	28:36.4
(Personal record for 5K)		

## Vale Students of the Month

September 2021 Students of the Month for the trait of Responsibility



**Kinder:** Avery Bertilson, Walter Fletcher, Myla Rodriguez, Griffin Binger, Eliana Dunagan, Silas Battis, Kai Smart, Lennox Halle, Piper Andrus, Jayden Cho, Evan Thomas, Harper Allyn  
**First:** Payton Lindblom, Alan Hernandez, Wesley Fischer, William Peery, Charlotte Gray, Camden Betz, Angel Equiva  
**Second:** Samuel Dahlstrom, David Ceja, Averie Gonzalez, Rogelio Galvez, Jayson Gomez-Perez, Calie Smart, Halle Nylund, Elayna Joya, Wade Strutzel, Jasmine Potter, Jack Henderson, Natalia Lopez, Achai Lemus, Daniel Whitford, Adelae Girard  
**Third:** Haley Cram, Nairo Chavez, Eliza Butcher, Jude Ray, Alexa Garcia, Ellie Johnson, Griffin Christensen, Sofia Ferrer-Sierra, Clara Jones, Jaden Gonzalez-Hurtado, Cora Smith, Cesar Oropeza  
**Fourth:** Estefany Rojas, Charles Griffith, Brayden Hills, Agustin Toral, Cole Smith, Allison Lopez, Mia Cruz-Equiva, Gilbert Armstrong, Monse Arrietta, Skye Butler  
**Thanks for your continued support of our Eagles!**

## Puzzles Solutions

### Sudoku

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

### Crosswords

B	O	R	A		S	I	S		R	P	M				
A	D	O	S		D	U	N	K		S	C	A	R	E	
R	O	M	P		E	D	G	E		T	E	N	O	N	
F	R	E	E	T	H	R	O	W		E	N	I	D		
				C	R	O	A	T		O	A	T			
P	L	A	T	E	R				N	U	M	E	R	A	L
A	I	L			A	N	T	H	E	R		R	I	G	A
I	N	E	R	T		B	E	E		A	S	S	A	Y	
S	E	R	E			F	A	R	R	O	W		E	M	U
A	N	T	B	E	A	R			S	A	T	R	A	P	
				O	A	R			M	E	T	R	O		
	T	H	U	S			F	I	E	L	D	G	O	A	L
N	O	O	N	E			R	A	R	E		G	Y	R	O
B	I	N	D	S			E	M	I	R		L	E	T	S
A	L	E					T	I	E			E	R	S	E

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**Employment**  
**Help Wanted**

**THREE RIVERS HOSPITAL**  
**OR Circulator Nurse Full-time**  
Three Rivers Hospital is seeking an OR Circulator Nurse. Current WA State RN license. Two years' experience as a full-time circulator. BLS and ACLS certifications. Basic computer skills. Monday-Friday, 8-hour shifts. No call time. Sign-on bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](http://www.threerivershospital.net) [opportunity@trhospital.net](mailto:opportunity@trhospital.net) EOE

We are looking for an experienced and compassionate caregiver to provide excellent care to our 90 year old mother that lives in the Leavenworth area. Duties to include helping her to bathe, get dressed, prepare meals, light housekeeping, grocery shopping and provide transportation to appointments / outings. Applicants should, 1) have experience as a caregiver, 2) knowledgeable in basic emergency and safety procedures, 3) be in good physical condition, 4) have reliable transportation, 5) flexible schedule a plus. Wage depending on experience. Please send resume to: Care Giver PO Box 32 Leavenworth, WA 98826

**Looking for a part-time job?**  
The Leavenworth Echo Newspaper is looking for a part-time front office receptionist. Greet customers. Have computer knowledge, math, and phone skills. We will train you on our computer software. Pay depends on experience. Please email a resume to [BillF@leavenworthecho.com](mailto:BillF@leavenworthecho.com) or stop in with a resume 215-14th St. Leavenworth. Monday-Friday 10 a.m. - 5 p.m. Or call 509-548-5286 for an interview time. Equal Opportunity Employer.

**Help Wanted**

**THREE RIVERS HOSPITAL**  
**OR Manager Full-Time**  
Three Rivers Hospital is seeking an OR Manager to oversee the OR nursing staff and the surgery department. Candidate must have current WA State RN license and ACLS & BLS. Must be proficient in orthopedic, general and OB/ GYN surgeries. Should have 2-3 years of progressively responsible experience in hospital nursing, including leadership assignments. Excellent communication and discretionary skills. Monday-Friday, 8-hour shifts. No call time. Sign-on bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](http://www.threerivershospital.net) [opportunity@trhospital.net](mailto:opportunity@trhospital.net) EOE

**City of Pateros Public Works Department**  
The City of Pateros has a current opening in the Public Works Department. This position is a non-exempt position performing manual to journey level work in the parks, streets, buildings and utilities of the City of Pateros. This is a full-time position, wage scale starting at \$3,640 to \$4,160 per month plus benefits. Desirable qualifications include a valid commercial driver's license, Public Pesticide License, irrigation and landscape maintenance, street repair and maintenance, water or sewer certifications and heavy equipment operation. The position requires the ability and willingness to perform manual labor, including lifting of heavy objects. Background check and drug test will be required before hiring. Applicant must have a valid WA State Driver's License and provide current driving record from DOL. Experience in similar position is desirable. A complete job description and application can be obtained by calling (509) 923-2571, or email [pateros@swift-stream.com](mailto:pateros@swift-stream.com). When submitting application, please include a resume and cover letter. Position is open until filled.

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If you are a people person and enjoy talking to our local businesses. **We have the job/career for you!** The right candidate must be outgoing, and personable, have sales and computer knowledge. We will train the right person on our software. Stop in The Leavenworth Echo, 215-14th St. 10 a.m.-5 p.m. with a resume or call for an interview with Bill or Carol, 509-548-5286. EOE

**Help Wanted**

**PATEROS SCHOOL DISTRICT**  
All applications processed through FAST TRACK: [www.pateros.org](http://www.pateros.org)>Our District>Employment. Position descriptions available online. Contact employment at [pateros.org](http://pateros.org) or the district office at 509-923-2751 x 4 for more information. First review of applications is 11/9/21. Positions open until filled. EOE  
**PERMANENT EVENING CUSTODIAN**  
Starting date for this permanent position is Nov 15, 2021. Evening shift: 2:30 PM – 11:00 PM. Salary starting at \$18.80 an hour with medical and retirement benefits. Duties include gym area janitorial work, game set up and clean up; student desk and cafeteria table sanitation; general custodial duties. Qualified applicants will be trained. Must have physical ability and stamina to perform required duties and favorably pass background check.  
**ROUTE BUS DRIVER**  
Immediate opening for a permanent part time route bus driver. Monday - Friday, five (5) hours per day split between the morning and afternoon route, 5:30 – 8:00 am, 2:30 – 5:00 pm. \$21.82 an hour. Class B CDL with "S" endorsement (passenger and air brakes) required. Must favorably pass a WSP/FBI background check and favorably pass a pre-employment drug screening.  
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Bus Drivers \$18.93 an hour  
route drivers \$17.67 extracurricular  
**ASSISTANT SKI COACH**  
Assist the Ski Program Coordinator with supervision and teaching the students to ski/snowboard. Starting stipend: \$1249.57 plus \$100.00 a trip (max 10 trips). Max total \$1599.57. Complete list of duties available online or from the district office.

**The North Central Educational Service District** is seeking a qualified individual for the following position:  
**Student Assistance Professional**  
Location / Assignment: Lake Chelan School District 185-days per year, 8 hours per day. Applications are accepted on-line only. If you have any questions regarding our on-line process please contact Human Resources at NCESD 430 Olds Station Rd. Wenatchee, WA 98801 509.667.7100 or <http://www.ncesd.org> A completed application packet is required. Equal Opportunity Employer

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Geordie Romer - 679-8958  
Allyson Romer - 630-9898

**Help Wanted**

**THREE RIVERS HOSPITAL**  
**ER NURSE Full-time/ Nights**  
Three Rivers Hospital is seeking an ER Nurse to provide nursing assessment, treatment and evaluation of ER patients and outpatients. Current WA State RN license required. Current BLS / CPR, ACLS, TNCC and PALS certifications. Two years' Med/Surg experience or one-year ER experience preferred. Rotating days and includes some weekends. Sign-on Bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](http://www.threerivershospital.net) [opportunity@trhospital.net](mailto:opportunity@trhospital.net) EOE

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

**THREE RIVERS HOSPITAL**  
**Informatics RN Full-time**  
Three Rivers Hospital is seeking an Informatics RN to support the hospital and clinic in the application of the EMR. Experience teaching clinicians with EMR, strategic planning and development, and familiar with continuous quality improvement methods is preferred. Strong computer skills and experience working with healthcare informatics systems. Excellent interpersonal skills required. Current WA State RN license required; BSN preferred. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](http://www.threerivershospital.net) [opportunity@trhospital.net](mailto:opportunity@trhospital.net) EOE

**Help Wanted**

**THREE RIVERS HOSPITAL**  
**LAB TECHNICIAN TECHNOLOGIST Temporary / Full-time**  
Three Rivers Hospital is seeking a Lab Tech to perform various technical, clerical and information systems related procedures in Chemistry, Hematology, Microbiology, Blood Bank. A.S Degree in Medical Laboratory Technology or related scientific field with a one-year internship or one year of clinical experience. Professional certification as a MLT (ASCP) or equivalent is highly recommended. Will include weekends and after-hours call-time. Sign-on Bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](http://www.threerivershospital.net) [opportunity@trhospital.net](mailto:opportunity@trhospital.net) EOE

**THREE RIVERS HOSPITAL**  
**RADIOLOGY/ CT TECH Full-time**  
Three Rivers Hospital is seeking a Rad/ CT Tech to produce CT scans and assist the Radiologist with interventional procedures that require CT guidance and to provide the best diagnostic images possible for the providers. Registered by the ARRT and Certified WA State. Graduation from an AMA – approved school of Radiologic Technology. Minimum of one year CT experience. (Technical staff can be crossed trained). Current BLS certification. Prefer ARRT certification in CT. Sign-on bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](http://www.threerivershospital.net) [opportunity@trhospital.net](mailto:opportunity@trhospital.net) EOE

**CASCADE SCHOOL DISTRICT**  
The Cascade School District is seeking qualified applicants for the following position:  
Early Childhood Para Educator for Kodiak Cubs Preschool  
Fast Track application process and information can be found on our website at: [www.cascadesd.org](http://www.cascadesd.org) EOE

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**Part-time Delivery Person Needed**  
We are looking for a reliable, responsible individual to pick up and deliver our newspapers early Wednesday mornings to our local racks, dealers and advertisers. Other duties include collecting and counting money. Cleaning racks. Must have good driving record and proof of insurance. Apply in person at 215-14th St. Leavenworth call 509-548-5286 to schedule an interview. 10-5 weekdays.

**THREE RIVERS HOSPITAL**  
**COVID-19 COORDINATOR / MA-C Full-time/Temporary**  
Three Rivers Hospital is seeking a COVID-19 Coordinator to work in our medical clinic. This position performs essential tasks, which includes answering and returning phone calls to patients related to questions around the COVID vaccine, testing, results, and general questions; administrator COVID-19 vaccinations. High school graduate or equivalent, must have valid WA State MA License. Required: ability to communicate in English and Spanish. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources PO Box 577 Brewster, WA 98812 (509) 689-2517 [www.threerivershospital.net](http://www.threerivershospital.net) [opportunity@trhospital.net](mailto:opportunity@trhospital.net) EOE

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