

Three people die in avalanche area of Colchuck Peak

SUBMITTED BY CHELAN COUNTY SHERIFF'S OFFICE

Update: On Friday, February 24, the Snohomish County Sheriff's office recovered the body of Seong Cho, under a thin layer of snow the other two have not been recovered yet.

Sheriff Mike Morrison reports on February 22 that no rescuers were sent into the avalanche scene near Colchuck Peak. Two avalanche experts from Northwest Avalanche Center were deployed to the Colchuck area to assess the current avalanche hazard. The bodies of the climbers killed in the avalanche remain at the scene.

The Chelan County Sheriff's Office is identifying the avalanche victims as:

Seong Cho, a 54-year-old male Korean National residing in West Hartford, Connecticut

Jeannie Lee, a 60-year-old female from Bayside, New York

Yun Park, a 66-year-old male from Palisades Park, New Jersey

Recovery efforts from this point forward will be based on avalanche and weather conditions as well as overall rescuer safety. Sheriff Mike

Morrison reports on February 20, Deputies were contacted at the CCSO Leavenworth substation about an avalanche that occurred near Colchuck Lake the previous day. The reporting party, a 53-year-old Maryland man reported the group he was with had attempted to climb Colchuck Peak on Sunday, February 19. There were six climbers in that group and the reporting party had stayed at their base camp that day.

The lead climber triggered an avalanche while attempting to climb the Northeast Couloir of Colchuck Peak. Four of the climbers were swept down the couloir approximately 500 feet. Three of the climbers died as a result of trauma sustained in the fall. They were a 60-year-old female from New York, a 66-year-old male from New Jersey, and a 53-year-old male from Connecticut. The fourth climber, a 56-year-old male from New York sustained non-life-threatening injuries and was able to hike back to base camp with the remaining two. They were a 50-year-old male from New York and a 36-year-old male from New Jersey. When they arrived at camp, they sent the reporting party for help. When Deputies took the report, A

SAR coordinator started gathering resources. A total of 22 rescuers responded to the trailhead to assist with this effort. They were from Chelan County Mounty Rescue, Chelan County Volunteer Search and Rescue and ORV unit, Seattle Mountain Rescue, Tacoma Mountain Rescue, and Yakima Mountain Rescue. A group of four from Chelan County Mountain Rescue responded to the lake driven part of the way by the CCVSAR ORV unit. They reached the base camp

at approximately 1:30 p.m. They were able to determine avalanche conditions were too hazardous to continue to the deceased climbers. They escorted the surviving climbers back to the trailhead.

Rescuers were not sent back into the scene due to hazardous conditions. CCSO continues to work with Northwest Avalanche Center to assist in a recover plan.

Colchuck Peak sits at the South end of Colchuck Lake approximately 8 miles South of Leavenworth, WA.



SUBMITTED PHOTO

Red Cross Home Fire Campaign reaches goal of installing 2.5 million free smoke alarms nationwide

SUBMITTED BY ABBY WALKER

The American Red Cross Home Fire Campaign with the support of community partners has achieved its goal of installing 2.5 million free smoke alarms and making 1 million households safer across the country.

Since launching in October 2014, the campaign has saved at least 1,583 lives nationwide — including 9 people in Washington state — from the threat of home fires, which claim seven lives every day in the U.S. Most often, these tragedies occur in homes without working smoke alarms.

"We are proud of our incredible work with community partners to help save lives by providing free smoke alarms in the Northwest Region as part of the national Home Fire Campaign," said Dan Wirth, Interim CEO for the Red Cross Northwest Region. "This amazing effort has been made possible by every volunteer, donor and supporter who teamed up to care for vulnerable families in our community."

Locally in the Northwest Region, which includes the state of Washington and the five northern counties of Idaho, Red Cross volunteers and partners have:

- Installed more than 32,900 free smoke alarms
- Made more than 13,000 households safer.
- Educated more than 16,700 children through youth preparedness programs.

Free Home Fire Services to Continue

Because home fires remain a daily threat and the campaign has made a lifesaving difference, the Red Cross will be continuing the program with community partners as part of its standard services, including Northwest Region Sound the Alarm events throughout the month of April to install free smoke alarms alongside community partners. Yakima, Washington has been chosen as the Red Cross Northwest Region's 2023 Home Fire Campaign Signature City.

Visit redcross.org/nwhomefire to register for a home fire safety visit if you need assistance. During appointments, volunteers will share information on the causes of home fires, how to prevent them, what to do if a fire starts and how to create an escape plan for your home.

In addition, the campaign's other services will continue, such as teaching children about the threat of home fires and what to do through youth preparedness programs, installing accessible fire safety equipment like bed shaker alarms and strobe light smoke alarms for residents who are deaf or hard of hearing, and providing home fire safety resources in American Sign Language.

Home fires account for most of the more than 60,000 disasters that the Red Cross responds to annually in the Northwest Region and across the country. So far in 2023, Red Cross volunteers have helped more than 690 people affected by more than 200 home fires in the Northwest Region by providing emergency lodging, financial assistance for urgent needs

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Legislative deadlines and bills

Dear Friends and Neighbors,

We're nearly halfway through the 2023 session. The pace is definitely picking up. With more than 1,500 bills introduced this session, there's a lot of work to do.

Legislative deadlines keep the process on track. We've recently passed one deadline: policy cutoff. A second deadline, the fiscal cutoff was on Friday, February 24. It was the last day for House fiscal committees, the Senate Ways and Means, and Transportation committees to pass bills.

There are (always) exceptions: Bills considered necessary to implement the budget (NTIB) are never completely dead. They are exempt from normal cutoff rules. In fact, they sometimes (and often are) resurrected. Whether a bill is NTIB is entirely the call of the majority party, specifically the Speaker.

Looking ahead: For the next several days, and often late into the night, lawmakers will be busy on the House and Senate floors debating and voting on bills. This update contains information on some of my bills moving

through the legislative process and other good proposals worth noting.

As the ranking member of the Capital Budget Committee, we've heard several bills impacting our state's future infrastructure and building investment plans — including my proposal to modify the Low-Income Home Rehabilitation Program.

House Bill 1250 would help rural low-income homeowners by converting a revolving loan program into a grant program.

Background: The Low-Income Home Rehabilitation Revolving Loan Program was established in 2017. The program provides deferred loans to rural, low-income households that need repairs and improvements on their primary residence for health, safety, or durability. Funding for the loan program comes from the Washington State Capital Budget.

Description: My proposal, House Bill 1250, converts the loan program into a grant program. It prioritizes homeowners who are senior citizens, persons with disabilities, families with children aged five years or younger, and veterans.

- Homeowners living at or below 80 percent of the area median income

for the county in which they reside, or 60 percent of the state median income, whichever is greater — could apply.

- The home rehabilitation grant cannot exceed 80 percent of the property's assessed value after rehabilitation or \$40,000, whichever is less.

Current status: The measure has been approved by the Capital Budget Committee and now awaits a vote by the House chamber.

Want to learn more?

- Get notifications on House Bill 1250.
- Comment with your support.
- Read the bill report.

Helping victims of crime and their families: My proposal seeks to assist the family members of homicide victims by increasing their access to mental health resources.

Background: House Bill 1501 began with an idea from a 12th District constituent whose husband was killed in a hit-and-run accident. Although the driver was charged and eventually pleaded guilty to second-degree vehicular manslaughter — the impact on the family lingers on.

- My bill would provide 12 counseling sessions to the immediate family members of a homicide victim.

Current status: My bill was approved by the Community Safety, Justice and Reentry Committee and now awaits a vote by the House chamber.

Want to learn more?

- Get notifications on House Bill 1501.

- Comment with your support.
 - Read the bill report.
- Other bills to watch:
- Sales tax relief: House Bill 1000 expands the Working Families Tax Credit.
 - Regional apprenticeship programs: House Bill 1013 would create a pilot program with two regional apprenticeships, one on the west side of the state and one on the east side.
 - Building starter homes: House Bill 1245 would allow the splitting of lots to create more small parcels of land to build starter homes and other forms of affordable housing.
 - Streamlining housing regulations: House Bill 1401 would allow cities and counties to create a simple, standardized housing permit process for affordable housing units in areas designated for housing.
 - Dual credit programs: House Bill 1146, would require public schools to notify students and their parents about dual credit programs, along with financial help available to reduce the program's cost.

If you have any questions about my bills or other concerns about state government-related topics, don't hesitate to reach out to me. State Representative Mike Steele 12th Legislative District

RepresentativeMikeSteele.com, 122A Legislative Building | P.O. Box 40600 | Olympia, WA 98504-0600, mike.steele@leg.wa.gov 360-786-7832 | Toll-free: (800) 562-6000

Commissioner of Public Lands testifies in favor of statewide wildfire impacts bill

The DNR-led Cascading Impacts of Wildfire bill would secure funding for critical wildfire and smoke prevention and mitigation work

SUBMITTED BY DNR

OLYMPIA — With Western Washington wildfire impacts still top of mind after the Bolt Creek Fire belched smoke across the Puget lowlands this past October, Commissioner of Public Lands Hilary Franz testified in favor of House Bill

1578 before the House Committee on Agriculture and Natural Resources on Wednesday February 8.

The bill, which has bipartisan support, would secure \$12.8 million over the next biennium to prepare communities for wildfire smoke risks and impacts, expand community resilience efforts statewide, and manage post-wildfire risks including landslides and debris flows.

"No one is immune from the impacts of wildfire in Washington state," said Commissioner Franz, who leads the Department of Natural Resources. "Whether your home or business is

in the path of the fire or you're trying to breathe through choking smoke, wildfire touches all of us."

Among other things, HB 1578 would see DNR expand its already popular Wildfire Ready Neighbors program from eastern to western Washington. Three pilot programs in development in Pierce, Thurston and Mason counties would become permanent, along with five additional high-risk counties in western Washington.

The bill also takes steps towards reducing health impacts from wildfires and smoke through a multi-pronged approach, establishing a statewide

smoke monitoring and predictive services team while enabling the agency to deploy mobile air quality monitoring equipment, conduct simulation modeling, and provide real-time data and smoke exposure forecasts to support community-level public health efforts.

HB 1578 was sponsored in the state House of Representatives by Reps. Larry Springer (D-Kirkland) and Joel Kretz (R-Wauconda) and in the state Senate by Senator Keith Wagoner (R-Sedro-Woolley) and Senator Sharon Shewmake (D-Bellingham).

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SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

Annual Wellness Exam is Key to a Healthy Year for Older Adults



PHOTO SOURCE: (C) PEOPLEIMAGES / ISTOCK VIA GETTY IMAGES PLUS

(StatePoint) You've selected your insurance plan for the year. Now, it's time to start using your benefits, beginning with an annual wellness exam. An annual wellness exam with a health care provider is important for everyone, but especially for older adults. As we age,

we are more likely to develop chronic health conditions, according to Dr. J.B. Sobel, chief medical officer for Cigna Medicare, which serves hundreds of thousands of older adults through its products. An annual wellness exam can help detect potential health issues early so they can be

addressed before they worsen, he added. "By meeting with your primary care provider early in the year, you can highlight the things that are important to you, and work together to develop a plan for your care for the year ahead," Sobel said. "This will ensure you live each day with vitality,

happiness, and improved health. Many providers will reach out to schedule an annual wellness exam. If your provider doesn't contact you, make sure to call them. A number of annual check-ups are available at no extra cost to those with Medicare. They include a "Welcome to Medicare" visit for customers who have just reached Medicare eligibility and an "Annual Wellness Exam" for existing customers. Many Medicare Advantage (MA) plans offer more extensive annual visits at no extra cost. Some even offer incentives for completing a visit. Talk with your provider and Medicare insurer about your benefits. Each annual exam may be a little different. Regardless of the type, Sobel offers the following tips to ensure you get the most from your visit. Prepare. Before you go, write down anything you'd like to discuss with your health care provider, including changes to your health over the past year. Bring your prescription and over-the-counter medications with you. Ask plenty of questions and take notes. You might even want to take along a family member, trusted friend, or caregiver to ensure you understand everything your provider has shared.

Be open and honest. It's tempting to make things look rosier than they are when talking to your health care provider, but minimizing what you are feeling can lead to an incorrect diagnosis or prescription. Speak openly about unhealthy habits, like smoking or lack of exercise. Your provider won't judge you. Being honest is the only way your health care provider can help you reach your goals.

Mind mental health. Your emotional health impacts your physical health. Many people think depression is a natural part of aging, but it doesn't have to be. Talk to your doctor if you are feeling sad, anxious, or hopeless. Treatments, such as talk therapy, medication, or both, may be covered by Medicare.

Monitor medications. Adults age 65 and older tend to take more medications than other age groups, increasing the risk for adverse reactions, such as cognitive impairment and falls. It's a good idea to take your medications to your annual wellness exam and discuss any potential problems or side effects you're experiencing. Don't forget about over-the-counter drugs, vitamins, or nutritional supplements you take. Schedule screenings and get vaccines. There are a number of important health screenings and vaccines that you may need depending on your age and gender, such as colon cancer screening, bone density test, mammogram, flu shot or COVID-19 immunization. Ask your provider about the screenings and vaccines you've had already and schedule any you need as soon as possible. You may even be able to do that before you leave the office. Also, don't forget to visit your eye doctor and dentist. These visits are covered by many MA plans as well. Find out more at www.cignamedicare.com.

"You wouldn't drive your vehicle without proper preventive maintenance, so please don't ignore preventive maintenance for your most prized possession - your health," Sobel said. "An annual wellness exam is a great place to start!"



PHOTO SUBMITTED BY CCA

March is National Colorectal Cancer Awareness Month Save Lives with Prevention Awareness

BY: COLORECTAL CANCER ALLIANCE

Colorectal cancer, or CRC, is the second deadliest cancer in the United States. Every March, National Colorectal Cancer Awareness Month spotlights this disease and inspires more people to get checked starting at age 45. Two reasons why getting checked matters:

- Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.
- Screening can also find colorectal cancer early when treatment is most effective. One in 24 people will be diagnosed with CRC in their lifetime, but you can make a difference today. Learn about ways to build awareness, how to get support, and more below. Tomorrow can't wait. If colorectal cancer is highly preventable with screening, and it's highly treatable

when caught early, then why is colorectal cancer the second deadliest cancer in the U.S.? It's a great question with a complicated answer. A lack of knowledge about prevention and limited access to screening has a lot to do with it, and a third of people who could get checked don't. A missed or delayed screening gives colorectal cancer a chance to grow and become more dangerous long before symptoms appear. To raise the profile of this disease and encourage screening, President Clinton designated March as National Colorectal Cancer Awareness Month in February 2000. Since then, it has grown to be a rallying point for the colorectal cancer community where thousands of patients, survivors, caregivers, and advocates join together to spread colorectal cancer awareness. Getting checked can't wait. This March, join the Alliance in saving lives through prevention awareness.



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SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

10 Health Tips Doctors Encourage You to Try Today

(StatePoint) Want to make a fresh start and invest in your health? You may be unsure what changes will have the biggest impact. Doctors say that the easy, tangible actions you take are some of the most important.

“Many people focus on big-picture health goals,” says Jack Resneck, Jr., M.D., president of the American Medical Association (AMA). “The good news is that small, positive health choices made right now can have long-lasting effects.”

Want to get started today? Here are the 10 recommendations the AMA top your list:

1. Exercise is essential for your physical and mental health, so get moving today. A good rule of thumb for adults is at

least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

2. Vaccination is the best protection against several serious illnesses. To protect yourself and your family, get up to date on your vaccines, including the annual flu shot and the COVID-19 vaccine for everyone 6 months and older. Your doctor can let you know if you're due for a COVID booster. If you have questions, speak with your physician, and review trusted resources, including getvaccineanswers.org.

3. Get screened. Estimates based on statistical models show that since April 2020, millions of screenings for breast, colorectal, and

prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. Check in with your physician. If you're due for preventive care, tests, or screenings, make an appointment. These measures are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.

4. High blood pressure, also known as hypertension, can increase your risk of heart attack or stroke, and it affects millions of Americans. Visit ManageYourBP.org to understand what your blood pressure numbers mean and what you can do to get your blood pressure under control.

5. One in 3 American adults has prediabetes, a condition that can lead to type 2 diabetes if left unmanaged. However, there are steps you can take that can help delay or even prevent the onset of type 2 diabetes. Learn your risk by taking a simple 2-minute self-screening test at DoIHavePrediabetes.org. This resource also features helpful lifestyle tips that can help you reverse prediabetes.

6. Whenever possible, drink water instead of sugar-sweetened beverages and replace processed foods – especially those with added sodium and sugar – with nutritious, whole foods, including fruits, vegetables, whole grains, nuts, herbs and spices.

7. If consuming alcohol, drink only in moderation. The U.S. Dietary Guidelines for Americans defines that as up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

8. Speak with your doctor or health care professional about quitting tobacco and

nicotine use. Declare your home and car smoke-free to eliminate secondhand smoke exposure.

9. Follow your doctor's instructions when taking prescription drugs – especially opioids. Always store and dispose of these medications safely to prevent misuse. Whenever prescribed antibiotics, take them exactly as directed. Not taking the full course can lead to antibiotic resistance, a serious public health

problem, and will not make you feel better if you have a virus, such as a cold or flu.

10. Invest in your mental health by managing stress, getting sufficient sleep, exercising, and seeking help from a mental health professional when you need it.

Find more health resources at ama-assn.org. For a healthy future, invest in your wellness with these 10 doctor-recommended tips.



PHOTO SOURCE: (C) MONKEYBUSINESSIMAGES / ISTOCK VIA GETTY IMAGES

Take These 6 Steps to Manage Your Blood Pressure

(StatePoint) High blood pressure, also known as hypertension, affects nearly half of adults in the United States, and only about 1 in 4 with this condition have it under control, according to the Centers for Disease Control and Prevention (CDC). Hypertension can be dangerous and, in many cases, fatal. In 2020, it was a primary or contributing cause of more than 670,000 deaths nationwide. Medical experts say that controlling your blood pressure is possible and it starts with having the right information. “Nearly half of all American adults have high blood pressure, and many don't even know it. High blood pressure is a ‘silent killer,’ often having no overt symptoms, but increases the likelihood of heart attack, stroke and other serious health risks. I urge you to know your numbers and make the simple lifestyle changes that can help you control your blood pressure and live a long and healthy life,” says Jack Resneck Jr., M.D., president of the American Medical Association (AMA)

To get on the right track, consider these tips and insights from the AMA:

1. **Know your numbers.** Hypertension is diagnosed when your systolic blood pressure is greater than 130 mmHg or your average diastolic blood pressure is greater than 80 mmHg. Visit ManageYourBP.org to better understand your numbers.

2. **Monitor blood pressure.** Once you learn your blood pressure numbers, take, and keep regular records using an at-home blood pressure monitor. For an accurate reading, the CDC says to sit with your back supported for 5 minutes before starting and wait at least 30 minutes after drinking or eating a meal. You should also avoid stimulants for at least 30 minutes beforehand, as the CDC says that smoking and drinking alcohol or caffeine can elevate your blood pressure. If you take medication for hypertension, measure your blood pressure before your dose. Share your numbers with your health care provider.

3. **Eat right.** Reduce your

intake of processed foods, especially those with added sodium and sugar. Eat less red meat and processed meats, and add more plant-based foods, such as vegetables, fruits, nuts, seeds, and olive oil to your diet. Also, reduce your consumption of sugar-sweetened beverages and drink more water instead. Drinking sugary beverages, even 100% fruit juices, is associated with a higher all-cause mortality risk, according to a study published in JAMA Network Open.

4. **Drink alcohol only in moderation.** If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans – up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

5. **Be more physically active.** Do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity. Be sure to include a mix of cardiovascular exercise, strength training and flexibility. Obtain guidance from your doctor if you aren't sure if it is safe for you to exercise.

6. **Maintain a healthy weight.** If you are overweight, losing as little as 5 to 10 pounds may help lower your blood pressure. Consult your doctor about safe ways to maintain a healthy weight. “Unmanaged hypertension can have life-altering consequences,” says Dr. Resneck. “The good news is that there are many ways you can take control of your blood pressure and your health.”



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SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

Confronting the Epidemic of Drug Overdose Deaths in Our Communities

(StatePoint) As America's drug overdose and death epidemic continues to impact communities of every size in every corner of the country, new challenges have emerged.

In 2021, more than 107,000 people died from drug-related overdoses, according to the U.S. Centers of Disease Control and Prevention, the bulk of which were from illicitly manufactured fentanyl, which shows up in fake pills, methamphetamine and cocaine.

Since its founding in 2014, the American Medical Association (AMA) Substance Use and Pain Care Task Force has brought together medical societies and practicing physicians to develop and implement strategies that can help end this epidemic. The task force's recommendations include urging physicians to enhance their education as well as advocate for comprehensive care for patients in pain and for those with a substance use disorder. The AMA also strongly urges states to update laws to make the opioid overdose reversal medication naloxone more readily available, decriminalize fentanyl test strips, and take other harm reduction initiatives to save lives from overdose.

When it comes to helping patients with a substance use disorder (SUD) so they can lead satisfying, productive lives, the science shows what works: medication prescribed by a physician or dispensed at Opioid Treatment Programs, combined with behavioral counseling and other services.

Despite certain positive trends and clear science, of the 40.3 million people nationwide with a substance use disorder, 93% receive no treatment, according to federal officials. A 2022 report from the U.S. Department of Labor found that health insurance companies regularly violate state and federal laws designed to provide coverage for substance use disorders and mental illness. Health insurance companies also continue to put up barriers to accessing medications for opioid use disorders (MOUD) and deny care to patients with pain—or make it so expensive that patients cannot access care.

"No community has been—or will be—spared the pain of this epidemic. The spiking mortality numbers—with young people and Black and Brown Americans dying at the fastest growing rates—add yet another urgent call

to remove health inequities from the health care system. We know policymakers have not exhausted all remedies. Until we have, we must keep advocating for humane, evidence-based responses," said Bobby Mukkamala, M.D., chair of the AMA Substance Use and Pain Care Task Force. The AMA stresses that while physicians are leading in areas where they can have an influence, they cannot end the epidemic alone. To combat the issue at the state and national level, the organization has issued a national "roadmap" to policymakers and regulators focused on these specific actions:

- Remove barriers to evidence-based care for patients with an SUD. This includes removing prior authorization, step therapy and dosage caps for MOUDs, continuing federal flexibilities for take-home medication for opioid treatment programs, continuing audio-visual and audio-only telehealth options for patients to begin treatment, and removing regulations that prevent most physicians from being able to prescribe MOUDs to their patients.
- Take immediate steps to



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protect families by focusing on increasing access to evidence-based care rather than using punishment and the threat of family separation for persons with an SUD who are pregnant, peripartum, postpartum and parenting.

- Enforce laws that require mental health benefits to be on par with other health benefits, thereby broadening access to treatment related to mental health and

substance use disorders.

- Pharmacy chains, health insurance companies and pharmacy benefit managers should remove arbitrary barriers to opioid therapy as well as ensure patient access to affordable, accessible non-opioid pain care.

- Patients and physicians should have conversations about safe storage and disposal of opioids and all medications; and increase access to naloxone to

patients at risk of overdose.

- Develop and implement systems to collect timely, adequate, and standardized data to identify at-risk populations, fully understand polysubstance drug use, and implement public health interventions that directly address removing structural and racial inequities. To learn more about efforts to end the drug overdose and death epidemic, visit end-overdose-epidemic.org.

Shining Light on Fall Prevention in Nursing Homes

(StatePoint) Falls are the leading cause of injury-related death in U.S. adults aged 65 or older, according to the Centers for Disease Control and Prevention. The economic impact of falls is immense, with fatal falls estimated to cost \$754 million and nonfatal falls \$50 billion annually. As the aging population enters long-term care facilities, fall prevention will become an increasingly important public health priority. The good news is a novel approach has recently come to light. A first-of-its-kind, two-year study conducted by investigators at Brigham and Women's Hospital's Division of Sleep and Circadian Disorders—a division of Harvard University—and the Midwest Lighting Institute (MLI) found that dynamic, tunable lighting systems, when implemented at long-term care facilities, reduced falls by 43% compared to facilities that retained traditional lighting. The study focused on the positive effects of lighting on alertness, cognitive function, and sleep and how this affects fall risk. For people who seldom get outside to experience daylight, such as older adults living in nursing homes, the body's natural sleep-wake cycle is disrupted. While this disruption can cause dangerous falls leading to injuries and worse, the results of this study show

how institutional settings can implement lighting changes to their environment to make it safer for both residents and workers. "The lighting we used in the study implemented specific spectrum and intensity levels timed to regularize sleep-wake cycles and boost the daytime alerting effects of light," says Brian Liebel, director of research at MLI, the non-profit organization that designed the study as part of its mission to improve lives by putting existing scientific findings about light into real-world practice. "When residents experience improved alertness and cognitive function during the day and better sleep at night, it not only improves their well-being, but also improves the working conditions for staff." "The system was installed in several long-term care facilities with goals of maximizing the home-like environment and helping residents, especially dementia patients, with "sundowning," which is the increased confusion, exit seeking, anxiety and verbal/physical aggression many experience in the afternoon and evening. "There was just a general calmness at 6 p.m. with the lights dimmed, noticeably different as soon as it was installed," says Jennifer Nelson, dietary aide at Maple Ridge Care Center in Wisconsin. She noticed a tremendous difference in

terms of behaviors such as exit seeking and anxiety, especially among dementia patients. Current strategies to reduce falls typically include complex, multicomponent interventions requiring significant resources, staff time and resident education. The study's promising results, published in the "Journal of the American Medical Directors Association," provide a noninvasive and relatively inexpensive method for lowering the risk of falls in nursing homes and long-term care facilities. "What we know now is that modern lighting technology can promote the body's health and overall well-being, resulting in a decreased risk of falls among seniors," says Rodney Heller, president of MLI. "We believe these findings could pave the way for improving the health outcomes of those not only in nursing homes and long-term care facilities, but also in schools, hospitals, office buildings and in industrial environments with 24-hour shifts." To learn more about this patented lighting system and how to get it installed in your institution, contact bliebel@midwestlightinginstitute.org. In the years ahead, fall prevention will become an increasingly important public health priority. The good news is that we have a solution to reducing falls and it has enormous potential to improve well-being and save lives.

Frosty says ...
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Michelle's Kitchen Table Strategies
 By Michelle Priddy

True Intent

Playing on my phone setting in the passenger seat as Grandpa drove, I heard Grandpa say, "That truck says he's turning..." His tone was hopeful and dubious at the same time causing me to look up from the nothingburger images on the phone screen to see the big box truck ahead of us with its right turn signal on. Going 60 miles an hour, we followed the truck for a sixteenth of a mile (about 4 seconds) then Grandpa

continued his commentary, "and he's turning just like he said he would." I heard satisfaction in Grandpa's tone as the truck did what he expected it to do, confirming his belief in having hope the driver was signaling true intent.

I said, "Yep, he kept his word."

My mind turned to the rules of the road we all accept as a condition of having the privilege of using the roads; the driver's test we all take; driving on the right side of

the road. I wondered about the old timers, teamsters with mules and horses using pack trains to transfer goods over skinny trails and narrow passes. What were their rules of the road? There were lots of mule and horse trains back then, wagons too. The environment was populated enough there had to be times when teamsters got in each other's way. What would happen if two pack trains met each other on a narrow mountain pass, one going up, one coming down? Teamsters shared the roads as they transported goods; the goods got where they needed to be; from those two facts I conclude the teamsters got along while traveling. To get goods from Point A to Point B without excessive conflict there had to be 'common' protocols teamsters followed. I know the teamsters had rules of the road because I remember Grandpa's dad tell me which pack train had the right of way on a narrow mountain pass but for the life of me, I couldn't remember what he said. So, I pulled out

my phone to see what I could find.

I found out that for steep single lane mountain roads for motor vehicles the downhill driver yields to the uphill driver. Why? Because usually vehicles backing up have better control going up-hill rather than going down-hill. But what about those huge trucks that look like a train with two box cars or pickup trucks pulling trailers? Or cars pulling horses in trailers? Wow, what a mind tangent that was! The protocol is for the downhill facing driver to back up until the road widens enough for the uphill vehicle to pass. I continued to look for information on mule and pack horse trains. Was it the same? (I couldn't find anything on my magical handheld device so I'm still wondering.)

Being that was a dead-end mental tangent, my mind got tired and circled back to the truck driver signaling true intent. I decided when we're traveling 60 miles an hour and only have 4 seconds to respond I'm exceedingly grateful for truthful drivers

who signal exactly what they are about to do.

When there's only 4 seconds to decide what's for dinner may I recommend:

60 Second Pizza

- 4-8 English muffins, flour tortillas, or slices of bread (some form of bread)
- 1 8 oz. can tomato sauce.
- Sprinkling of Italian herbs (optional)
- 4-8 thin slices mozzarella, cheddar, or American cheese

Lay the English muffins, the tortillas, or the bread on a microwave safe plate. Spoon the tomato sauce over the bread, muffin, or tortilla. If using them, sprinkle with herbs then lay a thin slice of cheese over the tomato sauce. Put in the microwave and cook until the cheese bubbles, around 60 seconds. Note: These can also be put in the oven under the broiler. Spaghetti or pizza sauce can be used instead of plain tomato sauce. For a different taste sensation use Mexican herbs instead of Italian herbs.

Any bread works, biscuits, pita, hamburger buns, hotdog buns, whatever is available.

About the author: In 2000 Michele Priddy left the work force to become a stay-at-home mother and wife. Being a one-income family in today's society meant she had to learn to budget quickly. Food became a priority early because she wanted the children to have the best nutrition she could offer them even on a budget. She taught cooking classes at various churches in her community on "How to stretch the food dollar with simple ingredients". Michelle has put her kitchen strategies, stories and recipes in booklets, her church newsletter and in her hometown newspaper, *The Goldendale Sentinel*. We hope you will enjoy her strategies, stories, and recipes. You can contact the *Leavenworth Echo* at Reporter@leavenworthecho.com or Michelle's email: mykitchenstrategies@gmail.com if you have any questions or comments.

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
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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.

Thursday

Leavenworth Chamber of Commerce, 8 a.m. Call Chamber, 509-548-5807. Everyone is invited to attend as a guest. Email Troy@leavenworth.org for meeting information. (1st & 3rd Thurs.)
Leavenworth Lions Club, For more info. email President Anita Wilkie at leavenworthlionsclubwa@gmail.com
Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991. (2nd Thurs.)
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.)
Greater Leavenworth Museum board meeting 3-5 p.m. Everyone is invited as a guest contact: Matt@leavenworthmuseum.org for meeting information. (2nd Thurs.)
Senior Center: Exercise: 11 a.m.- noon. 509-548-6666. Music, call Steve, 509-548-7048. 1 p.m., (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 Kristalls at Noon, email wordenmike@yahoo.com or call 509-238-3925 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 Terri 509-393-8271 for more information.
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, Meetings now at Highlander Golf Club, 2920 Eighth St. S. E. East Wenatchee. Please, RSVP if you want to have lunch. Check-in begins at 11 a.m., and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon., monthly).

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 8 a.m. at 5594 Wescott Drive. Call Tony Jantzer, cell, 509-433-4064, or 509-782-2561 or tony.iid.pid@nwi.net, (2nd Tues.)
Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 509-548-5815. (4th 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

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, formerly known as the Upper Valley Museum. Check their Facebook page or website at http://www.leavenworthmuseum.org www.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.

Downtown Steering Committee, 10:00 a.m. (4th Tues.)
Parking Advisory Committee, meets 3 p.m., at City Hall in the conference room and on zoom. (1st Thurs.)
Housing Committee, 3:30 p.m. (4th Tues.)
Public Safety Committee, 4:30 p.m. (4th Tues.)
Finance Committee, 5:15 p.m. (4th Tues.)

City Council Evening Meeting, 2nd & 4th Tuesdays of the month at 7 p.m. At City Hall in Council Chambers (1st Floor) and via zoom.
Design Review Board 2nd & 4th Wednesdays of the month at 3 p.m.
City Council Study Session 2nd & 4th Tuesdays of the month at 5:30 p.m.

ALL are at City Hall in the Conference Room (2nd Floor) and via zoom.

Leavenworth

The Leavenworth Lions Club

Lions are hosting a Food Drive in cooperation with Dan's Food Market on March 3 from 11 a.m.- 5 p.m. All donations are welcome and are in support of our Community Cupboard.

Upper Valley Empty Bowls Artists Bowls Auction

Don't miss the 27th annual UV Empty Bowls on-line auction of bowls hand painted by local artists. From 8 a.m., March 13 through 10 p.m., on March 22, twenty bowls designed and created by local artists and potters will be available for bidding on-line at the Upper Valley Empty Bowls website www.uvemptybowls.org. Each bowl is also available for immediate purchase with a "buy it now" price. All proceeds from the auction benefit Leavenworth's

Community Cupboard Food Bank and a small art grant benefiting local youth.

2023 PNW Junior National Team Plain Valley Skiers:

We are so proud of the local Plain Valley Nordic Ski Team skiers that have been selected to the PNW team that will travel to Fairbanks, AK. on March 10 for championships on March 13, 14, and 16. Thirty percent of the 40 skiers making up the Pacific Northwest team are members of our Plain Valley organization. The expense involved in getting these kids to Alaska is considerable. Please help get our local team to this event. Go to: DONATE to the 2023 JN Fundraiser.

Regional

Greater Wenatchee Mended Hearts
 Greater Wenatchee Mended

WHEN in ROME
 Wenatchee Valley Symphony presents WHEN in ROME, March 4 at the Numerica PAC at 7 p.m., call 509-663-2787.

Sheriff/Fire/EMS

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

Feb. 17
 09:51 Parking/ Abandoned Vehicle, 9300 block Derby Canyon Rd., Peshastin
 10:02 Suspicious Circumstance, Chumstick Hwy. and US Hwy. 2
 12:01 Missing Person, US Hwy. 2 MP 98
 13:27 Traffic Offense, US Hwy. 2 MP 99
 16:19 911-call, 505 US Hwy. 2
 17:25 Trespassing, 20700 Club House Dr.

Feb. 18
 11:00 Parking/ Abandoned Vehicle, 7900 block Eagle Creek Rd.
 13:42 Hazard, Post Canyon Rd., Plain

15:52 Traffic Offense, US Hwy. 2 and Chumstick Hwy.
 16:13 Parking/ Abandoned Vehicle, 3375 Allen Ln., Peshastin
 18:36 Civil Dispute, 932 Front St., Starbuck's
 22:37 Traffic Offense, US Hwy. 2, and River Bend Dr.

Feb. 19
 04:19 Domestic Disturbance, 100 Ward Strasse
 07:48 Missing Person, 321 Park Ave.
 08:12 Hazard, Chiwawa Loop Rd. MP 3
 10:27 Public Assist, 315 Timber Ridge Canyon Rd.
 11:26 Alarm, 20910 Steller Jay Rd., Lake Wenatchee
 14:09 Hazard, Chiwawa Loop Rd. MP 4, Lake Wenatchee
 15:34 Parking/ Abandoned Vehicle, 11700 block Duncan Rd.
 15:45 Hazard, 9301 Eagle Creek Rd.
 18:36 Traffic Offense, 9th St. and US Hwy. 2
 19:06 911-call, 310 Whitman St.
 22:34 Welfare Check, 200 Ward Strasse
 23:20 Public Assist, 15263 North Shore Dr.
 23:32 Hazard, Camp 12 Rd., and Bronco Ln., Plain
 23:47 Suspicious Circumstance, 213 9th St., Post Office Saloon

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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.

07:43 Search and Rescue, Colchuck Mountain
 11:55 Public Assist, 11143 North Rd.
 14:36 Civil Dispute, 3681 Old Blewett Rd., Peshastin
 14:54 Unknown-injury Accident, 7100 block Icicle Rd.
 16:15 Hazard, Cedar Brae Rd. MP 2, Lake Wenatchee
 17:36 Public Assist, 22744 Lake Wenatchee Hwy.

Feb. 21
 07:21 Suspicious Circumstance, Camas Creek MP 1.3, Peshastin
 07:47 Unknown-injury Accident, Chumstick Hwy. MP 11
 09:47 Public Assist, 18451 Camp 12 Rd., Plain
 10:08 Parking/ Abandoned Vehicle, 410 Evans St.
 12:55 Theft, 100 Enchantment Park Way
 15:12 Theft, 335 Division St., Barn Beach Reserve
 16:27 Welfare Check, 7600 block Blewett Cutoff Rd., Peshastin
 21:33 Suspicious Circumstance, 185 US Hwy. 2, Fairbridge Inn
 22:09 Domestic Disturbance, 479 Spring View Pl., Chelan

Feb. 22
 09:18 911-call, 301 Ward Strasse, Hampton Inn and Suites
 10:35 Trespassing, 9917 Saunders Rd., Peshastin
 11:33 Theft, 8891 Derby Canyon Rd., Peshastin
 13:25 CPS/ APS Referral, 11869 Shugart Flats Rd., Plain
 15:57 Harassment/ Threat, 10710 Ski Hill Dr.
 18:08 Miscellaneous, 110 Icicle Rd.

Feb. 23
 02:37 Traffic Offense, Chumstick Hwy. MP 1

Contact the listed organizations or events for updates.

OBITUARY

Dwight Bartholomew

March 8, 1932 - February 8, 2023

Dwight Bartholomew was a boundless spirit, bursting with accordion music and song, and a son of the rich who'd climbed off the corporate ladder to teach grade-school kids. Dwight Bartholomew, a descendant of five Connecticut governors, who preferred the blue-collar towns in the West over his blue-blooded roots in the East, died February 8, 2023, at his home in Port Angeles, WA. He was 90. The suspected cause was congestive heart failure and emphysema.

He was born on March 8, 1932, at Sloane Hospital for Women, founded by his family in New York. A scion of privilege, his father was Dana T. Bartholomew, Yale Class of 1928, whose family helped found the town of Ansonia, Conn., as well as its brass and copper works. His mother was the former Adela Sloane Griswold, whose family founded W. and J. Sloane, the nation's first home furnishings company, which decorated the White House and Gilded Age estates, and Griswold Iron Works, which manufactured cast iron cookware for kitchens across America.

His early years were spent in the family's five-story brownstone on Lower Fifth Avenue, in New York. Summers were spent at the family's colonial compound on Black Hall, in Old Lyme, Conn. He was educated in North America's top schools: Selwyn House in Montreal, Quebec, Canada; St. Paul's School in Concord, New Hampshire; Yale University in New Haven. While at Yale, he excelled at enduring friendships, beer, hockey, the swing of an oar, and solo bicycle rides as far as his muscular thighs could carry him. Most of all, he excelled at music. Like his father before him, he could straighten his shoulders, crane his neck, drop his jaw, load up his largest vowels, and sing. His deep baritone lobbed cannonades of joy, filling rooms with his music. While at Yale, he was tapped to lead the Whiffenpoofs, its elite a cappella group, but demurred to focus on grades. He sang in the Yale Glee Club, was inducted into Scroll and Key, and competed in intramural crew and hockey. He graduated, Class of 1954.

He served in the U.S. Army as a chaplain's assistant, private first class, at the VII Corps headquarters in Stuttgart, West Germany. He worked for First National City Bank of New York, in Brazil, then later joined Alcan Aluminum, which his father helped run. At age 38, he answered a call to classroom teaching and P.E. instruction. He taught at Rosita Elementary in Santa Ana, Calif., Adams and Paularino schools in Costa Mesa, Palm Valley School in Cathedral City, Westside Elementary in Thermal, and tutored in Leavenworth and Wenatchee, WA.

On Sept. 7, 1957, he married Elizabeth "Betsy" Hill. The marriage produced four children and lasted 25 years. He later met Mary Ellen Olson, whom he married on Aug. 14, 2004, in East Grand Forks, North Dakota. They united in song.

He'd picked up an accordion when he was eight and never put it down. At age 60, he began playing the bass trombone, in tune with his favorite Dixieland jazz. Nearly 30 years later, he was learning the ukulele. When he'd return to accordion, he liked to say he was "back on 'box.'" A lifelong seeker who loved hymns such as "How Sweet Thou Art," Dwight practiced Christian Science, briefly attended Calvary Chapel in the 1970's, then found solace in the Quakers' Society of Friends. He practiced yoga before dawn, long before most people heard of yoga, and Canadian Air Force aerobics, before most anyone heard of aerobics. He cared less about TV and smartphones. Being from the East, he dreamed of moving to far-off places, and sometimes did: North Dakota and its frigid winters and outdoor hockey; Washington for its volcanic mountains and winding rivers and straits.

A connoisseur of words and writing, Dwight loved the clack of a manual typewriter, just like he loved the clickety-clack of long-ago steam and passenger trains. A "voracious reader," he inhaled everything from short stories by Damon Runyon to the philosophy of Arthur Schopenhauer. His final read: "A Pilgrimage to Eternity," by Timothy Egan.



In contrast to his Republican forebears, he was a Democrat who avoided talk of politics or debates. A longtime member of Alcoholics Anonymous, he preferred to share his experience, his strength, and his hope. With a twinkle in his eye and an upturned grin, he liked to acknowledge the good in people and had plenty of good words for strangers. He'd also loved to regale family and friends with stories. To him, stories were how people connect, and he connected well.

He was a lifelong fan of the Montreal Canadiens, whose hockey logo was pasted on the cars he'd love to drive across the state and country. During a short wake, his body was draped with the red-and-white Hab flag of his beloved team with his favorite cat resting at his feet.

Dwight Bartholomew is survived by his wife, Mary Ellen; his brother, Andy "Pujan" Bartholomew of New South Wales, Australia; his first wife, Betsy of Leavenworth and their four children, Dana Bartholomew (and Toni Plume) of Los Angeles, Sterling (and Mireya Quick) Bartholomew of Leavenworth, Sloane Bartholomew Schubert of Leavenworth, Caroline Bell Bartholomew Davison of Wenatchee; two step-children, Jesse Olson of Grass Valley, Calif., and Arielle "Charlie" Stellar of San Francisco; and two grandchildren, Treat and Price Bartholomew Schubert. He was preceded in death by a sister, Adella Sloane Wilmerding of Old Lyme.

A memorial service will be held at 11 a.m. Saturday, April 15, 2023, at Holy Trinity Lutheran Church in Port Angeles. It will be followed by a burial later in spring at the Griswold family cemetery in Old Lyme.

OBITUARY

Janice Lee Sunitsch

December 21, 1937-February 9, 2023

Janice Lee (Christie) Sunitsch, 85, of Leavenworth, Washington, passed away on February 9, 2023, at home surrounded by her family after a short battle with cancer. She was born in Bellingham, Washington to Leonard and Helen (Neher) Christie on December 21, 1937. She cherished her childhood memories of growing up with one brother (Leonard) in Bellingham to parents that grew bountiful and beautiful vegetable and flower gardens. Her family home was near a horse farm where she enjoyed horseback riding and dreamed of becoming a jockey one day. She attended elementary, middle, and high school in Bellingham where she developed lifelong friendships, graduating from Bellingham High School in 1955. She attended Western Washington University for one year before starting her banking profession at Bellingham National Bank. She soon met Donald Sunitsch on a date arranged by their high school friends and were married on April 30, 1960. Don's career took them to several communities including Seattle, Yakima, and Everett before settling in Marysville, Washington. She met more lifelong friends in Marysville, including Darlene Coshow (the sister she never had), wonderful neighbors on Parkside Drive, and families throughout the community. Don's career took them to California for 10 years before retiring to their cabin in Leavenworth, a beautiful place where they welcomed family and friends to enjoy the peace and tranquility of listening to the river. While Janice enjoyed

gardening, sewing, volunteering, the outdoors, and friends, her devotion was focused on her family. She is survived by her three children, Scott (Nancy) Sunitsch, Susan (Glen) Adams-Peterson, and Kirk (Marcie) Sunitsch. She showed great love through making sure her children and their friends came home to delicious sweets and meals, spent countless hours volunteering at schools and events, and never missed her children's athletic events and activities. The family spent weekends and holidays on adventures including backpacking, fishing, boating, and getting lost on logging roads -we always knew she would have the gear and food needed to keep us safe and fed, while dad focused on the activity. Her devotion to her family became even more evident when she had grandchildren. Our favorite quote by her was, "I love my children, but I really love my grandchildren." She spent countless hours on the road following her grandchildren's sporting events from peewee soccer and baseball, high school softball and track, to college and professional baseball and football. Her grandchildren were the joys of her life: Sami, Scotty, Grace, Christie, Trey, Ben, and Emma. She never missed an opportunity to make her famous chocolate chip cookies for her grandchildren. The family will spend the rest of their lives trying to replicate her cookies, cinnamon rolls, jam, and pickles which will always be missing the secret ingredient of her love and devotion. Her grandchildren fondly remember their Halloween



trips to the fabric store to pick out a pattern of their choice which resulted in beautifully sewn costumes. After following her grandchildren's events, her devotion was focused on watching the Mariners and Husky sports. She enjoyed attending her first Mariners game with her children and grandchildren last Fall wearing her Julio Rodriguez jersey.

Janice is survived by her children and spouses, grandchildren, brother, sister-in-laws (Ann, Bonnie, Margaret, Joanie), brothers-in-law (Dale, Gordon), and many nieces and nephews. She was preceded in death by her husband, mother and father-in-law (Franz and Mary), brother-in-law (Jack), and nephew (Paul). Family and friends are welcome to attend a celebration of life on April 29 at 1 p.m. at the Sleeping Lady Resort in Leavenworth. Memorial donations can be made in lieu of flowers to Confluence Health Home/ Hospice Care, American Cancer Society, or a youth sports organization of your choice.

Red Cross

CONTINUED FROM PAGE A1

like food and clothing, and one-on-one recovery support for navigating next steps and connecting with community resources. Read home fire survivor's stories and see the campaign's national impact at redcross.org/HomeFireStories.

How to Get Involved

Help save lives through the campaign by becoming a

volunteer or making a financial donation to prepare, respond and help families recover from home fires. Learn more at redcross.org/nwhomefire.

You can also help your family by testing your smoke alarms monthly and practicing your two-minute home fire escape plan. Additional safety tips are available at redcross.org/fire and on the free Red Cross Emergency app (search "American Red Cross" in mobile app stores).

For the latest local news and advertising see our NCW Media Web sites...

leavenworthecho.com
cashmerevalleyrecord.com
qcherald.com
NCWBusiness.com
lakechelanmirror.com

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-548-5286 for more information Or email classifieds@leavenworthecho.com

UPPER VALLEY CHURCH GUIDE

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

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

CASHMERE

CASHMERE BAPTIST CHURCH

103 Aplets Way • 509-782-2869
 Sunday School, all ages, 9 a.m. Worship 10 a.m.
 Bible Study, Wed., 6:30 p.m.
 Pastor Bob Bauer

Find us on Facebook at Cashmere Baptist Church



CASHMERE PRESBYTERIAN CHURCH

303 Maple Street • 509-782-2431
 Sunday Morning Worship 10:30 a.m.
 Call for activities: Pastor Charles Clarke
www.cashmerepres.org



CASHMERE COMMUNITY CHURCH

213 S. Division • 509-782-3811
 In-person Service, Sunday, 11 a.m.
 until further notice.
 Pastor Lilia Felicitas-Malana
cashmerecommunitychurch@gmail.com



Sunday Worship Service at 10 am
 5800 Kimber Rd., Cashmere
 509-782-2825
christcentercashmere.com



GRACE LUTHERAN CHURCH

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



ST. JAMES EPISCOPAL CHURCH

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

DRYDEN

DRYDEN COMMUNITY CHURCH

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

MID-VALLEY BAPTIST CHURCH

8345 Stine Hill Rd. • 509-782-2616
 Worship Service, 10 a.m.,
 Sunday School, 9 a.m.
 Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH

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

CORNERSTONE CHURCH

Meeting at the First Baptist Church
 building 429 Evans St., 407-415-5838
 Sunday Worship 9:30 a.m.
info@cornerstoneleavenworth.com



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 Works 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.
 Website: 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

SEVENTH DAY ADVENTIST CHURCH

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



SPIRIT LIFE CENTER

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

MONITOR

MONITOR UNITED METHODIST CHURCH

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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH

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



NEW LIFE FOURSQUARE CHURCH

7591 Hwy. 97 • 509-548-4222
 Sunday Worship, 10 a.m.
 Pastors, Darryl and Mindy Wall
 Email: newlifeleavenworth@gmail.com
 FB page: newlifeleavenworth
www.newlifeleavenworth.com

PLAIN



PLAIN COMMUNITY CHURCH

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plaincommunitychurch.org
facebook.com/plaincommunitychurch
office@plaincommunitychurch.org

OBITUARY

Robert (Bob) Martin

September 1, 1957-
February 16, 2023

Robert (Bob) Dean Martin was born September 1, 1957, to Waldo D. and Jean A. Martin in Fort Wayne, Indiana. He spent his childhood in many different states, and the family moved to Cheney, Washington in 1970. Robert graduated from Cheney High School in 1975 and attended Eastern Washington University and graduated in 1980 with a Degree in Education.

Robert taught in Moses Lake, where he met his future wife Judy. They were married in June 1984, and welcomed daughter Jennifer and a few years later welcomed daughter Laauren. In 1996 they welcomed a son Colton. They moved as a family to Peshastin and raised their children there. Robert taught at Cashmere Middle School for over 25 years, retiring in 2021. Many of you know him through school, but he was a community member in Leavenworth and Assistant Scout Master for the Leavenworth Scouts. He loved this valley and living in it.

He is survived by his Father Waldo Martin, Robert's Wife Judy Martin,



Daughters Jennifer West (Steven) Laauren Tewell (Lance), and Son Colton Martin. Granddaughter Mia and Grandson Cooper West, Grandsons Bowen, and Cayden Tewell. Brother Richard Martin (Doreen), Brother Steve Martin (Melissa), Sister Sue Rees (Todd Tichey) Evan and Ellise Rees and Mary and Ken Kanikeberg, David and Marcy McNabb. There will be a celebration of life at the Cashmere Middle School at 11:00 a.m. on Saturday, March 4, with a dessert bar to follow in the commons. In lieu of flowers you can donate to The Cashmere Food Bank or the Cashmere Wacoka Kiwanis in care of Pam Leighton 4930 Old Monitor Road Cashmere, WA. 98815

Confluence Health announces updates to Employment Vaccination Policy

SUBMITTED BY ADAM McDONALD
MAEd, NBCT Corporate Communications Program Manager

Confluence Health today announced an update to its employment vaccination policy. Starting March 1, 2023, Confluence Health will begin allowing staff who were unable to work onsite due to not having received the initial COVID-19 vaccination series to again work onsite at Confluence Health facilities after meeting certain requirements.

"This change in policy reflects our shift in status within the wider pandemic and the needs of our communities," commented Dr. Jason Lake, chief medical officer of Confluence Health. "While vaccinations continue to be vital in our ability to address the needs of public health, the

transition to a post-pandemic world allows us greater flexibility in requirements moving forward."

Under previous policy, staff who had not received their initial COVID-19 vaccination series were not able to work onsite due to Washington State COVID-19 mandates and policy requirements from the Centers for Medicare and Medicaid Services. Changes in requirements now allow for greater flexibility in policies and more accommodation options for exempted individuals.

The update to Confluence Health employment vaccination policy will allow staff who received a religious and/or medical accommodation and currently work remotely to come onsite for meetings and social events, and, where appropriate and where space

is available, to return to onsite work.

Additionally, Confluence Health welcomes applications from prospective and former employees who may need religious and/or medical exemptions to apply for open positions. All standard vaccinations, including the COVID-19 initial series, are still required for employees unless they have an approved medical and/or religious exemption and appropriate accommodation can be made.

"We are pleased to be able to make these updates to our employment vaccination policies," stated Dr. Andrew Jones, chief executive officer of Confluence Health. "As we make this important transition, we are thankful to our staff, providers, patients, and our wider communities for their continued efforts to support

our work to promote public health."

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

Wenatchee River Institute Events

SUBMITTED BY WRI

An Introduction to Lichens, Tuesday, March 14, 6 - 7:30 p.m.

In this hands-on workshop, you will create your own lichen ID chart using local specimens. With your chart, you will get better acquainted with lichens and you will learn what to look for when using lichen identification guides.

Introduction to Wildlife Tracking Class, Saturday, March 25 and Sunday, March 26.

WRI invites you to a weekend introduction to the language of wildlife tracking with Adam Martin. Throughout the weekend, you'll gain a basic understanding of how to identify and interpret the commonly left tracks and sign of the birds, mammals, and insects of our region.

Trashion Show Team Registration, due Friday, April 7 at 5 p.m.

The 2nd annual Trashion Show is on Friday, April 21. It's a fashion show featuring garments made from recycled materials and repurposed clothing. It's time to start planning your outfit and collecting materials to create your own trashion masterpiece to model down the runway. Create a team and register online, there is limited space in each category! Find rules and registration at the link below. Thank you to our Community Education volunteers.

Youth Camp News & Updates

Planning for youth camps is in full swing. Read below for important news on upcoming youth camps this

year. Spring Break Camp (K-3): April 3-7; Summer Camps (entering grades 1-9): July & August. WRI is planning to pilot a lottery system for summer camp registration in 2023. Our hope in using a lottery system is to offer more equitable access to WRI Summer Camps and to alleviate stress around registration. Campers can enroll in one week of camp through the lottery system. If there are spots in camp after the lottery, those will be open to everyone through general registration. Entering the lottery does not guarantee a camper a spot in summer camp.

Snow Science with Alpine Lakes Elementary

Fifth grade students from four classrooms at Alpine Lakes Elementary recently visited the WRI campus for Field Days. On their visit, students explored the campus on snowshoes looking for the signs of winter around them. They also learned to measure the current snowpack and found the snow water equivalency (SWE). To find the SWE, students collected a snow sample and weighed it to figure out the percentage of water in the snow. This percentage shows how much water will melt from the snow come springtime. Students also participated in a stakeholders debate on the usage of water for when the snow melts.

Kids in the Snow Program

WRI had the opportunity to work on a partnered program with Wenatchee School District (WSD), Cascadia Conservation District (CCD), and the Department of Transportation at Squilchuck State Park. This program served students in 7th grade in WSD. WRI Field Educators assisted CCD with their outdoor portion of the Kids in the Snow program. Students used snow pits to measure the total depth of snow and found out how many centimeters of water was in the pit. They collected and weighed snow samples from the snow pit to find the snow water equivalency (SWE).



Snow Science with Alpine Lakes Elementary

SUBMITTED PHOTO.

The Contract

Unveiling the healing power of forgiveness

A novel by local writer William E. Forhan.

Nobel Prize winning author Gabriel García Márquez was quoted as saying, "All human beings have three lives, public, private and secret."

In our modern world of the Internet search engines and DNA testing, keeping our private and secret lives separate is increasingly difficult. Sometimes they can come crashing in on our public lives when we least expect it.

Father Robert McCarthy is a middle-aged priest who is suddenly and unexpectedly confronted with his secret past. How he deals with the revelation of that past with his family, his congregation and the impacts of that secret life is inspirational. How McCarthy discloses the news of his college indiscretion requires him to take everyone involved on a journey of confession. That journey forces him to deal with issues of homosexuality, judgementalism, divorce and pride.

His pastoring skills and the depth of support from his wife help him bring forgiveness and restoration to many broken relationships.

The bonds of three families are ultimately restored through celebrations of life experiences including fishing, holiday gatherings, the discovery of unknown family connections and a wedding.

Bill's Book is available online through Amazon.com, BarnesandNoble.com and Apple iBook. The paperback is \$16.99 and the ebook is \$8.99. You can also pick up a copy of the book or order the book directly from Carol Forhan at The Leavenworth Echo (509-548-5286), or the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Carol@leavenworthecho.com. Mail delivery add \$3.00 for postage. There is no extra charge if your order is picked up at the Echo office, 215-14th Street, Leavenworth, WA 98826 or Lake Chelan Mirror office 131 S. Apple Blossom Dr. Suite #109, Chelan, WA. 98816

House Page Program

SUBMITTED BY STATE REP. MIKE STEELE
12th District

The page program is an excellent opportunity for students to take part in the legislative process. Students assist the House of Representatives with duties including serving on the chamber floor, making

deliveries throughout campus, supporting member offices, and attending page school.

Youth from 14 to 16 years old can take part in the program. Pages earn a stipend of \$50 a day and can also earn up to 20 hours of community service.

Page School supplements the hands-on learning experience with a classroom component geared toward

understanding the legislative process.

How to apply: The legislative session runs for 105 days, ending on April 23, 2023. When applying, potential pages can select which weeks they are available to work.

Financial assistance is available for those who qualify. By reducing the financial burden and raising awareness

of the program, the Legislature hopes to make participation in this great educational opportunity economically feasible for more students across the state. If you have any questions about my bills or other concerns about state government-related topics, don't hesitate to reach out to me. RepresentativeMikeSteele.com

LEAVENWORTH ROTARY NEWS

January STUDENT OF THE MONTH Kaston Dillon

Selection of student of the month is based on an individual's participation in school activities, school service, and involvement in community and outside activities, personal character, and academics.

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While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (844) 889-8170.

NCW MARKET.COM
CLASSIFIED ADS

Business Journal
ECHO RECORD MIRROR HERALD

Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

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

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



Announcements

Lost & Found

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

Leavenworth/Cashmere 509-548-5286 or email classifieds@leavenworthecho.com or **Lake Chelan Mirror** 509-682-2213 or **Quad City Herald** 509-689-2507 or email mirrorads@lakechelanmirror.com

Deadline Noon on Friday for the next week's papers

Advertise Advertise Advertise Advertise Advertise Advertise

548-5286 or 782-3781

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

Happy Ads

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

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

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

Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7

Or call 509-682-2213 to place ad or have questions. **The Lake Chelan or Quad City Herald** or email mirrorads@lakechelanmirror.com For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

Employment

Help Wanted



is looking for a part-time reporter to join their team. This is a great opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume. This office is based in Chelan.

Applicants would be covering meetings and events in the Chelan and Manson and surrounding area for the Lake Chelan Mirror each week. Responsibilities would include: Use a camera to take photos of local events including schools and sports. Applicant needs to have reliable transportation. Pay will be based on experience.

Email your resume and writing examples to publisher@leavenworthecho.com or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

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Geordie Romer - 509-679-8958
Allyson Romer - 509-630-9898

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Help Wanted

Orchard Supervisor - Okanogan Area: Seeking an experienced candidate. Required 5 plus years of experience. Will manage 100 acres plus of Apples and Cherries. Must be Bilingual English/ Spanish speaking, reading, and writing. Proficient with computers, and programs like email and time/ record keeping. Display strong leadership skills. Valid Drivers and Pesticide license. Full benefits offered. Call for more information at 509-697-9175 ask for Zenaida or email resume to monsonfruit.com. A full JD available upon request.

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

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

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



Looking for a home for your Furry friend? Try the pet section on NCWMarket.com

For Sale

Antiques & Collectibles

Get cold hard CA\$H for your Antiques and Collectibles by placing them in our classifieds. Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site. **Want Print Only? Call Lake Chelan Mirror Quad City Herald** 509-682-2213 or email mirrorads@lakechelanmirror.com or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@leavenworthecho.com **Deadline: Noon on Friday for all papers.**

Real Estate

Boat Slip For Sale

\$169,500

Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking. **808-298-1031** Seller is licensed Realtor Maui, HI

Legals

Public Notices

CITY OF LEAVENWORTH
On the 14th day of February, 2023, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents provides as follows:
Ordinance 1668: An ordinance of the City of Leavenworth, WA, adding Chapter 3.83 "Environmentally Preferable Purchasing and Product Utilization" to the LMC; providing for severability, and effective date, and summary publication. A full copy of the ordinances is available at Leavenworth City Hall or will be mailed to you upon your request to Andrea Fischer, City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo /Cashmere Valley Record on March 1, 2023. # 5338



www.leavenworthecho.com
www.cashmerevalleyrecord.com

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON FOR THE COUNTY OF CHELAN ESTATE OF RICHARD D. SHETLER No. 23-4-00004-04 SUMMONS BY PUBLICATION
The State of Washington to the said Alyssa Marie Wilson and Lois Joann Shetler to be served by publication. You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 15th day of February, 2023, and defend the above-entitled action in the above-entitled Court, and answer the Verified TEDRA Petition for Judicial Appointment of Administrator for Probate and Non-Probate Assets, and serve a copy of your answer upon the undersigned attorneys for Administrator, Carrie Shirk, at his office below stated, and in case of your failure so to do, judgment will be rendered against you according to the demand of the Petition, which has been filed with the Clerk of Chelan County Superior Court. This action asserted by Administrator, Carrie Shirk, is a Trust and Estate Dispute Result matter, to administer the probate and nonprobate assets of the Decedent, Richard D. Shetler. DATED February 2, 2023; OVERCAST LAW OFFICES; By /s/ David A. Kazemba, WSBA #48049; Attorneys for Administrator; 23 S. Wenatchee Ave, Suite 320; Wenatchee, WA 98801; (509) 663-5588
Published in The Leavenworth Echo/ Cashmere Valley Record on Feb. 15, to Mar. 22, 2023. #5295

Public Notices

SUPERIOR COURT OF WASHINGTON FOR LINCOLN COUNTY
In the Matter of the Estate No. 224 000010 22 of COLLEEN ANN TITCOMB, Deceased.
PROBATE NOTICE TO CREDITORS RCW 11.40.030
The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the Decedent that arose before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Clerk of this Court. The claim must be presented within the later of (1) Thirty days after the Personal Representative served or mailed the Notice to the Creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of this notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the Decedent's probate and non-probate assets.
Date of First Publication: **February 22, 2023**
Personal Representative: Cheryl A. Schibel
Attorney for P.R.: Mark DeWulf
Address for Mailing or Service: McGuire, DeWulf, Kragt & Johnson, P.S.
9 E. First St., P.O. Box 457
Odessa, Washington 99159
Cheryl A. Schibel
Personal Representative
Published in The Leavenworth Echo/ Cashmere Valley Record on Feb. 22, and Mar. 1, and 8, 2023. #5332.

SUDOKU PUZZLE

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THEME: MARCH MADNESS

CROSSWORD

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1. In ill humor 5. Like a ship?
8. Repeating word on South Pacific map
12. Man-eating fairy tail giant
13. Newspaper piece
14. Pertaining to the ear 15. Family group
16. Not the life of the party
17. Andean animal
18. *Like Sunday, the day of announcements
20. Bodily disorders
21. 19th century Robber baron Jay ____
22. Architect's software, acr.
23. Articulates
26. Soak up
29. Cuban dance step
30. Auditory canal, e.g.
33. Needlefish, pl.
35. "Star Wars" creator
37. Swindle
38. March edition, e.g.
39. Rest or settle
40. Johnny Cash's "Get ____"
42. *It never ends this way
43. Another word for acetylene
45. High or hilly land
47. Grazing spot
48. Copying machine
50. ____ code
52. *Those remaining in last weekend (Two words)
56. Gives off
57. Afghanistan's western neighbor
58. Beginner
59. Send in payment links
60. Halfway around links
61. Besides
62. Biz bigwig
63. *D-____ schools only
64. Swedish shag rugs

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Public Notices

ADVERTISEMENT FOR BIDS CITY OF LEAVENWORTH WASTEWATER COLLECTION AND TREATMENT FACILITY IMPROVEMENTS PROJECT: PHASE 3 COLLECTION SYSTEM

General Notice

City of Leavenworth (Owner) is requesting Bids for construction of the City of Leavenworth Wastewater Collection and Treatment Facility Improvement Project: Phase 3 Collection System. Sealed Bids marked "Attention: City Clerk, Sealed Bid - Do Not Open" will be received by the Owner at the City Hall Reception Desk, 700 US 2, Leavenworth, WA 98826, or by US Mail at PO Box 287, Leavenworth, WA 98826, until 1:00pm Thursday, March 23, 2023 local time. At that time the Bids received will be publicly opened and read aloud. A bid summary will be issued after opening, emailed to all bidders and posted on the website. The Project generally consists of constructing the following improvements:

- Cleaning and internal CCTV inspection of approximately 13,000 lf of 8"-15" wastewater pipelines
- Root removal
- Sanitary sewer bypass pumping
- CIPP liner installation in approximately 11,800 lf of 8"-15" wastewater pipelines
- Re-establishment of approximately 250 4"-6" sewer service connections
- Open cut repair or CIPP liner repair of existing 8" wastewater pipelines at 10 locations including excavation, pipe and fittings, bedding, backfill and compaction
- Installation of 3 wastewater manholes to replace existing cleanouts including excavation, bedding and backfill
- Associated work including construction surveying and staking; existing monument and survey marker location, protection and / or replacement; miscellaneous landscape and surface restoration

Obtaining the Bidding Documents The BIDDING DOCUMENTS may be examined at the Issuing Office: 1. Varela Engineering & Management, 601 W. Mallon Ave., Suite A, Spokane, WA 99201

2. Visit <https://hosted.onlineplanservice.com/Project/191>.

Prospective bidders may view digital files at no cost.

To Bid the project, Bidder shall download a full set of the BIDDING DOCUMENTS from <https://hosted.onlineplanservice.com/Project/191> and shall be on the Plan Holders List. Bids shall be submitted in accordance with the Instructions to Bidders. Additional bid acceptance and contract award provisions are specified in the Contract Documents.

For additional information regarding this project, contact Mark Johnson, P.E. at Varela Engineering & Management at mjohnson@varela-engr.com

Instructions to Bidders

For other requirements regarding bid submittal, qualifications, procedures, and contract award, refer to the Instructions to Bidders and other documents that are included in the Bidding Documents.

American Iron and Steel Section 746 of Title VII of the Consolidated Appropriations Act of 2017 (Division A - Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations Act, 2017) and subsequent statutes mandating domestic preference applies an American Iron and Steel requirement to this project. All iron and steel products used in this project must be produced in the United States. The term "iron and steel products" means the following products made primarily of iron or steel: lined or unlined pipes and fittings, manhole covers and other municipal castings, hydrants, tanks, flanges, pipe clamps and restraints, valves, structural steel, reinforced precast concrete, and Construction Materials.

The following waivers apply to this Contract: De Minimis, Minor Components, Pig iron and direct reduced iron

This Advertisement is issued by: Owner: City of Leavenworth By: Tom Wachholder Title: Public Works Director Published in the Leavenworth Echo/ Cashmere Valley Record on March 1, March 8, and March 15, 2023 #5363

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of RICHARD H. SIEGERT, Deceased. No. 23-4-00071-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of:

- (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
- Date of First Publication: March 1, 2023
Personal Representative: James R. Newhouse, Jr.
Attorney for the Personal Representative: David J. Bentsen
Address for Mailing or Service: Speidel Bentsen LLP
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807
Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00071-04
JAMES R. NEWHOUSE, JR. Personal Representative
Attorneys for Personal Representative: SPEIDEL BENTSEN LLP
By: DAVID J. BENTSEN
WSBA No. 42107
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807
Published in The Leavenworth Echo/ Cashmere Valley Record on March 1, 8, and 15, 2023. # 5371

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of MYRTLE LOUISE MCCART Deceased. No. 23-4-00048-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030)

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

DATE OF FIRST PUBLICATION: February 15, 2023
Personal Representative: Linda D. Omlin:
Attorneys for the Personal Representative: Kera Dexter, WSBA#58486; Address for Mailing or Service – Overcast Law Offices Attn: Kera Dexter 23 S Wenatchee Ave, Suite 320 Wenatchee, WA 98801 (509) 663-5588. Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 23-4-00048-04 Presented by: OVERCAST LAW OFFICES By: Kera Dexter, WSBA No. 58486 Attorney for the Personal Representative
Published in The Leavenworth Echo/ Cashmere Valley Record on Feb. 15, 22, and March 1, 2023. #5310

Public Notices

NOTICE OF TRUSTEE'S SALE Pursuant to the Revised Code of Washington 61.24, et seq. 108 1st Ave South, Suite 450 Seattle, WA 98104 Trustee Sale No.: WA-22-943570-BF Title Order No.: 220501840-WA-MSW Reference Number of Deed of Trust: Instrument No. 2141394 Parcel Number(s): 29784, 241723510433 Grantor(s) for Recording Purposes under RCW 65.04.015: CLIFFORD W. NELSON AND DEBORAH L. NELSON Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): U.S. Bank Trust National Association, not in its individual capacity, but solely as Owner Trustee on behalf for Citigroup Mortgage Loan Trust 2021-RP4 Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: Rushmore Loan Management Services, LLC I. NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 3/10/2023, at 10:00 AM At the main entrance to the Chelan County Courthouse, located at 350 Orondo St, Wenatchee, WA sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: THE NORTH 396.00 FEET OF LOT 5, BLOCK 5, CASCADE ORCHARDS, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 1 OF PLATS, PAGE 81, EXCEPT THE NORTH 264.00 FEET THEREOF. More commonly known as: 12777 PROWELL STREET, LEAVENWORTH, WA 98826 Subject to that certain Deed of Trust dated 4/7/2003, recorded 4/18/2003, under Instrument No. 2141394 and modified as per Modification Agreement recorded 9/13/2019 as Instrument No. 2502427 records of CHELAN County, Washington, from CLIFFORD W. NELSON AND DEBORAH L. NELSON, as grantor(s), to PRLAP, INC., as original trustee, to secure an obligation in favor of BANK OF AMERICA, N.A., A NATIONAL BANKING ASSOCIATION, as original beneficiary, the beneficial interest in which was subsequently assigned to U.S. Bank Trust National Association, not in its individual capacity, but solely as Owner Trustee on behalf for Citigroup Mortgage Loan Trust 2021-RP4, the Beneficiary, under an assignment recorded under Auditors File Number 2554629 II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) 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 Deed of Trust/Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$17,303.71. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$163,127.78, together with interest as provided in the Note from 1/1/2022 on, and such other costs, fees, and charges as are due under the Note, Deed of Trust, or other instrument secured, and as are provided by statute. V. 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. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 3/10/2023. The defaults referred to in Paragraph III must be cured by 2/27/2023 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 2/27/2023 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 2/27/2023 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, 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. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 9/23/2022. VII. The Trustee whose name and address are set forth below will provide 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 above-described property. IX. Anyone having any objections to this 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. X. 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. Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. The Trustee's Sale Number is WA-22-943570-BF. Dated: 10/28/2022 Quality Loan Service Corp. of Washington, as Trustee By: Tianah Schrock, Assistant Secretary Trustee's Address: Quality Loan Service Corp. of Washington 108 1st Ave South, Suite 450, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-22-943570-BF Sale Line: 916-939-0772 or Login to: <http://wa.qualityloan.com> IDSPub #0181934 2/8/2023 3/1/2023

Published in The Cashmere Valley Record/Leavenworth Echo on Feb. 8, and Mar. 1, 2023. #4889

Public Notices

NOTICE OF TRUSTEE'S SALE QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON 108 1st Ave South, Suite 450 Seattle, WA 98104 TS No.: WA-22-897633-BF APN No.: 231913625010 Title Order No.: 220009862-WA-MSW AMENDED Pursuant to the Revised Code of Washington 61.24.130(4) Reference Number of Deed of Trust: Instrument No. 2223928 Parcel Number(s): 231913625016 Grantor(s) for Recording Purposes under RCW 65.04.015: BRENDAN BERGREN AND CASSANDRA BERGREN, HUSBAND AND WIFE Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): Deutsche Bank National Trust Company, as Trustee for Morgan Stanley ABS Capital I Inc. Trust 2006-NC4, Mortgage Pass-Through Certificates, Series 2006-NC4 Current Trustee of the Deed of Trust: QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON Current Loan Mortgage Servicer of the Deed of Trust: Specialized Loan Servicing, LLC As the federal bankruptcy stay has been lifted, this amended notice as to the Notice of Trustee's Sale recorded 4/6/2022 under CHELAN County Auditor Instrument Number 2565128. I. NOTICE IS HEREBY GIVEN that QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON, the undersigned Trustee, will on 3/10/2023, at 9:00 AM At the Main Entrance to the Chelan County Courthouse, located at 350 Orondo Street, Wenatchee, WA 98801 sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, THE WEST 130 FEET IN WIDTH OF LOT 1, IROQUOIS FARMS, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 2 OF PLATS, PAGE 16, LYING NORTHERLY OF THE WENATCHEE RECLAMATION DISTRICT CANAL RIGHT OF WAY. More commonly known as: 2599 EASY ST, MONITOR, WA 98801 which is subject to that certain Deed of Trust dated: 3/29/2006, recorded 3/31/2006, under Instrument No. 2223928 records of CHELAN County, Washington, from BRENDAN BERGREN AND CASSANDRA BERGREN, HUSBAND AND WIFE, as grantor(s), to FIRST AMERICAN TITLE, as original trustee, to secure an obligation in favor of NEW CENTURY MORTGAGE CORPORATION, as original beneficiary, the beneficial interest in which was subsequently assigned to Deutsche Bank National Trust Company, as Trustee for Morgan Stanley ABS Capital I Inc. Trust 2006-NC4, Mortgage Pass-Through Certificates, Series 2006-NC4, the Beneficiary, under an assignment recorded under Auditors File Number 2356278 II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) 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 Deed of Trust/Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$46,376.86. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$303,099.31, together with interest as provided in the Note from 11/1/2020 on, and such other costs and fees as are provided by statute. V. 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. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 3/10/2023. The defaults referred to in Paragraph III must be cured by 2/27/2023 (11 days before the sale date), subject to the terms of the Note and Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 2/27/2023 (11 days before the sale), subject to the terms of the Note and Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashier's or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 2/27/2023 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, 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. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower (s) and Grantor (s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 2/28/2022. VII. The Trustee whose name and address are set forth below will provide 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 above-described property. IX. Anyone having any objections to this 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. X. 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. Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan, in which case this letter is intended to exercise the Note holders right's against the real property only. The Trustee's Sale Number is WA-22-897633-BF. Dated: 1/27/2023 QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON, as Trustee By: Tianah Schrock, Assistant Secretary Trustee's Address: QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON 108 1st Ave South, Suite 450, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-22-897633-BF Sale Line: 800-280-2832 or Login to: <http://www.qualityloan.com> IDSPub #0183704
Published in the Leavenworth Echo/Cashmere Valley Record on Feb. 8, and Mar. 1, 2023. #5267.

Public Notices

NOTICE OF TRUSTEE'S SALE QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON 108 1st Ave South, Suite 450 Seattle, WA 98104 TS No.: WA-22-897633-BF APN No.: 231913625010 Title Order No.: 220009862-WA-MSW AMENDED Pursuant to the Revised Code of Washington 61.24.130(4) Reference Number of Deed of Trust: Instrument No. 2223928 Parcel Number(s): 231913625016 Grantor(s) for Recording Purposes under RCW 65.04.015: BRENDAN BERGREN AND CASSANDRA BERGREN, HUSBAND AND WIFE Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04.015): Deutsche Bank National Trust Company, as Trustee for Morgan Stanley ABS Capital I Inc. Trust 2006-NC4, Mortgage Pass-Through Certificates, Series 2006-NC4 Current Trustee of the Deed of Trust: QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON Current Loan Mortgage Servicer of the Deed of Trust: Specialized Loan Servicing, LLC As the federal bankruptcy stay has been lifted, this amended notice as to the Notice of Trustee's Sale recorded 4/6/2022 under CHELAN County Auditor Instrument Number 2565128. I. NOTICE IS HEREBY GIVEN that QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON, the undersigned Trustee, will on 3/10/2023, at 9:00 AM At the Main Entrance to the Chelan County Courthouse, located at 350 Orondo Street, Wenatchee, WA 98801 sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, THE WEST 130 FEET IN WIDTH OF LOT 1, IROQUOIS FARMS, CHELAN COUNTY, WASHINGTON, ACCORDING TO THE PLAT THEREOF RECORDED IN VOLUME 2 OF PLATS, PAGE 16, LYING NORTHERLY OF THE WENATCHEE RECLAMATION DISTRICT CANAL RIGHT OF WAY. More commonly known as: 2599 EASY ST, MONITOR, WA 98801 which is subject to that certain Deed of Trust dated: 3/29/2006, recorded 3/31/2006, under Instrument No. 2223928 records of CHELAN County, Washington, from BRENDAN BERGREN AND CASSANDRA BERGREN, HUSBAND AND WIFE, as grantor(s), to FIRST AMERICAN TITLE, as original trustee, to secure an obligation in favor of NEW CENTURY MORTGAGE CORPORATION, as original beneficiary, the beneficial interest in which was subsequently assigned to Deutsche Bank National Trust Company, as Trustee for Morgan Stanley ABS Capital I Inc. Trust 2006-NC4, Mortgage Pass-Through Certificates, Series 2006-NC4, the Beneficiary, under an assignment recorded under Auditors File Number 2356278 II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) 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 Deed of Trust/Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$46,376.86. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$303,099.31, together with interest as provided in the Note from 11/1/2020 on, and such other costs and fees as are provided by statute. V. 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. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 3/10/2023. The defaults referred to in Paragraph III must be cured by 2/27/2023 (11 days before the sale date), subject to the terms of the Note and Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 2/27/2023 (11 days before the sale), subject to the terms of the Note and Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashier's or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 2/27/2023 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, 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. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower (s) and Grantor (s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 2/28/2022. VII. The Trustee whose name and address are set forth below will provide 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 above-described property. IX. Anyone having any objections to this 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. X. 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. Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan, in which case this letter is intended to exercise the Note holders right's against the real property only. The Trustee's Sale Number is WA-22-897633-BF. Dated: 1/27/2023 QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON, as Trustee By: Tianah Schrock, Assistant Secretary Trustee's Address: QUALITY LOAN SERVICE CORPORATION F/K/A QUALITY LOAN SERVICE CORPORATION OF WASHINGTON 108 1st Ave South, Suite 450, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-22-897633-BF Sale Line: 800-280-2832 or Login to: <http://www.qualityloan.com> IDSPub #0183704
Published in the Leavenworth Echo/Cashmere Valley Record on Feb. 8, and Mar. 1, 2023. #5267.



Puzzle Solution

D	O	U	R	S	H	E	B	O	R	A					
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A	L	I	T	R	H	Y	T	H	M	T	I	E			
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A	R	E	A	F	I	N	A	L	F	O	U	R			
E	M	I	T	S	I	R	A	N	T	I	R	O			
R	E	M	I	T	N	I	N	E	E	L	S	E			
E	X	E	C		O	N	E	R	Y	A	S				

Puzzle Solution

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

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The Washington Outdoors Report



PHOTO COURTESY GAVIN BOGGS.

Gavin Boggs with his new state record lake whitefish

and Icicle Rivers. Expect to hear more about these fisheries in late April or early May.

NEW STATE RECORD WHITEFISH

From the Washington Dept. of Fish and Wildlife we learn a Davenport angler who attends Gonzaga University reeled in an unexpected catch while fishing for walleye at Lake Roosevelt on February 11. Gavin Boggs was fishing with a college friend near the Lincoln boat launch that afternoon when he hooked into something very big.

Boggs said, "I was targeting walleye at a depth of around 75 feet using a four-inch swim bait and it was a pretty tough day on the water. We did mark a lot of fish on the fish-finder but had only caught one walleye before this big fish took my lure."

Boggs, whose family has a place at Seven Bays toward the southern end of Lake Roosevelt, continued his story saying, "As soon as I hooked it, I thought it was a big walleye. I carefully let the fish do its thing down below the boat and then when it came to the surface and we netted the fish, I was totally surprised. I've never targeted whitefish in Lake Roosevelt. It is my favorite place to fish for smallmouth bass and walleye, and this has changed my mind about fishing for lake whitefish."

Gavin caught the fish in the late afternoon, and he texted his father about the catch. Gavin's dad, Tony Boggs, did some research and told his son he might have a new state record on his hands.

According to WDFW, Boggs immediately iced the fish in a cooler and drove from Seven Bays to Davenport Family Foods, where an official scale verified the weight as 7.86 pounds. The store owner, a friend of the Boggs family, stayed late just so Gavin could have it officially weighed.

Gavin then took the fish to the WDFW Spokane regional office on February 14 where biologist Danny Garrett

measured this new state-record lake whitefish at 26.25 inches long with a girth of 16 inches.

The old state record weighed 7.5 pounds and was caught Feb. 19, 2021, by Jacob White at Cox Lake in Franklin County. Gavin said Jacob actually reached out to him on Facebook to congratulate him and "pass the torch".

Will this record be broken again soon? Possibly. WDFW conducted a netting survey at Lake Roosevelt last fall and caught quite a few lake whitefish, to include one that weighed 9.5 pounds.

POTHOLES RESERVOIR IS OPEN

Pete Fischer at MarDon Resort reports Potholes Reservoir is iced out! The past week brought temperatures in the upper 50s with strong winds and according to Pete, "you could literally watch the ice recede". Pete does not expect the lake to freeze over again despite the recent cold spell.

What does this mean for anglers? If you like to catch walleye or rainbow trout this is good news. The walleye will be as big as they get as they prepare to spawn. Using blade baits or jigs is an effective way to target these tasty fish at this time of year and as the water begins to warm, trolling a spinner worm harness such as a Mack's Lure Wally Pop or Cha Cha Crawler at 1.5 to 1 mph will entice bites.

Trout anglers can catch sizeable rainbows from the shore at Medicare Beach, Potholes State Park or MarDon Resort. If you have a boat, try trolling for them near Medicare Beach or off the mouth of Frenchman's Wasteway. A Berkley Flicker Shad is a very good lure for rainbow trout here.

Looking for more information? Call the MarDon Resort tackle store for current conditions and fishing information at 509-346-2651.

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

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Outdoors Roundup

By JOHN KRUSE

SPRING SALMON SEASON SET

Fisheries managers in Oregon and Washington have published the spring Chinook salmon seasons for the Columbia River and its tributaries. According to the Washington Department of Fish and Wildlife, the season will look similar to last year.

The 2023 forecast for upriver spring Chinook is 198,600 fish, an increase over the 185,209 that returned in 2022, and significantly higher than the 10-year average of 150,485 fish. While fishing is open now from the mouth of the Columbia River to the Interstate 5 bridge, most anglers wait until late March or early April to target these fish which arrive in good numbers during this time frame.

The Columbia will open for the following dates and locations in 2023:

March 1 - April 7: Buoy 10 line upstream to Beacon Rock (boat and bank), plus bank angling only by hand-cast from Beacon Rock upstream to the Bonneville Dam deadline.

April 1 - May 6: From the Tower Island power lines (approximately 6 miles below The Dalles Dam) upstream to the Oregon/Washington border, plus bank angling by hand-cast only between Bonneville Dam and the Tower Island power lines.

Daily limit 6, including no more than two adults of which no more than one may be an adult Chinook. Release all wild steelhead and all salmon other than hatchery Chinook. Salmon minimum size 12 inches.

Anglers can also expect to harvest spring Chinook in the Cowlitz, Kalama, and Lewis Rivers in 2023, with regulations for those fisheries listed in the 2022-23 fishing regulations pamphlet. There is no word yet about spring Chinook fishing in the Yakima

The label on my bottle of thyroid medicine says to take it in the morning on an empty stomach. But sometimes I forget to take it until AFTER I've eaten breakfast. Is it still okay to take it?

The synthetic thyroid hormone levothyroxine is the most prescribed medication in the United States. My mother took levothyroxine and constantly worried about what might happen if she didn't take it "correctly." After sitting down to breakfast, if she saw her yellow levothyroxine tablet still on the counter, she'd skip her dose that day.

"It says right on the pill bottle to not take my thyroid medicine with food."

"Mom, if you DO forget to take your levothyroxine before you eat breakfast, the worst that could happen is your body won't get the full dose. That's because your food will interfere with how well levothyroxine is absorbed from your stomach and intestine."

"Taking your thyroid pill with breakfast will give you a lower dose for that day, but skipping it entirely guarantees you'll get NONE at all, which will affect you more than getting less than the full dose."

My mother wasn't the only one who struggled to take her thyroid medicine.

85-year-old Ellen set her alarm for 5 a.m. every day to take her levothyroxine in the mornings before she ate anything. Otherwise, she worried that she'd forget to take it.

Ellen took her thyroid at 5 a.m., her morning heart medicine with breakfast at 8 a.m., her evening heart medicine with dinner, and her cholesterol medicine simvastatin at bedtime. Taking medications 4 times a day felt overwhelming.

"I want to take my medicines correctly, but it's so hard to remember to take all of them the way I'm supposed to."

"You don't have to take your thyroid in the morning," I assured her.

I suggested she take her thyroid and cholesterol medicine together at bedtime, so she only had to take

pills three times a day. She could ensure she was taking levothyroxine on an empty stomach if she took it at least 3 hours after her evening meal.

Within 2 weeks of taking her thyroid medicine at night instead of waking up at 5 a.m., she felt less overwhelmed and more energetic. Just as important, she no longer worried about taking her medicine correctly.

"It's a relief to have less to remember and wonderful to have more energy!"

Thyroid hormones control an essential part of your metabolism. First, your thyroid gland secretes a form of thyroid hormone called T3, or liothyronine, into your bloodstream. Your T3 is then converted to the more active form of thyroid hormone, called T4. Specialized proteins called enzymes change your less active T3 molecules into T4. Levothyroxine is a synthetic version of T4 that is taken once daily.

Your doctor monitors your thyroid level by measuring the amount of TSH (thyroid stimulating hormone) in your blood.

TSH is only a messenger, not your thyroid hormone. Low thyroid hormone levels will trigger the secretion of TSH into your blood. This tells your thyroid gland to release more T3, which your body transforms into the active thyroid hormone, T4.

It may seem backward, but when the TSH in your blood is elevated, your body is asking for MORE thyroid hormone. If your TSH is too low, you need LESS thyroid hormone.

5 Ways to Get the Most Out of Taking Levothyroxine:

1. Be consistent. Levothyroxine is absorbed best if you take it with a completely empty stomach. This means at least 30 minutes before a meal or 3-4 hours

after eating. Taking it the same way, every time will give you a consistent dose and help keep your thyroid level stable.

2. Avoid taking it with coffee and tea.

Coffee and tea can decrease how much levothyroxine you absorb by nearly 30%. If possible, take your thyroid supplement BEFORE your first cup of coffee.

3. Don't skip doses.

Even if you forget to take it at your usual time, absorbing some of the thyroid medication you need is FAR better than getting none.

4. Avoid taking mineral supplements with levothyroxine.

Many minerals interfere with levothyroxine absorption. This includes calcium, iron, aluminum, magnesium, and any supplements containing those minerals. Take these mineral supplements later in the day, at LEAST 2 hours

Ask...

Dr. Louise

before and 4 hours after taking levothyroxine.

5. Consider taking it at bedtime.

If you can avoid snacking after your evening meal, bedtime can be an ideal time to take levothyroxine. Allow 3-4 hours between your dinner meal and taking your thyroid.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-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. ©2023 Louise Achey

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