

# The Leavenworth Echo

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Upper Valley News Since 1904  
A Ward Media Publication

 leavenworthecho.com

## 5 things to do this week

Five of the most captivating events of the week | A2

## Four Cascade School District gymnasts excel in State Championship

Sports | B1



# City of Leavenworth recognizes Senator Hawkins for affordable housing efforts

By **TAYLOR CALDWELL**  
Ward Media Staff Reporter

LEAVENWORTH – The City Council formally recognized Senator Brad Hawkins for his affordable housing efforts during its meeting Apr. 9.

Hawkins received the recognition for securing a \$1.3 million allocation of Washington’s 2024 supplemental capital budget for Upper Valley MEND’s Affordable Rental Housing Project. Under this project, Upper Valley MEND is working to purchase 31 apartment units from the Marson family to maintain their affordability for workforce housing. The \$1.3 million funding closed Upper Valley MEND’s gap to reach its original fundraising goal.

“Now, Upper Valley MEND will be able to do so much more, and you are. This is just building momentum for the next work project,” said Sen. Hawkins during the meeting.

Rather than a mayoral proclamation, the City Council unanimously adopted “Resolution 06-2024—Appreciation to Sen. Brad Hawkins for his support of

Leavenworth’s housing needs” to allow council members to express their gratitude collectively.

“Where as Senator Hawkins’ steadfast advocacy and leadership have significantly contributed to the realization of this critical initiative, thereby addressing the pressing housing challenges faced by our residents, and whereas the City of Leavenworth recognizes and commends Senator Brad Hawkins for his tireless efforts in championing causes that uplift the well being of our community and its inhabitants,” the resolution stated.

Mayor Carl Florea presented a copy to Sen. Hawkins, who attended the meeting with his wife, Shawna Hawkins, and Upper Valley MEND Executive Director Kaylin Bettinger.

“This was an incredible amount of support from Washington state, with \$1.3 million sponsored by Sen. Hawkins, following the 2023 capital budget \$1 million allocation that was sponsored by Rep. Steele. So, we’re just so grateful to our legislators for supporting efforts to prioritize workforce housing that’s critically needed in the Leavenworth area,”



TAYLOR CALDWELL / WARD MEDIA

Mayor Carl Florea presents Resolution 06-2024 to Sen. Hawkins.

said Bettinger to Ward Media.

Sen. Hawkins also worked with the City of Leavenworth, Chelan County, Upper Valley MEND, and other community advocates to pass Senate Bill 5868 in 2022, which allows counties to allocate existing .09 sales tax dollars to affordable housing

infrastructure or facilities. Chelan County is currently using this option to support project funding as part of its Cascade Public Infrastructure Fund.

Taylor Caldwell: 509-433-7276 or [taylor@ward.media](mailto:taylor@ward.media)

## Leavenworth Adventure Park gets win on hours and music, but denied parking changes

By **TAYLOR CALDWELL**  
Ward Media Staff Reporter

LEAVENWORTH – The Leavenworth Adventure Park (LAP) will be able to extend indoor hours and offer both acoustic and amplified live music under certain conditions, according to the Hearing Examiner’s decision on Apr. 10. The LAP’s request to remove the ticketing requirement for parking was denied.

The decision allows the park to operate its indoor space until 10 p.m., with no guests allowed in the outdoor area after 8 p.m. All outdoor operations will continue to be limited to 10 a.m. to 8 p.m. As for live music, the park will be allowed to offer live acoustic music outside until 8 p.m. or inside until 10 p.m. Live, amplified music will be allowed inside until 8 p.m.

The decision regarding music and hours seems to have struck a happy medium between the park and those who expressed opposition to any changes during the hearing, such as the Residents Coalition of Chelan County (RC3), a nonprofit that has advocated against the park since its inception.

In a statement to Ward Media, LAP General Manager John Sutherland said he appreciated the Hearing Examiner’s approval regarding music and hours and doesn’t think the changes in operation will be noticeable. RC3 President Kirvil Skinnarland expressed appreciation for the 8 p.m. curfew for amplified music indoors.

“We think that was kind of a good, conservative move, since we don’t really know how amplified music is going to work indoors, and it’s harder to take something back once you’ve given it, so we were pleased with that,” said Skinnarland.

In terms of parking, the LAP requested it no longer be required to ticket parking for the duration of the patron’s visit. In its original letter to request amendments, the LAP stated it had experienced technical difficulties with its ticketing kiosk early on and had abandoned the requirement altogether. The park was able to successfully manage parking after a few months through staff management and switching to a reservation-only system, which was not included in the original conditional use permit.

However, the decision stated that the current system is working well, with no reason to modify the conditional use permit requirements despite the LAP using a different method. Sutherland said he would be reaching out for clarification on the statement.

Lastly, in his letter of decision, the Hearing Examiner noted that public testimony did not focus on the three amendment requests, but “it is the nature of the human screams coming from the guests that are riding in the cars coming down the hill that is most upsetting to the area residents.” However, the complaints were beyond his scope of decision.

Skinnarland stated the RC3 was disappointed that the Hearing Examiner was unable to address the complaints of screams coming from the coaster, and was currently working to address the matter with the City Council.

The LAP is also considering options such as planting trees or adding material to the coaster, to lessen the sound.

“We are working actively with the city to try to mitigate that as well. It will never be completely gone, but we can hopefully help mitigate the screaming so that it doesn’t bother people,” said Sutherland.

Taylor Caldwell: 509-433-7276 or [taylor@ward.media](mailto:taylor@ward.media)



## Eastside Rebuild gears up for grand opening

COURTESY OF EASTSIDE REBUILD

Eastside Rebuild Co-Managers, Luke Dixon and Beryl Bits. See **STORY** Page B2

## Chelan County buys property for \$1.8 million



### EM, coroner, motor pool to relocate to Ohme Garden Road

COURTESY OF CHELAN COUNTY

Chelan County commissioners purchased 2.75 acres on Ohme Garden Road in Wenatchee for \$1.8 million. The county plans to begin construction later this year.

NCW News  
Ward Media

WENATCHEE – Chelan County commissioners approved the purchase of 2.75 acres on Ohme Garden Road in Wenatchee for the future relocation of several county departments.

The industrially zoned land was purchased for \$1.8 million from Eider Properties LLC of Wenatchee. Eider was in the process of building a business park on the site and had made several improvements to the property, including leveling of the site,

See **CHELAN COUNTY** Page B2

## Front Street Park restroom and stairway project faces delay due to high bid

By **TAYLOR CALDWELL**  
Ward Media Staff Reporter

LEAVENWORTH – The Front Street Park Restrooms and Stairway Expansion Project slated to begin construction this spring may be pushed to next year due to bid challenges.

The project received one bid, which was nearly 70 percent greater than the original estimation of probable construction costs. City Council rejected the bid at its Apr. 9 meeting, with the hope that the project would attract more bidders with more time. The rejection risks delaying the project another year and potentially meeting higher costs.

The construction bid opening for Front Street Park Restrooms and Stairway Expansion Project received a sole bid from Cascade Central Construction, LLC, which submitted

a \$2.03 million bid, versus the city’s estimated \$1.2 million. City Council was given the option to accept the high bid, or reject it and reopen the bid.

“I just think that we can do better, I think we deserve to go out and see if we can get a better financial bid on this, because we really only got one...I have some misgivings about them being 70 percent over our estimate,” said City Councilmember Anne Hessburg.

Deputy Public Works Director Andi Zontek-Backstrum attributed the project’s lack of bids to being too large for small contractors and too small for large contractors. A few of those who expressed preliminary interest but did not bid told city staff they were at workload capacity. The accuracy of the original estimation also came into question, but Zontek-Backstrum said there were only a

few nuanced differences, not enough to explain the large discrepancy.

“If we were to wait and rebid it, we would anticipate bidding and having the project delayed about a year, so that at the same time, you have to consider escalation factors and what construction costs will look like then,” said Zontek-Backstrum.

Council members agreed that the price was too high, but appeared split about rejecting the bid. The option to reopen the bid was considered for as late as October or November when construction slowed down.

“It’s a gamble. You’re gambling that things are going to slow down, so that there will be more availability. What they’re saying is, “We’re busy. We’re not gonna come in low when we’ve got all this work out there. You are rolling dice to say it’s going to cool off,” said Mayor Florea.

City Council voted to reject the

bid, with only Councilmember Baron opposed. City staff said they would readvertise and consider reopening the bid in late fall. Zontek-Backstrum said they would also revisit the estimate.

“I’m going to remain optimistic. We’ll advertise this right away and see how we do,” said Public Works Director Tom Wachholder.

The Front Street Park Restrooms and Stairway Expansion Project will switch the locations of the male and female restrooms, add more female stalls and sinks, and add a family and gender-neutral single-stall restroom. The project also includes reconstructing covered concrete stairs between Front St. and Hwy. 2 and covering the area above the restrooms.

Taylor Caldwell: 509-433-7276 or [taylor@ward.media](mailto:taylor@ward.media)

## Inside The Echo this Week

5 Things to do this Week.....	A2	Community Calendar.....	A3	Kodiaks Scoreboard.....	B1
Athlete of the Week.....	B1	Classifieds.....	B3	Student Spotlight.....	B1
Business Directory.....	A3	Dr. Louise.....	B2	Advertising Flyers:	
Church Guide.....	A4	Kid Scoop.....	B4	Safeway, Dan’s Food Market	

\$1.00



Phone:  
509-548-5286

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

# The Leavenworth Echo

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WARD MEDIA

## On the Internet

**Website:**  
www.leavenworthecho.com  
**E-mail:**  
news@ward.media

## Office hours

Hours: 9 a.m. - 5 p.m. except weekends, or call 509-548-5286

## Contact information

### CEO & Publisher

**Terry Ward**

509-731-3284

terry@ward.media

### COO & Co-Owner

**Amy M. Yaley**

509-731-3321

amy@ward.media

### Multimedia Sales Manager

**Sherrie Harlow**

253-255-5920

sherrie@ward.media

### Reporter

**Taylor Caldwell**

taylor@ward.media

### Reporter

**Quinn Propst**

quinn@ward.media

### Circulation

509-293-6780

circulation@leavenworthecho.com

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### Letters policy

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

### Corrections

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

### News tips

Have an idea for a story? Call the Echo at **509-548-5286** email [news@ward.media](mailto:news@ward.media)

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### Classified Weekly Rates

**\$15.00** for first 30 words. **10** for each additional word over 30 words Borders, bold words, headlines, logos and photos subject to additional charges.

## Get your event in the spotlight with Ward Media!

If you have an exciting event to share, email Reporter Quinn Propst at [quinn@ward.media](mailto:quinn@ward.media). We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss this chance to make your event shine!

### April Green Drinks

April Green Drinks will feature Cascade Community Markets on Thursday, April 18, from 5 to 7 p.m. at Blue Spirits Distilling.

"Are you interested in learning about environmental sustainability efforts happening in NCW? Come network with eco-minded organizations and stewards at Green Drinks," the event page states. "April's featured organization will be Cascade Community Markets. Join us to learn more about what's new at the Farmers Market this year."

For more information, visit [wasteloop.org](http://wasteloop.org).

### Trashion Show

The Wenatchee River Institute will host the third annual Trashion Show on Friday, April 19, from 5:30 to 7:30 p.m. on the River Haus lawn.

"This fashion show will showcase wearable art made from recycled and repurposed materials," the event page states. "There will be four design team categories this year: adult, high school, youth, and family. Prizes are available for each category,

plus a People's Choice Award where audience members will get to vote for their favorite outfit.

For more information, visit [wenatcheeriverinstitute.org](http://wenatcheeriverinstitute.org).

### Earth Day Fair

Leavenworth will celebrate Earth Day at the Leavenworth Community Earth Day Fair on Sunday, April 21, from 11-4 p.m. at Enchantment Park.

The event page states, "Join us to celebrate Earth Day. Join us for a fun-filled day of live music, food, local vendors, educational booths, and activities for all ages. The Leavenworth Community Earth Day Fair brings us together to celebrate Earth Day as a community."

For more information, visit [wasteloop.org](http://wasteloop.org).

### Family story time

Mountain Sprouts will host a Family Story Time at the Leavenworth Community Earth Day Fair on April 21 from 2 to 3 p.m. at Enchantment Park.

Join us to celebrate Earth Day," the event page states. "Bring a blanket if you have

one and cozy up on the lawn to listen to a selection of Earth-themed stories appropriate for children of all ages."

For more information, visit [wasteloop.org](http://wasteloop.org).

### Red Barn event

The Wenatchee River Institute will host the Red Barn event Fish are Friends on Tuesday, April 23, from 7 to 8 p.m.

This is a free event with a donation basket at the door. Doors open at 6:30 p.m. for a community social, with beer and wine available for purchase. "Join Wenatchee River

Institute and the Leavenworth National Fish Hatchery for an update on the many projects occurring on and around their campus," the event page states. You may have seen the major work on the Ice Lake River or heard of the

new partial reuse aquaculture system that is being tested for more efficient water use. Don't miss this chance to hear more about these projects."

For more information, visit [wenatcheeriverinstitute.org](http://wenatcheeriverinstitute.org).

5 THINGS TO DO THIS WEEK



## NCW Libraries launches 2024-2026 strategic direction

NCW News  
Ward Media

WENATCHEE - In celebration of National Library Week, the NCW Libraries Board of Trustees has announced their 2024 - 2026 Strategic Directions.

Through these directions, the Board celebrates the many ways NCW Libraries staff deftly evolved library services to meet changing community needs over the past several years. With an eye toward the future, NCW Libraries will continue to prioritize community needs and customer service. The district is also focusing on strengthening organizational health and stewarding the community's investment in the library.

### 2024-2026 Strategic Directions

- Meet Critical Community Needs

- Cultivate local and regional partnerships and connections.
- Provide relevant services, programs, and resources.
- Increase awareness and use of library services.
- Enhance Customer Experience
- Foster an environment where everyone feels welcome.
- Reimagine and strategically update our spaces.
- Consistently meet and exceed customer needs and expectations.
- Strengthen Organizational Health
- Build a strong and positive organizational culture.
- Celebrate and invest in the success of our employees.
- Collectively commit to a growth mindset.
- Maximize the Community's

- Investment
- Regularly evaluate our community impact.
- Pursue opportunities for innovation and improvement.
- Make data driven financial decisions.

"The communities of North Central Washington recognize NCW Libraries as a trusted source of information, dynamic programs, and valuable resources," says 2024 Board Chair Kathleen Allstot. "Our Strategic Directions over the next three years will build upon that reputation as we work to strengthen our organization, build greater partnerships, and identify new ways to meet the most critical community needs."

These directions will serve as guideposts for the Board and staff as we work together to build the foundation needed to ensure a sustainable, resilient, and community focused future for library services in NCW.

Learn more at [www.ncwlibraries.org/strategy](http://www.ncwlibraries.org/strategy).

## Wenatchee Valley Dispute Resolution Center offers Communication and Conflict Resolution Training

NCW News  
Ward Media

WENATCHEE - The Wenatchee Valley Dispute Resolution Center (WVDRC) has announced a series of professional and personal development training opportunities for May and June. The courses are designed to help individuals and organizations improve their communication skills and effectively manage conflicts.

The first workshop, "Learn to Listen—Listen to Learn: An Active Listening Workshop," will be held on Tuesday, May 14, from 2 to 4 p.m. at the YWCA Event Space. Participants will gain practical experience learning invaluable communication skills, uncovering underlying issues and interests, and fostering meaningful conversations. Registration for the workshop is \$40.

The second training, "Conflict De-escalation Training," will occur on Thursday, May 16, from 1 p.m. to 5 p.m., also at the YWCA Event Space. Participants will explore conflict dynamics, active listening, and the interest-based conflict model. They will also learn best practices for self-de-escalation and de-escalation of others and practice conflict resolution skills for peaceful problem-

solving. This interactive learning experience is particularly beneficial for business and community service organizations. Registration for the training is \$77.

Lastly, the WVDRC will offer a comprehensive "Professional Mediation Training" course from June 24 to 28 at their office. This course is suitable for individuals interested in becoming certified volunteer mediators with the WVDRC, those seeking more effective ways to deal with conflict in various settings and professionals in the legal, counseling, or education fields who require relevant training. The course covers the process of mediation, communication skills, and conflict dynamics. Trainees who complete the course are eligible to begin a mediation practicum to become certified volunteer mediators with the WVDRC. The registration fee for the course is \$550, with discounts available for groups of three or more from the same organization. The training is approved for Educator Clock Hours.

To register for these training opportunities, visit the WVDRC website at <https://www.wvdrdc.org/events> or contact the WVDRC at [info@wvdrdc.org](mailto:info@wvdrdc.org) or (509) 888-0957.

## Link Transit to host open house

NCW News  
Ward Media

WENATCHEE - Link Transit is inviting the public to take a behind-the-scenes look at its cutting-edge maintenance facility and industry-leading electrification program during an open house event on Thursday, April 25, from 5 to 7 p.m.

The event, which will be held at Link Transit's facility located at 2700 Euclid Avenue in Wenatchee, will feature guided tours, interactive displays, and opportunities for attendees to engage with the transit agency's team of professionals. Guests will be treated to transportation-themed mocktails and small bites while learning about the advanced technology and processes that keep the transit system operating at peak performance.

"We are thrilled to open our doors to the community and showcase the remarkable work our team does to enhance and innovate public transit in our region," said Link CEO Nick Covey. "This open house is a unique opportunity for

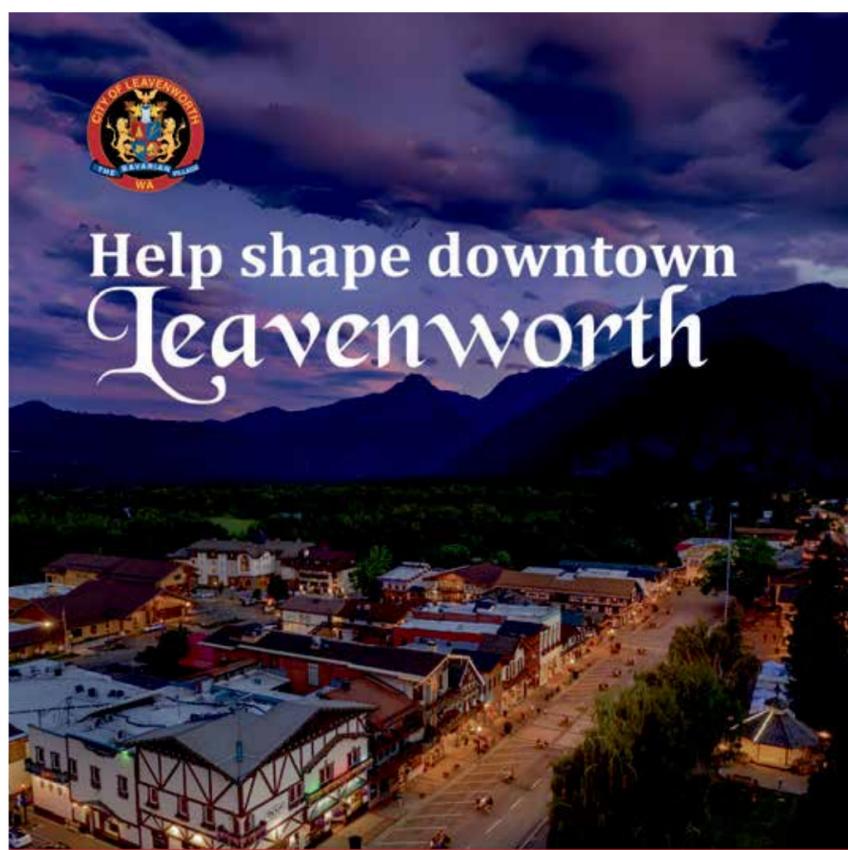
residents to gain insights into our operations and contribute their ideas for further improving their transit system."

Link Transit's planning and development team will be on hand to gather valuable input from attendees to aid in future planning efforts. They will also share information about upcoming service improvements and capital projects designed to benefit both residents and visitors to the area.

As an added bonus, guests will have the chance to win exciting door prizes and take home distinctive Link Transit promotional items as mementos of their visit.

To RSVP or for more information about the open house, interested individuals are encouraged to contact Board Clerk Selina Danko by email at [sdanko@linktransit.com](mailto:sdanko@linktransit.com) or by phone at 509-664-7608.

Don't miss this rare opportunity to explore the inner workings of Link Transit and discover how the agency is revolutionizing public transportation in the region.



## CALL FOR LETTERS OF INTEREST FOR NEW POSITIONS ON CITIZEN ADVISORY BOARD

The City of Leavenworth is seeking volunteers to apply for two new positions on the Downtown Steering Committee, a citizen advisory board, beginning in May 2024.

Potential committee members must own property or operate a business in downtown Leavenworth. Preference will be given to property owners and/or business operators located outside of the Front Street Commercial District area. Positions will serve either a one-year term (ending in 2024) or a two-year term (ending 2025). Term lengths for new committee members will be assigned by the mayor.

Interested parties who meet the qualifications are invited to submit a letter of interest via email, mail, or in-person by **4:00 p.m. on April 19, 2024**. Letters of interest shall be submitted to:

City of Leavenworth  
Attn: Sue Cragun, Executive Assistant  
700 Hwy 2 | PO Box 287  
Leavenworth, WA 98826  
[scragun@cityofleavenworth.com](mailto:scragun@cityofleavenworth.com)

We look forward to receiving your letter of interest!

# Community Calendar

## Wednesday

**Children and Youth Program**, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.  
**Alpine Water District**, meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.  
**Senior Center**, Lunch, noon, \$8 per meal. RSVP 509-548-6666.  
**Ukulele Circle**, 5:30- 6:30 p.m. every Wednesday at the Peshastin Library. Please come 15 minutes early to tune and get sheet music.  
**Cascade Medical Board**, 4th Wednesday of every month (with a couple exceptions), September 27, October 25, November 15, and December 20, 5:30 p.m.

## Thursday

**Leavenworth Lions Club**, For more info. President Steve Alford, 509-548-4505, or email leavenworthlionsclubwa@gmail.com  
**Peshastin Community Council meeting**, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)  
**Caregiver Support Group**, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

## Friday

**Veteran Service Office**, For information contact Tony Sandoval, 509-664-6801 or email: tony.sandoval@co.chelan.wa.us  
**Leavenworth Rotary Club**, In person at Kristall's Restaurant at Noon. Call President Mahala Murphy-Martin, 206-227-1576, for more information.  
**Senior Center**: Bingo 6 p.m. Call 509-548-6666. Facebook & website: leavenworthseniors@gmail.com

## Monday

**Upper Valley Free Clinic**, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30 -8:00 p.m. Call UVMEND, 509-548-0408 for more information.  
**Leavenworth Mosquito District** board meeting 1st & 3rd Monday of each month at 7pm via ZOOM link posted at https://leavenworthmosquitocontrol.org/notices-updates/  
**Cascade School board meetings**, 7 p.m., Agenda can be found at https://www.cascadesd.org/Page/166. (2nd & 4th Mon.)  
**Chelan Douglas Republican Women**, Monthly meeting and luncheon 1st Monday of the month (unless it's a holiday). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Convention Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (1st Mon.)

## Tuesday

**Peshastin Water District**, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)  
**Icicle & Peshastin Irrigation Districts Meeting** Current meeting time is 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi.net (2nd Tues.)  
**Cascade Education Foundation**, Contact: CEF@cascade.org  
**LWSC Alpine Committee**, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st. Tues.)  
**Leavenworth Masons**, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)  
**Cascade Garden Club**, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.)  
**The Chelan County Cemetery District #2** (Peshastin) meets monthly at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)  
**Senior Center. Exercise**, 11 a.m.-Noon. Tues & Thurs. 509-548-6666. Facebook & Website: leavenworthseniors@gmail.com  
**Music**, call Steve, 509-548-7048. (1st and 3rd Tues.)  
**Greater Leavenworth Museum board meeting** 5-7 p.m. Everyone is invited as a guest. Contact info@leavenworthmuseum.org for meeting information. (1st Tues.)

## NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.  
**Leavenworth Public Library**. Located at 700 Hwy. 2, Call 509-548-7923 or online leavenworth@ncwlibraries.org Open on Tues., 10-5, Wed., 11-7, Thurs., 10-7, Fri., 10-5 Sat., 10-2. Closed Sun. and Mon.  
**Peshastin Public Library**. Located at 8396 Main St., Peshastin. Call: 509-548-7821 or peshastin@ncwlibraries.org Open Tues., 10-1:30; and 2:30-7, Wed., 10-2, and 2:30-7, Thurs., and Fri., 1-5:30 and Sat., 10 a.m.- 2 p.m. Closed Sun. and Mon.

## Other events

**The Greater Leavenworth Museum**, is open daily from 11-4, except Thanksgiving and Christmas. Check their Facebook page or website at leavenworthmuseum.org for updates and information.  
**Leavenworth Fish Hatchery**, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.  
**Note**: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho.com or call 509-548-5286. Otherwise we are not responsible for any misinformation.

# 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, 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.  
**Alanon Meetings**, Call 509-548-7939  
**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 or 509-596-1510.

# Chelan County Sheriff's Report



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.

## April 5

7:52:57 Welfare Check, 9880 Eagle Creek Rd  
 8:24:53 Property, 590 Us Hwy 2; Enzian Motor  
 9:39:48 Civil, 11684 Sunitsch Canyon Rd  
 11:55:30 Missing Person, 1300 Commercial St# 206  
 14:54:49 Welfare Check, 11425 Clark Canyon Rd  
 16:34:18 Harass/Threat, 24602 Spur St, Plain  
 17:04:34 Harass/Threat, 263 Mine St# 230  
 17:54:19 Traffic Offense, Us Hwy 2 & Winton Rd, Lake Wenatchee  
 21:05:22 Domestic Disturbance, Farivar Ln & Titus Rd  
 23:39:14 Disturbance, 221 8th St# B; Ducks And Drakes

12:38:29 Traffic Offense, Us Hwy 2 & Icicle Rd  
 13:37:37 Suspicious, 8711 North Rd, Peshastin  
 13:54:46 Accident No Inj, 1000 Front St# A;  
 21:52:31 Fraud/Forgery, 131 Whitman St# 2  
 22:12:08 Liquor Violation, Boundary Butte

12:56:19 Assist Public, 116 River Bend Dr; Safeway  
 20:56:54 Noise, 7854 Icicle Rd  
 21:47:07 Disturbance, 283 US Hwy 2

14:14:25 Domestic Distur, 8453 Main St, Peshastin  
 16:05:01 Traffic Offense, oblkc Icicle Creek Ln  
 17:41:35 Trespass, 116 River Bend Dr; Safeway  
 21:26:38 AtL/Atc, Argonaut Peak

## April 9

0:23:16 Assist Agency, Us Hwy 2 & White Pine Rd  
 10:42:29 911, 11225 Eagle Creek Rd  
 11:44:03 Accident No Inj, 920 Us Hwy 2; Village Merc  
 13:28:35 Hazard, Chumstick Hwy & Little Chumstick  
 16:50:11 AtL/Atc, 116 River Bend Dr; Safeway  
 17:32:45 Property, 820 Front St; Gazebo Park

## April 11

6:20:07 Suspicious, Chumstick Hwy Mp 10; Area  
 9:15:19 Fraud/Forgery, 312 Tumwater Dr  
 9:51:28 Hazard, Chumstick Hwy Mp 8  
 11:22:02 Accident No Inj, Ski Hill Dr & Us Hwy 2  
 13:33:19 Welfare Check, Us Hwy 2 Mp 82, Lake Wenatchee  
 16:51:42 Scam, 46 McMahon Rd  
 17:53:25 Scam, oblkc Derby Canyon Rd, Peshastin  
 20:09:05 Theft, 116 River Bend Dr; Safeway  
 20:23:24 Diversion, 12235 Shugart Flats Rd, Plain  
 20:38:34 Hazard, Ski Hill Dr & Bergstrasse

## April 7

9:06:33 Civil, 10425 Titus Rd# J  
 11:49:21 Traffic Offense, 7700blk Fish Hatchery Rd  
 17:10:33 Accident Injury, 2800blk Stayman Flats Rd  
 21:01:41 Harass/Threat, 13647 Chumstick Hwy

## April 8

3:07:51 Diversion, 3192 Allen Ln, Peshastin  
 7:30:11 Traffic Offense, Chumstick Hwy Mp 2:S/B  
 9:47:05 Assist Agency, 9073 Us Hwy 2; Dryden

## April 10

0:23:16 Assist Agency, Us Hwy 2 & White Pine Rd  
 10:25:56 Parking/Abandon, 9890 Dog House Rd, Peshastin  
 10:45:16 Scam, Leavenworth

## April 6

7:04:35 Suspicious, 9291 E Leavenworth Rd  
 8:56:46 Prowler, 12450 Wilson St

# Cascadia Conservation District to hold regular board meeting on April 19

NCW News  
 Ward Media

WENATCHEE - The Cascadia Conservation District has announced that its Regular Board meeting will

take place on Friday, April 19, at 1:30 p.m. The meeting will be held in person at 1350 McKittrick St., Suite B, Wenatchee, with limited space available. Interested participants can also join the

meeting via call-in or Zoom. Due to limited seating capacity, individuals wishing to attend the meeting in person are requested to contact the District office in advance. Additional

information and instructions for joining the meeting will be provided on the Cascadia Conservation District's website at cascadiacd.org or by calling the District office at 509-436-1601.

# Senior Farmers Market Nutrition Program accepting applications

NCW News  
 Ward Media

EAST WENATCHEE—The Aging & Adult Care of Central Washington (AACCW) is now accepting applications for the 2024 Senior Farmers Market Nutrition Program (SFMNP).

Eligible seniors residing in Adams, Chelan, Douglas, Grant, Lincoln, and Okanogan counties can receive an \$80 benefit card to purchase fresh fruits, vegetables, honey, and herbs at participating Farmers Markets and Farm Stands throughout Washington State.

Applications for the program are being accepted on a first-come, first-served basis. To determine eligibility and apply, interested seniors can visit the AACCW website at www.aaccw.org or call their office at 509-886-0700, ext. 235. The 2024 Senior Farmers

Market Nutrition Program will run from June 1 through October 31, providing qualifying seniors with access to healthy, locally-grown produce while supporting local farmers and promoting healthy eating habits among the senior population.



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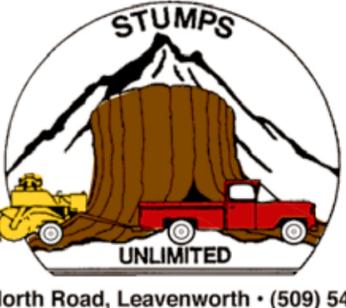
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# Stevens Pass celebrates last weekend of winter season with a party

By **TAYLOR CALDWELL**  
Ward Media Staff Reporter

LEAVENWORTH - Blue skies and warm temperatures set the scene for a celebratory closing weekend at Stevens Pass Apr. 13 and 14.

The weekend kicked off Saturday with a community fair, filling the base area with tents and tables featuring community partners, a Kid's corner with art and games, and music from DJ Good Cat. The fair included the U.S. Forest Service, EDGE Outdoors, Ski Buddies, and more.

Hawaiian shirts and sunglasses ruled the slopes, while some skiers and riders donned their brightest and wildest outfits. A couple sported their wedding dress and suit while they snowboarded, after eloping that very morning. Even the U.S. Forest Service's Smokey Bear was rumored to be out skiing.

One group of women from Canada showed up in all 70's and 80's attire to celebrate their friend's birthday.

"Everybody's so cool. The vibe here is so nice. Like, we independently said that. It really it's a great vibe," said Leah Nurmi, one of the group members.

Skiers and snowboarders brought the energy again for "Springfest" on Sunday, starting with Chuck-a-Duck competition, in which participants aim rubber ducks at a target in the man-made pond. The event supported Outdoors for All, a nonprofit organization that helps children and adults with disabilities enjoy outdoor recreation. The event was followed by the famous Pond Skim event, in which skiers and riders try their hand at skimming across the pond without falling in.

The weekend closed out a season of challenging weather,

including a later than expected opening due to lack of snow, followed by a cold spell and heavy rains over the next few months.

"Overall I am pleased with the season...These weather events were challenges and the fact that we had minimal road impacts and continued our operation, with modifications, throughout was a big win. I feel really good about the adaptations that were made to operate safely during variable conditions," said Stevens Pass General Manager Ellen Galbraith in an email to Ward Media.

Galbraith credited the ability to adapt to having a strong, fully staffed team for the last two years, which has been able to rebuild operations after the ski resort had publicly struggled years prior.

"Now that we have regained confidence in our daily operations, I am excited

to focus on improvements to how we do what we do. We are evolving our approach to parking by including the option for reservations, we're continuing to evaluate and experiment with what we offer in our restaurants, and we're rethinking our approach to retail, rental, and ski and snowboard school offerings to ensure they align with what our guests are looking for and work together seamlessly," said Galbraith.

According to Galbraith, the pass plans to implement a more robust plan next season for parking, which will offer a combination of free and paid options on weekends and peak periods, while keeping a focus on reservations and carpooling incentives.

Taylor Caldwell: 509-433-7276 or taylor@ward.media

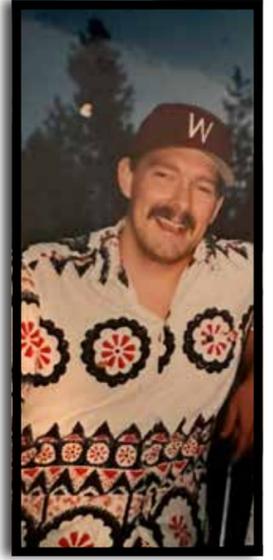
## OBITUARY

# Brian Lee Avery

Brian Lee Avery, 55, of Cashmere, passed away on April 7, 2024 surrounded by angels and loved ones that left before him, in the loving care of Mount Baker View AFH in Everett.

From Brian, "Music is for the soul and quiets the spirit. If you listen and pay attention to your surroundings everywhere you go, there is rhythm and connection to people, animals, and nature". He was always giving life lessons.

For more information about Brian, online condolences, and his celebration of life please visit [funeralsandcremationswa.com/obituary/brian-avery/](https://funeralsandcremationswa.com/obituary/brian-avery/)



COURTESY OF DELANEY ADRIAN / STEVENS PASS

Edge Outdoors representative applies glitter to a young skier's face during the community fair.



COURTESY OF DELANEY ADRIAN / STEVENS PASS

Ski Buddies, who partnered with Stevens for its Pride event, was also in attendance Saturday.

# Washington students can win \$529 for their future education through WA529 art contest

NCW News  
Ward Media

OLYMPIA - Washington College Savings Plans (WA529) is offering Washington students the opportunity to showcase their artistic talents and win \$529 towards their future education goals. The 3rd Annual WA529 "What is your Dream Job" Art Contest is now open and accepting entries through May 1, 2024.

To participate, K-12 students attending public or private schools in Washington State should create an original piece of art depicting their dream career. Entries will be judged based on creativity, unique style, artistic talent, and the ability to effectively portray the student's chosen profession. Two winners from each grade level will receive a \$529 prize,

which will be deposited into a WA529 GET or DreamAhead account.

Submissions are accepted online only, and the entry deadline is May 1. Winners will be notified on May 29, coinciding with National 529 Day. To view the contest rules, submit an entry, or browse the gallery of previous years' entries and winning artwork, visit [529.wa.gov/art-contest](https://529.wa.gov/art-contest).

WA529 offers two college savings options for Washington residents: the Guaranteed Education Tuition (GET) program and the DreamAhead 529 savings plan. GET, which opened in 1998, has helped families cover more than \$1.4 billion in educational costs over the past 25 years. More than 65,000 students have used their GET accounts to pursue education in all 50 states and

worldwide. DreamAhead, launched in 2018, is a nationally recognized investment-based 529 plan designed to help Washingtonians save for the full cost of college.

Washington residents interested in helping students save for future education expenses can open a GET or DreamAhead account online at [529.wa.gov](https://529.wa.gov) with no enrollment fee. The website also provides detailed information, charts, planning tools, and answers to frequently asked questions. For additional assistance, the GET contact center can be reached at 800-955-2318 or GETInfo@wsac.wa.gov, while the DreamAhead contact center is available at 844-529-5845.



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To Place Information In The Church Guide Call 509-548-5286

Cashmere	Leavenworth
 <b>CASHMERE PRESBYTERIAN CHURCH</b> 303 Maple Street • 509-782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke • <a href="http://www.cashmerepres.org">www.cashmerepres.org</a>	 <b>CASCADIA MOUNTAIN BIBLE CHURCH</b> Office: 509-548-4331 11025 Chumstick Hwy. Please join us Sunday mornings 9 a.m., Sunday School, 10:30 a.m., Worship Service
 <b>CASHMERE COMMUNITY CHURCH</b> 213 S. Division • 509-782-3811 In-person Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana <a href="mailto:cashmerecommunitychurch@gmail.com">cashmerecommunitychurch@gmail.com</a>	 <b>CORNERSTONE CHURCH</b> Leavenworth Grange Hall 621, Front St. <a href="mailto:info@cornerstoneleavenworth.com">info@cornerstoneleavenworth.com</a> Sunday Worship - 10 a.m.
 <b>CHRIST CENTER</b> Sunday Worship Service at 10 am Lead Pastor Steve Haney • 5800 Kimber Rd., Cashmere • 509-295-8006 <a href="http://christcentercashmere.com">christcentercashmere.com</a>	 <b>LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH</b> 418 Evans Street • 509-548-5619 10 a.m. Sunday Service, Pastor Jo Dene Romeijn-Stout <a href="mailto:leavenworthumc.org">leavenworthumc.org</a>
 <b>GRACE LUTHERAN CHURCH</b> • 509-860-0736 • 401 Elberta Ave., Morning Prayer or Holy Eucharist. Services, 10 a.m. • Pastor Rob Gohl	 <b>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS</b> 10170 Titus Rd. (across from middle school). Church: 509-548-7667 Meetings: Sunday - 10 a.m.
 <b>ST. JAMES EPISCOPAL CHURCH</b> • 509-860-0736 • 222 Cottage Ave., Morning Prayer or Holy Eucharist. Services, 9:00 a.m. Pastor Rob Gohl	 <b>FAITH LUTHERAN CHURCH - ELCA</b> "Reconciling in Christ Congregation" 224 Benton Street • 509-548-7010 Worship 9:30 a.m. w/coffee following Eva Jensen, Pastor <a href="https://www.flcleavenworth.com">https://www.flcleavenworth.com</a>
Dryden	 <b>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC</b> 429 Evans Street, 509- 470-7745 Sunday Worship: 11 a.m. <a href="http://www.leavenworthbaptist.com">www.leavenworthbaptist.com</a> Email: <a href="mailto:info@leavenworthbaptist.com">info@leavenworthbaptist.com</a>
 <b>DRYDEN COMMUNITY CHURCH</b> Hwy 2 at Dryden Ave. 509-782-2935 Sunday Worship at 11 am. Prayer Meeting Wed. at 6 pm. Pastor Bill Clem	 <b>LEAVENWORTH CHURCH OF THE NAZARENE</b> 111 Ski Hill Drive • 509-548-5292 Sunday Worship 9 a.m. Lead Pastor: Greg Appleby Youth Pastor Paige Derossset Worship Pastor-Jacob Mitchell <a href="http://www.LCN.org">www.LCN.org</a>
 <b>MID-VALLEY BAPTIST CHURCH</b> 8345 Stine Hill Rd. • 509-782-2616 Worship Service, 10 a.m., • Sunday School, 9 a.m. • Pastor Mike Moore <a href="http://www.midvalleybaptist.org">www.midvalleybaptist.org</a>	 <b>SEVENTH DAY ADVENTIST CHURCH</b> 10600 Ski Hill Drive • 509-548-4345 Saturday Services • Bible Study 9:30 a.m. • Worship 11 a.m. Fred Smith • 509-860-3997
Monitor	 <b>SPIRIT LIFE CENTER</b> 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
 <b>MONITOR UNITED METHODIST CHURCH</b> 3799 Fairview Canyon 509-782-2601 In-person service, Sunday, 9 a.m. Pastor Lilia Felicitas-Malana	 <b>PLAIN COMMUNITY CHURCH</b> Serving Our Valley Since 1941 12565 Chapel Dr. 509-763-3621 Looking for you at 10:30 this Sunday! <a href="http://plaincommunitychurch.org">plaincommunitychurch.org</a> <a href="https://facebook.com/plaincommunitychurch">facebook.com/plaincommunitychurch</a> <a href="mailto:office@plaincommunitychurch.org">office@plaincommunitychurch.org</a>
Peshastin	 <b>NEW LIFE FOURSQUARE CHURCH</b> 7591 Hwy. 97 • 509-548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall <a href="mailto:newlifeleavenworth@gmail.com">newlifeleavenworth@gmail.com</a> FB page: <a href="https://www.newlifeleavenworth.com">www.newlifeleavenworth.com</a>
 <b>LIGHT IN THE VALLEY COMMUNITY CHURCH</b> 8455 Main Street Sunday Worship 10 a.m. Pastor John Romine <a href="http://www.lightinthevalley.org">www.lightinthevalley.org</a>	



## Cascade Kodiaks Schedule

BOYS BASEBALL	
Apr. 20:	North Mason, Home, 12 p.m.
Apr. 20:	North Mason, Home, 2 p.m.
Apr. 23:	Omak, Away, 4 p.m.
BOYS SOCCER	
Apr. 18:	Chelan, Home 6 p.m.
Apr. 20:	Connell, Home 1 p.m.
GIRLS SOFTBALL	
Apr. 20:	North Mason, Home, 12 p.m.
Apr. 20:	North Mason, Home, 2 p.m.
BOYS & GIRLS TENNIS	
Apr. 18:	Chelan, Home 4 p.m.
Apr. 23:	Quincy, Home 4 p.m.
BOYS & GIRLS TRACK	
Apr. 20:	Clifton Larson Allen Invitational, at Quincy 10:30 a.m.
BOYS GOLF	
Apr. 18:	Chelan, Away 2 p.m.
Apr. 23:	Omak, Home 2:30 p.m.
GIRLS GOLF	
Apr. 18:	Chelan, Away 2 pm
Apr. 23:	Quincy, Home 2:30 p.m.

## Kodiaks Scoreboard

BOYS BASEBALL	
Apr. 9:	Cascade 1, Kittitas 28; Loss
Apr. 11:	Cascade 20, Moses Lake 8; Win
Apr. 13:	Cascade 3, Cashmere, 6; Loss
Apr. 13:	Cascade 0, Cashmere 16; Loss
GIRLS SOFTBALL	
Apr. 9:	Cascade 9, Manson 19; Loss
Apr. 13:	Cascade 0, Cashmere 16; Loss
Apr. 13:	Cascade 0, Cashmere 14; Loss
BOYS SOCCER	
Apr. 9:	Cascade 9, Omak 0; Win
Apr. 11:	Cascade 3, Ephrata 0; Win
Apr. 13:	Cascade 2, Overlake 2; Tie

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## STUDENT SPOTLIGHT

**Teyva Dillon** Junior Outstanding Achievement  
**Thayer Robison** Freshman Interact Club



Thayer & Teyva wrote an article for The Echo, spoke at Leavenworth Rotary, started a GoFundMe, supported Interact in implementing a benefit dinner, coordinated a benevolent night with Yodelin Broth Co., and

ultimately spearheaded initiatives to raise over \$5,000 dollars in support of construction of a well at The Dream Again Home - an orphanage located in Sierra Leone. Their project recently received attention from Rotary International.

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# Four Cascade School District gymnasts excel in State Championship

By TAYLOR CALDWELL  
Ward Media Staff Reporter

PASCO—Four Leavenworth gymnasts competed at the state level in the Washington State Excel Gymnastics Championships in Pasco on Apr. 6 and 7, and some of them walked away State Champions.

The four gymnasts were Willa McIntyre, a sixth-grade gymnast from Icicle River Middle School, and three first-graders from Peshastin Dryden Elementary, Kinzly Waunch, Grace Burlingame, and Isla Fritz, competing on the SPORT Gymnastics team out of Wenatchee.

McIntyre walked away from the weekend a State Champion, placing first in her age and division for the All-Around category, with two first-place finishes in individual events and two second-place finishes in individual events. McIntyre's All-Around score placed her sixth in the top 10 of all 1,700 competitors from the weekend, which included all divisions and levels for the category. McIntyre said she was proudest of her first-place ranking and being able to contribute to the team score. Her Silver Team placed first in the state.

"The most challenging part of the competition was to stay focused and only focus on my routine," said McIntyre. "We have a break from competitions for a while now and will work on increasing my skills and have consistent sticks [landings]!"

McIntyre went into the championship with two years of experience at SPORT Gymnastics under her belt. She earned 1st place for the All-Around category, or all-events, for her age and division at

every competition this season and earned 1st and 2nd place titles in individual events. Her performances ranked her in the "Top 100 nationally: All-Around" category for her age and division.

The three first-graders competed on the Bronze Team, which placed sixth in the state for the Bronze division, which is the largest division in the competition.

Burlingame, nicknamed "Beam Queen" for her skill and showmanship on the balance beam, earned the Bronze All-Around State Champion title for her age and division, and placed first in two individual events. This was Burlingame's first year competing, yet she placed top three in every meet leading up to State. Her coaches awarded her a Gold Star award this season for her outstanding sportsmanship.

Waunch had a third-place win for All-Around. She started recreational gymnastics at 18 months old, but this was also her first year of competing. Leading up to State, Waunch placed first and third in individual events and All-Around in every meet this season. Her top events are the bars and the floors. Waunch finished her first competitive season with a passion for the sport and is excited to build on her skills for next year.

Fritz, also in her first year of competing, secured a first-place finish for her floor routine and placed twelfth for All-Around at State. Fritz showed hard work and determination to perfect her routines and excel in each competition throughout the season, paying off with a first-place finish in an All-Around and consistently high

## ATHLETE OF THE WEEK

**Deagen Dahlstedt**  
Golf  
Freshman

Deagen Dahlstedt made an amazing hole-in-one on Thursday, March 28th. It was on hole 14 at Colockum Ridge Golf Course in Quincy. Deagen, a freshman, hit a pitching wedge on a 106-yard par 3. The ball landed just in front of the green, hit the flag stick, and dropped in the cup. He went on to shoot a 94 in his first league match.



rankings in individual events. Fritz is also looking forward to improving her skills and is grateful for the support she has received from her coaches, teammates, and family.

The gymnasts compete through SPORT Gymnastics in Wenatchee, practicing for

three to four hours, three to four days a week, year-round. They plan to work hard on their skills in the "off-season" to excel again at next year's state championship.

Taylor Caldwell: 509-433-7276 or taylor@ward.media



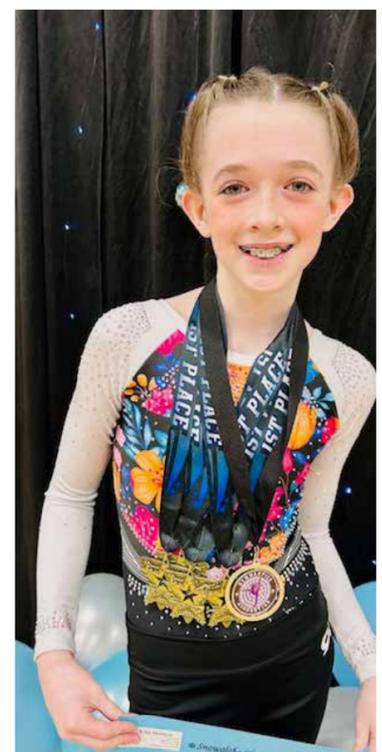
COURTESY OF REBECCA FRITZ  
First grader Isla Fritz earned a first-place finish for her floor routine and placed twelfth for All-Around at State.



COURTESY OF MELANIE BURLINGAME  
First grader Grace Burlingame received the Bronze All-Around State Champion title for her age and division and placed first in two individual events.



COURTESY OF MINDY WAUNCH  
First grader Kinzly Waunch earned a third-place finish in All-Around.



COURTESY OF TERI MCINTYRE  
Sixth grader Willa McIntyre earned the State Champion title for the All-Around category.

# Eastside Rebuild gears up for grand opening

By **TAYLOR CALDWELL**  
Ward Media Staff Reporter

CASHMERE—Eastside Rebuild, Waste Loop's reclaimed building material store, will hold a grand opening block party from 3 to 7 p.m. on Apr. 27.

The block party, hosted in collaboration with Sidestreet

Cashmere, will include grilling, yard games, and live music. During the event, Eastside Rebuild will open all three floors for tours, including at least one tour in Spanish. Eastside Rebuild will have a store for reclaimed building materials and appliances a tool library, and will host educational workshops focused

on building and repair in the future. The top floor of the building will be a 4,000-square-foot showroom of reclaimed appliances, furniture, flooring, and lighting. Larger items such as lumber and sheet metal will be showcased in the basement warehouse, which has a loading dock. The items are sourced

from salvaged commercial and residential spaces, donations, and junk hauler pickups. "I'm excited to give people a chance to buy affordable building materials because the cost to repair and the cost to replace is very, very, very high right now. And we aim to sell materials at a third to a half the cost of what it would cost

new," said Eastside Rebuild Co-Manager Luke Dixon. The main floor will serve as the tool library, which currently has 300 tools inventoried for checkout. Some of the inventory includes power tools, auto tools, a lawn mower, a wood chipper, and even a sewing machine. The library is looking to add shop vacs, snowblowers, and lawn care tools.

"The tools really span any type of tool. It's not just construction related," said Dixon.

Access to the library is a sliding-scale membership system in which people pay what they can for a yearly membership. Based on availability, members can check out tools for a week at a time, as many and as often as they need.

As the store and library open, Eastside Rebuild plans to host educational workshops on construction and repair, starting with a Repair Cafe on

May 1. "We're in a position to give people the materials, knowledge, and tools to empower themselves to build and repair their own items. Whereas, building or repairing is often very intimidating for many, many people. Most of it is really not that complicated at its core, and it's just an issue of education and access," said Dixon.

Eastside Rebuild is located at 101 Railroad Avenue in Cashmere and is the second door closest to Aplets Way. The shop is currently open on Saturdays from 10 a.m. to 4 p.m. and plans to add three to four more days of operation after the grand opening. Information about donations, library membership, and materials offerings can be found at [wasteloop.org/eastside-rebuild](http://wasteloop.org/eastside-rebuild).

Taylor Caldwell: 509-433-7276 or [taylor@ward.media](mailto:taylor@ward.media)

## Using Medication Patches Safely 2024

Medication patches are easy and convenient. They offer a way to get several days of medicine at a time instead of needing to take a pill multiple times a day. Many prescription and over-the-counter (OTC) medicines are available as pills and patches.

There are prescription-only patches for pain, birth control, hormone replacement, high blood pressure, Attention Deficit Disorder, motion sickness, chest pain, and dementia.

Some patches don't require a prescription. You can purchase patches containing nicotine to help you quit smoking and patches to help relieve irritable or overactive bladder symptoms, called Oxytrol®.

Several types of analgesic patches are available OTC, including ones which contain 4% lidocaine, very similar to the 5% lidocaine patch that is available only by prescription.

Medication patches are designed to release the same amount of drug, hour after hour. Compared to pills or liquid medication, patches begin working more slowly and their effects wear off gradually as well. It can take several days to experience the full impact of a patch. After removing it, its medicine continues traveling into your body for several hours afterward.

The potency of a patch is directly related to how much surface area touches your skin. The bigger the patch, the greater the dose absorbed into your body. This relationship makes it very tempting to adjust the dose of medicine by just cutting the patch. Unfortunately, this practice can be dangerous with certain types of patches.

Medication patches use a reservoir or matrix delivery system. Reservoir patches contain a liquid or gel-like reservoir of concentrated medicine inside, designed to deliver medication at a controlled rate as long as they stay intact.

If a reservoir-type patch is torn or cut, the active ingredient can easily leak out onto the skin, dramatically increasing the amount of medicine you may absorb.

Unlike a reservoir-type patch, a matrix patch incorporates its active ingredient into the adhesive layer. This allows some matrix-type patches to be cut to adjust the amount of medicine delivered.

Medication patches deliver a consistent dose of medicine over an extended period. Applying one patch twice a week is more convenient than taking tablets daily. Because the medicine in a patch

bypasses your stomach, it causes less stomach upset.

Some disadvantages of using a medicated patch include itching and burning from a reaction to the patch's adhesive, a delay in experiencing the medicine's effects due to the slower delivery system, and a higher cost than an equivalent dose of a pill.

### Here Are 9 Tips on Using Medication Patches Safely:

**1. Keep track of the time or date you apply a patch.**

Most patches need to be removed or replaced at specific intervals. Nitroglycerin patches must be removed for 8-12 hours daily, or they stop working.

**2. Don't double up.**

ALWAYS remove your old patch before applying a new one.

**3. Apply only to recommended areas and rotate the site.**

Watch for restrictions on where the patch should NOT be placed, and always choose a different spot for the next one you apply.

**4. Apply to clean, dry, and (mostly) hairless areas.**

Avoid applying patches to broken or irritated skin. This can increase the absorption of the medicine in the patch, creating an overdose.

**5. Remove any inner liners before applying.**

Once you remove the outer wrapper, an inner liner may need to be peeled off before you apply it. If you don't do this, the patch will not work correctly.



**6. Avoid cutting or tearing.**

If you need to adjust a patch's dose, check with your pharmacist first to see if it can be cut safely. Many patches are generics and can be a different type of patch than the original brand name. If the brand was a matrix patch, it could be cut, but a reservoir patch should NEVER be cut.

**7. Avoid high heat.**

Extra heat can increase the amount of medicine your body absorbs from a patch, causing an overdose. When wearing a patch, avoid putting a heating pad on over it or submerging it in a hot tub.

**8. Be careful when using tape to anchor a patch.**

Heavy, occlusive coverings can increase a patch's potency, with tragic results. Avoid taping all the way around a patch with heavy tape or plastic wrap. If a patch is trying to peel off, try anchoring it with two strips of narrow tape in a crisscross pattern.

**9. Don't apply patches in front of children.**

The boxes that patches come in are not child-resistant. To children, a medicine patch may look just like a sticker.

*Dr. Louise Achey, Doctor of Pharmacy, is a 45-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. ©2024 Louise Achey*



COURTESY OF CHELAN COUNTY

### Chelan County

*Continued from page A1*

constructing infrastructure and future building pads, and getting permits for future buildings, before entering into negotiations last month with Chelan County. The Board of County Commissioners signed the agreement on April 8.

Commissioners plan to relocate several departments to the new site, including the motor pool, which manages a fleet of vehicles for 15 county departments, the largest of which is the Chelan County Sheriff's Office. The coroner's office and functions of the Sheriff's Office, including Emergency Management and training facilities, will also be relocated to the new property.

"We have a number of aging buildings that no longer meet the increased service needs of our community. The Board of County Commissioners has been working toward identifying funding source opportunities to invest in not only new capital facilities but also capital facility upgrades to better serve our communities," said Commissioner Kevin Overbay, BOCC chairman. "This land purchase kicks off our 20-Year Capital Facilities Plan and initiates improvements and investments we plan to make over the next two decades."

The site on Ohme Garden Road garnered the county's interest earlier this year. A feasibility study was conducted to determine if it could meet the county's needs, said Ron Criddlebaugh, director

of Chelan County Economic Services. The county will be moving toward getting the construction of the buildings out for bid in the coming months, he said.

The county expects to build three buildings on the property, each 18,000 square feet. Each will have office space and large work bays for vehicles.

"We will meet with the directors of those departments relocating to the new site to determine their needs and begin working with an architect to finalize our conception," Criddlebaugh said. "We hope to see construction starting in late summer and move-in day in spring 2025."

The 20-Year Capital Facilities Plan calls for the building where the motor pool and the coroner are currently located (at the corner of Washington and King streets) to eventually be torn down. A new structure built in its place would eventually serve other departments, including the prosecutor's office and county jail.

"With this purchase, the Sheriff's Office will have a modern facility with training rooms and space for all of its equipment. Motor pool will have a shop and the facilities to work more efficiently. The county coroner will have the space necessary for his specialized equipment, meeting state statutes," Overbay said. "This new property will give multiple departments the resources to provide services to the public more effectively and efficiently."



STOCK PHOTO

**LINK TRANSIT**

# Open House

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2700 Euclid Avenue in Olds Station.

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## The Leavenworth Fund

Now accepting online grant applications for 2025

cityofleavenworth.com/community/leavenworth-fund/

The City of Leavenworth is currently accepting online grant applications for funding requests from the 2025 Leavenworth Fund! The Leavenworth Fund Grant Programs are open to non-profit organizations. This year, there are two grant programs available:

- Lodging Tax Grant Program**
- General Fund Grant Program**

Online applications are due **June 10, 2024, by 4pm**. For more information regarding eligibility requirements and the application process, visit <https://cityofleavenworth.com/community/leavenworth-fund/>.

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# Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

Puzzle answers, recipes, videos and more at [www.kidscoop.com](http://www.kidscoop.com)

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Kid Scoop Together

## Water Maze

Race against a family member to see who can reach the water first.

# Clean Water for the World

Replace the missing words.

SHORTAGES CLEAR HEAVY FIND DRINK

Clean, \_\_\_\_\_ drinking water is something every person needs. Clean water keeps our bodies and homes clean. In parts of the world, people struggle to \_\_\_\_\_ clean water to keep their families healthy.

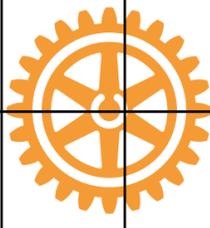
Droughts (long periods of time with very little rain) cause water \_\_\_\_\_. In some places, people must walk several miles a day carrying \_\_\_\_\_ containers to bring water home. Often this water is dirty and unhealthy to \_\_\_\_\_.

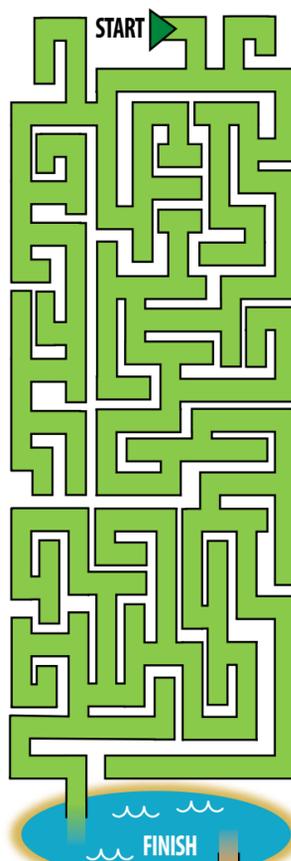
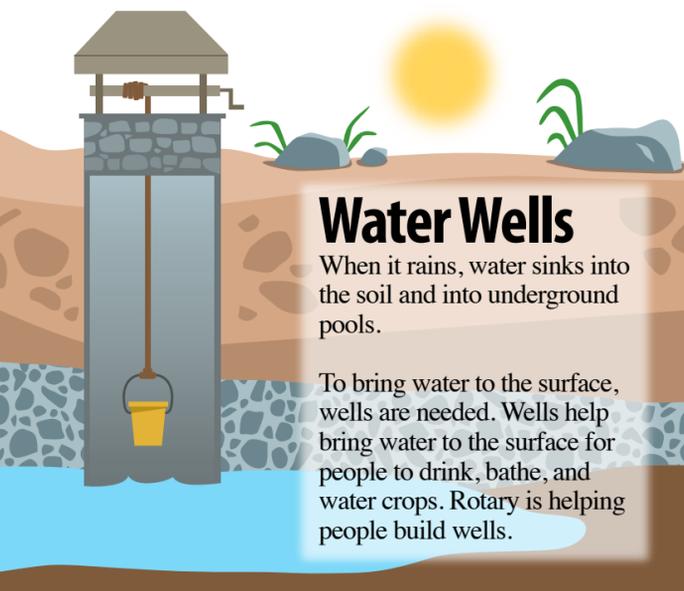
**Only 3% of the water on Earth is drinkable, fresh water. The rest is mostly ocean water and glaciers.**

## Rotary to the Rescue

Rotary International is an organization with 1.4 million members around the world. Rotary members, called Rotarians, volunteer their time and raise money to help solve many problems in the world. And one of the biggest problems in the world is the need for clean drinking water.

In the lower grid, draw what you see in each space on the upper grid to draw the Rotary logo.

Rotary			

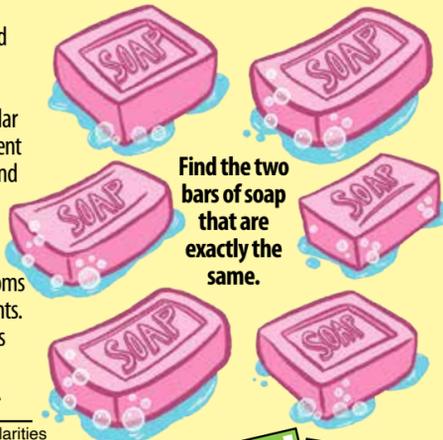



### Water Wells

When it rains, water sinks into the soil and into underground pools. To bring water to the surface, wells are needed. Wells help bring water to the surface for people to drink, bathe, and water crops. Rotary is helping people build wells.

## Clean Hands Prevent Disease

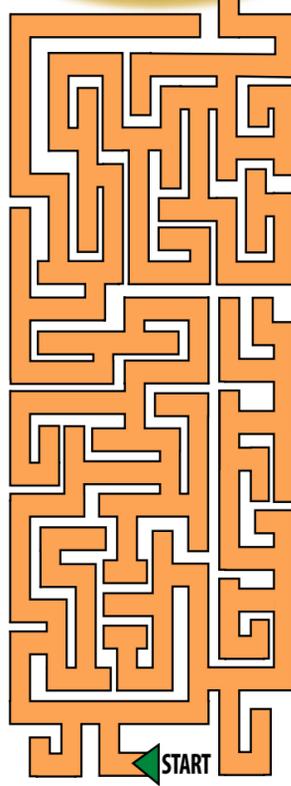
When clean water and soap are available, people don't get sick as often. That's because regular hand-washing helps prevent germs from hanging around to cause trouble.



Find the two bars of soap that are exactly the same.

In some places, schools don't have enough restrooms and clean water for students. Rotary International works hard to build restrooms in schools in many countries.

Standards Link: Find similarities and differences in common objects.



## Bubbles Take Away Troubles

Washing your hands with warm soap and water several times a day helps keep you healthy. Sing the "Happy Birthday" song as you wet your hands with warm water, lather them with soap, and rinse the soap away. Be sure to dry them completely.



How many differences can you find between these two pictures?



## Clean Water Poster

Look through the newspaper for photos of things that require clean water. Look for photos of people, fruits and vegetables, animals, etc. Cut them out and paste them on a large sheet of paper to create a poster. Write "CLEAN WATER MAKES A BETTER WORLD" at the top of your poster.

Standards Link: Life Science: Illustrate the importance of water in humans, agriculture, and wildlife.

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## Kid Scoop Puzzler

### Dry Desert Danger

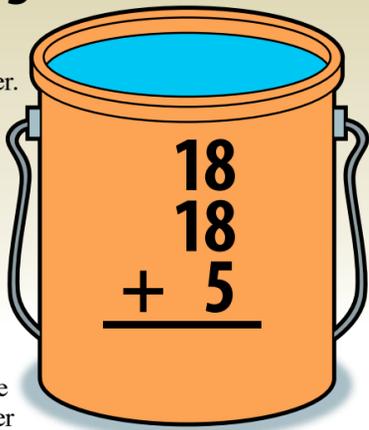
This is a five-gallon pail. Do the math to see how much it weighs when filled with water.

5 gallons of water weighs \_\_\_\_\_ pounds!

Can you lift this much? Do you weigh more or less than this bucket of water?

Children in some dry desert areas must spend a lot of time helping carry buckets of water home for drinking, cooking, and cleaning. It's not at all easy, especially under the hot desert sun.

Standards Link: Math: Calculate sums and differences below 100.



## Double Double Word Search

Find the words in the puzzle. How many of them can you find on this page?

- BATHE
- BUILD
- CLEAN
- DRY
- HEALTHY
- HELP
- HOME
- PAIL
- POOLS
- RAIN
- ROTARY
- SOAP
- WATER
- WELLS
- WET

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

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

## Kid Scoop VOCABULARY BUILDERS

This week's word: WELL

The noun well means a hole dug in the ground to reach water below the surface.

I used a bucket on a rope to pull up water from the well at my aunt's farm.

Try to use the word well in a sentence today when talking with your friends and family members.

MEDIA PARTNER




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