



Chelan PUD and Puget Sound Energy Announce Long-Term Clean Energy Contract



SUBMITTED PHOTO
Rock Island Hydro Project on the Columbia River in Central Washington. The competitively priced contract provides Puget Sound Energy with 25% of the output from PUD's Rock Island and Rocky Reach hydropower projects from 2031 to 2051.

Agreement provides valuable carbon-free energy to Northwest electric customers

SUBMITTED BY RACHEL HANSEN

CCPUD Senior Communications Strategist

WENATCHEE - Puget Sound Energy (PSE) and Chelan County Public Utility District (PUD) today executed a contract for renewable hydropower from the PUD's two projects on the Columbia River. The 20-year contract increases Puget's carbon-free resources toward its future renewable energy goals, as well as contributes flexible capacity to identified needs in Washington.

The competitively priced contract provides Puget Sound Energy with 25% of the output from PUD's Rock Island and Rocky Reach hydropower projects from 2031 to 2051. PSE's

current contracts with Chelan PUD, expiring in 2026 and 2031, provide a portion of the output from the two Columbia River projects.

"We have 70 years of partnership selling a share of our hydropower output to Puget Sound Energy," said PUD General Manager Kirk Hudson. "Along the way, these energy contracts become even better for our customer-owners by recognizing the increasing value of hydropower, while providing financial stability and predictability."

Chelan PUD offers a mix of short-term market-based and long-term cost-based products. Both types of contracts are based on selling a "slice" of Chelan's hydropower output. The value of hydropower has increased as a carbon-free renewable source of energy. Those environmental attributes are in demand as companies look to satisfy new regulatory requirements through the

Climate Commitment Act and Clean Energy Transformation Act.

"We are pleased to continue our partnership with Chelan PUD to provide clean, reliable and affordable hydropower to our customers," said Ron Roberts, PSE's vice president of energy supply. "It's another important step on our way to serving customers with 100% carbon neutral resources by 2030 and 100% clean electricity by 2045. In addition to clean energy and capacity, PSE's 25% share will continue to provide a reliable source of resource adequacy and the ability to integrate renewable resources for our customers."

The contract was negotiated over the past 18 months and includes both carbon-free energy attributes provided by hydropower as well as flexible capacity to help PSE meet peak energy needs during high customer usage times.

"We build a diverse portfolio by offering a mix of different contracts

in order to reduce risk, create value, and provide financial stability for decades to come," said Chief Financial Officer Kelly Boyd. "That balance allows Chelan PUD to support stable and predictable rates for customer-owners, as well as support for parks and broadband services."

About Chelan PUD: Chelan Public Utility District was created by a vote of the people in 1936 and delivered its first power in 1947. The PUD is governed by a locally elected five-member Board of Commissioners. The general manager uses the policies and guiding principles set by the commission to generate and deliver electricity from our three dams to utilities that serve customers across the Pacific Northwest as well as to more than 51,000 retail customers in the county. The PUD also provides water, sewer, and wholesale telecommunications services.

Certificated and Classified Employees of the Year

SUBMITTED BY TRACEY BECKENDORF-EDOU
CSD

Cascade School District is pleased to announce the Certificated and Classified Employees of the Year. The Excellence in Education Awards began in 1985 by the North Central Educational Service District and is a recognition program to honor, recognize and say "thank you" in a formal manner to extraordinary, dedicated certificated and classified individuals who give daily and unselfishly to the students in our schools.

Micah Rieke, the Certificated Employee of the Year, is the Physical Education (PE) Teacher at Icicle River Middle School (IRMS). Micah is a lifelong Cascade Kodiak and resident of Leavenworth. He was the salutatorian of CHS' Class of 1998. After high school graduation, Micah attended Pacific Lutheran University (PLU) where he played basketball and majored in education. He graduated from PLU magna cum laude with a bachelor's degree in education with endorsements in social studies and math. His first teaching job was at Burlington-Edison High School where he taught math and was an assistant to legendary basketball coach Rick Skeen. After his first year in education, he decided to attend Eastern Washington University (EWU) to pursue a master's degree in sports psychology and a teaching endorsement in health and fitness. While at Eastern, he spent two years as a graduate assistant coach for the EWU men's basketball team.

His next position was at Meridian High School in Bellingham where he taught math and coached basketball. His first head coaching and PE job was at Cedarcrest High School in Duvall. During Micah's 4-year tenure as head coach, he led the Red Wolves to their first state basketball appearance in 54 years! When a teaching position opened at IRMS, Micah knew it was time to return home. He has been the PE teacher at IRMS since 2012. He enjoys all the outdoor adventuring that Leavenworth has to offer while

CONTINUED TO PAGE B4

Rep. Keith Goehner's Legislative Update: Town hall thank you, housing legislation and public safety

I want to thank everyone who participated in the Zoom Virtual Town Hall event Rep. Mike Steele, and I held February 1. We had over 150 people online from all regions of the 12th District. It was good to hear from folks in the new part of the district and see people engaged in the legislative process. Constituent input is always welcome and encouraged. We have tentatively scheduled our next Virtual Town Hall for Thursday, March 16 at 7 p.m. This will be after the cutoff date for the House of Representatives to move bills, so we will be able to discuss what passed the House, what didn't, what legislation is coming over from the Senate and much more.

Affordable housing

No one disputes that there is an affordable housing issue in Washington state. We are producing fewer housing units per household than any state in the country. Yet some of the legislation we are seeing would add more burden to local governments and builders.

One of those bills is House Bill 1181. It would add climate change and resiliency goals to the Growth Management Act (GMA) on cities with a population of 6,000 or more and counties with a population of 100,000.

Many local entities are challenged to meet the original GMA goals. This legislation would add more

requirements and increase the workload of our local governments making it extremely difficult or unattainable to reach these GMA goals.

Our goal is to address unnecessary regulatory costs and fees, permitting delays, overly restrictive zoning laws, and making changes to the Growth Management Act to provide more affordable housing. Unfortunately, this bill and others will take us in the opposite direction.

Real solutions to address housing crisis

Below are some of the housing solutions we are working on. They include: House Bill 1401 would expedite housing permits; House Bill 1402 would expand development boundaries; House Bill 1245 would increase housing options through lot splitting; and House Bill 1633 would create a Homes for Heroes Program.

Public Safety

If you have been following the news, you know the vehicle pursuit issue continues to make headlines. There is strong bipartisan support for a fix in the House. HB 1363 has about 40 sponsors, evenly split between Republicans and Democrats. It was scheduled for a vote in committee February 16. While it looks encouraging in the



COMMUNITY VOICES
Rep. Keith Goehner

House, the battle may be in the Senate. The chair of the Senate Law and Justice Committee has indicated she will not move the House bill or a Senate version. We have heard from local government officials who are concerned about their communities. Businesses across Washington state, and law enforcement are asking to address this serious public safety matter.

In the House, some of the other public safety solutions we are focusing on beyond vehicle pursuit include: House Bill 1380 would add more police officers on our streets; House Bill 1415 would recriminalize hard drugs to a gross misdemeanor; House Bill 1682 would address the rise in auto thefts; House Bill 1456 would redefine retail theft. Keeping our families, neighborhoods, and streets safe continues to be a high priority for many this session.

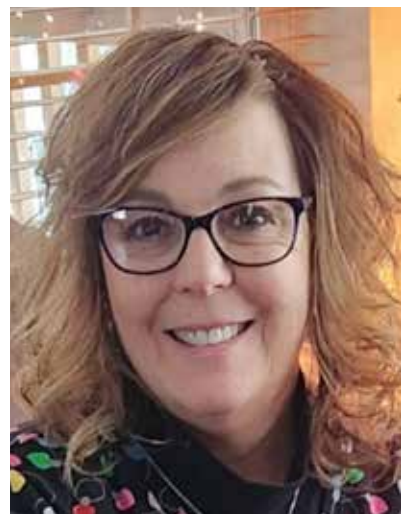
Follow the Legislature

The policy cutoff was Friday, February 17. It was the last day

policy committees could consider and approve bills in the chamber in which those measures originated. This is significant because if a policy bill is not voted out of its respective committee it is considered "dead" for the rest of the session. There are certain extenuating circumstances that could revive a bill, but it does not happen very often.

A reminder, below are some websites and links that will help you stay engaged in this legislative session.

My legislative website, Representative KeithGoehner.com. Here you can find contact information, bio, news releases, email updates, videos, radio appearances, and much more. The Ledger, a legislative news aggregator; Capitol Buzz - Daily news clips Daily news clips; The Current, an online legislative publication from the Washington House Republicans; TVW, The state's own version of C-SPAN, TVW broadcasts floor and committee action live online. Legislature's website bill reports, committee agendas, and information about upcoming activities in the Legislature. While it is not a virtual session, you can still testify remotely. Please do not hesitate to reach out to me with questions, concerns, or comments. I appreciate your input and feedback.



Renée Moore

SUBMITTED PHOTO.



Micah Rieke

SUBMITTED PHOTO.

Inside The ECHO this week

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Dan's Market



8 08805 93375 4

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Complementary Proteins

I got interested in combining plant foods to make complete protein right after leaving the work force to become a fulltime mom. Our new baby and a single income forced me to look for ways to feed our family less expensively and still get the best nutrition possible.

I found that wheat, oats or rice plus beans, peas or peanuts gave complete

protein; sunflower seeds, sesame seed or tree nuts combined with beans or peas gave complete protein and, my personal favorite combination for protein, potatoes plus milk will give complete protein.

Why is protein important? Because our bodies use proteins as building blocks. We get those building blocks from our food. This gift we call a body can recycle animal amino acids and plant amino acids into new protein forms to repair and maintain itself.

Amino acids are the building blocks of proteins just as proteins are building blocks for our bodies. Through the magic of digestion and metabolism our wondrous bodies build proteins out of amino acids.

Some amino acids our bodies can easily make, some we must eat already made. The amino acids we can't make must come ready-made into our diet and they are called 'essential amino acids.' As I was studying in my youth there were ten essential amino acids and ten non-essential amino acids. I'm not sure where the scientific community stands today. Some say eight, some say nine, I'm not so savvy so I figure if I go with the ten my family will get all the 'essentials'. Meat and eggs have all the amino acids our bodies can't make, as such they are called 'complete proteins'. Plants foods have amino acids also, but most do not have all the required 'essential' ones. By pairing up plant foods that complement each other's deficiencies towards building complete protein I was able to use less meat and still keep our family healthy. This is called mutual supplementation for protein or using complementary proteins. All it means is that I am using an age-old method for feeding my family vegetable combinations that will allow

our bodies to maintain and repair themselves even if I don't have meat or eggs to offer. Most cooks come up with these food combinations spontaneously. I figure it's because they taste so delicious together.

Mutual Supplementation for Protein

- Potatoes plus Milk equal complete protein.
 - Seeds (sunflower, sesame, tree nuts) + Legumes = complete protein.
 - Bread (grain) + Seeds (sunflower, sesame, tree nuts) = complete protein.
 - Grains (like wheat, oats, rice) + Legumes (like beans, peas, peanuts) = complete protein.
- #### Sautéed Green Beans with Sunflower Seeds
- 1 15 oz. can of green beans (I prefer French cut for this recipe) drained
 - 2 Tablespoons butter, oil, or fat
 - ¼ cup shelled unsalted sunflower seeds
 - Sprinkling of soy sauce (optional)

Open the green beans and drain (I save the bean juice for my weekly left over soup or stew fluid.) Set the beans aside. Put a saucepan over medium heat. In a hot dry saucepan heat up the sunflower seeds for 10 to 15 seconds. Add the butter or oil to coat the seeds then



pour in the set aside drained beans. Sauté beans until heated through. Sprinkle with soy sauce if desired. Serve as a side for dinner or with toast or rice for lunch. Note: If substituting fresh or frozen green beans for canned, warm the seeds then remove from the sauce pan to add back when the fresh or frozen green beans are cooked through. Green beans of any type taste good slathered in butter and sprinkled with soy sauce.

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.

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



Keeping up WITH PEOPLE

Michael Whitehead Leavenworth, WA

SUBMITTED BY MS. MEGAN S. BROWN

Navy Office of Community Outreach

230214-N-WM182-1047 SOUTH CHINA SEA

U.S. Navy Aviation Boatswain's Mate (Fuel) Airman Michael Whitehead, from Leavenworth, Wash., mans a sound-powered telephone during a replenishment-at-sea aboard the aircraft carrier USS Nimitz (CVN 68). Nimitz Carrier Strike Group (NIMCSG) and Makin Island Amphibious Ready Group (MKI ARG), with embarked 13th Marine Expeditionary Unit (13th MEU), are conducting combined expeditionary strike force (ESF) operations, demonstrating unique high-end war fighting capability, maritime superiority, power projection and readiness. Operations include integrated training designed to advance interoperability between the two groups while simultaneously demonstrating

the U.S. commitment to our alliances and partnerships in the Indo-Pacific region. Nimitz is in U.S. 7th Fleet conducting routine operations. 7th Fleet is the U.S. Navy's largest forward-deployed numbered fleet, and routinely interacts and operates with Allies and partners in preserving a free and open Indo-Pacific region.



U.S. NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 2ND CLASS CAITLIN FLYNN. Michael Whitehead

Red Cross: Three reasons to give blood this month

Chance at trip to Florida + \$10 Amazon.com Gift Card for coming to give blood

SUBMITTED BY BETSY ROBERTSON

One in 7 patients entering a hospital will need a blood transfusion. At the same time, only about 3% of Americans give blood. The American Red Cross needs more people to make and keep appointments to give blood and has three great reasons to do so.

Help prevent a blood shortage: Winter brings seasonal illness and dangerous weather, which can hurt the blood supply. When donors give now, they can help ensure blood is on hospital shelves when it's needed.

It's Heart Month: During a blood donation appointment, the Red Cross checks donors' blood pressure and pulse, which are important indicators of heart health.

Treat yourself: All who come to give in February will get a \$10 Amazon.com Gift Card by email, thanks to Amazon. Those who come to donate this month will also automatically be entered to win a trip for two to Clearwater Beach, Florida. Details are available at RedCrossBlood.org/heart.

Donors of all blood types - particularly type O blood donors, the most needed blood group by hospitals - are needed daily to meet demand. Protect the blood supply from dropping - book a time to give blood by visiting RedCrossBlood.org, downloading the Red Cross Blood Donor App, or calling 1-800-RED CROSS.

Upcoming blood donation opportunities

Chelan: February 22, 1 p.m. - 6 p.m., United Methodist Church Chelan, 206 North Emerson St.

Wenatchee: February 24, 10 a.m. - 3 p.m., Pybus Market,

7 N. Worthern St.

How to donate blood

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements. Blood and platelet donors can save

time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

Amplify your impact - volunteer

Another way to support the lifesaving mission of the Red Cross is to become a volunteer blood donor ambassador at Red Cross blood drives. Blood donor ambassadors help greet, check-in and thank blood donors to ensure they have a positive donation experience. Volunteers can also serve as transportation specialists, playing a vital role in ensuring lifesaving blood products are delivered to nearby hospitals. For more information and to apply for either position visit redcross.org/volunteertoday.

THE WENATCHEE VALLEY SYMPHONY



Nikolas Caoile - Music Director & Conductor

Concert III (March 4, 2023)

WHEN in ROME



Jacques Offenbach



Hector Berlioz

Ottorino Respighi

March 4th, 2023 Hybrid Performance! Hear it Live at the PAC or Online from home.

Information & Tickets wenatcheesymphony.org or 509-663-2787 (PAC Box Office)

Concert begins at 7:00pm



Carbon Monoxide Safety

SUBMITTED BY WASHINGTON STATE FIRE MARSHAL'S OFFICE

OLYMPIA - Often referred to as the invisible killer, carbon monoxide is an odorless, colorless gas produced from the incomplete combustion of fuels such as propane, natural

gas, and wood. Heating and cooking equipment that use such fuels can be sources of carbon monoxide. The Washington State Fire Marshal's Office wants to encourage everyone to take precautions and practice safety year-round.

The United States Fire Administration reports more than 150 people die of accidental non-fire-related carbon monoxide. From 2017 to 2021 the Washington State fire service reported 3,165 incidents related to carbon monoxide.

These tips can keep you and your family safe from carbon monoxide:

- Choose a carbon monoxide (CO) alarm that is listed by a qualified testing laboratory.
- CO alarms should be installed in a central location outside each sleeping area and on each level of the home.
- During and after a snowstorm, make sure that vents for the dryer, furnace, stove, and fireplace are clear of snow

build-up or other debris.

- If a CO alarm sounds, immediately move to a fresh air location outdoors or by an open window.
- Test CO alarms at least once a month.
- CO poisoning can be by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.
- Gas and charcoal grills can produce CO, please remember to only use outside.
- Generators should be used outdoors away from windows, doors and vent openings.

For more information, contact the State Fire Marshal's Office at 360-596-3929.

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

- leavenworthecho.com
- cashmerevalleyrecord.com
- qgerald.com
- lakechelanmirror.com
- NCWBusiness.com

NAMI Washington
National Alliance on Mental Illness

TOGETHER for Mental Health

Bringing community-driven mental health support to North Central Washington

namiwa.org/ncwa
(206) 783-4288 office@namiwa.org

COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

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

- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- Garage and Yard Sale Ads are paid events, please email: classifieds@leavenworthecho.com or place online at NCWMARKET.COM
- For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com
- Cashmere: 509-782-3781, email: reporter@leavenworthecho.com

THE LEAVENWORTH ECHO

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Letters policy

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

Corrections

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

Contact the listed organizations or events for updates.

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

Leavenworth Lions

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

Campfire NCW candy sales and camps

Now is the time to earn that extra cash needed to be able to spend a great week at Camp Zanika. You do not need to be a member to sell candy to earn your way to summer camp. Anyone in Chelan/Douglas, Grant, Okanogan and Adams

Counties Caramel Almond can sell candy. Also, don't forget to register by February 28 and receive \$25 dollars off this year, the candy sale will run to March 11.

Register your child (ages 6-18) now for a fun and exciting week of summer camp at Camp Zanika. There are lots of fun activities, such as boating, fishing, rafting, arts and crafts, canoeing, high ropes course, low ropes course, cook outs, hiking, kayaking and more. There are still some openings available so be sure to register soon online at www.zanika.net.

Clusters, Mints, and Almond Roca can be purchased for oneself, as a unique gift or incentive item. Companies have chosen to use Camp Fire Caramel Almond Clusters,

Mints, and Almond Roca to promote to their employees and constituents the value of community involvement. All companies will receive a certificate and mention on our social media pages. All money raised through the sale helps kids go to camp though our camp scholarship fund.

Caramel Almond Clusters, Mints, and Almond Roca can be purchased directly from the council by calling 509-663-1609 or email campfirencw@gmail.com.

Empty Bowls Gala and Reception

Join us on Sunday, March 5, from 5:30-7:30 p.m. at Icicle Ridge Winery. Information at www.uvemptybowls.org

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. 10	09:15 Alarm, 9101 Icicle Rd.	09:18 Non-injury Accident, Chumstick Hwy. and Eagle Creek Rd.	11:46 Attempt to Locate/ Contact, Coulter Creek Rd., Lake Wenatchee	12:06 Theft, 932 Front St.	13:36 Public Assist, 8500 block Mountain Home Rd.	14:00 Welfare Check, 0 block Merritt Winton Rd., Lake Wenatchee	14:33 Traffic Offense, Peshastin Bridge, Peshastin	16:04 Animal Problem, 1133 US Hwy. 2	16:22 Disturbance, 200 Ward Strasse	23:05 Suspicious Circumstance, 585 US Hwy. 2, Icicle Quick Stop
Feb. 11	05:28 Suspicious Circumstance, 932 Front St., Starbuck's	12:12 Suspicious Circumstance,								
Feb. 12	10:21 Theft, 0 block Ingalls Creek Rd., Peshastin	10:57 911-call, 185 US Hwy. 2, Fairbridge Inn	14:24 Public Assist, 12356 Bergstrasse Rd.	18:07 Suspicious Circumstance, Coles Corner area, Lake Wenatchee	19:19 Suspicious Circumstance, 185 US Hwy. 2, Fairbridge Inn	20:17 911-call, 617 US Hwy. 2 near Gustav's				
Feb. 13	00:59 Diversion, 185 US Hwy. 2, Fairbridge Inn	04:06 Hazard, Beaver Creek bridge area, Plain	04:41 829 Front St.	08:02 Agency Assist, 18351 Na-						
Feb. 14	08:08 Property, 116 River Bend Dr., Safeway	10:16 Civil Dispute, 10769 Lone Pine Dr., Peshastin	10:58 Property, Leavenworth area	11:21 Theft, 15190 Martin Christensen Dr., Peshastin	12:07 Public Assist, 3652 Allen Ln., Peshastin	13:15 Parking/ Abandoned Vehicle, 3449 Allen Ln., Peshastin	14:41 Non-injury Accident, Leavenworth area	15:32 Parking/ Abandoned Vehicle, Allen and Ingalls Lanes, Peshastin	15:35 Trespassing, 940 US Hwy. 2	16:38 Traffic Offense, 10500 block Ski Hill Dr.
Feb. 15	07:30 Graffiti, 810 Commercial St.	10:07 Suspicious Circumstance, 116 River Bend Dr., Safeway	11:13 Civil Dispute, 19605 State Rd., Lake Wenatchee	11:48 Scam, 11220 Clark Canyon Rd.	12:16 Animal Problem, 10195 Titus Rd., Icicle River Middle School	12:28 911-call, 309 8th St., Post Hotel	15:27 Agency Assist, US Hwy. 97 MP 165, Peshastin	16:28 Domestic Disturbance, 100 Ward Strasse	16:42 Graffiti, 900 Front St.	17:09 Civil Dispute, 110 Icicle Rd.
Feb. 16	09:29 Vehicle Prowl, 301 Ward Strasse, Hampton Inn & Suites	16:23 Agency Assist, 9604 E. Leavenworth Rd.	20:24 Domestic Disturbance, 810 US Hwy. 2, Bavarian Lodge							

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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.

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UV MEND gleans healthy food, and helps with medical bills

SUBMITTED BY: UV MEND STAFF

As the days lengthen and winter begins to loosen its grip, we celebrate the compassion you have shown for your neighbors in need who have faced long, dark days or cold winter nights alone. We are also celebrating the generosity of farmers, growers and volunteers who made the 2022 gleaming season a success despite several obstacles. Rachel Bishop, Upper Valley MEND's Food Programs Manager, has put together a report on the 2022 season, which you can read online. A total of 26,773 lbs. of produce were gleaned, with 523 volunteer hours. The value was a total of \$52,000 in produce for the community.

The true impact of this program begins once we leave the fields, and the van is full of produce. The fresh food goes much farther than just to Upper Valley MEND's Community Cupboard. We partner with Chelan Douglas Community Action Council (CDCAC) who distributes our gleaned produce to 13 other food pantries in Chelan and Douglas Counties and travels

in mobile farmers markets up to Brewster and down to Rock Island. When they are unable to take more produce, our staff drive around the valley delivering to other locations you can see in the graph above. Fresh produce is often an item that many food pantries lack because of price and access. Our gleaned produce is fresh, locally grown, and nutritious. Every person deserves access to this food. Deliver locations included CDCAC 13,484 lbs.; Community Cupboard 7,487 lbs.; Cashmere School District 1200 lbs.; Cascade School District 400 lbs.; Cashmere Food Bank 200 lbs.; Chelan County Regional Justice Center 1755 lbs.; Garden Terrace Senior Living 315 lbs.; Haven of Hope 90 lbs.; Lighthouse Christian Ministries 1165 lbs.; Mountain Meadows 500 lbs.; Mountain Sprouts 165 lbs.; Plain Pantry 53 lbs.; SAGE 90 lbs.; Serve Wenatchee 438 lbs.; Women's Resource Center 135 lbs. Thank you to the gleaned donors and volunteers that make this program happen.

In January, Upper Valley MEND paid \$32,146 of

community members' bills, including rent, utility payments, medical bills and debt, and tanks of gas. Some of these payments were for families and seniors in Cashmere.

Historically, Cashmere did not have access to the same resources as Wenatchee and the Upper Valley. Upper Valley MEND expanded our service area to include Cashmere in

2022. We began partnering with more Cashmere donors and volunteers than ever before and advertising our services more widely in Cashmere. In the last 13 months, Upper Valley MEND has been able to help 43 Cashmere households get the help they needed. We are looking for folks interested in volunteering at the Community Cupboard. Volunteers work alongside staff in 2-hour shifts checking shoppers in and out, stocking shelves, packaging goods, and providing friendly customer service. Our volunteers help on Saturdays, but we have shifts available Monday - Thursday as well. The exact timing of the shift is flexible, and we can work with you to find a time that works for you. Come help provide food to your neighbors. Contact Rachel 509-699-7395, Food Programs Manager, if interested.

Alleviating medical debt

Medical debt can be crushing for anyone. Last year Upper Valley MEND received a grant

to help patients pay off past medical debt they cannot get out from under. Upper Valley MEND's social worker, Liz, is spearheading the effort to share this good news and get help to those who need it. "The two main requirements are that a person be uninsured and meet government income requirements," Liz said. "It can be quite complicated who qualifies, so it's best that people call me to find out if we can help them."

Vision and dental care
Upper Valley MEND can help people without insurance or who are under-insured get the vision and dental care they need. MEND's Free Clinic can refer patients to Cascade Medical's Optometry Clinic for a complete vision exam, covered by the grant. Leavenworth's Lions Club will assist with providing glasses. Our Free Dental Program assists clients with accessing urgent and preventative dental care. Depending on the scope of the services needed, we either pay the entire cost or develop a cost share with the client based on what the client can afford. If you, or anyone you know, could use help clearing past medical bills, or needs vision or dental care, contact Liz at liz@uvmend.org or phone at 509-293 8062 to see if you qualify.



PHOTO SUBMITTED BY UV MEND

Washington's K-12 school funding and the rising costs of expanded services



COMMUNITY VOICES
Brad Hawkins

Washington state supports over 1.1 million students in its public schools by providing funding to each school district based on enrollment. Our state Constitution designates education as our paramount duty—in other words, our top priority.

When it comes to the full funding of basic education in our state, we've seen many disagreements. A decades-long debate in the 1980s and 1990s eventually resulted in a major lawsuit, known as the

McCleary case. As you may recall, the State Supreme Court issued its McCleary decision in 2012, bringing significant changes to Washington state school funding.

Our school funding system was already complicated prior to the McCleary decision, and it remains difficult to understand. Generally speaking, school districts receive state funding based on the total number of students enrolled in their districts. School districts also receive funding from local and federal sources and can apply for various grants to support expanded services.

While state and federal funding is allocated in government budgets, local funding to school districts is provided by voters through community-approved property tax levies. For many

years, school districts had been using local levy dollars to supplement their state and federal funding, some arguing that increasing levy amounts were necessary due to insufficient state dollars.

After the State Supreme Court issued its McCleary decision, the Legislature responded by significantly increasing state funding while implementing strict caps on levy requests to protect property owners. The Legislature later removed the cap on school levies, which I did not support. This allowed school districts to request significantly more local funds despite the recent increases in state dollars. As a result, per-student funding (in state and local dollars) continues to increase each year even after increased state funding was directed to districts following

the McCleary decision.

Ten years ago, for example, in the 2012-13 school year, districts received \$8,742 per student in state and local dollars. For the 2022-23 school year, school districts will receive approximately \$15,462 per student.

Services during this time have also greatly expanded. As a result of changing state policies, increased public expectations and individual school board decisions, many school districts are now providing a range of meal, childcare, social/emotional support, healthcare, and early learning services in addition to their K-12 academic responsibilities. There is no doubt that many needs exist within our communities and student population, but the question of who should be providing these services is

open to debate.

While I am a strong supporter of education, it is reasonable to question whether school districts can efficiently provide such expanded services while fulfilling their seemingly fundamental responsibility as academic institutions. With all the changes over the last several years, and more proposed this session by some lawmakers, it is becoming increasingly difficult to differentiate where a school district's responsibilities end and where a family and community's responsibilities begin.

This presents challenging dynamics for education policy and funding obligations as well as philosophical debates related to personal responsibility, parental control, and government's

role. As school districts continue to expand the services they provide, it will also become more and more difficult to ever "fully fund" education because so many responsibilities are being transitioned into our schools. This leads to expanded levy requests by school districts and increasing impacts on people's property taxes, which doesn't seem equitable or sustainable. That seems like the very problem we once had.

Brad Hawkins is the state senator for the 12th District. He serves as the Ranking Member on the Early Learning & K-12 Education Committee. Prior to his election to the Legislature, he served as a board member for the North Central Educational Service District and the Eastmont School District.

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

CHRIST CENTER
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

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Office: 509-548-4331
11025 Chumstick Hwy.
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10:30 a.m., Worship Service

CORNERSTONE CHURCH
Leavenworth Grange Hall
621 Front St. • 509-433-7477
Sunday Worship 10 a.m.



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
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Email: info@leavenworthbaptist.com

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Worship Pastor-Jacob Mitchell
www.LCN.org

SEVENTH DAY ADVENTIST CHURCH
10600 Ski Hill Drive • 509-548-4345
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Worship 11 a.m. • Fred Smith • 509-860-3997

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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

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

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NCW Libraries offers kits for book clubs

SUBMITTED BY MICHELLE McNEIL
NCW Libraries

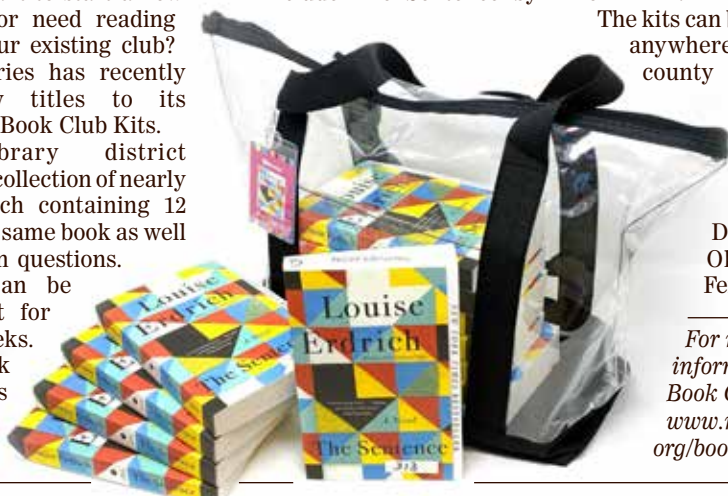
Do you want to start a new book club, or need reading ideas for your existing club? NCW Libraries has recently added new titles to its collection of Book Club Kits. The library district maintains a collection of nearly 300 kits, each containing 12 copies of the same book as well as discussion questions. Each kit can be checked out for up to six weeks. The Book Club Kits collection contains

titles in a wide range of genres for adults, young adults and children. Newly added titles include The Sentence by

Louise Erdrich, The Vanishing Half by Brit Bennett, and The Clovis Dig by local author Terri Fink.

The kits can be ordered from anywhere in the five-county library district and picked up at any of its 30 branch libraries in Chelan, Douglas, Grant, Okanogan and Ferry counties.

For more information about Book Club Kits, visit www.ncwlibraries.org/bookclublibrary.



WIAA Girls 1B/2B/1A/2A Region 4 Results for Cascade -Leavenworth



PHOTO BY ROGER HARNACK

Mya Herrera at Semifinals. (Update next issue).

SUBMITTED BY ROGER HARNACK
Cheney Free Press

100 pounds category

- Quarterfinal - Joshua-Lynn Jager (Republic/Curlew Girls) 29-5 won by fall over Kathleen Kocher (Cascade -Leavenworth-Girls) 0-4 (Fall 0:18)
- Cons. Round 1 - Alejandra Barajas Guzman (Ephrata-Girls) 3-13 won by fall over Kathleen Kocher (Cascade -Leavenworth-Girls) 0-4 (Fall 3:27)

105 pounds category

- Mya Herrera (5-0) placed 1st and scored 26.0 team points.
- Quarterfinal - Mya Herrera (Cascade -Leavenworth-

Girls) 5-0 won by fall over Stormy Conway (Davenport-girls) 0-4 (Fall 0:50)

- Semifinal - Mya Herrera (Cascade -Leavenworth-Girls) 5-0 won by fall over Isabella Tiwebemal (Inchelium -Girls) 19-13 (Fall 2:26)
- 1st Place Match - Mya Herrera (Cascade -Leavenworth-Girls) 5-0 won by fall over Savannah Taylor (Rogers -Spokane-Girls) 22-11 (Fall 3:11)
- Herrera will be seeded among the Top 4 at state.

105 pounds category

- Karlyn Kocher (4-3) placed 5th and scored 9.0 team points.
- Quarterfinal - Isabella

Tiwebemal (Inchelium-Girls) 19-13 won by fall over Karlyn Kocher (Cascade-Leavenworth-Girls) 4-3 (Fall 5:16)

- Cons. Round 1 - Karlyn Kocher (Cascade-Leavenworth-Girls) 4-3 won by fall over Stormy Conway (Davenport-Girls) 0-4 (Fall 1:32)
- Cons. Semi - Carli Pillow (Tonasket-Girls) 3-3 won by decision over Karlyn Kocher (Cascade -Leavenworth-Girls) 4-3 (Dec 1-0)
- 5th Place Match - Karlyn Kocher (Cascade -Leavenworth-Girls) 4-3 won by major decision over Patricia Guerrero (Wahluke -Girls) 10-12 (MD 8-0)
- Kocher is an alternate to state.

A big congrats January Motivated Mountain Lions January's focus was on Forgiveness.



Lily Renner-Singer
7th Grade

Lily does an amazing job of acknowledging areas she is working on growing and is willing to allow herself the space to work past difficulties. In addition, Lilly is always accepting of those around her and willing to work with anyone.



Savannah Watkins
6th Grade

Savannah has been working extremely hard in all her classes; however, she has really been showing success in her Science and Math classes. She has been completing more of her classwork and even joining her peers during group work, all of which are a huge success. WAY TO GO SAVANNAH!



Margot Getsinger
6th Grade

This month 6th grade staff decided to allow students to vote for the trait of forgiveness. 6th grade students voted for Margot as the forgiveness student of the month. Peers had this to say about Margot: "She forgives us very easily." "She is very nice and forgives." "When someone does something she forgives them." Great job Margot!

Mountain Lions Go Mountain STUDENTS Lions!



Please support our local school students by becoming a monthly Mountain Lion Sponsor.



CALL OR EMAIL CAROL FOR MORE DETAILS AT THE ECHO. 509-548-5286 OR CAROL@LEAVENWORTHECHO.COM

It's time to start watching for weight restrictions on county roads

Signs will be placed on impacted roadways

By JILL FITZSIMMONS,
Chelan County PIO

CHELAN COUNTY-It's that time of the year again when the warming temperatures bring temporary weight restrictions on county roads. Temporary weight restrictions are now on in the Entiat, Leavenworth, Cashmere and Chelan Road districts.

Seasonal snowmelt and runoff can soften roadways, potentially leading to costly damages. Temporary weight restrictions are put in place annually to protect the roadways from such damage. Only emergency vehicles, school buses or vehicles possessing a special permit issued by the County Engineer are exempt.

New this year, vehicles that have a gross weight of 34,000

pounds or less do not need a special permit.

We do ask these drivers to try their best to stay off road shoulders.

The seasonal weight restrictions apply to county roads; they do not impact load-rated bridges. Haulers will still need to verify if any of their proposed routes include a load-restricted bridge and then adhere to the specific restrictions of that structure. Read more about Chelan County's weight-restricted bridges on our County Bridges webpage.

How will you know if weight restrictions have been put in place on a county road?

- Temporary weight restriction signs will be placed on impacted county roadways.
- We update the public via our Public Works emails. Sign up online.
- We will post the information,

with frequent updates, on our Traffic Alerts and Restrictions webpage and our Facebook page.

The free permit must be handed in by 10 a.m. Monday through Thursday prior to the day that haulers will travel.

(If you must travel on a Monday, the permit must be received by Thursday prior.) When restrictions are in place, haulers are encouraged to send the permit application via email (public.works@co.chelan.wa.us) or fax (509-667-6250). Call the office (509-667-6415) if you have questions. And, as a side note, with snow season wrapping up, we will be getting back to our Weekly Road Maintenance Updates very soon.

An online map and an updated list of roads impacted by the temporary weight restrictions are on our Traffic Alerts and Restrictions webpage.

Frosty says ... Don't forget to renew your subscriptions this Winter!



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PHOTO BY BARBARA WASHBURN

Outgoing president (L) Briar Hoper stands on the stairs at the Nutcracker Museum with outgoing Treasurer, Diane Wells. Mrs. Wells has been a board member of the Nutcracker Museum since 2012. The Board gave her a plaque distinguishing her as Director Emeritus along with flowers for her years of service to the museum.

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 Decedent's death 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 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, Kratt & 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.

Public Notices

ADVERTISEMENT FOR BIDS CITY OF CASHMERE PROJECT NO. P2 – 1050 ZONE IMPROVEMENTS
 Notice is hereby given that the City of Cashmere will receive sealed bids for the following construction project. Bids will be received at City Hall 101 Woodring Street, Cashmere, Washington 98815, until 2:00 p.m. on Monday, March 6, 2023, for Project No. 2 – 1050 Zone Improvements. Bids will immediately be opened and publicly read.
 The project consists of an extension of 6-inch ductile iron water main from Phillips Place approximately 250 feet north on South Division Street. This will replace approximately 200 feet of existing 4-inch water main in South Division Street with new 6-inch water main. Project also includes reconnecting water service and replacing a hydrant. Some asphalt and sidewalk repair will be necessary.
 The project will also include construction of a PRV station on Olive Street north of Cascade Place. As described in the City's Comprehensive water plan, this is intended to improve reliability and add redundancy to the 1050 zone as it is currently served by a single 6-inch PRV.
 The Engineer's cost estimate is approximately \$220,000.00. Complete digital project bidding documents are available at www.questcdn.com. You may download the digital plan documents for \$35.00 by inputting Quest project #8396643 on the website's Project Search page. Please contact QuestCDN.com at 952-233-1632 or info@questcdn.com for assistance in free membership registration, downloading, and working with this digital project information. No paper plan sets will be provided.
 The City of Cashmere in accordance with Title VI of the Civil Rights Act of 1964, 78 Stat. 252, 42 USC 2000d to 2000d-4 and Title 49, Code of Federal Regulations, Department of Transportation, Subtitle A, Office of the Secretary, Part 21, Nondiscrimination in Federally-Assisted Programs of the Department of Transportation issued pursuant to such Act, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises as defined at 49 CFR Part 26 will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, national origin, or sex in consideration for an award.
 The City of Cashmere reserves the right to reject any or all bids and to waive minor irregularities or informalities and to further make award of the project to the lowest responsive, responsible bidder as it best serves the interest of the City. Proposals are to be submitted only on the form provided with the Contract Provisions. All Proposals must be accompanied by a certified check, cashier's check, money order, or bid bond payable to the City of Cashmere and in the amount of not less than 5% of the total bid amount.
 City of Cashmere
 Kay Jones City Clerk/Treasurer
 Published in the Cashmere Valley Record/ Leavenworth Echo on 2/15, and 2/22/2023. #5315

Public Notices

CITY OF CASHMERE NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN that the Cashmere City Council will hold a public hearing on Monday, March 13th at 6:00 PM at the Cashmere City Hall, 101 Woodring Street, Cashmere, Washington, on the petition Christ Center Church and Spears proposal for annexation into the incorporated city limits as Single Family zoning.
 If you are unable to attend in person, please call City Hall or access the agenda on the City's website for login information. Written comments can be sent to Tammy Miller, Director of Planning & Building at Tammy@cityofcashmere.org. Published in The Cashmere Valley Record/ Leavenworth Echo on February 22, 2023. #5326

Taking sulfa drugs, sulfates, and sulfites

One of my 40-something patients, Katie, called last week. She had been prescribed a new medicine, an inhaler, to help her breathe following severe pneumonia that put her in the hospital. I could hear her wheezing as she spoke, but she refused to consider using her inhaler.

"How could my doctor do this to me?" she wailed. "This medicine has SULFA in it! It says so right on the label. I'm DEATHLY allergic to sulfa. What was he thinking?"

Looking up the details about her new prescription, I realized what she was talking about.

"It's okay, Katie. The medicine in your inhaler will help you breathe better. You aren't in any danger because the medication is a sulf-ATE, not a sul-FA. They sound alike, but, thankfully, they're NOT the same thing."

"Your inhaler contains albuterol sulfate. That means that it contains a specific type of salt that also has a little bit of sulfur in it. The salt part is not an active part of the medicine; it's just how it's made. People severely allergic to sulfa drugs can take albuterol sulfate without any trouble.

I can't guarantee that you won't have a reaction to this medicine, Sara, but if you do, it will be the OTHER part of your medicine that'll be the trouble, not the salt part of it."

When someone reports they are allergic to sulfa, it usually means that they've had an allergic reaction to



an antibiotic containing sulfa. Sulfa-containing antibiotics are called sulfonamides because they contain a specific group of sulfur, oxygen, nitrogen, and hydrogen molecules. The shape of that grouping triggers the reaction, not the fact that it contains sulfur.

There are three general types of these sulfonamide compounds, each with a different chemical structure. Sulfa antibiotics make up one type of them.

People with a true allergy to sulfonamide antibiotics don't have to avoid the other 2 groups of sulfonamide compounds because cross-reactivity between the different groups is not very common.

People allergic to sulfonamide antibiotics are indeed more likely to experience allergic reactions to other types of sulfonamide medicines, but that's only because they also tend to react more often to different drugs and chemicals like in soaps and foods, not because of any direct cross-sensitivity or cross-reaction with the other sulfonamides.

Only about 3% of the general population has a true allergy to "sulfa drugs" or sulfonamide antibiotics. If you are one of them, you should avoid the antibiotic sulfamethoxazole. It's found in the combination of trimethoprim-sulfamethoxazole. Because it is awkward to pronounce and spell, trimethoprim-sulfamethoxazole is often referred to by the brand name Bactrim® or Septra®. It's also abbreviated as TMP-SMX or SMX-TMP.

People allergic to sulfonamide may notice a red, raised, and itchy rash. Sometimes this response turns into a severe, life-threatening reaction, attacking deep layers of their skin and other organs.

If you have experienced a severe or life-threatening reaction to a medication, you should let your doctor and pharmacist know. Those who experience a severe allergic reaction to one medicine are more likely to react to others.

Some people react poorly

to sulfites, which triggers trouble breathing in sensitive people. Sulfites are preservatives used in foods, wines, and some medicines like eye drops. Sulfites were once widely used on fruits and vegetables to combat bacteria but are now restricted. The Food and Drug Administration (FDA) requires any foods, wines, or medicines containing sulfites to be disclosed on the label.

Here are 4 Key Facts About Taking Sulfa Drugs, Sulfates, and Sulfites:

1. Sulfates and sulfites are different from sulfa drugs.

Being allergic to a sulfa antibiotic doesn't ensure you will react to sulfates or sulfites.

2. Sulfa antibiotics have several different names.

Trimethoprim sulfamethoxazole is the sulfa antibiotic most used in the United States, a name too long to say easily or fit onto a prescription label. Watch out for the words Bactrim®, Septra®, co-trimoxazole, and the abbreviations TMP-SMX or SMX-TMP.

3. If you develop a rash, call your doctor right away.

Sulfa antibiotics can trigger a rash that can turn into a life-threatening allergic reaction called Stevens-Johnson syndrome. Stevens-Johnson starts out as a full-body rash, can eventually cause your skin to peel completely off, and progress to organ failure and even death.

4. If you have asthma, avoid sulfite preservatives.

People with asthma are more likely to react to sulfites, preservatives commonly found in foods, wines, and some eye drops. The FDA requires foods or medicines preserved with sulfites to disclose that on their label, allowing you to avoid them.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her website TheMedicationInsider.com for tips on how to take your medicine safely. ©2023 Louise Achey

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



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CROSSWORD PUZZLE

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THEME: THE 1940s

ACROSS

- Decree
- *U.S./U.S.S.R.'s cold one
- Harry Potter's mark
- Syrup flavor
- ____ Khan
- Bird of prey's nest
- Lieu
- H+, e.g.
- Bashful or Happy
- *"1984" author George
- *Best-selling pop artist Bing
- Writer ____ Monk Kidd
- Genghis or Kubla
- Cranberry habitat
- Not nice
- Saddle holders
- *Boris Karloff's movie "The _____," pl.
- Actress Barrymore
- Asian goat antelope
- Supernatural life force
- Seethes
- South African antelope
- Cook from above
- Rotisserie part
- Not odd
- Italy in Italian
- What snob puts on
- .0000001 joule
- Sound of a dropped tome
- Beer acronym
- *____ Doctrine, U.S. foreign policy
- *"How Green Was My _____"
- Another word for nutria
- Ciao in the U.S.
- Trip guide
- Surveyor's maps
- Afflict
- Will alternative
- Additionally

DOWN

- Emergency acronym
- *1949 international org.
- Copycat
- Chicken feet
- Christian hymn (2 words)
- Graveside sound
- Gone by
- TV's Yellowstone, e.g.
- Uses a Singer
- Underwater hermit
- Ethereal
- Gridiron official, for short
- Apollo Creed's son
- City in northern England
- Old towel, e.g.
- Rollerskater's protector (2 words)
- *Disney's 1942 orphan
- Abstractionism using optical illusion
- Kind of salami
- Crafts' companion
- Network of nerves
- Treasure collection
- Dreamer?
- *Popular music style
- Ship canvas
- *1939-1945
- Parallel grooves
- Acid turns it red
- "Bingo!"
- Daryl Hannah's 1984 movie
- Open up
- In spite of the fact, arch.
- Church sound
- Swedish shag rugs
- Plotting
- Velum, pl.
- Zeal
- New Haven University
- IRS employee?
- Yang's opposite
- Canny



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The Washington Outdoors Report



PHOTO BY JOHN KRUSE

This outfitter offers both hunting and photo safaris in South Africa

Choosing the right guide or outfitter

BY JOHN KRUSE

A guided trip into the outdoors can be a wonderful experience. The vast majority of guides and outfitters are true professionals who do a great job but it's important to know exactly what you are getting into.

THE GUIDE:

It's sportsman's show season and you'll find all sorts of guides offering all sorts of trips at these shows. The nice thing about attending a sportsman's show is that you can literally compare trips between competing guides. Many look merely at the cost of the outing but cheaper is not always better. For example, a cheaper trip might mean you are on a large boat (commonly referred to as a party boat) with 12 or more fellow anglers where you are attended to by a Captain and a single deckhand. Not exactly personalized service and a select few anglers with a hot hand may well fill up the boat with a limit of fish before you reel in one or two yourself. On the other hand, two people on board a boat with a fishing

guide will by design get much better service and attention.

An important question to ask of any guide or outfitter is how many client trips they do a year. You will quickly find there is a sharp divide between part-time and full-time guides. There are a lot of guides out there who are essentially weekend warriors who have a different job during the work week. Generally speaking, any fishing guide who says they offer less than 90 trips a year is not a full-time guide. This doesn't mean they are not good guides, but the guide who spends 200+ days on the water is probably more dialed into what the fish are doing and how they are behaving on a daily basis.

Another important thing to consider is the personality of the guide or outfitter you are booking a trip with. Most guides don't yell at you if you lose a fish or miss a strike but there are a few out there known to do that. The vast majority of guides and outfitters are truly "people persons" who really cater to their clients and provide excellent customer service. In fact, some of the most enjoyable days I have had on the water or in the field have been with guides despite slow hunting or fishing.



PHOTO BY JOHN KRUSE

Coastwide Sports Fishing offers multi-day fishing trips out of Port Hardy, B.C.

YOUR EXPERIENCE AND FITNESS LEVEL:

A lot of people are intimidated about booking a trip with a guide, thinking they need to have a healthy body of experience before they do so. Don't think this way. Professional guides will tell you most of their clients have very little experience (especially as anglers) and they will also tell you they like that because unlike us experienced "know it alls" on the boat, inexperienced clients actually listen to their guide and do what they are told to do. This goes a long way towards explaining why the "new" anglers often end up with the biggest fish.

The same goes for outfitters offering horseback trips into the backcountry. Many of their riders have little to no experience riding and the horses used by professional outfitters tend to be gentle, predictable steeds that are not easily rattled.

Something else to consider, especially if you are booking a big game hunt, is your fitness level. Hunting can be hard work, requiring lots of hiking along ridges as well as up and down mountains. If your body is not up to the task, the

likelihood of you succeeding with your hunt is very poor. This is probably the number one complaint I have had from big game hunting guides when it comes to not being able to help them fill their clients tags for deer, elk, mountain goats, bear or bighorn sheep. A lack of stamina and physical fitness is not the fault of the guide, that's all on you so be honest with yourself before booking one of these trips and ask honest questions of your outfitter regarding this subject.

THE TIME OF YEAR:

Last but not least, the time of year matters too whether you are fishing, hunting or just booking a stay at a lodge. The shoulder seasons tend to be cheaper but the weather and the hunting or fishing can be variable. If you have the money, hold out for a trip during the height of the season but if you are more into the experience than potential success, a shoulder season trip might be a good investment for you!

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

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A proud history of clean energy leadership continues



COMMUNITY VOICES
Brad Hawkins

It has been exciting to read about the progress Douglas County PUD has been making toward its Wells Hydrogen Project and the possibilities of our region accessing federal funds under the Department of Energy's regional hydrogen hubs initiative. While some people in our state may just be beginning to hear about the potential benefits of renewable hydrogen, local utility officials and I have been proudly pushing the potential benefits of renewable hydrogen for several years.

Back in 2019, I partnered with Douglas County PUD to sponsor and pass my Senate Bill 5588 to authorize public utility districts to produce and sell renewable hydrogen. Back then, I had to educate myself and my colleagues on renewable hydrogen and how it could benefit us all. In short, hydrogen (H2) is a colorless and odorless gas that can be created from a process that uses electricity to separate hydrogen and oxygen molecules in water. I knew gaining a new "authority" for PUDs to produce and distribute hydrogen wasn't going to be easy.

I worked closely that year with Douglas County PUD because of their interest in using surplus hydropower to produce hydrogen. After months of hard work by everyone involved and lots of bipartisan support, Senate Bill 5588 eventually passed to allow for the production and sale of PUD "renewable hydrogen," which is defined as hydrogen

created from an emissions-free electricity source. The Governor signed the bill in April 2019. Fast forward a few years and following COVID delays, renewable hydrogen will soon be developed in Douglas County.

This new authority will provide our hydroelectric facilities with a new way to address an ever-increasing challenge. With the expansion of wind and solar generation across many western states, the Pacific Northwest's electric grid experiences periods of surplus power generation in the spring. During springtime snow melt, hydropower generation is abundant because of high flows in the Columbia River. Wind and solar generation are often strong in the spring as well.

Not generating power by spilling excess water through our dams can adversely impact fish and securing buyers for our hydropower when supply exceeds demand can be financially ineffective and challenging. Using surplus hydropower electricity (renewable hydropower) to produce "renewable hydrogen" is an exciting opportunity because it can be both environmentally and economically beneficial. If power demand is low but water flows are high, the PUD can produce hydrogen rather than just spilling the water and harming fish. Less water spilled means more financial value from the water itself. As owners of the PUDs, anything that benefits a PUD will ultimately help its customers, so it's a win-win.

Renewable hydrogen is a cleaner version than hydrogen produced in most parts of the world because hydropower is a non-emitting electricity source. Hydrogen can serve many purposes, but one of its uses is clean fuel for vehicles. Hydrogen-based vehicles, similar to plug-in electric,

produce zero greenhouse gas emissions. Plug-in electric vehicles, like Teslas, have a huge head start over hydrogen vehicles. It could be that hydrogen as vehicle fuel may be better suited for heavier-duty commercial vehicles, like utility rigs and semi-trucks, but it certainly could have a key role in our future zero-emissions transportation system.

In 2021, two years following the passage of my Senate Bill 5588 for PUD hydrogen, I sponsored and passed Senate Bill 5000 to extend sales tax incentives to hydrogen vehicles similar to our existing incentives for plug-in electric vehicles. That same session - continuing the partnership with Douglas PUD and other officials - I sponsored a transportation budget item to fund the state's first combo fast-charging electric vehicle and hydrogen fueling station. It will soon be located in East Wenatchee.

Creating clean fuel from our surplus hydropower and actually fueling vehicles locally will be quite exciting. If the state invests in hydrogen fueling stations at our ports, we'll be able to haul the world's best apples from Wenatchee to Seattle on zero-emissions hydrogen semi-trucks, refueling at the port in just five minutes before the return trip. If the west coast continues to build fueling stations along its interstates, we'll likely be able to travel across multiple states. If the Pacific Northwest ultimately becomes a "hydrogen hub," anything is possible.

Renewable hydrogen has certainly gained incredible interest - locally and nationally - in recent years. The Washington State Legislature is now pursuing clean hydrogen expansion in earnest. We don't want to brag, but it seems like, once again,

the utilities in North Central Washington are way ahead of the curve on clean energy. This is something to be proud of.

Brad Hawkins is the state senator for the 12th District. For more information, visit senatorbradhawkins.org.

Employees of the Year

CONTINUED FROM PAGE A1

raising his two daughters in his hometown. Teaching PE in Leavenworth brings great joy to him because of the variety of physical activities he can introduce to students in such a beautiful area. Micah can now be found coaching girls AAU basketball and cheering on the Kodiaks from the announcing booth and the stands. He loves this community and truly believes "Once a Kodiak, always a Kodiak!" Renée Moore, the Classified Employee of the Year, is a Paraeducator at Alpine Lakes Elementary School. Renée worked in Sultan School District from 2000-2018 and has been working in Cascade School District since. She is retiring at the end of this school year. Renée's goal has always been to provide support to all students. Watching students learn and grow makes her job rewarding. Renée brings strengths of dedication, creativity, and the ability to adapt to various situations to her role of paraeducator. Over her years in education, she has worked in a multitude of programs, including preschool, a classroom focused on students with autism, and resource room. Renée has been married to her husband for 35 years. They have two sons, one daughter-in-law, and a 5-year-old rescue dog Gracie who loves to hike, camp, and go for Jeep rides. Renée loves spending time with family and friends. Dr. Kenny Renner-Singer, Principal of Alpine Lakes Elementary School, says that "Renée Moore is one of the more skilled paraeducators in building relationships with students and staff. Her passion and love of the job is infectious."



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