



By MIKE STEELE

### Dear Friends and Neighbors,

The opening gavel of the 2023 session fell at noon on Monday, Jan. 9. It's an honor to be back in Olympia representing the values and interests of the 12th Legislative District.

This is the first time in more than two years all 98 members have been in the House chambers together. It was wonderful, once again, to see families, friends, and supporters in the public galleries during the opening day ceremonies. This return to normalcy is good to see at the state Capitol.

### Legislative Updates

Due to election-year restrictions, which began last May, I was unable to send email updates until the election results were certified. But with the start of the 2023 session, I will be sending updates every couple of weeks to keep you informed on the activities, events, and debates happening at the state Capitol. Be sure to take a look at my legislative webpage. I'll be posting news releases and other statements regarding the legislative session.

### Budgets and policy work

For the next several weeks, the bulk of the work at the state Capitol will be to finalize the state's new two-year operating, transportation, and capital budgets. For the operating budget, we've got a bit of good news. That's because, despite the pandemic, our state tax collections have remained strong. Budget writers will have an extra \$3.37 billion to work with for the 2023-25 operating budget.

Although some of this "extra" money will be eaten up by rising maintenance level costs, including inflation, and the expensive, governor-negotiated collective bargaining agreements, it's my hope the bulk of the revenue will be added to the state's budget stabilization account and/or returned to taxpayers in the form of tax relief. In addition to building these budgets,

several public policy issues will be debated this session. Our state is facing many challenges, including rising crime rates; an escalating housing crisis caused by the high cost of new home construction; K-12 educational failures, and an inflation rate that has reached its highest level since 1981. As the 2023 session progresses, I'll be sharing more on these public policy issues, as well as solutions being offered in both the House and Senate.

### Committee Assignments

I'm happy to announce my reappointment as the ranking member of the House Capital Budget Committee. I've been the lead Republican negotiator on the state's two-year construction budget since 2021, serving as the assistant ranking member prior to that.

This committee is unique in that it is by far the most bipartisan in Olympia. Both sides of the aisle work together to prioritize and advance projects that not only improve long-term economic goals, but also enhance renewal,

health, and growth for rural and urban communities alike. During the previous 2022 session, the Legislature approved what I believe to be a "historic" capital budget because of its size. More than \$6 billion was allocated for projects across the state, which mostly came from federal American Rescue Plan Act (ARPA) funds.

This session, we are working with a smaller budget of around \$4.3 billion. Along with considering the infrastructure needs of the newly redistricted portions of the 12th District (see info about redistricting below) and other districts across the state, mental and behavioral health continues to be a priority. Although these programs are funded by the operating budget, the physical structures are on the capital fund side. We'll need to ensure those two budgets work in tandem.

I'd also like to see more of a focus on workforce housing. Workforce housing is housing built for individuals and families sitting somewhere in the middle between affordable and higher-end home

options. Unfortunately, incomes for a growing number of individuals and families are insufficient to purchase a home but too high to qualify for affordable housing. The widening gap between the two needs to be fixed. I plan to help with those efforts.

In addition to my role on the House Capital Budget Committee, I've also been asked to continue to serve on the House Appropriations Committee. This committee considers the operating budget and related legislation, budget processes, and fiscal issues such as pension policy and compensation.

Serving on two budget committees, like the Capital Budget and Appropriations committees, is unusual. The reason is the workload. Both committees are incredibly work-intensive. Despite the long hours, I enjoy being a part of determining where our hard-earned tax dollars end up. It gives me the opportunity to advocate for fiscally prudent spending – something we need more of in Olympia.

My final committee assignment is the House Education Committee. This committee considers issues relating to kindergarten through twelfth grade (K-12) education. I'm deeply grateful to have been selected to continue serving on this committee. These committee assignments work well for our communities. I look forward to representing our region's values and interests during the next few months

CONTINUED TO PAGE A2



SUBMITTED PHOTO  
Opening Day Ceremonies on Monday, Jan. 9.

## Donate now to keep blood stocked for winter weather and seasonal illness

### Come to give in January for chance to win a trip to Super Bowl LVII in Arizona

SUBMITTED BY BETSY ROBERTSON

As National Blood Donor Month continues this January, the American Red Cross celebrates those who give blood to help save lives – especially now, as we work to ensure a stable blood supply amid the threat of icy winter weather and severe seasonal illness. Donors of all blood types – particularly type O blood donors, the most needed blood group by hospitals – and platelet donors are needed daily to meet demand.

The start of the new year is one of the most challenging times to collect enough blood products, despite the constant demand. One in 7 patients entering a hospital will need a blood transfusion – yet only 3% of the public gives blood.

Don't wait until there's a crisis to donate. To book a time to give blood, visit [RedCrossBlood.org](http://RedCrossBlood.org), download

the Red Cross Blood Donor App, or call 1-800-RED CROSS.

In partnership with the National Football League (NFL), those who come to give blood, platelets or plasma through Jan. 31, 2023, will be automatically entered to win a trip for two to Super Bowl LVII in Arizona\*, including access to day-of, in-stadium pre-game activities, tickets to the official Super Bowl Experience, round-trip airfare to Phoenix, three-night hotel accommodations (Feb. 10-13, 2023), plus a \$500 gift card for expenses.

Local area blood donation opportunities

Cashmere: Feb. 7: 12:30 - 5:30 p.m., Cashmere United Methodist Church, 213 S. Division St.

### How to donate blood

Simply download the American Red Cross Blood Donor App, visit [RedCrossBlood.org](http://RedCrossBlood.org), call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment

or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

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

Amplify your impact – volunteer! Another way to support the lifesaving mission of the Red Cross is to become a volunteer blood donor ambassador at Red Cross blood

drives. Blood donor ambassadors help greet, check-in and thank blood donors to ensure they have a positive donation experience.

Volunteers can also serve as transportation specialists, playing a vital role in ensuring lifesaving blood products are delivered to nearby hospitals. For more information and to apply for either position visit [redcross.org/volunteertoday](http://redcross.org/volunteertoday).

**About the American Red Cross:** *The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members, and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit [redcross.org](http://redcross.org) or [CruzRojaAmericana.org](http://CruzRojaAmericana.org), or visit us on Twitter at @RedCross.*

## Measuring homelessness in Chelan, Douglas counties to be held Jan. 26

Upper Valley MEND will cover Leavenworth, Cashmere

SUBMITTED BY JILL FITZSIMMONS

Chelan County PIO

**CHELAN/WENATCHEE** - Chelan County and community partners will conduct the annual Homeless Point in Time Count from 7 a.m.-2 p.m. on Thursday, Jan. 26, at the YWCA in Wenatchee, 212 First St. The information gathered annually by local municipalities and nonprofits participating in the national event demonstrates the need in communities across the country for homeless housing services, based on the number of people experiencing homelessness on the day of the Point in Time count, explained Sasha Sleiman, Chelan County housing program coordinator and a coordinator of the outreach event. "That information then will be used to help local policymakers make better informed decisions to help remedy our growing need for affordable housing," Sleiman said. "Doing this event annually gives us the ability to compare our results year over year, potentially giving us an indication of where we are headed as a community." Surveys conducted by outreach teams aim to collect information on individual's living situations, including how long someone has been without a permanent home, where they sleep, where they are from, and whether or not they had been denied access to a shelter or would go to a shelter if available. Demographic questions are also asked, including age, race, gender, veteran status, the number of children under 18 in the household, and if they were fleeing domestic violence. In addition to the centralized event at the YWCA in Wenatchee, staff from various nonprofits who work with the unhoused population will be going out throughout Chelan and Douglas counties to speak to people on the street and provide their resources. Chelan Valley HOPE in Chelan will cover the Chelan Valley and Northern Douglas County and Upper Valley MEND in Leavenworth will cover the Cascade School District service area and Cashmere. Upper Valley MEND will also have a centralized site for people in the upper valley to be interviewed and get connected to services at the Community Cupboard, 219 14th St. in Leavenworth. At this event in 2022, 163 people were interviewed. Of those interviewed, 123 people were unsheltered, meaning they were living out of doors, in a vehicle or RV, in an abandoned building, or in a tent or other outdoor area not meant for habitation. In addition, 275 people were recorded staying in emergency shelters, transitional housing programs or in a hotel through an emergency hotel/motel voucher program. The local event also allows housing services providers and other service-based non-profits an opportunity to communicate directly with people in need of their services while providing resources, including backpacks, gloves, socks, hand warmers, food and more, to those in need who participated in the survey. The backpacks full of supplies are being provided by Community Action Council, in partnership with Chelan County. The Columbia Valley Community Health Mobile Clinic will be on site at the YWCA to provide access to medical professionals for those who need medical services and to provide flu and COVID-19 vaccines to those who request them.

### Inside The ECHO this week

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# A very special place

By JOHN KRUSE

A friend of mine suggested I do a story about the Alatheia Therapeutic Riding Center near Wenatchee and I'm so glad she did. I visited there this past week and met with the co-founder of this very special place, Nancy Grette.

Nancy and her husband Glenn started this non-profit organization at their home on Sleepy Hollow Heights in 2011. The two had purchased several horses they kept on their property but their children had grown and left home and they were pondering what to do. That's when a five-year old girl who was physically disabled came out for a ride for her fifth birthday on one of their horses. The ride was an amazing experience for the child and Nancy said she knew what she was meant to do for the rest of her life.

After that Nancy and Glenn started offering weekly rides to disabled children and adults as a means of emotional and physical therapy. The word Alatheia is a Greek word from

the New Testament meaning "disclosed truth." It specifically comes from Ephesians 4:15 where the Apostle Paul exhorts all to speak the truth (alatheia) in love to one another. In Nancy's words, "It is a way of living, and the riding center is how we choose to speak truth."

The Alatheia Riding Center provides some 108 individuals the opportunity to spend an hour or more with and on their horses every week. This includes not only physically and mentally disabled children and adults, but also combat veterans suffering from Post-Traumatic Stress Syndrome.

The rides take place on their 12 Norwegian Fjord horses, a small, stout and ancient breed known for their gentle temperament and sure footedness. Nancy says these horses are very empathetic and reflect the feelings of individuals they come in contact with. She also explained the weekly rides offer therapeutic benefits for their riders in a physical, emotional and mental way.

Nancy explains the reason it is a weekly program

(as opposed to a one-time experience) is because you need the continued exposure to the movements on the horse to get the benefit.

"Physically, when an individual is on a horse, for every minute there are a hundred balance accommodations going on in the body. You are developing balance, coordination as well as large and small motor skills which is helpful for physical disabilities.

Those with learning disabilities benefit from the socialization and peers and executive function of the brain, while those who suffer from trauma are ministered to by the horse in a way you can't explain. The horses are intuitive and in the moment and there is no judgement. People can be who they are with a horse."

The rides happen in an indoor arena or on a trail overlooking the Wenatchee Valley. This non-profit organization has several employees who work right out of the Grette's home along with a number of volunteers.

One group of volunteers are the barn buddies. These are young adults with developmental disabilities who work at the ranch for two to three hours a couple of times a week. Nancy says they started this program because they learned that once children were out of special education classes in school and on their own as adults, they didn't have much in place to develop further life skills. The Barn Buddies program allows these individuals, ranging from 21 to 40 years of age, the opportunity to learn how to work on a ranch or in a barn and socialize with other individuals.

The Alatheia Therapeutic Riding Center has plans

to expand from its current location soon so that it can increase the number of individuals they serve. If you want to support this non-profit

organization with donations or time as a volunteer contact them through their website at [www.alatheiaridingcenter.com](http://www.alatheiaridingcenter.com) or call 509-630-8710.

John Kruse – [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)



PHOTO BY JOHN KRUSE

Nancy Grette with one of her Norwegian Fjord horses at the Alatheia Riding Center

## Frosty says ...

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## Mike Steele

CONTINUED FROM PAGE A1

of bill hearings, debates, and decisions.

### Redistricting changes for the 12th District

Because communities and populations change over time, every 10 years, after the federal government publishes updated census information, Washington state redraws the boundaries of its congressional and legislative districts to ensure that each district represents an equal number of residents.

The new 12th Legislative District boundaries were approved in 2022 by the Washington State Redistricting Commission. The district now includes only a portion of Douglas County and added parts of Snohomish and King counties.

### 12th District Virtual Town Hall

As we begin the session, it's important that we hear from you about the priorities and issues facing our communities. My seatmate, Rep. Keith Goehner, R-Dryden, and I are hosting a 12th District Virtual Town Hall on Wednesday, Feb. 1 starting at 6 p.m. This event is a great opportunity to join us from the comfort of your home or office by simply logging onto your computer for an hour of conversation about the 105-day session. We'll discuss our bills and listen to your comments and ideas about state government.

The one-hour event will take place via the Zoom platform. Space is limited, so register early. If you are unable to attend, don't hesitate to reach out to my office and schedule an appointment. My contact information is listed below.

### Getting involved in the legislative process.

Our government depends on the active participation of its citizens. Here are some links and resources to help you get started. Staying connected:

- My legislative website | Here you will find my contact information, bio, news releases, email updates, videos, opinion pieces, bills, and other information.
- The Capitol Buzz | A weekday roundup of online news stories.

- The Current | An online legislative publication from the Washington House Republicans.
- TVW | The state's own version of C-SPAN, TVW broadcasts floor and committee action live online.
- The Ledger | A legislative news aggregator.
- Legislature's website | View bill reports, committee agendas, and information about upcoming activities in the Legislature here.
- State agencies | You can find a list of all state agencies, boards, and commissions here.

### Tracking a bill?

Check my website to find

information on specific bills. In addition, when you visit, you can easily view the legislation I'm sponsoring or co-sponsoring by clicking "Sponsored Bills."

### Here is a quick set of "bill tracking" instructions.

- Go to [leg.wa.gov](http://leg.wa.gov).
- On the left-hand panel, click "Bill Information."
- If you know the bill number, enter it in the search field and hit enter.
- Don't have a bill number? Under the section "Standard Reports," you'll find alternative tracking tools. You can search based on topic, legislative digests, cross-references, and

within a specific biennium.

- If you click on the House Floor Calendar, this helpful tool gives you a detailed list of all bills scheduled to be heard on the House floor each day.

### Remote testimony is still available.

You can sign up to testify remotely if you are unable to attend a committee hearing on a bill in Olympia. You may also submit written testimony to a committee and get your position on a bill noted for the legislative record. Learn more about participating in the process online.

### Thank you!

I am committed to staying connected with you as the

session progresses. Please contact me if you have questions about bills being introduced, bills scheduled for a hearing, or other state government-related issues at <https://mikesteele.housepublicans.wa.gov/contact/>.

Throughout the legislative session, my office receives

hundreds of emails per week. I will do my best to answer the ones I receive from constituents first, so please be sure to include your home address and phone number in your correspondence.

It's an honor to serve you! Sincerely, **Mike Steele**

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# Quarterly Community Engagement Night



## Project Showcase

- **Indoor Community Pool Options**
- **Front Street Closure Survey Results**
- **Pine Street (Phase 2) Roundabout**
- **City Water System Plan Update**
- **City Snow Removal Policy**
- **Winton Mfg & Waste Loop Community Composting Program**
- **Cascade Medical Patient & Family Advisory Committee Info**

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# Cascade falls to conference rivals in tough matchup



Justin Pardini  
Reporter

The Cascade Boys Basketball team (2-10-1) was set to face their conference rivals, the Cashmere Bulldogs (6-9), on January 13 in Cashmere. As fans packed into the arena to see the exciting matchup, the teams prepared for an intense game. The Bulldogs were steady with Cascade for the majority of the first half, getting into defensive schemes to force turnovers early. The Kodiaks, however, held the paint down by blocking shots and securing rebounds with ease. The two teams were fairly even by the break, with the Bulldogs leading 32-31 at half. During the start of the second half, Cashmere began to incorporate a full court press into their defensive tactics. This created a bit of chaos for Cascade and allowed for fastbreak points to be secured. As the game progressed, critical foul calls and turnovers led to a score of 60-60 with a few seconds left to go. As the clock wound down,



#11 Aiden Tuttle gets an easy layup.

Junior guard #2 Landon Baker was able to grab a rebound and lay in the game winning shot with the time expiring. This led to a frenzy of fans and teammates, as the Cashmere Bulldogs beat the Cascade

Kodiaks in the final seconds of the match. Although this resulted in a loss, #12 Kaston Dillon was a force to reckon with the entire game. Blocking shots, grabbing rebounds, and getting to the foul line allowed Cascade

PHOTO BY JUSTIN PARDINI



PHOTO BY JUSTIN PARDINI  
#12 Kaston Dillon goes up for one of the many blocks he secured during the contest.

to stay within reach of this game throughout the contest. He finished with 21 points and secured a fair number of boards and blocks. Cascade hosts their rivals for a rematch on January 31 at Cascade High School.

## State School Superintendent Reykdal shares update on K-12 education system

In his annual address on Jan. 9, Superintendent Chris Reykdal shared information about student learning recovery, student mental health and well-being, graduation and enrollment data, school funding, and more.

SUBMITTED OFFICE OF SUPERINTENDENT OF PUBLIC INSTRUCTION

**OLYMPIA** -As the 2023 Legislative Session began, State Superintendent Chris Reykdal described the state of Washington's K-12 education system in an annual public address from the Office of Superintendent of Public Instruction (OSPI) headquarters in Olympia.

In the address, Reykdal provided updates on several topics that are top-of-mind for policymakers, educators, and families alike.

"I am so proud of the progress we have made over the last year," Reykdal said. "Our schools are leveraging one-time federal funds to support student learning and well-being recovery in innovative ways, and their tireless efforts have had a tangible impact. However, our students' needs are profound, and they preceded the pandemic."

"Despite having one of the fastest growing economies in America," Reykdal continued, "the state's investment in our public schools is on a troubling downward trend once again while the national average is increasing. I have

put forward a package for legislative consideration that would support continued recovery and acceleration for our students and ensure our state is investing at least at the national average."

Brief descriptions of some of the topics covered by the Superintendent are provided below.

### Student Learning and Well-Being Recovery

Like their peers across the nation, Washington's students were impacted by the pandemic in countless ways. However, with diligent efforts by students, educators, community partners, students are recovering.

Using their one-time emergency relief funds, school districts across the state are engaging in innovative, evidence-based practices to support student learning and well-being recovery and acceleration. This includes things like dedicated staffing to support students to graduation, free mental health services, access to higher education in high school at no cost to the student, and much more. Districts are on track to spend down all the funds by the September 2024 deadline.

### Student Enrollment Data

Early in the pandemic, our earliest grades saw sharp declines in enrollment. At the same time, enrollment for our high school students has remained very steady through the pandemic, even increasing from pre-pandemic numbers for some grades.

While the situation for every student and family is unique, transfers to private schools and homeschool peaked during the height of the pandemic in 2020 and have since returned to their pre-pandemic rates.

### 2022 Graduation Data

The graduation rate for the Class of 2022 remained steady at 82.3%, a small decline of 0.2 percentage points as compared to the Class of 2021. As an increasing number of students have persisted past their fourth year to earn their diploma, 2022 continued to see near record-high graduation rates for students in their fifth, sixth, and seventh years.

In addition, nearly every student group saw an increase in their 4-year graduation rate, and many persistent opportunity gaps are closing.

### School Funding

From 2020 through 2024, the federal government will have invested \$2.9 billion in our schools with emergency relief dollars. School districts have spent these flexible dollars to support health and safety, access to educational technology, mental health, academic interventions and support, and more. The majority of the over 9,000 individuals employed with these dollars are paid to provide direct academic support to our students.

School districts are on pace to spend all of these dollars before the final deadline. These one-time federal funds make up an average of less than 5% of our school districts'

total budgets statewide.

As these one-time temporary funds are spent down in support of students, we must shift our focus to fixing the core challenges that remain in our state's school funding system.

### Further Transformation

To support continued progress in student learning and well-being recovery, Superintendent Reykdal has put forward a package of proposals for legislative consideration this session. This includes priorities like fully funding supports for students with disabilities, providing all students with meals at school at no cost to the student, eliminating financial barriers to dual credit programs, ensuring all of Washington's youngest learners have free access to books at home through their fifth birthday, and much more.



SUBMITTED PHOTO  
Superintendent, Chris Reykdal

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### Sports Schedule

BOYS BASKETBALL	
Jan. 27:	Cascade vs. Omak, Away at 7:15 p.m.
Jan. 31:	Cascade vs. Cashmere, Away at 7:15 p.m.
BOYS WRESTLING	
Jan. 26:	Cascade vs. Chelan, Away at 6:00 p.m.
Jan. 26:	Cascade vs. Omak, Away at 7:00 p.m.
GIRLS WRESTLING	
Jan. 28:	Quincy Bring Home Da Beef, Away at 10:00 a.m.

## Kodiaks Scoreboard

BOYS BASKETBALL	
Jan. 21:	Cascade 46, Liberty Bell 87, Loss

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**Data Retriever & Office Support.** FT. Learn to retrieve court records online and from various court record databases Nationwide. Need person who has a positive, solid work history. Takes pride in their work. On time. Independent. Accurate. Familiar with using computer and multi-line phone. Also, team player to help office staff get work completed. \$17.00 to start. Begin earning vacation/sick time immediately. Spanish speaking starts at \$17.50. Pass a Drug Test required. Send resume to: [rebekahn@orcainfo-com.com](mailto:rebekahn@orcainfo-com.com)

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- Call 509-548-5286

**Legals**

**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**  
In the Matter of the Estate of DOUGLAS G. RUSSELL Deceased. No. 23-4-00011-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030  
The personal representatives named below have been appointed as co-personal representatives 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 co-personal representatives' 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 co-personal representatives served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.  
Date of First Publication: **January 25, 2023**  
Personal Representative: Nancy L. Baker  
Attorney for the Personal Representative: David J. Bentsen  
Address for Mailing or Service: Speidel Bentsen LLP  
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881  
Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00015-04  
**NANCY L. BAKER**  
Personal Representative Attorneys for Personal Representative: **SPEIDEL BENTSEN LLP**  
By: **DAVID J. BENTSEN**  
WSBA No. 42107  
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807  
Published in The Leavenworth Echo/ Cashmere Valley Record on Jan. 25, and Feb. 1, and 8, 2023. #5174

**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**  
In the Matter of the Estate of MICHAELA C. DELANEY, Deceased. No. 23-4-00015-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030  
The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of:  
(1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.  
Date of First Publication: **January 25, 2023**  
Personal Representative: Nancy L. Baker  
Attorney for the Personal Representative: David J. Bentsen  
Address for Mailing or Service: Speidel Bentsen LLP  
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881  
Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00015-04  
**NANCY L. BAKER**  
Personal Representative Attorneys for Personal Representative: **SPEIDEL BENTSEN LLP**  
By: **DAVID J. BENTSEN**  
WSBA No. 42107  
7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807  
Published in The Leavenworth Echo/ Cashmere Valley Record on Jan. 25, and Feb. 1 and 8, 2023. # 5173



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Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of CAROL IRENE TOEVS, Deceased. NO. 23-4-00002-04 PROBATE NOTICE TO CREDITORS The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: January 18, 2023 PERSONAL REPRESENTATIVE: Kenneth Dale Toevs ATTORNEY FOR PERSONAL REPRESENTATIVE: Thomas D. Overcast ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES 23 South Wenatchee Avenue Suite 320 Wenatchee, WA 98801 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 23-4-00002-04 OVERCAST LAW OFFICES By: /s/ Thomas D. Overcast, WSBA No. 14486 Attorneys for Personal Representative Published in The Leavenworth Echo/ Cashmere Valley Record on Jan. 18, 25, and Feb. 1, 2023



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# Prescription-only antiviral agents can reduce the length, severity of symptoms of viral infections

Q: Should I contact my doctor for an antiviral medication?

That can depend on which virus you are trying to protect against and how long you have had the viral illness. Several prescription-only antiviral agents can reduce the length and severity of symptoms of your viral infection. However, these antiviral agents only work against one particular virus, like influenza or COVID-19. Currently, no prescription antiviral drugs work on both influenza AND COVID-19.

This is the middle of the influenza season. The flu season that hit the Southern Hemisphere six months ago was one of the most severe in years. Experts are concerned that our flu season here in the Northern Hemisphere will also be worse than usual.

On top of that, the relaxation in wearing masks has caused a jump in upper respiratory viral infections, including strains of COVID-19, influenza, RSV (Respiratory Syncytial Virus), and the common cold.

Many influenza, COVID-19, and RSV symptoms overlap. Before treatment with an antiviral can start, testing



is essential to correctly identify whether your illness is caused by a virus that has a specific antiviral available, like influenza or COVID-19.

Antiviral agents are most likely to reduce symptom severity or length of symptoms when given very early in the illness, as soon as possible from the appearance of symptoms. For influenza, it's best to start antiviral medication no later than 48 hours from the onset of flu-like symptoms. For COVID-19, the time frame of treatment with a prescription antiviral agent is more forgiving. Antivirals active against COVID-19 must be started within 5 days of symptom onset.

In July 2022, the U.S. Food and Drug Administration (FDA) revised the emergency use authorization for Paxlovid® (nirmatrelvir and ritonavir). This decision allows pharmacists to prescribe oral antiviral medication to eligible patients if particular criteria are met. These criteria include evaluating the list of drugs you are

taking and assessing your liver and kidney health to ensure the appropriate use of Paxlovid®.

The FDA took this action to help prevent severe illness from COVID-19. Paxlovid® must be taken within five days after symptoms begin to be effective. Authorizing licensed pharmacists to prescribe Paxlovid® could help provide more timely treatment for COVID-19 to those eligible to receive it.

Suppose you have evidence of a positive home test result from a rapid antigen diagnostic test or a positive PCR test. In that case, you may be eligible for treatment with Paxlovid®. Confirmation of a home rapid antigen diagnostic test with additional direct SARS-CoV-2 viral testing, such as a PCR test, is not required.

Suppose you have tested positive for COVID-19 and want to receive Paxlovid® at a location where prescribing by licensed pharmacists is available. In that case, you will need to bring to the pharmacy certain information to help determine if you are eligible.

The pharmacist needs your electronic or printed health record with recent reports of

appropriate laboratory blood work to screen for kidney or liver problems. Another way the pharmacist could also get this information is by consulting with your doctor.

You will also need to provide a current list of all the medicines you currently take, including any over-the-counter medications, to the pharmacist. This is important because several drugs can react with Paxlovid®, with potentially serious consequences.

If the pharmacist does not have the laboratory test information to assess your kidney and liver function, plus a complete list of your medications, they cannot give you Paxlovid® from their pharmacy. You will need to contact your doctor for treatment options.

Paxlovid® is authorized by the FDA to treat mild-to-moderate COVID-19 illness in adults and children 12 years of age and older who weigh at least 88 pounds. They must have a positive test for SARS-CoV-2 and be at high risk for COVID-19 infection to progress to severe symptoms, hospitalization, or death.

Here Are 3 Tips About Prescription Antiviral Drugs:

1. Start antiviral medications as soon as possible.

Antiviral agents for influenza should be started within 2 days of flu-like symptoms and within 5-7 days of signs of COVID-19.

2. Know what virus you are dealing with.

To select the appropriate antiviral, your medical provider needs to know which virus you have. Documentation of a positive COVID test is required to be eligible for a COVID-19 antiviral.

3. An oral antiviral agent for COVID-19 may be available from your local pharmacy.

Several criteria are needed to be eligible for the antiviral Paxlovid® to help fight COVID-19, including a positive COVID-19 test and no more than five days since your symptoms started.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2023 Louise Achey

## Concerned about flooding? Ensure your home and belongings are protected

STATEPOINT - According to the Federal Emergency Management Agency (FEMA), floods are the most frequently occurring natural disaster in the United States, which is why it is important to understand the risks

and costs associated with flooding, and what you can do to protect your home.

Rampant storms and hurricanes are not the only causes of flood damage - leaky pipes can cause just as much water damage and put a huge hole in your wallet, too. According to FEMA, just 1 inch of water in a home can cost more than \$25,000 in damage.

What can you do to protect your home in the event of a flood? First, make sure you have flood insurance. Some people may think they don't need flood insurance because of where they live. Many may also assume that flooding is included in their homeowners insurance policy when in fact, most homeowners policies do not cover flooding.

Why is that?

A string of flood disasters occurred throughout the '40s, '50s and '60s that put tremendous financial strain on private insurers, so in response, the federal government created the National Flood Insurance Program (NFIP) to protect homeowners, renters and businesses.

Talk to your insurance agent about getting flood insurance through NFIP. Some companies offer additional unique options. For example, Erie Insurance recently began offering a



(c) Image Source / iStock via Getty Images Plus

Many homeowners assume that flooding is included in their homeowners insurance policy when in fact, most homeowners policies do not cover flooding.

coverage called Extended Water that covers damage caused from flash floods, inland flooding, storm surges, snow melt and more. It covers the home and its foundation, electrical and plumbing systems, air conditioning equipment, furnaces and heaters, appliances and personal possessions, such as clothing and furniture. It even offers coverage if you need to temporarily relocate while your home is being repaired.

"As the frequency

of flooding increases, homeowners need to understand that flood insurance is typically not included in their standard homeowners insurance policy, but there are options available," said Michelle Tennant, vice president of product management, Erie Insurance. "Even if you don't live in an area that you think is flood-prone, if it rains or snows, it can flood. That's why it's so

important to talk to your agent about your home and your neighborhood, to make sure you have the coverage that's right for you."

To learn more about flood insurance, contact your agent or visit <https://www.erieinsurance.com/flood-insurance>.

As flooding becomes more frequent, make sure that you have the insurance you need to protect your home and belongings.

CROSSWORD PUZZLE

THEME: SUPER BOWL ACROSS

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DOWN

- Paddleboarding acronym
- Court order
- Between ports
- Hungarian composer Bela \_\_\_\_\_
- Either one of the opposing Super Bowl teams
- Flambé
- Position of leadership
- \*2023 Super Bowl AZ location
- Frosts, as a cake
- Hit the road
- Like certain humor
- Disprove
- Dickens's Heep
- Each and all
- One of a set of dice
- Father, colloquially
- Round openings
- Pickled garnish
- \*Last year's Super Bowl winners
- Nimbus, pl.
- Nigerian money
- Torch's crime
- Elmer's, e.g.
- Found at the pump
- \*Team with most Super Bowl appearances
- Signing tool at the cash register
- Greenwich-related acronym
- Superior ones
- Itsy-bitsy bits
- Patterned table linen
- Lacking clarity
- Bread spreads
- Donned
- As opposed to base in chemistry
- Snatchers' quest
53. Cantina pot
- \*Overwhelming Super Bowl defeat
- Fear-inspiring
- 100 lbs.

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# Recreation/Opinion

## The Washington Outdoors Report



PHOTO COURTESY WASHINGTON STATE PARKS.

Park Aides at Columbia Hills State Park



PHOTO COURTESY AUSTIN'S NORTHWEST ADVENTURES.

Austin Moser with a hefty Rufus Woods Reservoir triploid trout

### SOMETHING FISHY FOR DINNER

By JOHN KRUSE

TJ's Bar and Grill in Kettle Falls is in hot water after serving seafood they should not have been selling to their patrons. According to Captain Brad Rhoden with the Washington Department of Fish and Wildlife, during the summer of 2019 the owner of the restaurant, Terry Baxter, went on a recreational fishing trip near Bamfield, British Columbia. Baxter then brought the Chinook and coho salmon, as well as the halibut he caught, back home and proceeded to serve these fish to customers at his restaurant.

Captain Rhoden states, "By law, a business selling fish to a consumer, such as a restaurant, is required to state the species of the salmon and whether the fish was farmed or wild caught. The Legislature created these laws so consumers can be confident the fish they are about to eat is what it says."

As for selling recreationally caught fish in a restaurant Captain Rhoden explained, "Washington law does not allow the edible portions of

wild animals, game birds and game fish to be sold. Food fish such as salmon and halibut can be commercially sold in Washington as long as the fish were lawfully harvested during an open season/area by commercially licensed fishers. So, no recreationally caught fish can be sold, bartered or traded lawfully in Washington."

The multi-year investigation by the Washington Department of Fish and Wildlife was prosecuted by the Washington State Attorney General's Public Lands and Conservation Division last summer. On January 17, Baxter's business plead guilty to the crime of First-Degree Unlawful Fish Catch in Stevens County Superior Court. He received no jail time but will have to pay a \$10,000 fine.

### STATE PARKS HIRING PARK AIDES

Looking for a fulfilling, seasonal job working in a great outdoors location? If so, apply for a job as a park aide with Washington State Parks. They are hiring 305 seasonal workers to work from April through September at their parks throughout the state.

Duties include everything from registering campers to cleaning campgrounds and maintaining facilities and trails. Aides may also be helping out with interpretive and educational programs at parks around the state. You may be assigned to one specific park or rotate your daily duties amongst several parks in close proximity to one another.

My son, David worked as a park aide for two years in college and really enjoyed his time during the summer months at Lincoln Rock and Daroga State Parks in North Central Washington. However, this isn't just a job for college students trying to make money during the summer. It's also a great opportunity for retired or semi-retired individuals who enjoy meeting people and spending time outdoors in the beautiful settings our state parks are set in.

Park aides earn anywhere from \$16.61 to \$19.09, depending on qualifications and experience. Senior Park Aides (with previous experience) earn more. You can fill out an application at [www.governmentjobs.com](http://www.governmentjobs.com). Simply type in Park Aide in the Search Bar along with Washington

for the location and you'll see what's available.

### FISHING REPORTS

**COLUMBIA RIVER GORGE**  
Autumn Lawyer at Gorge Outfitters Supply in Rufus says they are doing pretty well catching walleye below John Day Dam. Most of the walleye have been caught using spinner worm harnesses tipped with nightcrawlers. A bright orange and black combo-colored spinner worm harness is the hot ticket. Several large walleye (up to ten pounds) have been caught in the last week.

Autumn says last week sturgeon fishing was also pretty good. Catch and keep sturgeon fishing remains open (for now) in both The Dalles and John Day pools. Be sure to check the WDFW and ODFW websites before going out to make sure harvest quotas have not been met.

**RUFUS WOODS RESERVOIR**  
Austin Moser with Austin's Northwest Adventures has been catching triploid rainbow trout near the net pens at Rufus Woods Reservoir over the last several weeks. Austin says they have been catching limits

of these hefty rainbow trout, averaging 4 to 8 pounds and going all the way up to 15 pounds in size. Moser's clients have been jigging 3/8-ounce Maxi jigs made by Yakima Bait Company. While many anglers use bright colors, Moser has found natural colors such as black, brown and olive work best.

Bank anglers are having success as well, though it can be hit and miss. Most anglers fishing from shore are using Powerbait to catch their trout. It is worth noting that there is a \$20 access fee to use the park near the net pens and also a \$10

launch fee. Shore anglers also need to have a Colville Tribal fishing permit. Moser says he does have several openings for anglers in February. To book a trip go to [www.austinnorthwestadventures.com](http://www.austinnorthwestadventures.com). If you want to find out more about fishing or camping at Lake Rufus Woods Park which is operated by the Colville Tribe, go to [www.colvilletribes.com/lake-rufus-woods](http://www.colvilletribes.com/lake-rufus-woods).

John Kruse - [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americasoutdoorsradio.com](http://www.americasoutdoorsradio.com)

## The "Water Park" Whistle

By RHONA BARON

The river flowed around the bend below Wenatchee River Institute last Wednesday night, January 11, the roar of rapids muting our icy footsteps as we approached The Barn. Jammed with locals, elected officials and guests, the crowd listened respectfully as Erin McKay, Senior Natural Resource Specialist with Chelan County led the informational presentation titled "Leavenworth Mill Dam Rehabilitation and Recreation Improvement Project" or LMDRRIP. At stake: Barn Beach, a short, beloved stretch of the Wenatchee River a stone's throw distant, a place sometimes referred to as "Locals' Beach." The gathering was the result of a trickle that began six years ago when Chelan county's Natural Resources Department, in the course of updating their comprehensive plan, solicited input from the community to shape action items. Seventy-seven detailed comments were received from both county residents and those living across Washington State, including many about whitewater recreation on the Wenatchee River.

Most comments (70%) seemed organized around one message: build a whitewater park in the Wenatchee and tie it to the removal of the Dryden dam, a structure proven to be lethal to river users.

Since then, the County has taken that input for more safety and river recreation to heart.

Under the direction of Mike Kaputa, Chelan County

Natural Resources Director, the program has explored not only the Dryden Dam as an option for a whitewater park, but several other stretches of river for comparison. Our Valley Our Future, partially funded the \$80,000 feasibility study. After the PUD and the Yakima Nation weighed in, only one location remained on the table. Thus, Leavenworth listened and viewed images for approximately 50 minutes followed by about 20 minutes of audience comments as we considered a possible "play wave" feature and rehabilitation of the historic mill dam that formed the sandy curve of Barn Beach. Not surprisingly, the vast majority of voices were against the LMDRRIP (we could call this one "Let 'Em Drip"). But I digress because many meeting attendees would simply like to see the proposal RIP forever.

Today the Whistle encourages the community to step back to view the big picture. Don't throw the Leavenworth Mill Dam project out with the... river water. Instead, let's consider the three pieces involved. There is no need to conflate those pieces. As Ms. McKay stressed, the project is scalable.

First, the basic situation on the river near Barn Beach in two words. Tuber take-out.

Thousands of them every summer, with attitudes ranging from respectful to "let's party" as floaters bump over anadromous salmon habitat on their way downstream from Icicle Road bridge. The county and city have been working on river recreation management for some time as the City owns the property at take out and

the county has the means to make improvements. We await the basic steps of adequate signage, permanent toilets if possible and a single trail back to the parking lot, instead of the current trampling of riparian habitat.

Secondly, The Whistle encourages the community to learn more about habitat restoration and remediation at the mill dam site. Rusty spikes, old pilings originally saturated with creosote and the ribs of the dam remain in the river. The removal of these items are the typical purview of Chelan County's Natural Resources Department, with their focus on rehabilitation including water quality, forest health and salmon habitat. According to Ms. McKay, the rehabilitation of this area will not affect the swimming beach around the corner and will be grant funded.

Sadly, the Wenatchee River has also lost the majority of salmon "pull outs" or side channels for young fish, places they can rest as they begin their journey down the river to the sea. Part of the LMDRRIP proposes creating a flood zone pool which would aid fish. The pool would be similar to the shallow pools on Blackbird Island that provide excellent habitat. We believe this is a worthwhile objective!

Finally, let's look at the play feature in the river. When you are considering the reshaping of the river bottom to accommodate kayakers, boogie boarders and other ways locals might enjoy the resulting waves during the spring and fall seasons of mid flow, keep in mind several points. Recreation Improvement in this location



will require much further study, will not be limited to local use, will create an increase in parking demand and could potentially change the riverbed both upstream and down. Construction would occur in fall, during salmon migration and potentially impact the anadromous runs annually. Consider that, to date, no examples can be found of constructing any kind of white water park in a river that hosts anadromous fish. Understandably, the Yakima Nation is firmly against this third portion of the project. While the Whistle appreciates the enjoyment and human enhancement that intentional wave shaping provides, we do not support Barn Beach as an appropriate location.

### This column's Whistlist has one item.

1. Get Informed and Speak Out: There is no firm date for decision on the LMDRRIP. But you can contact the mayor, city administrator and council NOW regarding tuber and other recreational use on the Wenatchee River. Include your thoughts on "tuber take-out."

We live in a great community, favored by the restorative beauty of nature. Let's take our deepest wishes seriously. Believe your voice counts. Until next time, find our current poll online in the Echo and keep whistling. We'll hear you!

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