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Popular COVID-19

treatment

program

returns

Free telehealth appointments expand access to oral antivirals

OLYMPIA – The Washington State Department of Health (DOH) has relaunched its popular free telehealth program to increase access to potentially life-saving medication to treat COVID-19. The program expands the federal government's Test to Treat initiative and gives people at risk of severe disease another way to quickly

DOH's telehealth program is an easy way to see if COVID-19 oral antivirals, such as Paxlovid, are right for you. Oral antivirals, which are

COVID-19 treatment pills taken by mouth, are available by prescription

only and must be started within five days of the first symptoms to be

effective. Telehealth allows patients to connect with a clinician without

having to go to a health care facility

in person. This reduces barriers

to access, especially in rural and underserved urban areas, and

allows patients to stay at home for

assessment and treatment, reducing

the potential spread of the disease.

"Equity, innovation, and engagement

are the cornerstone values that

have informed DOH throughout our

COVID-19 response," said Umair A. Shah, MD, MPH, Secretary of Health. "Ensuring that we continue

this important program that

connects communities with needed

therapeutics is an essential step in continuing our mission of reducing

unnecessary deaths from this

DOH's telehealth program:

Washington state.

Index (EDI) areas.

19 tests.

Between July 28 and Dec. 31, 2022,

• Served 6,329 patients from over 400 zip codes throughout

Provided over 4,200 prescriptions

to patients with positive COVID-

• Served over 975 patients that live

DOH encourages people who test

positive for COVID-19 to discuss

treatment options with their primary

health care provider. In situations

where this might not be possible, free

telehealth consultations can make it

easier to access treatments. People

who test positive for COVID-19,

including with a self-test, can consult

with a health care provider using a smartphone or computer with a high-speed internet connection. If

treatment is appropriate, they can receive a free prescription for oral antivirals for pick-up from over 1,000

pharmacies throughout the state

that has the medication available.

They can also choose to have the

medication delivered. Visit DOH's

new telehealth webpage to set up a

telehealth appointment or call the DOH COVID-19 call center at 1-800-

525-0127 if you have any questions.

If the information provided indicates

treatment may be appropriate, the

patient will be connected virtually with a health care provider for a consultation. Telehealth

appointments are currently available

every day from 8:00 a.m. to 8:00 p.m. PST in 240 languages via DOH's

collaboration partner Color Health.

"Restarting DOH's telehealth program ensures that patients at

high risk for severe disease have

equitable access to lifesaving COVID-19 treatments," said Tao Sheng

Kwan-Gett, MD, MPH, Chief Science

Officer. "This service is free for

in high Equitable Distribution

disease."

access treatment.

Students' art on display at the Leavenworth library



Ryder Hutchinson (2nd Grade) and Sage Chikkaraju (Kindergarten).



By NCW LIBRARIES

The Leavenworth Public Library is featuring a scientific art installation created by Cascade School District HOME LINK students.

The display features scientific, needle felted artwork representing biotic creatures found in the Wenatchee River Ecosystem. The student artists range in age from kindergarten to 8th grade.

This project provided an opportunity for students to pause and closely observe the details of the biotic creatures. Students are excited to share this art with the local community and raise awareness of the incredible organisms living in our local freshwater ecosystems.

One student, Second Grader Wiley Free, shared that he "learned about our watershed and the Wenatchee River, and that macroinvertebrates are important for the river."

"This felted picture of the biotic creatures in the Wenatchee River Ecosystem is one piece of a five month long, in-depth investigation in the Wenatchee River through our Outdoor Experiential Education Course," stated Daena Medina, a HOME LINK Instructor. The Leavenworth Public Library is excited to display this project through March 18. Visit the Leavenworth Library to see this amazing work of science and art. Visitors will have an opportunity to leave an encouraging note for the artists.

The Leavenworth Public Library is a branch of NCW Libraries. NCW Libraries' mission is to connect the people of North Central Washington with resources and opportunities that foster individual growth and strengthen communities. Learn more at www.ncwlibraries.org.



HOME LINK Art Display in the library

PHOTO SUBMITTED BY AMY MASSEY

DOH launches Influenza Vaccination Dashboard

First time state-provided data used to surveil flu vaccinations

SUBMITTED BY DOH

OLYMPIA – Washington State Department of Health's (DOH) new Influenza (Flu) Vaccinated Dashboard makes it easier to track flu vaccination rates across the state. This is the first time that state-provided data has been used to surveil flu vaccinations. The dashboard displays the number of flu vaccines administered in Washington facilities, as well as the percentage of Washingtonians who have received at least one flu vaccine. Dashboard users can also make vaccination rate comparisons between the current and previous flu seasons. The dashboard will be updated weekly between Sept. 1 and April 30.

Only data reported to the Washington State Immunization Information System are included on the dashboard. Although most providers and major health care systems in Washington report vaccinations to this system, not all do. As a result, actual flu vaccination coverage and doses administered may be higher than what is displayed on the dashboard.

Flu vaccination coverage has been trending lower over the last three years. Getting a flu vaccine is one of the best ways to prevent flu and flurelated complications, in addition to reducing disease transmission in the community. Everyone six months and older who is eligible to receive a flu vaccine should do so. The vaccine is widely available in provider offices, community clinics, and pharmacies. Flu vaccines can be administered at the same time as COVID-19 vaccines. Please visit vaccines.gov to find a flu vaccine provider closest to you.

The DOH website is your source for a healthy dose of information. Find us on Facebook and follow us on Twitter. Sign up for the DOH blog, Public $Health\ Connection.$

Rep. Keith Goehner appointed to State Building Code Council

By Keith Goehner

Rep. Keith Goehner, R-Dryden, 12 District has been appointed to the Washington State Building Code Council (SBCC) by House Speaker Laurie Jinkins. Goehner, who serves as the ranking Republican on the House Local Government Committee will represent the House Republican Caucus on the council.

on the Local "Working Government Committee and serving as a Chelan County Commissioner for sixteen years, I have seen firsthand the impact regulations and rulemaking by the council has had on housing and the rising costs," said Goehner. "The Legislature is working to address a lack of affordable housing, but some of the recommendations we see from state agencies and organizations go against what we

are trying to accomplish at the legislative level. I look forward to being part of the council and

sharing my perspective." The SBCC is a state agency that is tasked to provide independent analysis and objective advice to the Legislature and the Governor's Office on state building code issues. The council establishes the minimum building, mechanical, fire, plumbing and energy code requirements for Washington state by reviewing, developing, and

adopting the state building code. "As part of the council, I want to make sure decisions being made are cost-efficient options and not mandates driving up costs in an already difficult housing market. This can be done without compromising the safety of the consumer, builder, or developer," said Goehner.

Goehner also serves on

the Environment and Energy Committee and Transportation Committee in the state House of

Contact: www. Representative Keith Goehner.com



PHOTO SUBMITTED BY KURT HAMMOND, SPIO.

12th District Keith Goehner with committee members.

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Inside The ECHO this week

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Leavenworth, WA 98826 Phone: 509-548-5286

Community



Quick Trip

Last weekend Sonny decided to make the trip to get a stove to heat the building Grandpa is lending us where we are setting up shop. Sonny found a used stove like the one in the old shop at Goldendale for sale close to where Caren and Jake live. Jake found out we needed it, offered to buy it, pick it up and hang onto it for us until we could get down to get it. That was before the snow hit, almost two months

ago.

With the patch of good weather Sonny informed me he was heading down to get the stove. I couldn't miss the opportunity to visit with Caren so I went with him.

After our last trip to the populated side of the state and my inability to navigate using a phone screen's blue dot I decided to get myself a paper map to navigate. But with all the craziness of the winter storms I hadn't gotten to it. Fortunately for me Sonny decided to take the route with roads I am familiar with, so we

didn't need the blue dot.

Sonny and I showed up on Jake and Caren's doorstep with our two mutts and a cooler holding lasagna to spend the weekend. Five mutts howled from the other side of the door; the door opened; Caren stepped out grinning and welcomed us into her home with a hug.

Jake stood up from his chair as we entered. All smiles he gave Sonny a hug, a big old bear hug as the dogs milled around our feet. Our two mutts mingled with their mutts. Hackles went up, tails got tucked, their youngest dog ran

One of the biggest reasons I love visiting with Caren and Jake is that we can always take the dogs. Our dogs get along with their dogs. Back when I was growing up everyone had dogs and the dogs went everywhere with the families. The dogs got along just fine; kids got along just fine; the kids didn't bite the dogs and the dogs didn't bite the kids. Kids and dogs had good manners in the back-when.

(I'm not sure the significance

of that; maybe my memory is wearing rose colored glasses.)

I had a great time. Caren took me to a wonderful 'ladies' lunch then we went shopping for a paper map. Maps are spendy these days. Now I understand why Aunt Jeanine borrowed a phone book; xeroxed the map pages; drew herself a route with a red pen. It only cost her a few cents for the copy machine plus a little time. Her wallet didn't get much thinner and she had a file of 'routes' in her glove box. She found a method to deal with being directionally challenged and she even shared her method with me. Paper maps work!

Sonny and I spent a joyous weekend with Caren and Jake and their pack of mutts sharing food and company. Jake really liked the white sauce lasagna we brought. I made it using mushrooms instead of meat.

Cream of Mushroom Lasagna

- 2 10oz cans cream of
- mushroom soup, undiluted. 1/2 to 1 16oz pkg of lasagna noodles, cooked

- 1 16oz container of cottage cheese
- 1 lb. mozzarella cheese 8oz to 16oz fresh mushrooms sautéed (optional)

Assemble the lasagna by layering, in three layers, the ingredients starting with the cream of mushroom soup. One fourth of the soup on the bottom, one third each of the noodles, the cottage cheese, the mozzarella cheese and the mushrooms (if using them). Continue two more times for a total of three layers. Pop in a 375°F oven for 35 minutes to an hour until the center is hot and the top cheese is melted. Serve with garlic bread and/or green salad... or anything you like. Enjoy.

Note: Canned mushrooms can substitute for fresh ones. Meat can be added to the layers. Herb and spice can be added to the cream of mushroom soup. Homemade white sauce can be used instead of canned soup and any type of meat or veggie can be added along with or instead of mushrooms. Variations for the sauce are limited only by the imagination. Even without meat this recipe has protein because cheese + grain (noodles) = complementary protein.

About the author: In 2000 Michele Priddy left the work force to become a stay-athome 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 uou will eniou 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

Point in Time Count records decrease in homelessness for one-day event

Count also shows increase in number of people living in shelters, temporary housing

SUBMITTED BY JILL FITZSIMMONS

Chelan County PIO

The recent Point in Time Count showed the number people experiencing homelessness on the one-day event is slightly down from last year, a result the Chelan County Housing Program coordinator is attributing in part to efforts by local partners working with the unhoused.

On January 26, outreach teams surveyed 121 people experiencing homelessness in Chelan and Douglas counties. Of the 121 people interviewed or observed, 105 people were unsheltered, meaning they were living out of doors or in a vehicle or RV, an abandoned building, or a tent or other outdoor area not meant

counted last year.

"I am really proud of the work everyone involved in the event and its planning put in," said Sasha Sleiman, Chelan County Housing Program coordinator. "This year's count is truly a reflection of the dedication over the last year shown by the staff at all our local non-profits who work with the unhoused. They have developed relationships with people, they know where those folks spend their time and they have built trust with people experiencing homelessness over time. These relationships and building of trust are what allow us to get reliable information and data."

While the results of the event show a decrease in the number of people living unsheltered in the area, they also show an increase over last year in the number of people living in shelters or temporary housing.

Also recorded on Jan. 26 from 123 unsheltered people emergency shelters, including event include:

the city of Wenatchee's RV Safe Parks, transitional housing programs or in a hotel through an emergency hotel/motel voucher program. This is an increase of 91 people, or a total of 275 in 2022. Shelter data is obtained through the statewide database programs used to track client information, not from the surveys conducted during the PIT outreach and

In addition, the Chelan County Regional Justice Center reported 36 people -30 men and six women - in jail at the time of the count who would, if released that day, describe themselves as homeless. Similarly, the Center for Alcohol and Drug Treatment in Wenatchee reported five people who were in its inpatient treatment program the night of the PIT Count but, if exited from treatment, would be unhoused in Chelan or Douglas counties.

More details of the for habitation. This is down were 368 people staying in information gathered at the

- Of the 105 people counted as unsheltered, they reported
- 44 adults and 2 minors live out of doors (street, tent, aban-
- doned building, park, etc.) 39 adults and 1 minor live in a vehicle (not in a city Safe Park)
- 19 adults refused to say where they slept
- The locations where the 105 unsheltered people indicated they were sleeping on the night of the PIT count were:
 - Wenatchee: 46 (44 adults and 2 minors) East Wenatchee: 15
- Chelan: 15 (14 adults and 1 minor)
- Leavenworth: 4 Cashmere: 1
- Unincorporated Chelan Co:
- Unincorporated Douglas Co: 8
- Refused to answer: 1



PHOTO BY SCOTT JOHNSON/WENATCHEE RESCUE MISSION

Outreach teams surveyed Chelan and Douglas counties on January 26, interviewing or observing people living in unsheltered situations, including tents or outdoor areas not meant for habitation. The photo was taken during the Point in Time event of such an area in Malaga.

Frosty says There's something for everyone in the local newspaper Don't forget Event notices Local school news •Public & legal Local sports to renew Outdoor activities Local arts & Health tips •Online Access for all newspapers subscriptions Wenatchee Business Journal erving the North Central Washington Busi Community for over 40 years **Business News - BNCW News** - Keeping Up With People Winter! **Top Properties - Business Opinions**

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



Trinity Poston 8th Grade

For the trait of Forgiveness, the 8th grade team would like to acknowledge Trinity Poston. Trinity comes to school every day with a winning attitude, regardless of the circumstances. She has an incredible ability to set aside frustrations and focus on the task at hand. Trinity is exceptionally kind to her peers and recognizes that everyone deserves a second chance. She is willing to start each day fresh with her peers, her teachers and herself. Thank you, Trinity!



Tristan Sharpe 8th Grade

You might be one of the happiest kids at IRMS. As a staff here we can always count on you to have a smile on your face, tons of enthusiasm, and a willingness to be an open and honest classmate to your peers. No matter what might be going on for you during the school day, you never hold on to negativity and don't seem to let anything get you down. Keep being a positive force to be reckoned with



7th Grade

Leo demonstrates forgiveness by acknowledging when he's affected by others actions and is quick to forgive and let go. In addition, Leo is willing to reach out when he needs to fix his own mistakes and prioritizes getting the help he needs to succeed.

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



Local, Regional Community News & **Events**

Any non-profit 501(c)-(3) group, person(s).

% Must provide: full name, city, phone number.

f s Items pertaining to local events that are free or minimum charge.

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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

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Letters policy

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

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 &

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.leaveworthmasons.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.). **Fhe 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.

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.)



(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

Presentation of the 2023 Royal Lady

The Gala will be held on March 7 at 6 p.m., in the Enzian Inn Continental Room. Hearty hors d'oeuvres will be served during the opening social hour followed by a short program celebrating the year of 2022 Royal Lady Sharon Waters. The evening will culminate with dessert and the announcement of the 2023 Royal Lady of the Autumn Leaves. Tickets are \$45/person or \$80/2 people. Seats are limited. RSVPs can be made to autumnleaffestival@outlook. com or by phone at (509)860-

Leavenworth Library events

Join us for stories, songs, and more at the Leavenworth Library. Fridays from 10:15 to 10:45 a.m. for Baby Lap time with Librarian Amy. Fridays from 11 a.m. to Noon for Preschool Storytimes with Librarian Gracie. Community Storytimes in the Fireside Room. Fridays at 3:15 - 4, sit back and enjoy being read chapters of some of our

classic favorites. All ages welcome.

Online games: Sign up on the NCW Libraries event calendar for online Dungeons & Dragons & Libraries on Saturday, February 18, 2:30-5:30. 13+, beginners welcome, previous experience needed to enjoy a fun game of D&D. Call 509-548-7923 or see www.NCWLibraries.org

Regional

Upper Valley Scholarship for Women Returning to **Higher Education**

Applications are now being accepted for the Upper Valley Scholarship supported by P.E.O. Chapter JF, Leavenworth WA. The purpose of the scholarship is to assist women in need of financial help in returning to higher education at an accredited university, college, or technical school in the State of Washington. This needs-based scholarship must be used for school expenses and will be paid directly to the school. Applications must be received for consideration by April 30, 2023. Scholarship

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funds will be available by the Fall of 2023 and be sent directly to the school financial department upon confirmation enrollment. Women applicants must be seeking further higher education at either the undergraduate or graduate level and meet the following criteria: Applicant must be age 30 or above and reside in Chelan or Douglas County, WA. Applicants must be currently enrolled in or returning to a higher education program after a two-year or more absence. The colleges, universities, or technical schools where applicants have been accepted must be fully accredited and within the State of Washington, however, out-of-state on-line accredited schools, are acceptable. Applicants may re-submit applications each year until they complete their programs of study.

Women interested in applying for the scholarship may receive more detailed information concerning the application process, as well as request the application forms by sending an email to the Scholarship Committee at the following address: peoleavenworth@nwi.net

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

COVID-19 program

CONTINUED FROM PAGE A1

everyone so that even those without insurance can access antiviral medications. Offering free telehealth consultations in multiple languages also increases access for non-English speakers."

DOH will reassess the program in June to determine if it should continue in light of future needs. The DOH website is your source for a healthy dose of information. Find us on Facebook and follow us on Twitter. Sign up for the DOH blog, Public Health Connection.

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. 4

02:10 Prowler, 505 US Hwy. 2,

Icicle Village Resort 09:14 Agency Assist, 22515 Chiwawa River Rd., Lake Wenatchee

09:44 Hazard, Camp 12 Rd. and Colt Rd., Lake Wenatchee

12:09 Theft, 116 River Bend Dr., Safeway 15:11 Animal Problem, 14th,

and Commercial Streets 15:14 Unknown-injury Accident, 8210 US Hwy. 2 18:54 911-call, 590 US Hwy. 2,

Enzian Motor Inn 20:29 Property, 935 Front St., Icicle Brewing

01:11 Animal Problem, 9th, and Commercial Streets 07:32 911-call, 590 US Hwy. 2, Enzian Motor Inn 10:11 Civil Dispute, 10769 Lone Pine Dr., Peshastin

13:54 Harassment/ Threat,

Feb. 5

AA Meetings:

8360 Jefferies St., Peshastin

18:23 Hazard, Chumstick Hwy. 20:21 Property, 694 US Hwy. 2

parking area

22:39 Welfare Check, US Hwy. 2, and E. Leavenworth Rd. 22:52 Trespassing, 10791 US Hwy. 2, Pehsastin

Feb. 6

01:54 Alarm, 20643 Miracle Mile, Lake Wenatchee 09:56 Welfare Check, 200 Ward Strasse

12:18 Trespassing, 11777 US Hwy. 2, Bavarian Vet 15:41 Civil Dispute, 10769 Lone Pine Dr Peshastin 16:37 Civil Dispute, 18265

W. Dardanelles Rd., Lake Wenatchee 17:06 Disturbance, 100 Ward Strasse

18:21 Agency Assist, 34 Sylvester Meadows Ln. 18:45 Welfare Check, 10691 Chumstick Hwy.

Feb. 7

■ MEETING SCHEDULES FOR AA,

ALANON, CELEBRATE RECOVERY

Call for the Zoom link to Leavenworth AA meetings: 541-480-8946

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.

Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at

God's grace for all of life's hurts, habits and hang-ups. For more

information: CelebrateRecoveryLCN@qmail.com or 509-596-1510.

Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience

Monday, 7 p.m., United Methodist Church, 418 Evans St.

Alanon Meetings, call 509-548-7939

Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939

06:32 Public Assist, 932 Front

St., Starbucks

10:19 Property, 940 US Hwy. 2 12:10 Juvenile Problem, 10001 School St., Peshastin 12:28 Agency Assist, 143 Amas

Pl., Peshastin 12:54 Parking/ Abandoned Vehicle, 3412 Ingalls Ln., Peshastin

13:32 Graffiti, 305 US Hwy. 2, Berkshire Hathaway 15:16 Welfare Check, 10769 Lone Pine Dr., Peshastin

City of Leavenworth 18:56 Property, 520 Pine St. 19:35 Hazard, Chumstick Hwy. and Eagle Creek Rd.

18:21 Property, 700 US Hwy. 2,

Feb. 8 07:34 Civil Dispute, 10666

Chumstick Hwy. 08:00 Scam, 336 Birch St. 08:38 Mass Casualty, US Hwy. 2 MP 99

11:23 Civil Dispute, 3676 Allen Ln., Peshastin 11:54 Search Warrant, 110 Icicle

Rd. 13:16 Littering, Eagle Creek

Trailhead 14:21 Civil Dispute, 10769 Lone Pine Dr., Peshastin

15:46 Trespassing, 16020 River Rd., Plain 18:36 Non-injury Accident, Chumstick Hwy. MP 1

18:37 Public Assist, 12413 Chumstick Hwy. 20:51 Unknown-injury Accident, Chumstick Hwy. MP 1

Feb. 9

08:45 Civil Dispute, 2467 Salal Dr., Lake Wenatchee 09:33 Civil Dispute, 10989 Wending Ln., Lake

Wenatchee 13:19 Property, 100 Ward

Strasse 13:56 Scam, 162 W. Benton St. 15:23 911-call, 505 US Hwy. 2, Icicle Village Resort

18:53 Traffic Offense, 10461 Stemm Rd., Smallwoods

20:00 Trespassing, 11645 North Rd., Amtrak Icicle Station

OBITUARY

Rennett Brulotte

December 13, 1944 -**January 13, 2023**

Bennett Guy Brulotte was born on December 13, 1944 in Yakima, Washington, and died January 13, 2023, in Leavenworth, in the loving and supportive presence of his family and his wife Tracy. He was the first born of Oliver John and Doris Ida Brulotte and the older brother to his sister Charlene and brother Arnold.

Ben received his early education in Grandview and then Moxee, Washington. His dad, Oliver, died in a farming accident when Ben was only seven. At that young age, Ben felt the responsibility for his younger siblings. He graduated from Marquette Catholic High School in Yakima in1963 and received his bachelor's degree in Industrial Relations from Saint Martin's University in 1968.

He was united in marriage to Tracy Alexander on October 19, 1968. In 2018 they celebrated their Golden Anniversary with their children and grandchildren at a place of special meaning, Kauai, Hawaii. They recently celebrated 54 years of marriage. In June 1968, Ben was

enlisted into the Army as a PV1,

followed by marriage, and

then attended Officer Cadet School. He was deployed to Vietnam where he served in Delta 1/12 1st Cavalry. He became ill with malaria, recovered, and then continued his tour of duty. Ben was honorably discharged in the Spring of 1970, returning home to his first child, Renee, born while he was in Vietnam. He was awarded military honors including the Vietnam Gallantry Cross with Palm and the Bronze

Upon returning, Ben began his life's work of raising a family and cultivating the family hop farm that was given to him and his brother by his mother, Doris Ida Brulotte. He and his brother partnered and expanded operations of their farm. They

Star. He valued Freedom close

to his heart and held steadfast

loyalty and gratitude for those

with whom he served.

focused on growing hops, juice grapes, sweet cherries and apples. Ben was energized by the work of farming; connecting to plants and seeing them grow. He was a pioneer in supplying new hop and apple varieties to market, and he made a commitment to organic farming as the future. He developed innovative techniques, including implementing the new V-shape apple trellis. He thrived on new opportunities and challenges. Importantly, he treated all employees with kindness and dignity. His generous heart connected to others' needs.

Ben's sister, Charlene Seymour, passed away in 1988, leaving three children. Ben and Tracy, his Mother Doris, his brother Arnold and spouse welcomed the children into their families.

Ben and Tracy retired to Leavenworth, where they enjoyed working with Leavenworth shops to install and cultivate flower plantings from Spring through Oktoberfest. They cared for Ben's mom, Doris until her death. You would often see them hiking, swimming in the city pool and riding bikes around Leavenworth. Ben was preceded in death by his son Paul Brulotte, brother Arnold, sister Charlene, and nephews Joel Seymour and Aaron Seymour. He was very fond of his mother in-law, Mary Alexander, of Frenchtown Montana who passed in March

Surviving Ben are his wife Tracy; his daughter Renee Rodriguez (Mark) of Anacortes, and two sons, Oliver (Pam) Brulotte, and Samuel Brulotte of Leavenworth; six grandchildren, Alex Rodriguez (Olivia), David Rodriguez, Evan Rodriguez, Gabrielle Brulotte, Joshua Brulotte, and Elise Brulotte. Also, his nieces Holly Seymour, Katie Parkinson, Jennifer Rathe and Emily Brulotte, Aunt Jeanette Evans, and numerous incredible friends, cousins, nieces, nephews and in-laws of the extended Alexander, Brulotte, Charron, Desmarais, and Perry families.



Ben was a wonderful son, brother, husband, father, grandfather, and uncle. He was generous and committed to his family. He always created time for playing "rat" basketball and for the annual family camping trip (over 35 years) at White River Campground at Mount Rainier. In 1990 he summited Mt. Rainier with Tracv. his children and friends. Ben was interested in the mysteries of life and enjoyed fun and lively discussions. In later years, he nurtured interests inherent to his mind, especially Botany, Astronomy, and Quantum Theory. He was able to experience profound affinity for the essential nature of the integral cosmos. He pinned a picture of the Hubble Deep Field Survey next to his Airdyne stationary bike and contemplated our Universe as he rode his 5 miles. Ben communicated with a unique humor and perspective. He also looked forward to walking the River, live music, good food, the mountains and enjoying the smaller things in life. The family is respecting Ben's request of no formal public service and will be honoring his memory privately.

Rather than gifts, assist someone with kindness and your smile. Please consider memorial donations to the following organizations:

- · Community Foundation of North Central Washington -(cfncw.org)
- Central Washington Hospital Home Care / Hospice Services (confluencehealth. org)
- · UNICEF (unicef.org)

OBITUARY

Richard H. 'Dick' Siegert

April 19, 1941 -January 29, 2023

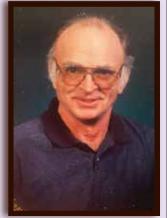
Richard Herman 'Dick' Siegert passed away at his home in Leavenworth, Wash., on Sunday, January 29, 2023.

The son of Wilmer and Myrtle Siegert, Dick was born in Spokane, Wash, and raised in Garden Springs, a Spokane suburb, on a homestead settled by his grandfather, Herman Siegert. He was an active Eagle Scout and a member of the Order of the Arrow.

Dick graduated from Spokane's Lewis and Clark High School in 1959, then attended the University of Washington where he studied architecture and engineering and was a member of the Sigma Phi Epsilon fraternity.

He worked with the Boeing Company Aerospace Division for a number of years before moving on to the University of Wyoming Atmospheric Research & Weather Modification program, and then to the City of Moses Lake engineering department. While living and working in Moses Lake, Wash., he met Bill W., and, along with his future wife, Sandy Newhouse and four others, co-founded the Alano Club there. Dick and Sandy continued to work the AA program with Dick receiving his 45-year sobriety coin in May of 2022.

Together, they moved to Leavenworth, where they married in the downtown gazebo in 1982, and Dick became the proud stepdad to Sandy's three children. They purchased the historic Larson property, remodeled and expanded it. They owned and operated a downtown business for 22 years and were active members of the community. For many years, Dick took on the role of Scrooge (alongside Sandy's portrayal of Mrs. Claus) during Leavenworth's nowfamous Christmas Lighting Festival. Dick's artistic woodworking talent still can be found in signs, building amenities, and structures he designed throughout the area. He was a recent enthusiastic inductee into the Leavenworth Lions Club. He is survived by sister Eleanor Siegert (Richard) Allen, Palmer, Alaska; his and Sandy's children, Bart Flanagan, Leavenworth; Kerry (Alan) Ward, Montgomery, Texas; Jim (Evelyn) Newhouse,



Anchorage, Alaska; and Tyson (Jamie) Siegert, Snohomish, Wash.; eight grandchildren - Otto Erik and Siegert, Greta Erin Snohomish; Jack, Anika, Brynn, Kira, and Tristen Newhouse, Anchorage; Nicole (Lane) Klein, Everett, Wash.; one greatgranddaughter, Dusty Rae Klein; two cousins, two nieces and two nephews. He was preceded in death by his wife of 38 years, Sandy Siegert; son, Erik Siegert; infant son, Kip Karl Siegert; and his parents. There will be no service at this time. The family requests that any donations in Dick's honor be made to the Leavenworth Lions Club, c/o P.O. Box 113, Leavenworth, Wash., 98826.



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

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 A novel by local writer William E. Forhan.

of forgiveness

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

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

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

New to our area? On vacation? PPER VALLEY CHURCH GUIDE 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

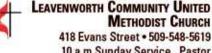
> MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 509-782-2616 Worship Service, 10 a.m., Sunday School, 9 a.m. Pastor Mike Moore www.midvalley baptist.org

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





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

Community THE LEAVENWORTH ECHO • FEBRUARY 15, 2023

The Grammys: A **Satanic Snooze-fest**



A WALK WITH **PASTOR**

John Smith

Does anybody watch the Grammys anymore? For some time now, the Grammys have suffered lackluster viewership. People are no longer interested in award shows, and the average American certainly doesn't appreciate being lectured by celebrities about how bad our society is when those same celebrities contribute to our decline. But, seriously, how incredulous, and hypocritical is it when you have a musician decry against women being objectified when their hit single was about doing just that-treating women as

To stir media attention, the Grammys are always trying to outdo the snooze-fest from previous years by being provocative and salacious. Whether it is staged wardrobe malfunctions or red-carpet drama, there is an incessant need for more spectacle. This vear, what media outlets tout as "epic" was the performance of the song "Unholy" by Sam Smith and Kim Petras, where they both dress up in devil costumes, evoke Satanism, and generally act gross and

The demonic imagery and treating this performance as a worship service to Satan should disturb us, but it shouldn't surprise us. For decades, the entertainment industry has been influenced by the demonic and wielded as a tool to shape culture. What happened at this year's Grammys was just another example of an industry glorying in their depravity and unrestrained rebellion against God's Law. And it is all rather banal and underwhelming.

However, the Satanic is like that. It only has one schtick, done over and over ad nauseam. It is never creative. It attempts to be provocative vet comes across as pretentious and infantile. Sam Smith and Kim Petras's performance was more silly than Satanic.

Please don't misunderstand me that we do not take the Satanic seriously as Christians. The Apostle Paul reminds us within Scripture that there are cosmic powers over this present. darkness and evil forces at

work in the world today (Eph. 6:12). The Apostle Peter speaks of Satan in 1 Peter 5:8 as "a roaring lion, seeking whom he may devour." So, Satan is real, and the demonic influence is pervasive within our world to the ruin of many lives. Yet, as disturbing as it is to see performers parading on stage in devil costumes, gyrating to terribly produced music, and singing lyrics taken from a smut magazine, we must remember that it is all for not. The cross and resurrection of Jesus Christ have defeated Satan and his legion of followers. When the entertainment industry gleefully sides with the Devil, they put their stock in a lost cause and move one step toward their greatest fear: Irrelevance.

Moving forward, it is important to keep things in perspective and not get unsettled by what happens in pop culture. After all, heathens are going to heathe, and a lost world is going to act lost. Instead, we must be driven to prayer and encouraged by the reality that we serve a Christ who smites "the lawless one" with a breath of his mouth (2 Thess. 2:8).

Admittedly, I am no fan of modern-day pop music. I did not even know who Sam Smith was before writing this piece, and as far as naming five songs that are popular nowadays, I couldn't tell you. But, on the other hand, my taste in music is much older and much more cultured than the synthesized, auto-tuned commercialized drivel they have out now.

One of my favorite songs was written in the 16th century by Martin Luther titled, "A Mighty Fortress is Our God" and contains a lyric that we would do well to remember,

The prince of darkness grim, We tremble not for him; His rage we can endure, For lo! His doom is sure; One little word shall fell him!

The Grammys will always be an underwhelming spectacle, and Satan an uncreative and defeated foe. Those who seek to evoke his name, promote his agenda, and revel in evil will lose in the end. All attempts look silly and clownish because Christ has already triumphed and won over Satan and the forces of evil. What a mighty fortress in Christ we have!

Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at pastorjohnsmithebc@gmail.com.





LEAVENWORTH ROTARY NEWS



December

STUDENT OF THE MONTH Vanessa West



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.





I LETTERS TO THE EDITOR

Dear Editor,

Many people are unaware of the Chelan County Law library located on the 5th floor of the courthouse. I would like to see if relocated to the 1st floor of the Wenatchee Library, making it more accessible to the public with legal needs and legal questions.

Also it would serve the tax paying public well to have it staffed with a part-time paralegal, not to give opinions or legal advice but to help direct people with legal needs to understand the laws and their rights. The public would not have to empty their pockets (security check) to enter this library. The 5th floor Law Library isn't just for Law Enforcement.

Joe Bissonnette, Cashmere

Washington Legislature continues its focus on housing



COMMUNITY VOICES

Brad Hawkins

Access to affordable housing continues to be a challenge in the 12th District and throughout Washington state, impacting families and employers. The needs for housing are different in different regions. Some areas of our state struggle with major homelessness issues. This is most apparent in the metropolitan region in western Washington, including the Seattle area, although all communities struggle with homelessness at some level. In the 12th District, our challenges vary based on the vast geographic size. We're the only legislative district that crosses over the Cascade Mountains. Some of the needs in the western portion of the 12th District differ from the needs of the east. However, one of the commonalities across the district involves workforce housing.

Some areas of our district have seen home prices triple over the past several years, including communities like Leavenworth and Chelan. Rapidly increasing housing prices are a significant challenge, creating ripple effects in many regions as stable housing is fundamental successful communities, and families. When it comes to state policies, Washington has a number of programs focused on homelessness and lowincome housing, some of which have been only marginally

successful. Fewer programs exist for improving access to housing for low-to-middle range income earners.

"Workforce" struggling to find affordable homes

Due to the service nature of much of the economy in Central washington – including many health care, agricultural, education, and hospitality workers – people who earn 60 percent to 120 percent of the area's average income struggle to live in the communities where they work. This leads to a variety of other issues, including longer commutes, traffic congestion, and qualityof-life impacts. To compound matters, we live in a beautiful district with year-round recreation. The frequent purchases of second homes especially in Leavenworth and Chelan – along with the COVID trend of converting second homes to primary homes across the district has greatly increased housing prices, pushing out essential workers. With every passing month, some of our tourism-based communities are gradually losing their sense of community due to high-cost housing.

Thanks for supporting my Senate Bill 5868 last session

I'm grateful to local leaders who stepped up alongside me last legislative session to enact a bipartisan solution to improve workforce housing options. With their help, we successfully passed my Senate Bill 5868 to provide counties with more flexibility to utilize an existing tax stream (known as the ".09 dollars") for housing infrastructure.

This bill didn't authorize a new tax but broadened the permissible uses of an existing revenue source, providing county commissioners more options. Just weeks after the bill was signed by the governor and enacted into law, Chelan County commissioners awarded over \$823,000 in local grants, through their Cascade Public Infrastructure Fund, to housing authorities throughout Chelan County. This action is perhaps the first step among many the commissioners will advance under this new

authority. Passing any bill through the Legislature is a difficult process. Less than 10 percent of the bills introduced each session become law, and housing proposals have struggled more than most, but we successfully passed ours on the first attempt. I'd like to thank Chelan County Commissioner Kevin Overbay, Leavenworth Mayor Carl Florea, and all Senate Bill 5868 stakeholders for their active participation throughout an intense legislative process. It is gratifying to see the combination of everyone's hard work result in tangible benefits distributed to worthy organizations that will leverage these funds for greater good. We can be proud of what we accomplished together.

Governor Inslee's housing proposal

Governor Jay Inslee has proposed issuing \$4 billion in housing bonds to be invested over the next six years. Much of his proposal increases programs aimed at improving housing options, including expansion of the Housing Trust Fund. Since the Washington State Constitution limits special indebtedness (Article VIII, Section 3) and the governor's proposal would exceed the state's debt limit, any law eventually approved by the Legislature would need to advance to the people for a statewide vote. While I want to stay open-minded about all issues before me, my initial reaction on this proposal is quite mixed. I certainly acknowledge the need to increase housing supplies throughout our state but believe the programs already implemented for homelessness have largely been expensive and unsuccessful.

It is disappointing to me that our state has allowed housing and homelessness challenges to continue to progress all the while having revenue surpluses for the past decade. Even this session - when additional revenue is still anticipated - the proposal suggests that we need to greatly expand state debt to produce meaningful housing results. Further, discussions about the proposal have not focused on other regulatory policies - many approved in recent years - that are contributing to the increased costs of homebuilding and home ownership. If lawmakers are going to ask voters to make a huge investment in housing, the state must ensure that revenues are shared in all regions with plenty of local flexibility for housing investments. We must also make sure to reform the burdensome regulations and land use policies driving up our housing costs.

Brad Hawkins is our 12th District state senator representing North Central Washington in Olympia. Contact info: 360-786-7622 or brad.hawkins@leg.wa.gov.

Chelan Board of Commissioners adopts 12 zoning related ordinances



Justin Pardini

The Chelan County Board of Commissioners met for a public hearing on January 31 and continued on February 7 to further discuss zoning and proposed Urban Growth Area

Amendments. The proposed Leavenworth Urban Growth Area Amendments contained 14 ordinances that were meant to regulate land use in Leavenworth. 12 ordinances were adopted, however, two of the items on the docket were not passed. These ordinances (1650 and 1651) mostly related to the rezoning of Urban Growth Areas RL10 and RL12 which would be downsized to the R8 district to create smaller parking lots.

According to the Comprehensive Amendment Plan Staff Report, the R8 district "permits single family residences, duplexes, and accessory dwelling units, with a minimum lot size of 8,000 square feet" (Comprehensive Plan). This leaves residents near Skill Hill Drives slightly relieved, as the news relates to creating unwanted lots and rezoning portions of the land. Another important ordinance (1654) was adopted to establish the Affordable Housing Incentive Program which sought out to encourage

is affordable for workers of the service industry and those with low or moderate incomes. They are seeking to incentivize development with regulations that "are modified pertaining to density, lot coverage, front yard setbacks, alley access, parking, and design standards" (Comprehensive Plan). Ultimately, this hearing allowed for the Commissioners to agree upon changes for zoning and housing issues that will affect the town in a multitude of ways.



Three injured and 2 die on Highway 2 accident

Washington State Patrol Report

NCW Media staff

On February 8, at 8:40 a.m. vehicle one was Eastbound on State Route 2 and vehicle 2 was Westbound on State Route 2 when vehicle one lost control

and crossed the centerline and rotated counterclockwise. Vehicle one struck vehicle 2. Both vehicles came to rest blocking westbound State Route 2. Both vehicles were totaled. The cause of incident was considered speed too fast for road conditions. Vehicle

one was driven by a 55-yearold female from Delta, BC she was injured and transported to Central Washington Hospital. Her passengers, one male, age 79 and one female, 75 both from Chilliwack, BC, died at the scene. Vehicle 2, male driver, Roy (Mike) Worden,

68 years of Leavenworth and his passenger, Lori Worden, female, 67 years were also transported to Central Washington Hospital. Mike Worden is a current Cascade School Board member and President of the Leavenworth



1-800-927-9275.

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

PUBLISHER'S NOTICE All real estate advertis-ing in this newspaper is subject to the Fair Housing Act, which which makes it illegal to advertise "any preference, limitation or discrimina-tion 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 advertis-ing for real estate that is in violation of the law. To complain of discrimi-nation call HUD at 1-800-669-9777. The number for hearing impaired is

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Administrative

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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@leavenworth echo.com

Lake Chelan Mirror 509-682-2213

Quad City Herald 509-689-2507 or email mirrorads@lakechelan mirror.com

Deadline Noon on Friday for the next week's papers

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@leavenworth echo.com

Reverse Mortgage

REVERSE MORTGAGE A Better Way to Live



Carlos Mata NMLS #70770 Reverse Mortagae Specialist 509.662.5495 cmata@mutualmortgage.com

710 N. Miller St. Wenatchee, WA 98801

Employment

Help Wanted

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@leavenworth echo.com

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

Help Wanted

NCW Media Newspapers

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@leavenworth echo.com or call for an appointment to interview

509-548-5286. 10-5 p.m. weekdays. EOE

Manson Parks is in search of a **Campground Host at Wapato Lake** Campground!

Position runs from April 1 through September 30. Applicants must have their own RV, strong work ethic, outstanding attitude, ability to work with minimal supervision, and ability to perform both maintenance and office duties. Excellent customer service skills required. Couples welcome to apply. Pay is \$15.74 per hour; includes use of camp site, water and sewer hookups, internet, power, and garbage service. Please see job description at

Manson Parks is looking to fill our seasonal Park Aide

position.

Pay is \$17.13/ hour

www.mansonparks.com.

Applicants must be able to work weekends. Duties include cleaning restrooms, emptying trash cans, and helping to keep our parks looking their best. Must have current WA Driver License free of major infractions and be able to pass a background check. For more details, please visit

www.mansonparks.com.



Windermere

Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley?

Give us a call today!

Robyn Bodaila - 617-462-3402 Momi Palmieri - 509-433-2211 Geordie Romer - 509-679-8958 Allyson Romer - 509-630-9898

See all available properties at windermereleavenworth.com

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 computers, and programs like email and time/ record keeping. Display strong leadership skills. Valid Pesticide Drivers and benefits license. Full offered. Call for more information at 509-697-9175 ask for Zenaida or email resume

employment @monsonfruit.com. A full JD available upon request.

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@leavenworth echo.com Deadline: Noon on

Friday for all papers.



Upgrading your 'ride'? we can help you sell your old one

 Place your ad 24/7 at ncwmarket.com · Email: classifieds@

leavenworthecho.com

• Call 509-548-5286

Garage & Yard Sale

CLEAR SOME SPACE WITH A



Fill your pockets with CASH \$\$ Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? **Deadline Friday at** Noon for all papers

Lake Chelan Mirror **Quad City Herald** Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price!

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

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 CREDITORS (RCW 11.40.030) 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 Representative Personal 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 nonprobate assets.

DATE OF FIRST PUBLICATION: Personal 2023. February 15, Representative: Linda D. Omlin: Attorneys for Personal Representative: Dexter, WSBA#58486: Address 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 JEFICES By: <u>Kera Dexter</u> 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



Have you thought about NCWMarket.com the best online promotion available

Place your Help Wanted and find the best qualified local employee



 Place your ad 24/7 at ncwmarket.com • Email: classifieds@ leavenworthecho.com

Call 509-548-5286

run it 'till it sei

Housing sales are HOT! Is your home getting the attention it needs!

Advertise your property on NCWMarket.com for one low fee! \$100 fee includes:

- Up to 5 photos of your home & property
- Video Unlimited description
- Google Map to your location (you can opt out)

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for

12 months or until you cancel it Privacy Link (interested buyers contact you through the site protecting your identity)



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 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

info@questcdn.com assistance in free membership working with this digital project information. No paper plan sets will be provided.

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 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 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 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

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 TFDRA Petition for Judicial Appointment formulation labeled as Bof Administrator for Probate and Non-Probate Assets, and serve a copy of your answer upon the undersigned attorneys Administrator, Carrie Shirk, at his office below stated, and in case of your failure so to do, judgment will rendered against according to the demand of the designation, like vitamins A, 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, administer the probate

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

assets

2023;

Decedent, Richard D. Shetler.

DATED February 2,

nonprobate

Mar. 22, 2023. #5295



Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

What's in a B-complex vitamin?

Q: How many B vitamins make up a B-complex vitamin? Some B-complex products contain 4 different B vitamins, like B1, B2, B3, and B6, while others also include B-12.

There is no standard or official formula for what a B-complex vitamin should contain. That's because "Bcomplex" was a term that wasn't meant to describe any particular grouping of B vitamins. A vitamin complex may contain any number of the eleven different B vitamins in various doses and combinations.

Although we are used to thinking about vitamins you as having an alphabetical C, D, and E, not all B vitamins are referred to by a number. Although B-1 and B-6 are obviously B vitamins, they have other names too. For example, B-1 is also referred the to as thiamine, and the vitamin named B-6 is also called pyridoxine.

> There are other B vitamins, too, but you may not realize what they are because they have "plain" names, like folic acid, biotin, and pantothenic

When scientists began discovering critical nutrients needed by our bodies, they called these newly discovered compounds "vitamins ." The first vitamin identified was a fat-soluble compound that researchers named Vitamin A. Next found were two water-soluble compounds, christened vitamin B and



vitamin C.

Then, in 1930, the scientists hit a snag. Although vitamins A and C were easy to identify as single compounds, vitamin B was much more complex. Initially identified as one specific molecule, vitamin B turned out to be much more: a cluster of several unique compounds. Instead of having one particular vitamin B, scientists ended up isolating, identifying and naming one "vitamin B" component after

When the first individual B vitamin was identified, it was called vitamin B-1, thiamine. This was followed by the discovery of a second B vitamin, called Vitamin B-2, or riboflavin. A third vitamin entity, B-3, is even more complex, with 4 different names: nicotinic acid, nicotinamide, niacin, and niacinamide.

After it was accepted that vitamin B was not a single compound, scientists referred to it as "B-complex" to express the potential of more than one vitamin that might be considered a B vitamin. Over time, several more specific vitamin B nutrients were isolated, but they weren't always given a "B" designation.

Eventually, 11 different vitamins were found inside the initial "vitamin B" compound. All eleven B vitamins are water soluble,

and eight are essential human nutrients.

Today, each B vitamin has a name, not just a numeric designation like B1, B2, or B3. If you are interested in taking a supplement containing vitamins, choose one containing the eight essential vitamins, including thiamine (B1), riboflavin (B2), and pyridoxine (B6).

Vitamin B-3, another essential B vitamin, can be confusing because the same compound has four different common names: niacin, nicotinic acid, niacinamide, and nicotinamide. Other "essential" B vitamins include folacin, also known as folic acid, pantothenic acid, and biotin, which was once called vitamin H.

Although biotin deficiency is rare, taking a supplement containing biotin may help reduce hair loss if you are deficient in biotin. The recommended amount of biotin is 30 mcg daily. Unfortunately, some hair loss supplements contain very high doses of biotin, up to 5,000 mcg per serving. High levels of biotin can interfere with the accuracy of thyroid function tests. You can end up taking too much or too little thyroid supplement medication.

5 key facts about B-complex vitamins:

1.Therearenostandardized **B-Complex formulas.**

All B vitamins come from the original B vitamin compound. A supplement containing more than one B vitamin can be labeled as B-complex.

which individual B vitamins are included in B-Complex supplements.

2.There are 8 essential B

vitamins. Of the 11 different individual B vitamins identified, 8 are considered essential in humans. B-Complex vitamins usually contain three to eight of these.

3.B vitamins have multiple names.

Although many B vitamins are identified by the letter B followed by a number, each of the B vitamins also has its own name.

4. All B vitamins are watersoluble and eliminated in urine.

Any excess B vitamin will be eliminated by your kidneys into your urine. Riboflavin (vitamin B-2) is responsible for the characteristic bright yellow urine experienced by many people who take B vitamins.

5.If you take a thyroid supplement, beware of high doses of biotin.

Hair, Skin, and Nails supplement formulas often contain very high amounts of biotin, which can interfere with the accuracy of thyroid blood testing.

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, The Medication Insider. com. ©2023 Louise Achey

Does your business qualify for the **ERC Federal Assistance Program?** on its estimated 33.2 million

STATEPOINT strength of the country relies





Fill in the blank squares in the grid, making sure that every

row, column and 3-by-3 box includes all digits 1 through 9.

small businesses, which comprise 99.9 percent of all American businesses. COVID threatened, and in some cases forced, the closure of many small enterprises and tens of thousands are still reeling from the aftermath of the full pandemic.

In an effort to offer some relief, the federal government created the Employee Retention Credit (ERC) Program under the IRS that hasalready helped thousands of qualifying businesses receive up to \$26,000 per employee. Unfortunately, not enough small business owners are aware of the program. Others don't think they will qualify, leaving billions of dollars on the table that could help them recover and continue to move forward.

Companies such as ERC Helpdesk, www.erchelpdesk. com, have been created to help small businesses determine their qualifications and navigate the ERC program. Now is the perfect time for business owners around the country to see if they make the cut.

A small business can receive an ERC even if it received PPP. The program



PHOTO SOURCE: (c) Jupiterimages / iStock via Getty Images Plus A small business can receive an ERC even if it received PPP. The program is flexible enough that most businesses will likely be eligible.

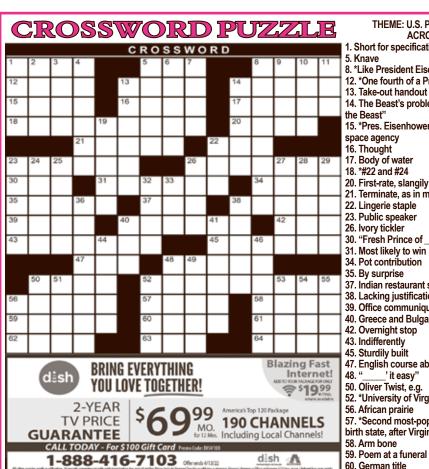
is flexible enough that most businesses will likely be eligible. The average claim is \$150,000, but there is no cap on the amount. "I was the owner of a marketing business that assisted dozens of small business owners so I witnessed firsthand the challenges and sweat equity involved in taking such a big risk," said ERC Helpdesk chief marketing officer, Greg Ross-Smith. "Our founder was and remains a small business owner himself who was initially told his businesses would not qualify for an ERC and there was nobody he could find to make sense of the program. When he finally learned about the program details and what the actual qualifications are, not only did he apply and receive funds, but he also decided to create a way to assist other small business owners in taking advantage of the funding available for their businesses."

Here are the basics to see if you qualify:

- Your business is based in the United States.
- You retained and paid W2 employees during 2020 and
- 2021. Your business was
- impacted by COVID restrictions in one or more of the following ways:
 - 1. Loss of revenue
- 2. Supply chain disruptions 3. Full or partial shutdown of your business now a growing industry, ERC companies are popping up all over so

be wary about who you work with. Ideally, try to work with a company you know, or at least one that understands the needs and inner workings of a small business. Often, it helps to work with a smaller sized ERC business that's accessible and that will work with your submission on a one-on-one basis. Bigger isn't always better in this industry. Of course, partnering with a company that maintains a high approval rate for its clients is a critical point of measurement as many companies can waste your time and get your hopes up by simply submitting anything knowing the chances of success are slim. Finally, to the degree you can determine it, try to work with a company that will process your application as quickly as possible while focusing on reducing errors that can delay the process. "So many small businesses

are built organically with the participation, support and hard work of family and friends. As a result, we understand the investment of time, resources and relationships that go into every business we work with," said Ross-Smith. "In the ERC business, integrity, trust, and customer service rule and that's what I'd urge all applicants to consider in navigating their eligibility for the program. Our only goal is to help them qualify and then maximize their efforts and amount of compensation they receive."



THEME: U.S. PRESIDENTS . Short for specification 5. Knave 8. *Like President Eisenhower's head

12. *One fourth of a Presidential term 13. Take-out handout 14. The Beast's problem in "Beauty and

15. *Pres. Eisenhower established this space agency 16. Thought 17. Body of water

18. *#22 and #24 20. First-rate, slangily 21. Terminate, as in mission 22. Lingerie staple

23. Public speaker 26. Ivory tickler 30. "Fresh Prince of 31. Most likely to win

34. Pot contribution 35. By surprise 37. Indian restaurant staple 38. Lacking justification 39. Office communique 40. Greece and Bulgaria peninsula

42. Overnight stop 43. Indifferently 45. Sturdily built 47. English course abbreviation ' it easy'

50. Oliver Twist, e.g. 52. *University of Virginia founder 56. African prairie 57. *Second most-popular Presidential birth state, after Virginia 58. Arm bone

61. Arnold Lobel's "Mouse

62. High school club 1. Update a FitBit 2. Sound of bells 3. "At ____, soldier." 4. Modern tie forerunner 5. Aromatic lumber 6. Beside, archaic 7. Two of the same

8. *The only President who was a bachelor _ 51, Nevada 10. Law school entry requirement, acr. 13. Edith Piaf's hit 11. Bear's room 14. Meat of coconut 19. Digital tome

22. Trash container, e.g. 23. *One of three Presidents to win a 24. James Dean's famous role 25. Remember this battle 26. *First to serve coast to coast

27. Indo-Aryan, as in languages 28. Did not smell good 29. Like yellow polka dot bikini 32. June 6, 1944 33. Salt in cocina

36. *a.k.a. Silent Cal 40. Deli acronym 38. Loosen ropes _help 44. Hawaii's number

46. Mob offensive 48. High-pitched laugh sound, in print 49. Like Bananas Foster

50. "All's well that ends 51. Away from wind 52. *Second most common Presidential first name, after James

53. Type of gin 54. Cross to bear 55. Midday slumbers 56. Chill, with 'out'

The Washington Outdoors Report



HOTO BY JOHN KRUS

A bighorn ram in Chelan County

The ethics of wildlife watching

By John Kruse

There is a healthy body of literature surrounding ethical fishing and hunting practices that promote respect for both sports and the fish and game pursued for consumptive use. However, very little has been written about the ethics of non-consumptive interactions with wildlife, despite the fact all of us as humans can have a positive or negative impact on birds and animals.

That's why I was pleasantly surprised to see a lengthy blog on the Washington Department of Fish and Wildlife website about ethical wildlife photography practices. Here are a few highlights from that blog post:

Respect the wildlife

- The welfare of the animal you are photographing comes first. Shortcuts to get the perfect shot can cloud judgement in the moment. Never chase an animal, intentionally flush it, or interrupt its natural behaviors.
- Keep a safe distance away from animals. Follow the "rule of thumb:" Hold up your thumb in a hitchhiker fashion. Hold out your arm in front of you and place your thumb in line with your vision over the animal you are watching. If the pad of your thumb covers the

animal, you are at a safe viewing distance. If not, back away until you are at a safer distance. If the animal still seems disturbed and is altering its natural behaviors, continue to distance yourself from the animal.

- Use a telephoto lens to give wildlife their space. Viewing blinds make for great safe spaces for you and wildlife to overlap without disturbance.
- If wearing camouflage, be aware of hunting seasons and when you need to wear hunter orange or pink for safety.
- Avoid using a flash that causes an animal to become disturbed. Infrared lighting is best for night or low-light photography.
- Remain quiet and give a comfortable wildlife place to be. When animals feel comfortable, they may engage in behaviors photographers attempting to capture on camera, such as grooming or preening, singing, hunting, etc. Do not imitate wildlife, and never throw objects to make wildlife move or to gain their attention. Wildlife should be captured in their environments performing their natural behaviors to prevent them from being stressed or forced to move from their habitats.
- If bringing a pet, ensure that the pet is leashed and is not harassing wildlife by barking or chasing. Stressed wildlife may flee, make eye



A goldeneye duck in winter

contact, or demonstrate aggression. Remember, pets must be leashed in all WDFW Wildlife Areas unless engaging in hunting activities.

Keep wildlife safe by "geotagging" avoiding specific sites where you took photographs. General locations are acceptable, but pinning the specific locations of nesting sites, endangered species, or other special sightings may endanger the wildlife. For example, if you spotted and photographed a rare small mammal in Rainier National Park, "tag" the park, but refrain from listing a specific trail or site

Continue spreading the hobby of photography and the contribution it has on conservation. Be honest with how you captured a photo and encourage others to also be ethical photographers. Sharing your photos can continue to raise awareness about the magnificence of wildlife and their habitats.

On a related note, this is also the time of year when bucks and bull elk begin dropping their antlers and shed hunters will soon be hitting the hills looking for these trophies. Some shed hunters sell the antlers they find while others use them to make art or display them in their homes.

It is important to note this has not been an easy winter for wildlife in Central and Eastern Washington. Deer and elk are stressed and have little energy or reserves available to make it until spring when grasses sprout and these animals can begin to build up fat reserves again. That's why it's critical to not chase, harass or get close to these animals while searching for shed antlers. In fact, in Western Wyoming you are not even allowed to gather shed antlers until May 1st to protect the herds that live in this region. It's something ethical shed hunters should consider doing here as well.

Finally, whether you are photographing wildlife or looking for shed antlers, be respectful of private lands. First get permission to access these lands and then be careful not to damage them with your vehicles at a time where roads and land is soft and muddy. Leaving no trace of your presence and packing out any trash you take in goes without saying. Make it a point to thank any landowner who is kind enough to let you access their land and consider a gift of some sort to show your appreciation. I have personally found smoked salmon works quite well in that regard.

If you want to learn more about ethical wildlife photography practices check out the WDFW blog at https://wdfw.medium.com/ ethical-wildlife-photographypractices-7e3ce6a65259

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

NAMI Chelan/ Douglas to expand

SUBMITTED BY SUMMER STARR

Deputy Director NAMI Washington

Local NAMI affiliate NAMI Chelan/Douglas is seeking to expand their service area to Okanogan and Grant counties to become NAMI North Central Washington. The expansion effort is being supported by Beacon Health Options. "Beacon Health Options is thrilled to partner with NAMI Washington to support the expansion of the North Central NAMI Affiliate to include Grant and Okanogan counties," says Brian Rebar, NCWA Community Engagement Coordinator for Beacon Health Options. "This work is laying the foundation to establish a stronger presence and leadership structure in the North Central region as well as bringing much needed peer programming and resources to our communities."

NAMI (or the National Alliance on Mental Illness) is a national non-profit organization with state and local affiliates in Washington State. NAMI Chelan/Douglas provides mental health support, education, and advocacy for the greater Wenatchee Valley area through online and in-person support group meetings as well as multi-session educational courses on mental illness.

Locals can attest to the positive impact that NAMI Chelan/Douglas has had on the area so far. "NAMI helped me navigate the horrible mental healthcare system in the state of Washington. Without the support of NAMICD, I'd have many doubts and guilt on how things turned out for my son. NAMI was the only organization that helped me through my tragedy," writes

Janice Daines of Wenatchee.

Nancy Bartholomew of Leavenworth found help through NAMI as well, writing "I had been in health care in Washington as a RN and Nurse Practitioner about 40 years before I heard about NAMI. Our family was having difficulty dealing with a relative with a new onset of mental illness, and we had no idea where to turn. My husband and I took [a] series of classes, and found them to be very informative, reassuring and enlightening. We did not feel alone any longer."

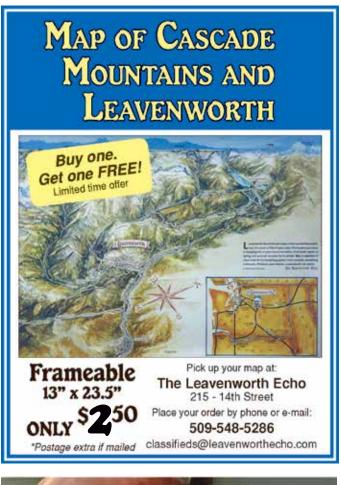
In order to expand to new counties, NAMI Chelan/Douglas is actively looking to recruit regional representatives for their Board of Directors. Board Members

play an important role in the growth and support of the organization. "We are looking for leaders in the region who want to see community-driven mental health support grow strategically," said Summer Starr of NAMI Washington, the state organization supporting affiliate growth. Regional board members are expected to serve an average of 4-16 hours per month. Individuals from Chelan, Douglas, Okanogan, and Grant Counties are all welcome to apply. If vou're interested in learning more about board positions, volunteer opportunities, resources, programs, or about NAMI in general, please contact Summer Starr at sstarr@namiwa.org or visit namicd.org.

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DRILLING



WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE. SALT SALES

EXCAVATION



STORAGE



