## The Leavenworth Echo

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Community | A2



# New home and garden boutique offers curated goods, workshops and design services



TAYLOR CALDWELL / WARD MEDIA

Owners Bri Davey and Hannah Dewey stand beside the boutique's long tables, which are intended to create a gathering space for connection and creativity.

By Taylor Caldwell Ward Media Staff Reporter

LEAVENWORTH – Alpenglö Living, a home and garden boutique that offers curated goods, workshops, and design services, opened its doors

in downtown Leavenworth on Feb. 21. Alpenglö Living was inspired by the fleeting nature of alpenglow, where the sun hit the mountains just right, and they glow pink and red for

a moment. "It's this time of day that just

comes in like the blink of an eye...It makes you pause and just enjoy the beauty of nature and the mountains,' said co-owner Bri Davey.

For Davey and co-owner Hannah Dewey, the two intend to recreate that moment of pause and enjoyment through their goods and services. The retail space is a collection of curated, heirloom quality goods "that inspire and delight" while maintaining functionality. The collection includes handmade goods created by local artisans, as well



TAYLOR CALDWELL / WARD MEDIA

The retail space is curated by Davey and Dewey to feature heirloom quality home and garden goods.

as Dewey's nature photography and Dewey's graphic design.

"We're trying to bring all the things that we love, like in our own lives, to our community and just offer something that's different but still approachable," said Davey.

As two creatives, the friends were inspired to create their business in a way that shared their interests and complemented each other's design skills. As a public lands conservationist turned garden designer, Dewey helps homeowners become backyard

stewards, cultivating their land to benefit the greater ecosystem. Through Alpenglö Living, she offers landscape and garden design implementation, soil health consultation, crop rotation and integrated pest management guidance, and vegetation recommendations that incorporate native plants and pollinators.

Conversely, Davey offers interior and creative design services through the shop. As a lifelong artist, Davey

See ALPENGLÖ LIVING Page B4

### Chelan County Commissioners wrap up community discussion series in Leavenworth

By Caroline Menna Ward Media Intern

LEAVENWORTH – At the Leavenworth Fire Hall this evening, the Board of Chelan Commissioners (the "Commissioners") concluded a series of "community-led discussions" that it hosted for the public with county department heads.

The Thursday evening meeting, hosted by Commissioner Shon Smith, representing District 2, followed similar gatherings in Wenatchee and

Chelan earlier in the week, marking an effort by the commissioners to connect County government directly with those for whom they work. In addition to Smith, present on the panel were Chelan County Directors of Community Development, Deanna Walter, Natural Resources, Mike Kaputo, the Regional Justice Center, Chris Sharp, and Chelan County Sheriff, Mike Morrison. Several other county administrators, officers, and clerks also attended.

See **COMMISSIONERS** Page **A4** 



Chelan County Commissioner Shon Smith listens to a comment from Carolyn Griffin-Bugert on Thursday, March 6 at the Leavenworth Fire Hall. Smith was hosting, on behalf of the Chelan County Board of County Commissioners, the third in a series of "community-led discussions" with County department

### Fire District #6 raises alarm bells on funding deficit



The Fire District #6 addressed its financial situation with the public inside the Dryden Station community meeting room on March 6.

By Taylor Caldwell Ward Media Staff Reporter

DRYDEN - Chelan County Fire District #6 has not updated its levy rate, which funds 99 percent of its operations, since 1955. Now, it's facing a \$10.7 million funding gap that threatens its emergency response capabilities and puts homeowners at risk of losing wildfire coverage.

The district's levy rate is the lowest among fire districts in Chelan and Douglas Counties, collecting 31.5

See FIRE DISTRICT #6 Page A3

## Efforts underway to save fishing at Blackbird Island Pond from permanent closure

TAYLOR CALDWELL / WARD MEDIA Icicle Valley chapter member Mike Wyant points to where water enters the south end of the Blackbird Island pond.



### By Taylor Caldwell

Ward Media Staff Reporter

LEAVENWORTH - Last year, Blackbird Island Pond, a designated fishing spot for youth and seniors, was forced to end its fishing season in July due to failing infrastructure. Without necessary repairs, it may not reopen.

Icicle Valley Trout Unlimited, a regional chapter of the cold water

conservation-focused non-profit, is taking steps to ensure this isn't the case.

"There aren't too many places around here where kids can just go and sort of fish on their own. The Wenatchee is mostly closed, except for occasional salmon season... Up the Icicle, it's a pretty good spot to fish, but it can be kind

See **BLACKBIRD ISLAND** Page **A2** 

### Stevens Pass launches sales for 2025-2026 season, announces parking changes

By Taylor Caldwell Ward Media Staff Reporter

SKYKOMISH - As spring nears, Stevens Pass is looking towards the 2025-2026 winter season. The ski resort recently launched ticket sales and announced significant changes to its parking program for the 2025-2026

The 2025-2026 passes to Vail Resorts are currently at their lowest price of the year. For skiing and riding specific to Stevens, the Steven's Pass Select Pass is on sale for \$430, offering unlimited access on off-peak days. Epic Day Passes to Stevens start from \$76 per day, with its Epic 1-Day Pass starting at \$91.

The Epic Pass, which provide unlimited access to Vail Resorts' 42 owned and operated mountain resorts, is priced at \$1,051 for adults, and \$537 for children. The Epic Local Pass, which provides unlimited, unrestricted access to 29 resorts and restricted access to destination resorts, is currently \$783 adults and \$407 children. The Epic Local Pass excludes peak days at Stevens.

For a limited time, skiers and riders who buy an Epic Pass now will also receive 10 Buddy Tickets and six Ski With a Friend Tickets. A Buddy Ticket offers 45 percent savings on a lift ticket. Ski With a Friend Ticket discount varies according to the daily rate at each resort.

Starting next season, Epic passholders will have expanded access to Verbier 4 Vallées, Switzerland's largest ski area. Located in Switzerland's Valais Canton, Verbier 4 Vallées includes six ski resorts spanning four valleys, with views of the Matterhorn and Mont Blanc.

Next season, Stevens Pass plans to expand its reservation-based parking program to include 100 percent of its lots on weekends and peak periods until 10 a.m., offering a mix of paid and free carpool options.

The reservation-based parking program was introduced this season in order to improve parking management and reduce the amount of vehicles on the highway. Reservations were required in 33 percent of its lots until 10 a.m. on weekends and during peak periods. According to Stevens Pass, over half of the reservations in those lots have qualified for free parking as a result of carpooling with four or more passengers per vehicle.

"I've been on-site in our parking lots nearly every weekend helping manage traffic flow and have observed a reduction in congestion by spreading out arrival times, which has improved the guest experience. Parking has been a top priority throughout my tenure, and I am confident this change is another positive step forward," said Ellen Galbraith, Stevens Pass General Manager and Vice President, in a press release.

Free parking will be available to guests carpooling with four or more people, a single adult with two kids aged 12 and under, or guests utilizing ADA parking. Guests who book a lesson will also be able to reserve a spot free of charge. Vehicles with fewer than four occupants, or those that don't meet the exceptions, will be required to make a \$20 per vehicle reservation. Free parking without reservation will be available after 10 a.m., as space allows.

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

### Inside The Echo this Week

Community Calendar.. Business Directory......B4 Classifieds.. From the Publisher..... Church Guide.....B4 Cascade Schedule......A4 Healthy Living......B1-B2

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Phone:

www.leavenworthecho.com

STOCK PHOTO

### The Leavenworth **Echo**

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#### **Deadlines**

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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.

### 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 509-731-4392 email news@ward.media

### **Classified Advertising**

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Back Issues are available up to one year after publication for a small fee. Archive Research \$25 per hour

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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. 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!

### My Girlfriend's Closet

Clean out those closets! Because My Girlfriend's Closet is back March 14–16 in Wenatchee! This fundraising event will have new and gently women's used clothing, bags, shoes, and so much more. They sort and merchandise the clothes into a department store that is open for three days. They are known for featuring highquality, brand-name items. Most of the funds raised go to nonprofits in our community and help at-risk women with an immediate need for clothing shop for free. The event is located at 151 Easy Way in Wenatchee.

For more information, please visit "My Girlfriend's Closet" on Facebook.

### **Girl's Night Out!**

"Some call it Girl's Night... others call it therapy." Looking for a reason to leave the house? Join Host

in downtown Wenatchee for drinks, snacks, tattoos, and more. Your ticket includes a complimentary glass of champagne, one custom charm bar item from Goldiiee, and a custom hat from The Trendy Momma. This is a great event to bring out your Sunday best and energy! The event starts at 5 p.m. on March 14th. Come down for a night to remember.

For tickets and more information, please visit Host Wenatchee on Facebook or Eventbrite.com.

#### Leavenworth **Community Dinner**

A free community dinner will be held on Tuesday, March 18, from 5-7 p.m. at the Leavenworth Methodist Church (418 Evans St). No RSVP is required. This is a free event—donations will be accepted. All are welcome: singles, couples, families, kids, and seniors. This is an opportunity to share conversation and delicious meal with neighbors and friends.

For more information, please email strodew2@gmail.

### **Bingo Night**

Come join us for an exciting evening of bingo at Icicle Brewing Company on March 17 from 6:00 to 8:00 p.m.! Head down to the taproom on the brew floor (downstairs bar) and get ready for a lively night filled with fun, laughter, and the thrill of winning prizes. No entry fee—just bring your game face and enjoy a fantastic time with friends, great beer, and plenty of chances to score some awesome goodies. Don't miss out on the fun!

For more information, please

visit info@iciclebrewing.com.

STOCK PHOTO

#### All About Fungi

**THIS WEEK** 

Join us on March 15 from 12 p.m.-2 p.m. at the Red Barn at the Wenatchee River Institute in Leavenworth for an interactive workshop on growing mushrooms at home! Led by Seth Beu, an experienced mushroom grower from Primordia Farms, you'll learn how to grow mushrooms in logs, containers, and garden beds. Topics covered include three ways to grow mushrooms. cloning fungi from the forest and much more! All supplies provided. Feel free to bring a reusable container for your grow kit. The workshop will take place in the heated Red Barn, with accessible paths and bathrooms available.

For more information, please visit: www. Wenatcheeriverinstitute. Org/Event-Calendar.Html/ Event/2025/03/15/Grow-Your-Own-Mushrooms-Workshop/514336

## New tariffs could threaten local journalism

ne recent decision by the Trump administration to impose tariffs on Canadian imports may seem like a distant policy move, but for those of us in the newspaper industry, it hits close to home - both figuratively and literally. At Ward Media, we are deeply concerned about the ripple effects these tariffs will have on our ability to continue delivering highquality local journalism to the



From the Publisher

TERRY WARD

One of the largest affected by these tariffs is newsprint. Canada supplies the majority of the paper used by newspapers in the United States, and as production costs rise, the financial burden will inevitably fall on local publications like ours. Unlike large national media companies with deep

pockets, small and independent newspapers operate on tight margins. Every dollar matters.

For Ward Media, which publishes multiple newspapers across North Central Washington, this could mean difficult choices ahead. Newsprint is one of our biggest expenses, and any significant increase in costs may force us to consider options we don't want to - reducing the number of pages we print, reducing frequency of publication, increasing subscription rates and advertising rates, or even cutting staff. None of these options serve our mission to provide essential local news to our readers.

want to go back and continue

fishing with their family," said

Icicle Valley Trout Unlimited

is currently working to secure

funding that would guarantee

a working pump for the 2025

summer season. It's just one

piece of the group's vision to

revitalize the pond over the

next year. If it can obtain

the funding and permits, the

chapter plans to make safety

improvements around the

shoreline, bring fishing access

into current compliance with

the Americans with Disabilities

Act, remove fallen trees, and

In June, Icicle Valley

Trout Unlimited will find

add a teaching kiosk.

Butcher.

Beyond our company, this tariff threatens the future of independent journalism across the country. When small-town newspapers struggle or shut down, entire communities lose access to the vital reporting that keeps them informedabout city government, school board decisions, local businesses, and even the high school sports scores so many of us look forward to reading each week.

This is not just about an industry—it's about the communities we serve. The strength of our democracy

depends on a free and thriving press, and policies that increase costs for local newspapers only make it harder for us to do

At Ward Media, we remain committed to serving our readers and fighting for the sustainability of local journalism. We will continue to adapt, innovate, and advocate for policies that recognize the importance of a strong, independent press.

Thank you for your continued support as we navigate these challenges together.

### **Blackbird Island**

Continued from page A1

communities we serve.

of dangerous," Icicle Valley Chapter member Mike Wyant. In 2000, the island's two former gravel pits were transformed into the presentday pond through the efforts of Icicle Valley Trout Unlimited and additional partners. In order to ensure cold, oxygenated water for fish survival, a pump system was built to retrieve one cubic foot per second from the Wenatchee River on the south end of the pond, which would return to

the river from the north end. For a period of time, the pond's pump system was overseen by Chelan County PUD, who was using the pond to acclimate juvenile steelhead. However, after not achieving wanted results, the utility district pulled out of its responsibilities in 2016.

The pond continued to be stocked with 1,000 to 1,200 cutthroat trout by the Washington Department of Fish and Wildlife (WDFW) each year, while Trout Unlimited and the City of Leavenworth helped maintain the pond and its surrounding area. Over the years, it continued as a fishing season enjoyed by visitors, Icicle Valley Trout Unlimited's annual youth fishing event, and Wenatchee River Institute's (WRI) summer day camps.

'We've always loved that this pond is set up for youth, and there's not many things that are just set up for youth... It just gives this wonderful opportunity for them to do something outside and with their family members, and then just also [learn] about the role of fish in the ecosystem," said WRI Youth Programs

Coordinator Deanna Butcher. According to Butcher, the visit to the pond is usually the highlight of the week for the day campers. The camps typically spend an entire day at the pond, not only learning how to fish with Icicle Valley, but also about the fish and their surrounding ecosystem.

"If you spend any time at all, as we do with the kids, talking about the relationship between the fish that you're getting here and in the broader environment, then it sort of opens the door to this understanding that these fish are only here because we as humans on the landscape have taken at least a certain degree of care," said Wyant.

However, the pond's intake pipe, which was formerly



TAYLOR CALDWELL / WARD MEDIA

The Blackbird Island pond serves as a safe and accessible fishing spot for youth and seniors.

JOE BROWN J.C. BROWN LAW OFFICE 200 APLETS WAY, CASHMERE 782-1111

BUSINESS, REAL ESTATE,

ESTATE PLANNING, AND PROBATE

managed by the PUD, remained neglected in the river over the years, eventually leading to the pump system's 2024 failure. We just hope that it can get in working order, because it's such a keystone in our community. [It's] where a lot of kids learn how to fish, and then

TAYLOR CALDWELL / WARD MEDIA

The group is seeking to replace its pumps, which are responsible for maintaining safe water levels for the pond's fish.

out it was approved for a \$35,000 grant from WDFW, which would cover most of the improvements. In the meantime, it's working on alternative funding.

So far, the group has been awarded \$5,000 from the Chamber of Commerce's Funding it Forward project, and \$2,200 from the Washington Council of Trout Unlimited. It has also secured a financial and in-kind donation from Marson and Marson Lumber for the removal, cleaning, and reinstallation of the intake

pipe. As the project nears, the group will be seeking volunteers to clear brush and lay gravel.

"In the long term, if someone in the community has some thoughts about sustainability. We'd love to talk...Our group is aging, you know. We're not all going to be around forever, and we'd like to see this pond be a resource for decades to come, just like it's been for decades in the past," said Wyant.

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



### fundraiser on March 29

NCW News Ward Media

WENATCHEE — Camp Fire North Central Washington Council will hold its annual fundraiser on Saturday, March 29, at the Wenatchee Convention Center, with proceeds benefiting Camp Zanika scholarships and youth programs.

The "Enchanted Forest" themed event will run from 5:00 p.m. to 9:00 p.m., featuring both silent and live auctions with a variety of items available for bidding. Attendees can check in beginning at 5:00 p.m., with dinner service starting at 5:30

The event will include a no-host bar, dinner, both silent and live auction events featuring a wide variety of items, decorated tables, photo booths, games, and networking opportunities.

Tickets are available at \$60 per person for single entry, which includes dinner and one raffle ticket. Other ticket

Wednesday

Thursday

Friday

**Monday** 

**Tuesday** 

5477. (1st. Tues.)

org. (1st Tues.)

Street. (2nd Tues.)

**NCW Libraries** 

more information, and updates.

Sat.,10-2. Closed Sun. and Mon.

Leavenworth

more information.

**Community Calendar** 

by Tuesday noon to make a reservation.

president Tony Maffey at (509)470-6743.

Peshastin Memorial Hall. (2nd Thurs.)

Cascade Medical 509-548-3420 x 3873

website: leavenworthseniors@gmail.com

Children and Youth Program, 6:30-8 p.m., 4th-12th grade,

Alpine Water District, meets at the Lake Wenatchee Fire and

kulele Circle, 5:30-6:30 p.m. every Wednesday at the Peshastin Library. Please come 15 minutes early to tune and get sheet

<mark>Senior Center, Lunch</mark>, Noon, \$8 per meal. Call 509-548-6666

Leavenworth Lions Club, Meetings are 1st Thurs. at 6:30pm and

3rd Thurs. at 9 am at Kristalls Restaurant. For more info contact

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere.

Parkinson's Support Group Mountain Meadows Assisted Living

Find strength in community. Join our People with Parkinson's

Leavenworth Rotary Club, In person at Kristall's Restaurant at Noon. Call President Mahala Murphy-Martin, 206-227-1576, for

Senior Center: Bingo 6 p.m. Call 509-548-6666. Facebook &

Upper Valley Free Clinic, open every Monday to evaluate urgent

Leavenworth Mosquito District board meeting 1st & 3rd

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,

Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)

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-

<mark>Leavenworth Masons</mark>, 7:30 p.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leaveworthmasons.

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

Senior Center, Exercise, 11 a.m-Noon. Tues & Thurs. 509-548-6666. Facebook & Website: leavenworthseniors@gmail.com

5-7 p.m. Everyone is invited as a guest. Contact info@

leavenworthmuseum.org for meeting information. (1st Tues.)

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

astin Public Library. Located at 8396 Main St. Call (509)

548-7821 or email peshastin@ncwlibraries.org. Open on Tues., 2-6pm, Wed., 2-6pm. Thurs., 10am-6pm, Fri., 10am-6pm, Sat., 10am-2pm, closed Sun. and Mon.

eavenworth Public Library. Located at 700 Hwy. 2, Call

509-548-7923 or online leavenworth@ncwlibraries.org
Open on Olegania O. Wed., 11-6, Thurs.,10-7, Fri., 10-5

Museum board

icle & Peshastin Irrigation Districts Meeting Current meeting

time is 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-

Monday of each month at 7pm via ZOOM link posted at https://

7 p.m., Agenda car

Call UVMEND, 509-548-0408 for more information.

leavenworthmosquitocontrol.org/notices-updates/

Angela Dye, President, 509-668-1105 (1st Mon.)

health needs. Downstairs at Cascade Medical, 6:30 -8:00 p.m.

320 Park Avenue Leavenworth, WA 98826. Event Date, Last

Thursday of every month, time 9:30 a.m. - 10:30 a.m., Contact

Support Group for valuable connections, shared experiences, and support. Navigate challenges, celebrate victories, and empower

Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

each other on this journey. You are not alone. Join us.

Leavenworth Church of the Nazarene, 509-548-5292.

Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.

options include the "Fabled Pair" at \$110, which provides entry and dinner for two people with three raffle tickets, and the "Mystic Grove Table" for \$550, accommodating groups of 10 with 15 raffle tickets included.

The fundraiser has attracted several sponsors, including Downtown Kiwanis, Mitchell Reed & Schmitten, Smithson Insurance Services, Adobe, Gesa Credit Union, Zenbusiness, and Wenatchee Valley Medical Group, which is designated as a "Trailblazer Sponsor."

Interested individuals can purchase tickets through the Camp Fire website at campfirencw.org or by calling the Wenatchee office at 509-663-1609. The organization is also seeking additional auction item donations and sponsors to support the event.

Camp Fire USA North Central Washington Council supports Camp Zanika and various youth development programs throughout the region.

meeting,

### Camp Fire to host annual auction | 12th District Lawmakers to host virtual Town Hall Meeting on March 20

NCW News Ward Media

OLYMPIA — State legislators representing the 12th Legislative District have announced plans to conduct a virtual town hall meeting later this month to address constituent concerns and discuss key policy issues facing the region.

Sen. Keith Goehner, Rep. Mike Steele, and Rep. Brian Burnett will host the one-hour virtual session on Thursday, March 20, beginning at 6:30 p.m. The meeting will be conducted using the Zoom platform, allowing participants to join from computers, tablets, or smartphones. Advance registration is required for all who wish to attend.

The event provides an opportunity for 12th District constituents to engage directly with their elected representatives without needing to travel to an in-person



COURTESY OF WASHINGTON STATE HOUSE REPUBLICANS

Rep. Burnett, Sen. Goehner, and Rep. Steele.

Officials plan to discuss several pressing issues during the hour-long meeting, including the state's budget deficit, rising cost of living,

transportation infrastructure improvements, and wildfire prevention strategies. Additional priorities for the 2025 legislative session will also be

addressed.

Residents can register for the March 20 event, scheduled from 6:30 to 7:30 p.m., at https:// tinyurl.com/ymu948sp

### Fire District #6

Continued from page A1

cents per \$1,000 in assessed property value. Under this rate, the district currently relies on an annual budget of \$425,000 to oversee a coverage area that spans from Blewett Pass to Monitor, and includes areas of Cashmere that sit outside of city limits. It consists of one paid fire chief and 60 volunteers that operate out of four stations: Peshastin, Monitor, Dryden, and Valley Hi, located up Blewett Pass.

At a March 6 community meeting, the fire district warned its constituents that **Emergency Medical Services** (EMS) would be cut in January 2026 if the budget remained static. Medical emergencies, especially those on Blewett Pass, would put more responsibility on ambulance companies and surrounding districts.

"[Response will] take extra time, and if it requires an extrication, those ambulance companies don't extricate. You're trapped in your vehicle," said Michelle Mazzola of Resource Solutions, who

The district would also consider suspending all of its motor vehicle accident responses, which account for 17 percent of the district's calls, as well as closing its Valley Hi and Peshastin stations. However, it would barely scratch the surface of the \$10.7 million funding gap in unmet, mission critical needs.

About 85 percent of firefighting response calls originate from the Dryden Station, which has seen significant repairs in recent years. Last fall, the water main broke for the second time in five years, losing about 40,000 gallons of water before it was discovered, and shutting the station down for three months, according to Fire District #6 Chief Andy Lee. In 2023, a structural beam snapped under snow load. The crew had to call Fire District #3 at 2 a.m. for help relocating its trucks and bracing the beam.

"Luckily...We just got back from a call. If we hadn't been here, we would have lost the whole building and the trucks," said Lee.

The other three stations were said to be in similar the concrete pads at Valley Hi, sunlight coming through a hole in the Monitor station, and walls separating at Peshastin.

The district's equipment is no better; most of it has over-extended its lifetime by 20 to 30 years. While Lee's trucks require maintenance after nearly every trip, some of his tools don't even make it through the response.

"We do a lot of car wrecks up on Blewett Pass. And for a long time, this is what we were using: an old, hand-pump extrication tool. I don't know that I've ever seen this tool get anybody out of a car," said Lee.

The district has relied on hand-me-downs from other stations. Lee obtained a secondhand two-cycle pump from another district, which has also been unreliable on scene. When other stations replace their fire hose at 10 years, Lee takes it to replace his 30-year-old hose with pinholes.

The volunteers, who receive a \$10 stipend for each call, are also working in aged out gear. Lee said by law, he needs to replace it every 10 years, or when he brings a new

firefighters are outfitted in 20-year-old jackets and pants.

"This helmet looks fairly new, but it's from 2013. By law, I have to replace it. This helmet costs 500 bucks," said Lee. "So it's a toss up...Can I put this guy in this old gear? Yeah, but the second he gets hurt, L&I is going to hang me."

During the March 6 meeting, the district proposed two new options to replace its 1955 levy rate for the August ballot: 80 cents per \$1,000 assessed value, and \$1.40 per \$1,000 assessed value.

"Very conservative commissioners, looking out for the public money, that's how we got here. So everybody meant well...Now, we're in a position that we have to say, okay, yeah, we want to be conservative... but we also have to look out for public safety," said Fire Commissioner Ray Schmitten.

For a home valued at \$400,000, a homeowner would pay about \$10 per month at the current rate. At the 80 cent rate, they would pay an estimated \$27 monthly. At the \$1.40 rate, they would pay

Each would provide the district with a \$750,000 annual operating budget. At 80 cents, it would have an estimated \$370,000 available annually to address critical needs. After 6 years, the district would still have \$8.56 million in unmet needs.

"Even 80 cents, there's no guarantee EMS would come back," said Mazzola.

At the \$1.40 rate, it would have \$1.21 million annually to address these needs, shrinking the deficit to an estimated \$3.52 million in six years. Comparatively, the annual funding would almost meet the \$2 million annual budget of Grant County Fire District #8, which is similar in size when considering call volume, assessed value of property, and population served.

The district is currently seeking public feedback. In April, commissioners will decide on a proposed rate for the August ballot.

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

### conditions, with A-frame assisted the district with its member on. However, unable beams no longer attached to to afford \$2,000 to \$7,000 a set, strategic plan.

TAYLOR CALDWELL / WARD MEDIA

Fire Chief Andy Lee holds an outdated Jaws of Life tool, demonstrating the risks of 30 to 40 year old equipment his district uses to remain within budget.

### 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.

### **Feb 28**

02:27:07 Animal Problem, 13688 Chumstick Hwy, Leavenworth 08:15:19 Assist Agency, 12295 Emig Dr, Leavenworth

10:28:51 Suspicious, 500 Pine St; Alpine Lakes , Leavenworth 13:04:58 Civil, 39 Green Bridge Rd# G, Leavenworth

17:00:56 Trespass, 7272 Deadman Hill Rd, Dryden

### March 1

00:52:13 Assist Agency, Us Hwy 2 & 12th St, Leavenworth 03:01:35 Animal Problem, 11687 Sunitsch Canyon Rd, Leavenworth 07:16:54 Hazard, Bnsf Xing 084495k, Leavenworth

07:55:21 Parking/Abandon, Us Hwy 2 & Stine Hill Rd, Leavenworth 11:36:18 Animal Problem, 13688 Chumstick Hwy, Leavenworth 14:47:04 Welfare Check, Icicle Rd & E,

Leavenworth 15:25:36 Disturbance, 263 Mine St# 229, Leavenworth 17:21:52 Suspicious, 8401 Mountain

Home Rd, Leavenworth 19:33:05 Accident No Inj, 200blk 9th St, Leavenworth

### March 2

08:05:58 Harass/Threat, 617 Front St, Leavenworth 09:07:06 Suspicious, 8550 Icicle Rd, Leavenworth 16:57:29 Suspicious, 12296 W Shugart Flats Rd, Leavenworth

### March 3

02:02:51 Animal Problem, 11687 Sunitsch Canyon Rd, Leavenworth 14:05:26 Harass/Threat, 263 Mine St# 221, Leavenworth 14:31:38 Animal Problem, 10788 Us Hwy 2, Peshastin

16:26:43 Hazard, Poplar St & Ski Hill Dr. Leavenworth 16:37:46 Hazard, Icicle Rd Mp 5, Leavenworth

17:14:46 Trespass, 123 Jaybird Ln, Leavenworth 20:00:36 Traffic Offense, Us Hwy 2 & Icicle Rd,

### March 4

03:01:25 Animal Problem. 11687 Sunitsch Canyon Rd, Leavenworth 06:56:30 Trespass, 617 Front St,

Leavenworth

11:46:43 Burglary, 77 Bradshaw Ln, Leavenworth

11:48:26 Suspicious, 305 Us Hwy 2, Leavenworth

12:54:53 Harass/Threat. 520 Pine St# Main; Lofc,

Leavenworth 15:58:10 Trespass, 123 Jaybird

Ln, Leavenworth 21:17:30 Suspicious, 18587 Rieche Rd, Leavenworth

21:25:09 Domestic Disturbance, 10454 Fox Rd, Leavenworth

### March 5

03:42:32 Animal Problem, 11687 Sunitsch Canyon Rd, Leavenworth 09:30:58 Theft, 11645 North Rd, Leavenworth

10:37:44 Domestic Disturbance, 15400 Camp 12 Rd, Leavenworth

12:27:30 Suspicious, 11645

North Rd, Leavenworth 14:18:02 Civil, 263 Mine St# 103. Leavenworth

Prowell St, Leavenworth 15:16:23 Traffic Offense. Chumstick Hwy Mp 2, Leavenworth 19:38:23 Trespass, 143 Amas Pl,

15:05:16 Harass/Threat, 12735

### Peshastin March 6

08:57:28 Juvenile Problem, 10190 Chumstick Hwy, Leavenworth 09:15:00 Harass/Threat, 3343

Allen Ln, Peshastin 12:44:33 Juvenile Problem, 10190 Chumstick Hwy, Leavenworth

14:04:10 911, 12235 W Shugart Flats Rd, Leavenworth 14:15:29 Parking/Abandon, 9th St & Commercial St,

Leavenworth 16:17:59 Juvenile Problem, Blackbird Island,

Leavenworth 16:42:11 Welfare Check, 520 Pine St# Main; Lofc,

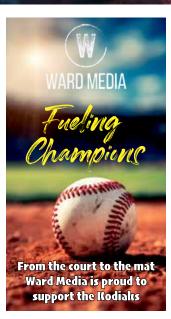
### Meeting Schedules For AA, Alanon, Celebrate Recovery

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.

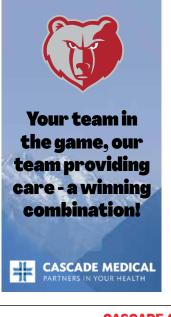
















### Conservation District announces March board meeting

NCW News Ward Media

WENATCHEE — The Cascadia Conservation District has scheduled its Regular Board meeting for Friday, March 21, at 1:30 p.m. The meeting will be held at the district office located at 1350 McKittrick St., Suite B, in Wenatchee.

Members of the public have multiple attendance options, as the meeting will be conducted in both in-person and virtual formats through call-in and Zoom capabilities.

Those wishing to attend in person are advised to contact the district office in advance due to limited space availability.

For additional details regarding the meeting, including virtual attendance instructions, interested parties can visit the district's website at cascadiacd.org or call the district office directly at 509-436-1601.

## Special Olympics winter events showcase athlete determination



COURTESY OF TIERRA LEARNING CENTER

Special Olympics athlete Curtis Nielson celebrates with thumbs up at the cross-country skiing and snowshoeing competition held at Tierra Learning Center. Wearing bib number 507, Nielson participated among 60 athletes supported by 90 volunteers during the two-day winter sports event.

The Leavenworth Echo Ward Media

LEAVENWORTH — The Tierra Learning Center hosted Special Olympics cross-country skiing and snowshoeing competitions this past weekend, drawing 60 athletes and 90 volunteers for two days of winter sports activities.

Participants competed in various cross-country skiing and snowshoeing races across different skill levels on the center's trails. The events aimed to promote physical fitness, confidence and social inclusion for individuals with intellectual and developmental disabilities.

"It was truly incredible to see the enthusiasm and dedication of all the athletes who participated," said Meeche White, executive director at Tierra Learning Center. "Their determination and sportsmanship embody the very best of the Special

### **CASCADE SCHEDULE**

Boys Varsity Baseball								
Tue, Mar 18 4:30: PM Cascade vs. Waterville High School								
Boys Varsity Baseball								
Thu, Mar 13 5:00: PM Cascade vs. Quincy High School Away								
Tue, Mar 18 6:00: PM Cascade vs. Cashmere High School								
Boys Varsity Golf								
Wed, Mar 19 1:00 PM Cascade vs. Warden High School								
Boys Varsity Tennis								
Mon, Mar 17 4:00 PM Cascade vs. Ellensburg High School								
Girls Varsity Tennis								
Mon, Mar 17 4:00 PM	Cascade vs.	Ellensburg High School	Home					
Wed, Mar 19 4:00 PM	Lake Roosevelt High School	Home						
Girls Varsity Softball								
Tue, Mar 18 4:30: PM	Cascade	Waterville-Mansfield High School	Home					

Olympics spirit, and we are honored to provide a venue for

such a meaningful event." Volunteers assisted with multiple aspects of the event, including course preparation, timing competitions and providing encouragement to athletes throughout the races.

The competitions were supported by local community members, organizations and sponsors who contributed resources to ensure the success of the event.

The Tierra Learning Center regularly hosts programs that align with its mission of creating opportunities for individuals of all abilities to participate in enriching activities.

### Commissioners

Continued from page A1

"We encourage people to come with questions or concerns that they would like to address either to a county commissioner or a department director," stated Jill FitzSimmons, public information officer for Chelan County, in a press release ahead of the meetings describing their purpose. "These meetings are an opportunity for us all to gather together [sic] and talk about our community."

Concurring, Smith stated that "twice a year, the Commissioners have committed to going out to our individual districts to allow members of the community to speak to us faceto-face and in a group setting where they might feel a little safer asking a question that they might not be able to get an answer to downtown from us or department heads. It's a good time to share ideas that the county is working on and hear from the community regarding those and other projects and

In the standing room only Leavenworth Fire Hall meeting, after each of the department heads on the dais introduced themselves and described their offices, the floor was opened to residents who focused chiefly on the matters of the Tumwater cross and the impact to Chelan County by the Trump Administration's mass firing of federal workers.

On the latter issue, Smith, who was open and unapologetic about his far-right views and unconditional support of Trump while campaigning for Commissioner and regularly continues to share those views on social media, largely deflected questions as to why the Commissioners were not "advocating for their communities" the administration. Smith said that it was simply not the County Commissioner's job to "counsel" the federal government and that he was focused on "local issues."

Sheriff Morrison, in contrast, pointed out that the mass firings were local issues that were going to have negative effects in the County, including placing a strain on law enforcement when it is called off of normal duty to cover emergency work previously covered by federal law enforcement associated with forest services, and even wilderness pit toilets going unemptied and leaking into the local water supply, which originates in the Alpine Wilderness.

Morrison continued by stating that he has been advocating for County residents by contacting U.S. Representative Kim Schrier, whose district includes Chelan County. He urged everyone to do the same. Morrison's statements were met with applause from the audience.

The partially completed, illuminated seventy-foot cross atop Tumwater Mountain overlooking Leavenworth commanded a significant portion of the remaining ninety-minute meeting. Walter fielded the community concerns and questions, which were unanimously against the cross' construction.

After a member of the audience, Michael Martin, suggested that the cross' construction violates the Washington State Scenic and Recreational Highway Act, which Walter summarily dismissed, environmental and light pollution concerns were raised. Then, first Norm Dorpat followed by Drew Foulk, a member of the Leavenworth Planning Commission, moved the discussion to the focal point of the matter for the County: whether the cross should be viewed under Chelan County Code as a "sign," and therefore restricted in height, or as a "structure," which allows for height exemptions.

Last fall, Walter stated initially that she felt the cross "fell under the sign code." However, she later told the Echo that she changed her "stance . . . due to [receiving] additional information on

structures. We know [the height] and . . . the structural components . . . and what it [is] going to look like - more of a tower." Walter therefore concluded that, "there may be an opportunity for exemption to height limitation pursuant to our Code provisions," as she "would put this structure under 'other similar projections'" in the "exception to building height limitation" section of the Code (Chapter 11.88, Section 120), which includes, among other structures, aerials, observation towers, and radio, communication and television towers.

Last night, however, she deferred from such a pointed interpretation stating that while she has concluded that she will view the cross as a "structure" under the Code, the revised permit, from the group constructing the cross on the site owned by Leavenworth developer Robert Johnson, was yet to be completed. As such, Walter would refrain from a final determination until completion.

The only other topic raised concerned the potential harmful effects on the tree fruit industry by the Trump administration's threatened broad swath tariffs against neighboring countries. Smith acknowledged the "uncertainty" facing the local industry.

Spanish interpretation services were provided at each meeting, and the Commissioners emphasized their commitment transparency and accessibility throughout the series. "As a representative of the unincorporated areas of the County," reiterated Smith, "I look forward to every opportunity to come up and interact with the residents of the community and I'm always thrilled to see so many people come out."

Caroline Menna is an intern for Ward Media and a senior at Cascade High School, where she serves as Editor-in-Chief of the school's Publications

SATURDAY, MAR. 22 \\ TOWN TOYOTA CENTER | DOORS OPEN: 5PM



### Yoga for Better Balance and Healthy Aging



By Joanna Dunn

### Balance is an essential life skill.

If your balance has ever been compromised, you know how debilitating it can be. As we age, our ability to balance begins to decline. But balance is a skill you can improve no matter your age. Our bodies are very efficient -- they prioritize the movements and skills we use and let go of those that we use less frequently. If there is a skill you wish to retain as you age - including balance - you must continue to use it.

### Yoga has many benefits, including improving balance.

Yoga provides many benefits as we age. As these benefits are becoming more widely known and supported by science, doctors are now recommending that patients in their second half of life begin a regular yoga practice. In addition to gains in flexibility, yoga also teaches mindful movement, which is a helpful skill to have as we age. Practicing yoga also builds strength in the core, legs and hips, which is essential for longevity.

### How your balance system works.

Yoga is also very beneficial for training our balance mechanisms. nervous system. It puts the information together so we can move smoothly from one position to the next, from one place to the next. If one of these signals is

faulty, it can have far reaching consequences in terms of our ability to move easily through the world. Throughout life but especially as we age, we need to challenge our balance system to keep these signals strong and healthy. While in some unique cases it may be necessary to work with a physical therapist, often we

can simply begin training challenging ourselves to improve our balance system.

### How yoga works to improve balance.

Any active yoga

class will include poses that strengthen muscles proprioceptors involved in balance. In a typical yoga class, we also work in a variety of positions relative to gravity - such as in the pose downward dog in which we are essentially upside down. This exercises the vestibular system. We also often change what we are looking at while we remain still in a pose, which challenges the visual

### How to get started with yoga

If you're not already practicing yoga regularly, first check in with your doctor to make sure that yoga is right for you. When first getting started with yoga, I recommend finding a slower paced, yet active class. This is essential, especially for those of us in the second half of life or later. When it comes to strengthening our balance mechanism, it is important that we feel safe but adequately challenged. A class that moves quickly or offers complex, advanced poses might lead to injury. While many find the energy of a group class beneficial, others might prefer one-on-one work with a skilled instructor. No matter how you get started with yoga, your future self will thank you as you begin to see the benefits in your physical health.

Joanna Dunn is a yoga teacher with over two decades of experience. Based in Leavenworth, she specializes in working with older adults ages 60+. Joanna leads weekend and weeklong Yoga retreats (beginner friendly) as well as individual and group yoga and meditation sessions online via zoom. For more information: JoannaDunn.

## **Aging Well:** Resources & Tips for Maintaining Independence

independence becomes a priority for many. With the right resources and lifestyle choices, older adults can continue to live active, fulfilling lives while staying safe and self-sufficient.

#### Staying Active and Healthy

Regular physical activity plays a key role in maintaining strength, flexibility, and mobility. Low-impact exercises such as walking, swimming, and stretching help improve balance and reduce the risk of falls. A well-balanced diet rich in fruits, vegetables, lean proteins, and whole

and energy levels. Staying hydrated and managing portion sizes can also contribute to long-term well-being.

Routine health checkups are essential for monitoring conditions like high blood pressure, diabetes, osteoporosis. Preventive care, including vaccinations and screenings, can help detect potential health issues early.

### **Home Modifications**

Simple adjustments at home can make daily activities easier and reduce the risk of accidents. Installing grab bars in bathrooms, improving

As people age, maintaining grains supports overall health lighting in hallways, and removing tripping hazards such as loose rugs can enhance safety. Smart home technology, including voice-activated assistants and medical alert systems, can provide additional support for those living alone.

### **Staying Connected**

Social engagement is vital for mental and emotional wellbeing. Community centers, senior organizations, and virtual programs offer opportunities to stay connected. Engaging in hobbies, volunteering, or participating in local events helps prevent isolation and supports a positive outlook on

#### **Accessing Support Services**

Joanna Dunn

Balance is like our "Neural

GPS," helping us to navigate

through the world. Our brain

takes in information from

the vestibular system (inner

ear), from the eyes, and from

proprioceptors in our joints

and throughout the body. The

brain receives these signals at

lightning speed through the

Many local and national programs provide assistance for seniors looking to maintain independence. Meal delivery services, transportation programs, and in-home caregiving support can help with daily tasks while allowing individuals to stay in their own homes longer. Planning for the future is also important. Legal and financial considerations, such as power of attorney, advance directives, and longterm care options, ensure that personal wishes are honored.

By making informed choices and utilizing available resources, aging adults can maintain their independence and continue to lead active, fulfilling lives well into their later years.



### Healthy Smiles, Healthy Lives: The Importance of Regular Dental Checkups

Maintaining good oral health is essential to overall well-being, yet many people neglect routine dental checkups. Regular visits to the dentist play a critical role in preventing serious dental issues and ensuring a healthy smile for years to come.

Professional cleanings and examinations help remove plaque buildup, detect cavities

early, and identify potential gum disease before it becomes severe. These visits also provide an opportunity for dentists to screen for oral cancer and other health concerns that may go unnoticed.

Beyond aesthetics, poor oral health has been linked to a variety of systemic health conditions. Studies have shown

that gum disease can increase the risk of heart disease, diabetes, and other chronic illnesses. Infections in the mouth can spread to other parts of the body, emphasizing the importance of preventive care.

Routine checkups also serve as an educational tool. Dental professionals can provide guidance on proper brushing

and flossing techniques, recommend products suited to individual needs, and address any concerns about diet and oral hygiene habits.

For children, regular dental visits help establish a strong foundation for lifelong oral health. Early intervention can prevent tooth decay, promote proper jaw development, and encourage positive dental habits from an early age.

While daily brushing and flossing are essential, they cannot replace professional cleanings and examinations. Dentists have the tools and expertise to detect issues that may not be visible or cause immediate discomfort. By scheduling regular checkupstypically every six monthspatients can prevent costly and painful procedures in the

future. Prioritizing oral health is a simple yet impactful way to support overall wellness. By staying proactive with dental care, individuals can enjoy the benefits of a healthy smile and a healthier life.



### Lake Chelan Museum of Wildlife, **Natural History & Art Gallery**

### **An Enchanting Destination**



"The mission of the non-profit museum serves as an education center for wildlife conservation and to increase knowledge and appreciation for the wildlife of the world. Learn the role art and wildlife management play in conserving these valuable resources."

Open to the public Wednesday through Sunday from April to October, the museum is also available for private functions, special events, meetings and receptions. As an education center, Nature's Window is excellent for hunter-safety lessons, scout meetings, field trips, and art classes.



21285 Highway 97A, Chelan, WA 98816, north of the Knapp's Hill Tunnel 509-670-8081, email: info@nwwildlife,com or natureswindowmuseum.com A registered 501(c)3 non-profit organization. ©2025 All rights reserved



The non-surgical beauty boost your skin will love

world of beauty and wellness, we are constantly on the lookout for innovative treatments that provide real, visible results.

Enter endermologie®, developed by the scientists at LPG®, based in the south of France. This novel technology has been a staple for savvy women and men who are looking for effective treatments that address their goals, without discomfort or downtime.

The patented motorized roller, flap and suction technology gently stimulate the skin and underlying tissues. This mechanical massage enhances circulation, lymphatic encourages drainage, and boosts collagen and elastin production. The result is smoother, firmer, healthier skin, and a more contoured physique.

"Our clients are looking for state-of-the-art options that deliver visible results for the face and body," says Nicole Contos, owner of Smooth Synergy Medical Spa

City. "They keep coming back to experience the unique technology we offer that makes a real difference for their health and well-being. endermologie® by LPG® is a perennial favorite because they can achieve the visible results they are looking for."

endermologie® is FDA-cleared for the temporary reduction in the appearance of cellulite and is known for its ability to sculpt and tone the body without surgery or downtime. By stimulating the skin naturally, it offers a non-invasive alternative to traditional cosmetic procedures, making it an attractive choice for those seeking a holistic approach to beauty and wellness.

The application is not just limited to body contouring; it is also widely used for agedefying facial treatments for all skin types. The gentle suction and rolling technique improve circulation, reduce puffiness, and enhance skin elasticity, giving the face a more youthful, radiant glow.

to combat signs of aging without injections or invasive procedures, endermologie® provides a safe and effective

Aleksandra Turlure and Rola Titizian, partners at The Contour Room™, in Los Angeles, Sherman Oaks, and Agoura Hills, have been longtime proponents of the value of endermologie® for their clients.

"We receive many heartwarming testimonials from our cherished clients who share their positive experiences with endermologie®. Our clients report feeling lighter and rejuvenated with improved lymphatic drainage. It's very rewarding to deliver results that make a difference for them," says Aleksandra.

"Many clients see significant reduction in cellulite and dimpling on their legs after a series of treatments, which greatly boosts their self-confidence," says Rola. "These results reflect their satisfaction and happiness following endermologie®. It is immensely gratifying to witness the positive impact we are making for our clients with this best-in-class technology."

Beyond the aesthetic benefits, endermologie® is also a favorite choice for therapeutic effects. It can be used to help alleviate muscle tension, reduce water retention, and promote postworkout recovery. Athletes and wellness enthusiasts appreciate the deep-tissue stimulation that helps improve flexibility and overall physical well-being.

endermologie® continues to be a favorite treatment among high-end gyms and spas, as well as plastic surgeons and dermatologists whose patients are seeking visible, natural results with no downtime. As more people are turning to non-invasive beauty solutions, this best-in-class, tried-and-true

technology is a go-to for achieving a more youthful and healthier appearance. To learn more about endermologie® and find an LPG® provider, visit lpggroup.com/en. Follow us on: Instagram -@lpgendermologie\_ america Facebook - LPG $\begin{array}{c} endermologie \\ LinkedIn-LPG \circledR \end{array}$ AmericaYouTube-LPGendermologie America

### The Power of Touch: The Science Behind Massage Therapy's Health Benefits

been recognized for its ability to promote relaxation, but its benefits extend far beyond simple stress relief. Research has shown that massage can aid in recovery, improve circulation, reduce pain, and support overall well-being. Whether used for relaxation, rehabilitation, or chronic pain management, massage therapy is a valuable tool for maintaining health.

Stress and Reducing Enhancing Mental Well-Being

One of the most immediate and well-documented effects of massage is its ability to reduce stress. Studies have found that massage therapy lowers cortisol, the body's primary stress hormone, while increasing serotonin and dopamine levels, which help regulate mood. This combination can promote a sense of relaxation, improve sleep quality, and even alleviate symptoms of anxiety and depression.

### **Aiding Recovery and** Reducing Pain

Massage therapy is widely used in physical rehabilitation

Massage therapy has long and sports medicine to aid recovery from injuries and manage chronic pain. By improving blood circulation, massage helps deliver oxygen and nutrients to muscles and tissues, speeding up the healing process. It also reduces inflammation, breaks down scar tissue, and improves flexibility, which can prevent

future injuries. For those with chronic pain conditions such as arthritis, fibromyalgia, or lower back

pain, regular massage can be an effective complementary therapy. By reducing muscle tension and enhancing joint mobility, massage therapy can help alleviate discomfort and improve overall function.

Boosting Circulation and Supporting the Immune System Another key benefit of massage is its ability to enhance circulation. The

rhythmic pressure applied during a massage helps move blood and lymphatic fluid through the body more efficiently, delivering essential nutrients while flushing out toxins. This process can boost immune function and promote better overall health.

drainage Lymphatic massage, in particular, is designed to stimulate the lymphatic system, which plays a critical role in the body's ability to fight infections and remove waste. By promoting lymph flow, this type of massage may help reduce swelling, support

detoxification, and improve immune response.

### **Improving Sleep and Enhancing Relaxation**

Massage therapy has been shown to positively impact sleep quality. The relaxation response triggered by massage can help regulate the nervous system, making it easier to fall asleep and stay asleep. This effect is particularly beneficial for individuals who suffer from insomnia or disrupted sleep due to stress, anxiety, or chronic pain.

### **Choosing the Right Type of Massage**

There are several types of massage therapy, each offering unique benefits:

- Swedish Massage Focuses on relaxation and gentle muscle tension
- Deep Tissue Massage -Targets deeper layers of muscle and connective tissue to address chronic pain and tightness.
- Massage Sports Designed for athletes to aid recovery, enhance flexibility, and prevent injuries.

Are you stressed? Exhausted? Overwhelmed?

Helps release tight knots in muscles that cause pain and stiffness. Lymphatic Drainage

Trigger Point Therapy -

Massage Supports immune function and reduces fluid retention.

### **Incorporating Massage** into a Wellness Routine

For those looking to improve their overall well-being, massage therapy can be an excellent addition to a selfcare routine. Whether used for relaxation, stress management, pain relief, or recovery, regular massage sessions can provide long-term health benefits.

While professional massage is the most effective option, self-massage techniques, foam rolling, and stretching can also help maintain muscle health between appointments. By incorporating massage therapy into a wellness plan, individuals can experience both immediate relief and longterm improvements in physical and mental health.

As awareness of the science behind massage continues to grow, more people are recognizing its role in holistic health care. Whether seeking relief from stress, managing chronic pain, or enhancing overall well-being, massage therapy remains a powerful and accessible tool for a healthier life.







cascademedical.org





## Classifieds & Legal Notices to: classifieds@ward.media or call 509-293-6780

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### **Announcements**

Miscellaneous

#### **ELIMINATE GUTTER CLEANING FOREVER!**

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All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max. Paramount+. Showtime. Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-888-492-3055

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standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty 7 years (\$849 value.) Proudly made in the U.S.A. Call **Briggs & Stratton** 1-888-358-4047.

#### **WNPA Releases RFP** for New Website **Development:**

The Washington Newspaper Publishers Association is accepting proposals for development of a new website. Email execdirector@wnpa.com for the RFP requirements.

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today by calling Liz Buys Houses: 1-888-720-3848

### **General Interest**



**Resolve Conflict Now!** 509-521-6441 NCWMediation.net

**Employment** 

**Help Wanted** 



School District is seeking qualified applicants for the following position:

**Bus Drivers** 

Paid Training Benefits and PTO Please call Lori Duncan @ (509) 548-6039 for more information.

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

EOE

PUD No. 1 of Okanogan County is seeking to fill the Director of Finance, **Accounting and** Administration position headquartered in our Okanogan office.

Please see www.okanoganpud.org for job description. requirements and submit application with resume. Okanogan PUD is an equal opportunity provider and employer.

### Administrative **Assistant Full-time** Organization: Okanogan County Transit

**Authority (TranGO)** TranGO is looking for a full-time Administrative Assistant. This position is non-exempt. hourly Compensation is \$20.33 21.99 per hour – DOE. Benefits include health, dental. vision, life insurance, (see website benefit details) retirement, sick leave, and vacation. Responsible to perform a variety of front desk. administrative clerical, office support functions and customer service duties. Bilingual English/Spanish preferred. Please visit

okanogantransit.com required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to financehr@

okanogantransit.com or mail to TranGO, PO Box 507, Okanogan WA

Application Deadline: Open until filled. Okanogan County Transit Authority is an **Equal Opportunity** Employer.

### **Help Wanted**



### **WE ARE HIRING**

Learn more online at cityofleavenworth.com/ employment

The City of Leavenworth is an equal opportunity employer (EOE)



### **Road Supervisor Full-time** Organization: Okanogan **County Transit**

Authority (TranGO)

TranGO is hiring full-time Supervisor. This position is hourly non-exempt. Compensation is \$30.73 33.24 per hour - DOE. Benefits include health, dental. vision, life insurance (see website benefit details) retirement, sick leave and vacation. This position assists overseeing the bus drivers, the maintenance of our transit system, and ensuring the safe and efficient transportation of passengers. Bilingual,

www. okanogantransit.com required qualifications, application, and job description. A application complete including a resume and cover letter must be submitted in order to be considered for the E-mail osition. completed application to

English/Spanish

preferred. Please visit

financehr@ okanogantransit.com or mail to TranGO, PO Box 507, Okanogan WA

Application Deadline: . Open until filled. Okanogan County Transit Authority is an **Equal Opportunity** Employer.

### **Help Wanted**

### Finance/ HR Assistant **Full Time** Organization: Okanogan **County Transit**

Authority (TranGO)

TranGO is looking for a

full-time Finance/HR Assistant. This position is non-exempt. hourly Compensation is \$26.20 per hour. Benefits include health, dental, vision, life insurance (see website benefit details) retirement, sick leave, vacation. and Responsible for assisting in operations in the areas of accounting, finance, procurement. budget, and contracts. Assists in agency's human lthe resources programs including recruitment labor relations compensation and benefit administration staff development, drug testing program and record keeping accordance with state. federal, and local laws Bilingual, English/ Spanish preferred.

#### Please visit www.

okanogantransit.com required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for position. E-mail your completed application to financehr@

okanogantransit.com or mail to TranGO, PO Box 507, Okanogan WA 98840

Application Deadline: Open until filled. Okanogan County Transit Authority is an **Equal Opportunity** Employer.



Douglas PUD has an opening for: Journeyman Lineman Details at www.douglaspud.org<htt p://www.douglaspud.org

### Legals

#### **Public Notices**

SUPERIOR COURT OF **WASHINGTON IN AND FOR CHELAN COUNTY In the Matter** of the Estate of JAMES WILLIAM WALLACE Deceased.

No. 24-4-00001-04 PROBATE NOTICE TO **CREDITORS (RCW 11.40.030)** 

The Administrator named below appointed has been Administrator of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW

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

DATE OF FIRST PUBLICATION: February 26th, 2025 ADMINISTRATOR:

Warren Wallace James ATTORNEY FOR ADMINISTRATOR: Kera E. Dexter ADDRESS FOR MAILING OR SERVICE: Overcast Law Offices Attn: Kera E. Dexter 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, Cause No. 24-4-00001-04 Overcast Law Offices By: /s/ Kere E. Dexter, WSBA No. 58486 Attorney for Administrator Published in Leavenworth Echo/Cashmere Valley Record on February 26, March 5, 12,

### **Public Notices**

#### **ORDINANCE 1335** AN ORDINANCE OF THE CITY

COUNCIL OF THE CITY OF CASHMERE, WASHINGTON, REPEALING CHAPTER 15.36 OF THE CASHMERE MUNICIPAL CODE **PREVIOUSLY** REGULATING FLOOD DAMAGES: **AMENDING** 18.10E OF THE CHAPTER CASHMERE MUNICIPAL CODE IN ITS ENTIRETY REGULATING CONTROL PREVENTION OF DAMAGES; CONTAINING A SEVERABILITY PROVISION; AND SETTING AN EFFECTIVE DATE.

Published in the Cashmere Valley Record on March 12, 2025. #9577

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ncw.news/

### **Public Notices**

#### City of Leavenworth 700 US Hwy 2 Leavenworth, WA 98826 ADVERTISEMENT FOR BIDS

Notice is hereby given that sealed

bids will be received by the City of Leavenworth for construction of the Water Transmission Main Replacement project. Work to be performed includes: Installing ductile iron 24" watermain and associated fittings, water services, hydrants, valves, and connections to existing main between the bridge over the Wenatchee River on Icicle Road and the intersection of Mill Street and US 2. This work shall include, but is not limited to all roadway restoration required due to the nature of the watermain work. This project also includes minor telemetry upgrades to the City's existing wellsite.

Bid proposals will be received only at Leavenworth City Hall, 700 US 2, Leavenworth, WA 98826 by 2:00:00 PM on Wednesday,

March 19, 2025, at which time they will be opened, read, and tabulated publicly. Proposals received after the time fixed for opening will not be considered. Contract documents may purchased on www.questcdn.com for \$22.00, nonrefundable, under

project #9569651. Addenda will be published only through the online bidding service. Bidders that do not purchase a bid set will not automatically be notified addenda and will need periodically check the on-line plan room for addenda.

A voluntary pre-bid walkthrough of the City's wellsite will take place on March 12, 2025, at 2:00 PM.

An informational copy of the contract documents is on file for inspection at the City of Leavenworth. Direct questions regarding the contract documents to Cai Yamamoto by email, RH2 Engineering, Inc.,

cyamamoto@rh2.com.

The City of Leavenworth hereby notifies all bidders that it will affirmatively ensure that in any contract entered into, pursuant to this advertisement, minority and women's business enterprises will be afforded full opportunity to submit bids in response to the invitation and will not be discriminated against on grounds of race, color, national origin, or sex in consideration for an award. The City of Leavenworth is an equal opportunity and affirmative action employer. All work performed on the project will be subject to state prevailing wage rates.

Each bid proposal shall be accompanied by a bid proposal deposit in cash, certified check, cashier's check, postal money order, or surety bond in an amount equal to at least 5 percent of the amount of such bid proposal. Make checks payable to the City of Leavenworth. Should successful bidder fail to enter into contract satisfactory performance and payment bond within the time stated in the Specifications, the bid proposal deposit shall be forfeited to the City of Leavenworth.

The City of Leavenworth reserves the right to reject any or all bids and to waive irregularities in the bid or the bidding. No bidder may withdraw their proposal after the hours set for the opening thereof, or before award of contract, unless said award is delayed for a period exceeding 60 calendar days. This project is funded through the

Washington State Public Works Board (PWB) program with state funds. PWB requirements and provision must be met by the general contractors and all the subcontractors. All contractors and subcontractors must be licensed in the state of Washington to

conduct business. Published in the Leavenworth Echo/ Cashmere Valley Record on March 5, 12, 2025. #9533

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Herald

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#### Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so pencil and put your sudoku savvy to the test!

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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www.leavenworthecho.com • www. cashmerevalleyrecord.com

### **Public Notices**

**Public Notices** 

**Public Notices** 

### **Public Notices**

Public Notices **Public Notices** 

### **NOTICE OF TRUSTEE'S SALE**

Grantor: Eric M. Smith & Jennifer A. Smith

Current Beneficiary of the Deed of Trust: Colville Tribal Credit Cor-Current Trustee of the Deed of Trust: David D. Shaw, P.C. dba Shaw

Law Group Current Mortgage Servicer of the Deed of Trust: Colville Tribal Credit

Corporation (or N/A) Reference Number of the Deed of Trust: AFN 2375705

Parcel Number: 21 20 03 -220 080

NOTICE IS HEREBY GIVEN that the undersigned Trustee will on the 14th day of March, 2025, at the hour of 9:00 A.M. at the Chelan County Superior Court Courthouse, 401 Washington St., Wenatchee WA 98801, in the City of Wenatchee, State of Washington, sell at public auction to the highest and best bidder, payable at the time of sale, the following described real property, situated in the County of Chelan, State of Washington, to-wit:

LOT 1, SHORT PLAT #586-A, ACCORDING TO THE PLAT THERE-OF RECORDED IN BOOK SP-15 OF SHORT PLATS. PAGE 105, CHELAN COUNTY, WASHINGTON

The Real Property or its address is commonly known as 855 Renn Ln., Wenatchee, WA 98801.

Abbreviated legal description

Lot 1, Short Plat #586-A, Chelan County, WA

The Real Property tax identification number is 21 20 03 -220 080. which is subject to that certain Deed of Trust dated January 18, 2013 recorded in Chelan County, at the Recording Division of the Chelan County Auditor's Office on the 24th day of January 2013, under Recorder's No. AFN 2375705 from Eric M. Smith and Jennifer A. Smith, as Grantor, to Central Washington Title Service, Inc as Trustee, to secure an obligation in favor of Colville Tribal Credit, as Beneficiary, and subject to a Resignation and Appointment of Successor Trustee recorded under Auditor's File No. 2486487 on October 18, 2018 naming David D. Shaw P.C. dba Shaw Law Group as Successor

No action commenced by the Beneficiary of the Deed of Trust is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by

The default(s) for which this foreclosure is made is/are as follows: Failing to make payment of principal and interest due and owing on the 18th of each month from November 18, 2023 through September 2024, and for failing to pay required taxes on the secured property, and for failing to pay collateral insurance on the secured property, and for failing to pay Colville Tribal Credit's fees and costs associated with collection and protection of its collateral as set forth below:

October 1, 2024 1. Delinquent payments from November 18, 2023, in the amount of \$476.99/month (less partial payment of \$105.34) \$5,142.55 2. Recording & title fees \$772.34

3. Service & posting of Notice of Sale \$113.50 \$2,989.01 4. Property taxes 5. Trustees' or Attorneys' Fees \$1,350.00 6. Collateral insurance \$547.06 7. Postage/Copying Expenses \$40.54 \$10,955.00

IV.

The sum owing on the obligation secured by the Deed of Trust is: \$10,955.00 together with interest as provided in the note or other instrument secured, and such other costs and fees as are due under the note or other instrument secured, and as are provided by statute. THESE OTHER COSTS AND FEES INCLUDE ALL MISSED PAYMENTS, AND NEW TRUSTEE COSTS AND FEES, AND NEW PUBLICATION AND SERVICE COSTS RELATING TO HAVING THE SALE CONTINUED FROM JANUARY 10, 2025 TO MARCH

The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. The sale will be made without warranty, express or implied, regarding title, possession, or encumbrances on the 14th day of March, 2025. The default(s) referred to in paragraph III must be cured by the 31st day of December, 2024 (11 days before the sale date), to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time on or before the 31st day of December, 2024 (11 days before the sale date), if the default(s) as set forth in paragraph III is/are cured and the Trustee's fees and costs are paid. The sale may be terminated any time after the 31st day of December, 2024 (11 days before the sale date), and before the sale by the Borrower, Grantor, any Guarantor, or the holder of any recorded junior lien or encumbrance paying the entire principal and interest secured by the Deed of Trust, plus costs, fees, and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults.

A written notice of default was transmitted by the Beneficiary or Trustee to the Borrower and Grantor at the following addresses: Eric M. Smith and Jennifer A. Smith

855 Renn Lane

10600 Ski Hill Drive • 509-548-4345 • Saturday Services • Bible Study

210 Benton Street • 509-548-7138 • Sunday Worship 10 a.m., Prayer 6

Dryden

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

14, 2025.

VI.

Wenatchee, WA 98801

by both first-class and certified mail on the 12th day of August 2024, proof of which is in the possession of the Trustee; and the written notice of default was posted in a conspicuous place on the real property described in paragraph I above or otherwise personally serviced on the Grantor on August 17, 2024, and the Trustee has possession of proof of such service or posting.

The Trustee whose name and address are set forth below will pro-

vide in writing to anyone requesting it, a statement of all costs and

fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those

who hold by, through or under the Grantor of all their interest in the

Anyone having any objection to the sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale.

NOTICE TO OCCUPANTS OR TENANTS - The purchaser at the trustee's sale is entitled to possession of the property on the 20th day following the sale, as against the grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale, the purchaser has the right to evict occupants who are not tenants by summary proceedings under chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. Dated: February 25, 2024

David D. Shaw, as Trustee SHAW LAW GROUP C/O Carl J. Marquardt 1126 34th Avenue, Suite 311 Seattle, WA 98122-5139 Tel. 206-388-4498

### **ACKNOWLEDGEMENT**

State of Oregon ) ss. County of Multnomah)

above-described property.

I certify that I know or have satisfactory evidence that David D. Shaw is the person who appeared before me, and said person acknowledged that he signed this instrument, on oath stated that he was authorized to execute the instrument and acknowledged it as the president of David D. Shaw P.C., dba Shaw Law Group, to be the free and voluntary act of such party for the uses and purposes mentioned in the instrument.

NOTARY PUBLIC in and for the State of Oregon, residing at

My commission expires

This is an attempt to collect a debt and information obtained will be used for that purpose.

Published in The Leavenworth Echo/Cashmere Valley Record on March 5 and March 12, 2025. #9494

### Alpenglö Living

the Deed of Trust.

Continued from page A1

specializes in creative designs such as custom wallpaper and fabric designs, murals and sign painting, letterpress printed cards, and calligraphy. She also plans to offer interior

design services that balance beauty with function.

Amount due as of

"Community is at the heart of why we wanted to open this shop, and a big part of, I think, why we wanted it to be more than just a retail space, because we want to be benefiting our community in a

positive way," said Dewey.

At the shop, the two hope to share their knowledge with the community through workshops and community events. Davey and Dewey designed their storefront with two long tables at the center. alike can gather, spend time

"There's a few business owners that I just love...who are very interested in sharing knowledge. Which, I feel like sometimes knowledge is kept secret, like we have to hold on that sharing of knowledge feels really awesome," said Dewey.

Through March, Alpenglö Living is offering spring dogwood hoop wreath making as a self-led creative project during business hours, providing materials, the space to create, and support. In the

near future, Dewey and Davey plan to schedule specialized evening and weekend workshops led by local artisans and experts.

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

### Leavenworth

**CASCADE MOUNTAIN BIBLE CHURCH** Office: 509-548-4331 • 11025, Chumstick Hwy.

 Please join us Sunday mornings, 9 a.m., Sunday School, 10:30 a.m., Worship Service

### **LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH**

418 Evans Street • 509-548-5619 • 10 a.m. Sunday Service, Pastor Jo Dene Romeijn-Stout •Leavenworthumc.org

### leavenworthumc@outlook.com

**CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS** 

10170 Titus Rd. (across from middle school). Church: 509-548-7667

### • Meetings: Sunday - 10 a.m

**FAITH LUTHERAN CHURCH - ELCA** 

- 'Reconciling in Christ Congregation"
- 224 Benton Street • 509-548-7010 • Worship 9:30 a.m. w/coffee following • https://www.flcleavenworth.com

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

- 429 Evans Street, 509- 470-7745 • Sunday Worship: 11 a.m.
- www.leavenworthbaptist.com • Email: info@leavenworthbaptist.com

### **LEAVENWORTH CHURCH OF THE NAZARENE**

- 111 Ski Hill Drive 509-548-5292 Sunday Worship 9 a.m. • Lead Pastor: Greg Appleby • Youth Pastor Paige Derossett
- Worship Pastor-Jacob Mitchell www.LCN.org

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**DRYDEN COMMUNITY CHURCH** 

**MID-VALLEY BAPTIST CHURCH** 

8345 Stine Hill Rd. • 509-782-2616

Sunday Worship at 11 am.

Worship Service, 10 a.m.,

www.midvalley baptist.org

www.lightinthevalley.org

**NEW LIFE FOURSQUARE CHURCH** 

Pastors, Darryl and Mindy Wall

newlifeleavenworth@gmail.com

Hwy 2 at Dryden Ave. • 509-782-2935

Prayer Meeting Wed. at 6 pm. Pastor Bill Clem

Sunday School, 9 a.m. •Pastor Mike Moore

LIGHT IN THE VALLEY COMMUNITY CHURCH

7591 Hwy. 97 • 509-548-4222 • Sunday Worship, 10 a.m.

9:30 a.m. • Worship 11 a.m. • 509-860-3997

together, and learn a new skill.

to this. But, I think Bri agrees,

### To Place Information in The Church Guide Call 509-548-5286 Plain

### PLAIN COMMUNITY CHURCH

Serving Our Valley Since 1941 • 12565 Chapel Dr. 509-763-3621 Looking for you at 10:30 this Sunday! • plaincommunitychurch.org facebook.com/plaincommunitychurch •office@plaincommunitychurch.org

### Cashmere

### **CASHMERE PRESBYTERIAN CHURCH**

303 Maple Street • 509-782-2431 • Sunday Morning Worship 11:00 a.m.

Call for activities: Pastor Charles Clarke • www.cashmerepres.org

### **CASHMERE COMMUNITY CHURCH**

213 S Division St - 509-782-3811

- Worship Service at 11:00 AM, Sunday • Office Hours: Mon-Thurs, • 10 AM to 1 PM
- Pastor Lilia Felicitas-Malana

### **CHRIST CENTER**

- Sunday Worship Service at 10 am
   Lead Pastor Steve Haney
- 5800 Kimber Rd., Cashmere

- 509-295-8006 christcentercashmere.com

### **Monitor**

### **UNITED METHODIST CHURCH**

3799 Fairview Canyon - 509-782-2601 Worship Service at 9:00 AM, Sunday Pastor Lilia Felicitas-Malana

### BUSINESS & SERVICE DIRECTORY

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8455 Main Street • Sunday Worship 10 a.m. • Pastor John Romine

FB page: newlifeleavenworth • www.newlifeleavenworth.com

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