



## Leavenworth City Council comes to consensus on Pine Street Intersection



**Justin Pardini**  
Reporter

The Leavenworth City Council gathered for their scheduled bi-weekly meeting at 6:30 p.m. on January 10. The main discussion point during this meeting was a presentation by H2 Engineering on the Pine Street Phase II Study. The ongoing problem with the intersection and traffic flow on Pine Street, moving into Chumstick Highway and US Highway 2, has been a major issue, here within the city, for some time and this presentation had determination to seek a consensus of agreement within the council. Speaker and H2 Engineer, Devin Petit, gave an overall introduction and background as to the problem of

this street and its involvement with the community.

There has been a multitude of outreach concerning the constant buildups happening within this area and Petit was offering solutions to the problem at hand. He classified this area as a "Rural Major Collector," describing the amount of time one typically waits in traffic during a highly congested portion of the day. The waiting time exceeds normalities for traffic lights and causes poor decision making from drivers wanting to get through to their destination. His company gathered with utilities agencies to discuss infrastructure, ultimately coming up with 3 distinctive solutions to this highly traffic-prone area. Petit proposed options of a T-intersection, a single lane roundabout, and a double lane roundabout. He also gave a rough estimate of the total costs of these 3 options, according to current 2023 economical projections. The T-intersection would cost around \$3,104,000, the single lane roundabout would be around \$3,729,000, and the double lane roundabout would acerue

to about \$3,906,000. Taking costs and success rates into consideration, the council was determined to come to an agreement on a definitive solution during this meeting. One of the main issues with this project is the house that is nestled on Fir Street, making it difficult to have a solidified solution without relocation. The T-intersection would allow the residents to stay within the property, however, this solution seemed to be one that wouldn't necessarily fix the traffic issue at hand. The roundabout, according to Petit, has a much better chance of increasing the flow of traffic and allowing for shorter wait times within that area. He provided multiple examples of drone footage, showing the traffic in the area and how a roundabout would provide a necessary improvement to the streets. After much discussion, the council came to a consensus that action must take place and the double lane roundabout is the most promising of the options given to them. They agreed that spending some more money to create a double lane roundabout sooner, rather than

later, would be a very positive addition to the solution of traffic buildup within the city. There was no official date range discussed during the meeting, but there was an understanding that, sometime within the next 5-10 years, a solution of a double lane roundabout intersection of Pine Street, Chumstick Highway, and US Highway 2, will come to fruition.

As the meeting progressed, discussion of a few other topics rose to the council. Anne M. Hessburg was officially elected as Mayor Pro Tempore. The Waterfront Park restroom relocation project was granted an additional \$20,912 for environmental and electrical costs. The council also approved the purchase of a 2022 CAT 938M loader to help with snow removal efforts throughout the city. This loader should arrive very soon and will contribute to maintaining the constant snow removal efforts. A new proposition to increase the funds for snow removal was introduced during the meeting. \$66,781.95 is the current amount of funds going towards

removing and plowing snow in the city. During the meeting, the council decided to introduce the prospect of raising the maximum fund limit to \$250,000 for this issue. There was a general understanding that most, if not all, of these funds would be used, as snow removal remains an irritant within the community during this time. The money would stem from parking, lodging, and street funds. There will be more focus on clearing up parking spots and widening streets for tourists and residents to ensure a well-maintained road system. Public works reported that benching operations for snow are about 60% completed, hoping to reach their goal within the next few weeks or so. Lastly, the council reminded us of the Community Engagement Night taking place on January 31 at the Feshalle from 5:00 p.m. to 8:00 p.m. The main attraction for this will be to include some new ideas and designs for a replacement indoor pool for the city. The City Council will reconvene for the regularly scheduled biweekly meeting on January 24 at 6:30 p.m.

## Washington State begins its 2023 Legislative Session

By SENATOR BRAD HAWKINS

The 2023 legislative session began on January 9th. This session takes place following elections within the new legislative district boundaries and will include development of the three state budgets (operating, transportation, and capital) for the 2023-2025 biennium. The session is scheduled for 105 days. It is a longer session considering the budget development required, and many questions will likely arise.

Please know that serving you and answering your questions about state government is very important to me and my office. I'd like to take the time to introduce my staff who will be working hard this year to help answer your questions and keep you connected with state government. The legislative offices have some year-round employees, but additional staff are hired to assist

with the high workload associated with the legislative session. My office works very hard to select the best people for staff because I view them as an important element of my public service to you.

The way I view my job as your state senator is that I work for you. As constituents of the 12th District, you are and always will be our number-one priority. As you can probably imagine, legislators receive speaking and meeting requests from throughout the state, and many organizations and state agencies hire professional advocates to reach out to us. I appreciate the role that statewide groups and their hired advocates have in the legislative arena, but I never want their active participation in the process to overshadow your opportunity to share insights with me.

### Meeting the office staff

My office staff understand my philosophy for constituent customer



L to R: Tricia Gullion, Ethan McClintock, Senator Hawkins, Elizabeth Popoff and Emily Galde

PHOTO BY SENATE PHOTOGRAPHY



CONTINUED TO PAGE B1

## PUD Commissioners Bergren and Allen sworn into service



Submitted Photo. Newly elected 2023 Chelan County PUD Commissioners, Kelly Allen and Carnan Bergren taking their oath of office.



Submitted Photo. 2023 Chelan County PUD Board of Commissioners.

SUBMITTED BY RACHEL HANSEN  
Senior Communications Strategist

**WENATCHEE** - Chelan County Auditor Skip Moore swore into office two newly elected commissioners on Monday, January 9, Kelly Allen and Carnan Bergren.

For Bergren, the ceremony was more of a reunion than an initiation.

He previously served eight years (2008- 2016) as a Chelan PUD commissioner. A retired fruit grower, Bergren recently relocated from Peshastin to Chelan Falls. He will serve a six-year term representing District 3 (North Wenatchee, Entiat, Chelan Valley).

"It's fun to talk with people I haven't seen for a while," Bergren

said. "I bring a legacy of knowledge as a former commissioner, and I'll be calling upon that as we go forward."

Kelly Allen, a Chelan business owner, will serve a four-year term in an at-large position on the board.

The board of commissioners also elected its 2023 officers Monday: Commissioner Randy Smith as board president, Commissioner

Steve McKenna as vice president, and Commissioner Garry Arseneault as secretary.

"I view this as a new board," McKenna said. "It's not just new people coming on board and trying to figure out how to fit in. We all have to figure out how we'll work together and continue to do good things for Chelan County PUD."

In other news, commissioners thanked staff for their efforts to restore power during a record-breaking cold snap, and also during several tree-caused outages over the last three weeks. They also celebrated a re-affirmation by Standard and Poor's rating agency of Chelan PUD's AA+ credit rating with a stable outlook.

### Inside The ECHO this week

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## Leavenworth Mill Dam project

By ERIN MCKAY

Senior Natural Resource and Recreation Specialist

Chelan County Natural Resources has been working with partners on a feasibility study for a whitewater recreation project in the Wenatchee basin over the last two years. We have arrived at the conclusion of this study, and are excited to announce a community event to share the process and selection of the Leavenworth Mill Dam for the Rehabilitation and Recreation Improvement Project idea, and get feedback on next steps going forward. Along with a professional engineer and a geomorphologist who helped complete the feasibility assessment and alternatives analysis, we will be presenting

on the project at the Wenatchee River Institute's Red Barn on the evening of Wednesday, January 18, 2023. Here is a link to the event: <https://wenatcheeriverinstitute.org/education-programs/community-programs/red-barn-events.html/event/2023/01/18/red-barn-event-leavenworth-mill-dam-rehabilitation-and-recreation-improvement-project/407898>.

This is a free event, and we look forward to sharing our work and hearing your feedback. For more background on the project and to review the feasibility study, alternatives analysis, and potential project concepts, see our website here: <https://www.co.chelan.wa.us/natural-resources/pages/wenatchee-whitewater-park-feasibility-study>.

## Sports Schedule

### BOYS BASKETBALL

Jan. 21:	Cascade vs. Liberty Bell, Away at 6:00 p.m.
Jan. 24:	Cascade vs. Chelan; Home at 7:00 p.m.

### BOYS WRESTLING

Jan. 21:	Rumble in the Valley, Away TBD at 8:00 a.m.
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### GIRLS WRESTLING

Jan. 20:	Othello Lady Huskie Invite, Away at 4:00 p.m.
Jan. 21:	Othello Huskie Invite, Away at 9:00 a.m.
Jan. 24:	Ephrata Girls Mix n' Match, Away at 5:00 p.m.



### BOYS BASKETBALL

Jan. 10:	Cascade 55, Omak 76; Loss
Jan. 13:	Cascade 60, Cashmere 62; Loss

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## A NEW WHISTLE

By RHONA BARON

Welcome to a New Year, a time for dreaming and fresh beginnings. In that spirit, The Whistle has several announcements and changes that should prove refreshing in the months ahead.

Pardon the chilly reference, but feel free to view me and this column as the tip of a community iceberg in 2023. I will continue to communicate out loud to synthesize and to release digestible information that enhances community conversation. Meanwhile, below the surface, The Whistle team, a.k.a. the bigger part of the iceberg, is a group of knowledgeable folks who attend council and commission meetings, conduct detailed research and participate in community. Know that when you contact us via our site, you're really getting access to about a dozen experienced local citizens!

Another facet of the exposed iceberg is The Whistle website. To kick off the year, the columns are now easier to find, read and download. Plus, we will offer a new "slide show" that

makes understanding the complexities of local issues more tangible. Please visit to see the images, review columns, take surveys, or get more information at [LWhistle.com](http://LWhistle.com). Feel free to contact us, no matter your position on the issues. We welcome all points of view.

In fact, beginning this year, we welcome you to become a guest columnist! We are inviting our readers to write 300-500 words and send them our way. As editor, I can review and work with you to get your piece ready for print. Topics might include traffic, tourism, density, infrastructure, safety, environment, and anything you'd like to shout out. Contact me through the website at [www.LWhistle.com](http://www.LWhistle.com). When you're published, you'll get credit in the Echo, along with publication on our website. We are serious about hosting multiple viewpoints.

The only caveat is that your contribution must be fact based. Opinion is wonderful, but in a world where conspiracy theories have become more common, our goal will always be to present opinion grounded in facts. As before, we pledge to

provide accurate information to back each and every claim we make! No one has detected a factual inaccuracy yet. We intend to keep it that way.

Which brings us to an important change in our column structure. To empower Leavenworth citizens, we will be offering a timely "to do list" to close each column in 2023. We're calling it Whistle List, so important we are creating a new word: Whistlist.

Change happens when you add your voice. And right now, it's crucial that the community comments on a thing called 'the docket' before January 23. The docket is set by the council and PC each January and controls the considerations of the Planning Commission all through the year.

Whistlist: Due by January 24. Contact Lilith Vespier, council members and/or the mayor and planning commission IN WRITING with your opinion on any of the following:

- B and B's.** Let the city know if you believe there should be a limit in Leavenworth. Currently there is NO LIMIT in place!
- Environment.** If you believe code should enforce a percentage of buildable lots for plants, wildlife, and



permeability, say so. Right now, NO PROTECTION is in place.

- Condominiums.** They are pending in ALL residential zones, including R6, single family!
- Affordable Housing.** The Whistle is generally in favor of mandating affordable housing by requiring new developments to include a set number of affordable dwellings. Are you?
- MFTE Taxes:** Multi-Family Tax Exemption. (MFTE) would encourage developers to include affordable units in a multi-family development. But the citizens would then pay the developer's taxes for a period of 10-12 years! Happy New Year, everybody. We are here for you and your diverse points of view. Please take the survey in the Echo and keep on whistling. We'll hear you.

Subscription expired? **RENEW TODAY!**

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 For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com  
 Cashmere: 509-782-3781, email: reporter@leavenworthecho.com

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**COMMUNITY CALENDAR**

**Wednesday**

**Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.**  
**Alpine Water District: meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.**  
**Senior Center: Lunch, noon, \$8 per meal. RSVP 509-548-6666.**

**Thursday**

**Leavenworth Chamber of Commerce, 8 a.m. Call Chamber, 509-548-5807. Everyone is invited to attend as a guest. Email Troy@leavenworth.org for meeting information. (1st & 3rd Thurs.)**  
**Leavenworth Lions Club, For more info. email President Anita Wilkie at leavenworthlionsclubwa@gmail.com**  
**Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)**  
**The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991. (2nd Thurs.)**  
**Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)**  
**Greater Leavenworth Museum board meeting 3-5 p.m. Everyone is invited as a guest contact: Matt@leavenworthmuseum.org for meeting information. (2nd Thurs.)**  
**Senior Center: Exercise: 11 a.m.- noon. 509-548-6666. Music, call Steve, 509-548-7048. 1 p.m., (1st & 3rd Thurs.)**

**Friday**

**Veteran Service Office: For information contact Tony Sandoval, 509-664-6801 or email: Tony.Sandoval@co.chelan.wa.us**  
**Leavenworth Rotary Club, In person at Kristalls at Noon, email wardenmike@yahoo.com or call 509-238-3925 for more information.**  
**Senior Center: Bingo 6 p.m. Call 509-548-6666. Facebook & website: Leavenworthseniors@gmail.com**

**Monday**

**Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30 -8:00 p.m. Call Terri 509-393-8271 for more information.**  
**Cascade School board meetings, 7 p.m., Agenda can be found at https://www.cascadesd.org/Page/166. (2nd & 4th Mon.)**  
**Chelan Douglas Republican Women, Meetings now at Highlander Golf Club, 2920 Eighth St. S. E. East Wenatchee. Please, RSVP if you want to have lunch. Check-in begins at 11 a.m., and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon.,monthly).**

**Tuesday**

**Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)**  
**Icicle & Peshastin Irrigation Districts Meeting Current meeting time 8 a.m. at 5594 Wescott Drive. Call Tony Jantzer, cell, 509-433-4064, or 509-782-2561 or tony.iid.pid@nwi.net, (2nd Tues.)**  
**Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 509-548-5815. (4th Tues.)**  
**Cascade Education Foundation. Contact: CEF@cascade.org**  
**LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st Tues.)**  
**Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)**  
**Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.)**  
**The Chelan County Cemetery District #2 (Peshastin) meets monthly at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)**  
**Senior Center: Exercise, 11 a.m.-Noon. Tues & Thurs. 509-548-6666. Facebook & Website: Leavenworthseniors@gmail.com**

**NCW Libraries**

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.  
**Leavenworth Public Library. Located at 700 Hwy. 2, Call 509-548-7923 or online Leavenworth@ncwlibraries.org Open on Tues., 10-5, Wed., 11-7, Thurs., 10-7, Fri., 10-5 Sat., 10-2. Closed Sun. and Mon.**  
**Peshastin Public Library. Located at 8396 Main St, Peshastin. Call: 509-548-7821 or Peshastin@ncwlibraries.org Open Tues., 10-1:30; and 2:30-7, Wed., 10-2, and 2:30-7, Thurs., and Fri., 1-5:30 and Sat., 10 a.m.- 2 p.m. Closed Sun. and Mon.**

**Other events**

**The Greater Leavenworth Museum, formerly known as the Upper Valley Museum. Check their Facebook page or website at http://www.leavenworthmuseum.org www.leavenworthmuseum.org for updates and information.**  
**Leavenworth Fish Hatchery, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.**  
**Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.**  
 Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho.com or call 509-548-5286. Otherwise we are not responsible for any misinformation.

- **Downtown Steering Committee, 10:00 a.m. (4th Tues.)**
  - **Parking Advisory Committee, meets 3 p.m., at City Hall in the conference room and on zoom. (1st Thurs.)**
  - **Housing Committee, 3:30 p.m. (4th Tues.)**
  - **Public Safety Committee, 4:30 p.m. (4th Tues.)**
  - **Finance Committee, 5:15 p.m. (4th Tues.)**
  - **City Council Evening Meeting, 6:30 p.m. (2nd & 4th Tues.) At City Hall in Council Chambers (1st Floor) and via zoom.**
- ALL are at City Hall in the Conference Room (2nd Floor) and via zoom.



*Leavenworth*

**Adult Social walking in the Festhalle**

Walking times and days are Monday - Thursday from 7:15 a.m.- 9 a.m.  
 There is no charge, all you need to bring is your smile and a dry pair of shoes. Please enter the Festhalle from Front Street entrances, please use the one in the middle. The street parking meters are not live until 9 a.m. Unfortunately, we cannot accommodate children at this time. Please call Sharon Waters for further information. 509-548-7939.

**STEM Activity LEGO Robotics.**

Thursday, January 19 from 4 - 6 p.m. STEM Librarian Buffy will lead a fun program for the entire family. Younger kids may need assistance. We'll explore programming, sensors, motors, and gears of WEDO2.0 LEGO Robotics.

**Greater Leavenworth Museum**

The Greater Leavenworth Museum at 735 Front Street has returned to regular hours. Find information on Leavenworth's beginnings and

transformation to a Bavarian village from 11 a.m.-4 p.m. on the 2nd floor (above the Nutcracker Museum) Friday through Sunday. A lift is available for those unable to navigate stairs.

**Volunteers needed**

The Greater Leavenworth Museum is seeking passionate community members to welcome guests to the museum. No previous museum experience is necessary, but a love of history and a desire to share Leavenworth's story is required. For additional information, email info@leavenworthmuseum.org.

**Student Art Show in the Library**

From now through Jan. 27, art students from Cascade High School will be having an art show at the Leavenworth Library. The student artists will be displaying drawings and paintings in many different media- charcoal, pastel, paintings, watercolor and mixed media. Student artists include Isabel Bentsen, Rhett Cummings, Brendan Fallon, Lauren Haiduc, Ellie Holm, Miles Hunt, Aide Lain, Zoey Sheffield, Greer Swoboda, Mia Dreis, Gordon Jeffrey, and Aiden Tuttle. Please stop by

during the library's regular hours to see their art show in the Fireside Room.

*Cashmere*

**Little Women**

Will be performed 7 p.m. on January 26, 27 and 28 and February 3 and 4, at the Cashmere Middle School Auditorium. Seats are reserved and tickets are \$15 for adults and \$8 for students and senior citizens. Tickets are available in advance at the Cashmere High School office during school hours. Tickets will also be available at the door, with the box office opening at 6:15 p.m. on performance nights.

*Regional*

**Cascadia Conservation District Board meeting**

The Cascadia Conservation District Regular Board meeting will be an in person and call-in /Zoom meeting, held on Friday, January 20, 2023, 1:30 p.m. If you wish to attend in person, please call the office as space is limited. More information and instructions will be available on our web site at cascadiacd.org or by calling the district office, 509-436-1601.

**Upper Valley Empty Bowls Glazing Days at Sleeping Lady January 20-24**

SUBMITTED BY DIANE PRIEBE



PHOTO BY UPPER VALLEY MEND STAFF

Help feed our community's hungry, strengthen community and celebrate the arts through the Upper Valley Empty Bowls Festival! Come glaze a bowl with your friends, family, and community members this year at the Sleeping Lady Mountain Resort. Glazing Days begin on Friday, January 20 (12-8 p.m.) and Saturday January 21-Tuesday January 24 (10 a.m. - 8 p.m.) in the Woodpecker Room at the Sleeping Lady Mountain Resort. Paint your own design on a bowl, then pick up your finished bowl at the community soup supper on Thursday, March 23 at the Leavenworth Festhalle.

You are welcome to pay for your bowl at the door, or you can pay online ahead of time and decorate your bowl when you arrive during the Glazing Days. To pay online, please go to www.uvememptybowls.org and click on the link.

All ages are welcome, no experience is necessary, and volunteers are on hand to offer advice. While at the glazing days, be sure to visit the table of local artists at work decorating beautiful bowls for the UV Empty Bowls Artist Bowl Auction in March  
 All proceeds from the Empty Bowls Festival are donated to purchase food at our local Community Cupboard food bank, and to fund small art grants to support local youth

Teara Dillon creates a masterpiece.

arts programs. The festival is a true community event, with local restaurants and bakeries donating the soup and bread, Sleeping Lady Mountain Resort donating use of a room for the glazing event, and a small army of volunteers working behind the scenes.  
 For more information, go to www.uvememptybowls.org, or call the UVMEND office at 548-0408.

**NCW Libraries offers two virtual programs for adults**

SUBMITTED BY MICHELLE MCNIEL

NCW Libraries is offering two upcoming virtual opportunities for adults. A Humanities Washington presentation about Mt. St. Helens and a NCW Virtual Reads program featuring popular author Yasmin Ramirez.

In the first program, NCW is partnering with Humanities Washington to offer the live, virtual program After the Blast: Mount St. Helens 40 Years Later.

This program will be at 7 p.m. Jan. 25 and held on the Zoom platform.

Writer and biologist Eric Wagner will take participants on a journey through the Mt. St. Helens blast zone. Explore the surprising ways that plants and animals have survived in the 40-plus years since the May 18, 1980, explosion, and the complex roles that people have played in the recovery. Attendees will have an opportunity to ask questions.

Wagner is a Seattle-based author whose published books include After the Blast: The Ecological Recovery of Mount St. Helens. He holds a PhD in biology from the University of Washington.

Humanities Washington is a nonprofit organization in Washington state that was established by the National Endowment for the Humanities more than 40 years ago. It works with libraries, museums, colleges, historical societies and other nonprofit agencies to bring programs that foster community discussion.

The second program is part of NCW Virtual Reads, in which NCW Libraries hosts author events that spark conversations, curiosity and learning. Mexican American author Yasmin Ramirez will give a live, virtual talk at 7 p.m. on Feb. 9. She will discuss her debut memoir, her writing process, and talk about the playlist she made to accompany the book.

Her memoir, ¡Ándale Prieta!, delicately shares the experience of a young Latina growing up on the U.S.-Mexico Border and subsequent years searching for herself and fulfillment after the passing of her grandmother. Ramirez is an Assistant Professor of English, Creative Writing and Chicana Literature at El Paso Community College.

All NCW Virtual Reads events are free and open to the public. Events are held through the Zoom digital meeting platform. During each event, attendees will hear from the author and then have an opportunity to submit questions for the author to answer live. To participate, register at www.ncwlibraries.org

You must register to attend. Register for both of these events at www.ncwlibraries.org. Click on News & Events and find them on the events calendar. A Zoom link will be sent by email.

**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

## Cascade Medical Foundation welcomes new staff, board officers

SUBMITTED BY NEVONNE  
McDANIELS

Foundation Administrator

Cascade Medical Foundation welcomes some new faces going into 2023, with a new administrator and a new slate of officers. Nevonne McDaniels joined the Foundation as the new administrator in November. Her background is in journalism, having worked as an editor and reporter. In addition to providing operational support and assistance to the board, the job includes grant writing. McDaniels replaces Marlene Farrell, who had been with the Foundation for several years before accepting a new post this summer.

The Foundation's volunteer board selected Shannon Keller as the 2023/24 chairperson. Keller is retired, after a 28-year career working as a pharmaceuticals and biotech sales representative and manager. She also has experience volunteering for nonprofits.

"Cascade Medical Foundation has been partnering with Cascade Medical for the sake of our community's health for 30 years now, and this year is no different," Keller said. "Our 2023 campaign is to raise funds for the new local Cardiac Rehab Center — no more drives to Wenatchee! With a long family history of cardiovascular disease, I'm so proud to be chairperson of CMF and its current campaign. I can only hope to lead the charge as effectively as my predecessors — Bob Jennings in particular."

Keller replaces Jennings, who served as board chair in 2021 and 2022. He is continuing his service as a board member.

Strode Weaver is serving as vice chairperson for the next two years. A retired hospital administrator and Navy

veteran, he most recently served as board treasurer and previously served as chair. He replaces Bob Adamson, who is rotating off the board this year.

Mark Judy has returned to the board after a one-year sabbatical and will pick up his previous post as treasurer. Judy served as Cascade Medical's CEO from 2009 until 2012, when he retired to do mission work in Africa and has been active in the Foundation since his return. He and his wife, Terri, who also serves on the board, have been residents of Plain for more than 30 years.

Dana Wilson is continuing as board secretary. She joined the Foundation in 2019 and brings with her an interest in language and culture after a teaching career with the Department of Defense in Europe, particularly Germany and Italy.

The board's two at-large officers for 2023 are Vangie Schasse, a retired nurse who has served on the board since 2018, and Shari Campbell, healthcare marketing and communications consultant who joined the board in 2021. In addition to Adamson, long-time board members Kathi Nash and Wade Nash rotated off the board this year. The other current board members are: Rich Adamson, Mogens Bach, Vito Fedor, Julie French, Carol Kasper, Bob Keller, Ann MacPherson, Kathy Montgomery and Ted Montgomery.

Work already has started on securing sponsors for the Marson & Marson 20th Annual Cascade Golf Classic, which is set for June 19 at Kahler Mountain Resort at Lake Wenatchee. Find out more about golf sponsorships at [cascademediafoundation.org/fundraisers/golf](http://cascademediafoundation.org/fundraisers/golf). The Golf Classic is one of

the Foundation's largest fundraising events. Proceeds will be used to help fund a new cardiac rehabilitation center at Cascade Medical, the subject of the Foundation's 2023 campaign. The goal is to raise \$87,000, which will cover equipment and training that will improve local access to cardiac rehab services.

"The financial dynamics of sustaining a rural medical center are challenging," said Cascade Medical CEO Diane Blake. "The Foundation's work ensures that Cascade Medical's talented care teams have the advanced equipment they need to best care for our community. I am grateful for the Foundation's commitment and passion; through their work, they play a key role in taking care of the Upper Valley."

**About Cascade Medical Foundation:** Cascade Medical Foundation is a nonprofit organization founded in 1992 to support vital community health needs, including equipment, programs and services for Cascade Medical, which serves the Upper Valley from Stevens Pass and Plain to Leavenworth and Cashmere. Through its 30-year history, the Foundation, with support of the community, has raised more than \$1.8 million for Cascade Medical. Recent campaigns have helped purchase the Mobile Clinic, automatic external defibrillators placed throughout the community, 3D Mammography, Think Pink free mammograms, portable cardiac monitoring systems for the ambulances and Suicide Prevention Education in the schools. For information, go to [cascademediafoundation.org](http://cascademediafoundation.org), call 509-548-2523 or send an email to [foundation@cascademedia.org](mailto:foundation@cascademedia.org)

### DEATH NOTICE

## Amy Elizabeth "Beth" Davelaar

Amy Elizabeth "Beth" Davelaar, 63, of Wenatchee, passed away on Monday, January 9, 2023. Arrangements are in the care of Heritage Memorial Chapel, East Wenatchee & Cashmere.

## The One Resolution for Us All



### A WALK WITH PASTOR

John Smith

(As we approach) 2023, many of us set out the new year with resolutions. Resolutions vary from person to person. Some resolve to quit smoking, while others resolve to take more vacations. Undoubtedly, the most popular resolution that people make is to lose weight. During January, gym membership skyrockets to over 15% nationwide, only to significantly drop a couple of months later. Why? Because as sincere as people may be, we just lack the commitment to see our resolutions accomplished. However, Jesus isn't that way. He is the only one who completes every task he undertakes and does so with intentionality.

For example, take Mark 4:35-41. Here, we see that Jesus intends to cross the other side of the Sea of Galilee. Although it was late and the vessel was caught in a storm, Jesus would not be abated. Instead, Jesus intentionally went to the other side of the Sea of Galilee to show that he was sovereign over the wind and the waves. Another example is the woman at the well in John 4:1-45. As he travels through Samaria, he finds a well to rest at and encounters a woman who desperately needs to drink from the living water Christ offers. The conversation is striking, and Jesus knows her

spiritual condition and chooses his words to bring her hope. When you read the gospels, you see that Jesus was not haphazardly wandering through the regions of Palestine, nor was he a victim of circumstance. Instead, the opposite is true. Jesus knew exactly what he was doing at all times because he resolved to do it.

Yes, Jesus had a resolution that was the singular focus of his life and ministry. In Luke 9:51, we read, "he set his face to go to Jerusalem." This phrase "sets his face" is connected with an Old Testament passage in the book of Isaiah. Isaiah, chapter 50, is the third of the suffering servant songs and foretells the emergence of the Messiah and what he has come to do. Isaiah 50:7 says, "But the Lord God helps me; therefore, I have not been disgraced; therefore, I have set my face like a flint, and I know that shall not be put to shame." What does "set my face like flint" mean? Flint is not only extremely hard but also an incredibly sharp stone. When used as a description, it illustrates unwavering and unyielding conviction. Before verse 7, Isaiah 50 describes the suffering and agony that this servant will endure. Yet, difficulty and anguish do not deter him, for he has set his face—resolved—to accomplish the task before him.

Fast forward centuries, and this suffering servant with a face like flint has a name. Jesus sets his face toward Jerusalem, where he will meet the end of his life. He tells his disciples in Mark 10:33-34 that he will be delivered, suffer torture and great humiliation,

and be condemned to death. Yet, with suffering, agony, and death, he remains undeterred and goes anyway. Can you imagine if Jesus did not go to Jerusalem? What if he decided to avoid Jerusalem out of self-preservation because the cost was too high? If that happened, the world would be forever lost.

Jesus resolved to go to Jerusalem because he would give his life as an atonement for sins, secure redemption, offer forgiveness and open heaven to many through his blood. Jesus had one resolution, and that was to save people.

This article is not intended to guilt us all into keeping our resolutions for 2023. Yes, we should be people who follow through on our commitments and setting goals for the next year is a good thing. But let's be honest and realize that we will fail in some areas in 2023. There will be some things that will be left unaccomplished and goals that we did not quite meet. However, through all that, we should be reminded of the One who never fails and always follows through. When we compare ourselves to Christ, we see how different we are, but, in the process, we see how willing he was to save a people like us—imperfect, unreliable, and who do not follow through. 2023 will be a year like the others before it. It will be full of unmet and unrealized resolutions. Yet, we know that 2023 has a Savior all because One accomplished his resolution to save.

Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at [pastorjohnsmithebc@gmail.com](mailto:pastorjohnsmithebc@gmail.com).



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## 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](mailto:classifieds@leavenworthecho.com)

## UPPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

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

### CASHMERE

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

Find us on Facebook at Cashmere Baptist Church

**CASHMERE PRESBYTERIAN CHURCH**  
303 Maple Street • 509-782-2431  
Sunday Morning Worship 10:30 a.m.  
Call for activities: Pastor Charles Clarke  
[www.cashmerepres.org](http://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](mailto:cashmerecommunitychurch@gmail.com)

**CHRIST CENTER**  
Sunday Worship Service at 10 am  
5800 Kimber Rd., Cashmere  
509-782-2825  
[christcentercashmere.com](http://christcentercashmere.com)

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

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

### DRYDEN

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

**MID-VALLEY BAPTIST CHURCH**  
8345 Stine Hill Rd. • 509-782-2616  
Worship Service, 10 a.m.,  
Sunday School, 9 a.m.  
Pastor Mike Moore  
[www.midvalleybaptist.org](http://www.midvalleybaptist.org)

### LEAVENWORTH

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

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



**LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH**  
418 Evans Street • 509-548-5619  
10 a.m. Sunday Service, Pastor  
Jo Dene Romeijn-Stout  
[leavenworthumc.org](http://leavenworthumc.org)  
[leavenworthumc@outlook.com](mailto: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](http://www.leavenworthbaptist.com)  
Email: [info@leavenworthbaptist.com](mailto: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](http://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**  
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8455 Main Street  
Sunday Worship 10 a.m. • Pastor John Romley  
[www.lightinthevalley.org](http://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](mailto:newlifeleavenworth@gmail.com)  
FB page: [newlifeleavenworthwww.newlifeleavenworth.com](http://newlifeleavenworthwww.newlifeleavenworth.com)

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# Flywheel Investment Conference opens 2023 competition

SUBMITTED BY JENNY ROJANASTHIEN

Executive Director

**WENATCHEE** – The annual Flywheel Investment Conference presented by Moss Adams, Ogden Murphy Wallace, Confluence Health, and Microsoft has opened applications for the 2023 investment competition.

The Flywheel Conference is now accepting appli-

cations from early-stage Washington state companies who are looking for funding. Companies can apply to compete for a \$150,000+ investment award during the Flywheel Conference held April 19-21 in downtown Wenatchee, Washington. In addition to the investment offering, there is a \$50,000 relocation offer and a \$5,000 cash prize.

Any Washington state-

based company can apply to compete. The competition is open to companies across all industries. There is no application fee to compete. All companies who submit a completed application receive 50% off conference tickets and recognition regardless of placement. The top finalists will compete live in Wenatchee for investment awards and prizes during the conference from April

19-21. Finalists receive free tickets, accommodation, and complimentary tours. Applications are due February 14. To apply visit [www.flywheelconference.com](http://www.flywheelconference.com).

Since 2018, over one million dollars in investment awards have been offered at the Flywheel Conference, with millions in follow-on deals for founders who have competed at the event. The Flywheel Conference continues to grow and expand, solidifying its reputation as a great meeting place for entrepreneurs and investors.

Every year a new LLC is formed by the Flywheel Angel Network to invest in the winner(s) of the conference. The Flywheel Angel Network is a group of angel investors who are passionate about supporting economic development in North Central

Washington. Managing the investment awards is the Flywheel Conference 2023 Fund LLC, led by Glenn and Cheryl Adams.

Tickets to attend the 2023 Flywheel Conference are on sale to the public now. All tickets are 20% off until March 1 with discount code EARLYBIRD on Eventbrite. To learn more visit [www.flywheelconference.com](http://www.flywheelconference.com)

**About the Flywheel Investment Conference:** The Annual Flywheel Investment Conference is organized by NCW Tech Alliance and hosted in partnership with the Flywheel Angel Network. Held in downtown Wenatchee, WA, the Flywheel Conference features an investment competition, educational speakers, and networking opportunities. The conference is a unique opportunity for

investors, entrepreneurs, and the community to come together to connect, learn, and develop resources for building companies. Past investment award winners include: Cartogram (2018), Beta Hatch (2019), Agtools (2020), SyncFloor (2021), Iasis Molecular Sciences (2021), BrainSpace (2022), and ZILA Works (2022). More information at [www.flywheelconference.com](http://www.flywheelconference.com)

**About NCW Tech Alliance:** Since 1999, NCW Tech Alliance has served as the region's tech alliance, championing growth and development in North Central Washington. As a 501(c)3, NCW Tech Alliance's mission is to bring together people and resources in technology, entrepreneurship, and STEM education. For more information visit [www.ncwtech.org](http://www.ncwtech.org)



Group photo of award winners from the 2022 Flywheel Investment Conference

## Brad Hawkins

CONTINUED FROM PAGE A1

service and will be assisting me with scheduling requests, bill tracking, media inquiries, virtual meetings, email responses, and phone calls.

We value public service and the opportunity you provide us to help you. Given the high volume of requests and communications we receive – and the research required for responses – it may take us a couple of days to get back to you, but we will be working very hard to ensure that not a single constituent inquiry goes unanswered. This may seem like a very ambitious goal, but it is the standard set for my office.

**Here are the staff helping me this session:**

### Elizabeth Popoff, Legislative Assistant

Elizabeth was recently hired as my Legislative Assistant. She is returning to my office as she worked last session as my Legislative Session Aide. Now as my Legislative Assistant, she works closely with me on all matters in the office, with constituents, and on legislative priorities. She and the other staff will assist with meeting requests, constituent appointments, email responses, and other activities. Elizabeth is a native of the Wenatchee Valley and was a member of the 2019 Apple Blossom Festival Royal Court. She graduated from the University of Washington with a communications degree and is nearly completed

with her Master of Public Administration degree through the University of Idaho. Her work experience includes RH2 Engineering, Cashmere Valley Bank, Fabulous Feet Dance Studio, and Lake Life Chelan.

### Emily Galde, Legislative Session Aide

Emily is joining my office this year as my Legislative Session Aide. She is a senior at Washington State University, completing her final internship class as part of her Political Science and Pre-Law Program. Emily will be based in our Olympia office and assist with incoming correspondence, constituent visits, and capitol tours, among many other things. Emily is very passionate about state government and the judiciary branch. Her past work includes working for Lake Life Chelan, in restaurant service, and as a legal intern.

### Tricia Gullion, Public Information Officer

Tricia is a senior member of the communications staff assigned to me through the Senate Republican Caucus. She has worked closely with me on all aspects of my communication efforts since 2022, including managing my website, editing my email newsletters, reviewing my guest opinion submittals, distributing news releases, coordinating local radio interviews, and responding to media requests. An Olympia native, she graduated from Walla Walla University with a communications degree. She previously worked for the Washington State School Directors' Association as

legislative coordinator and the House of Representatives as a legislative assistant.

### Ethan McClintock, Legislative Intern

Ethan McClintock is serving as my Legislative Intern this session. He spends a portion of each week completing a rigorous program with other interns from state universities. In addition to his intern program duties, Ethan will work each day for my office, tracking legislative priorities, meeting with constituents, responding to phone calls, and coordinating correspondence. Ethan is from Vancouver, Washington and is currently a student at Washington State University studying Public Affairs.

### Staying connected with us

For the 2023 session, my staff and I will be back in-person from the State Capitol and our Olympia office. After two years of remote work, returning to in-person activities has taken extra coordination to ensure that our high standards for constituent customer service can still be achieved. Our Olympia offices are also in a new, temporary building while our prior offices are being rebuilt and remodeled. Despite all the changes for this session, the goal of my office is to be very responsive to your inquiries and provide the highest level of customer service. If you have any questions, please connect with us through our website at [senatorbradhwkins.org](http://senatorbradhwkins.org) or our Legislative Hotline at 1-800-562-6000. Thank you for the opportunity to serve as your state senator.



Thank you for your enthusiastic support throughout this campaign. With your votes, you have all encouraged me. You have indicated your faith in me with your vote, and I plan to honor it. Thank you for having faith in me and appointing me to this important job.

I am anxious to represent and to serve all the residents of Chelan County. I would like to express my immense gratitude and sincere thanks for your trust in my leadership and for the opportunity I have received to be the representative of Chelan County. I anticipate the opportunity to work together with team spirit in the day-to-day functioning of our county and for the well-being of our people.



Shon Smith, Chelan County Commissioner District #2

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

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8	2	7	9	3	6	5	4	1
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TRACY	ORB	ARIA
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**Employment**

**Help Wanted**

**Job Title: Sanitation Driver/Utility Worker**

The City of Chelan is accepting applications for the position of Sanitation Driver/Utility Worker. Monthly pay range: \$4,677 - \$5,685. Application deadline: January 27, 2023 or until filled. Go to [www.cityofchelan.us](http://www.cityofchelan.us) for additional information and employment application.

**Job Title: Utility Worker**

The City of Chelan is accepting applications for the position of Utility Worker. Monthly pay range: \$4,677 - \$5,685. Application deadline: January 27, 2023 or until filled. Go to [www.cityofchelan.us](http://www.cityofchelan.us) for additional information and employment application.

**CITY OF CASHMERE Public Works Maintenance Worker**

**Job Type:** Full-Time / Non-exempt/ Union Representation  
**Pay:** Depends on qualifications and experience, minimum starting hourly rate is \$20.78

**Benefits:** Health, vision, & dental for employee and family, PERS retirement, sick and vacation leave  
**QUALIFICATIONS**  
• High school diploma or GED; with additional education and experience necessary for successful performance of this job  
• Valid Washington state driver's license  
• Must obtain commercial driver's license within 6 months from date of hire  
Applications are available at: <https://www.cityofcashmere.org/government/human-resources>

Applications are due by January 25, 2023. For inquires contact Steve Croci at [steve@cityofcashmere.org](mailto:steve@cityofcashmere.org) or 509-782-3513.

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**Permit Technician**

The City of Leavenworth is seeking an energetic self-motivated individual for a full-time position as Permit Technician for Community Development Department. The ideal candidate will have demonstrated excellent organization skills through filing or similar job activities, and have good communication (written and verbal) skills. This position performs a variety of technical and administrative tasks to expedite the processing and issuance of complex and routine permits for multiple departments. Incumbents accept, review, route, and issue permit applications for routine projects as well as large commercial projects. Incumbents utilize the permit tracking database, review applications for accuracy and completeness, determine permit fees, route plans for approval, and monitor and coordinate the processing and issuing of permits. Duties include responding to inquiries about the permit application process, applicable codes, and inspection requirements. This position is a union position with a salary range of \$4,831-\$5,440/month (based on step increases over time); excellent benefits and retirement package included. The full job description and application are available on the City website at [www.cityofleavenworth.com/employment](http://www.cityofleavenworth.com/employment) or by contacting the City of Leavenworth at (509)548-5275 or 700 US Highway 2, Leavenworth, WA 98826. First review of applications will be on January 15, 2023. Position will remain open until filled. The City of Leavenworth is an equal opportunity employer.

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Legals

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

# Resolve to protect your finances and your family in the new year

STATEPOINT - After a holiday season spent racking up credit card bills, many Americans consider making financial resolutions in the New Year. However, now is the perfect time to not only reevaluate your saving and spending, but also commit to creating a more holistic financial plan designed to protect your finances and your family.

Consumers are seeking stability and preparedness in today's uncertain economic environment, according to a recent Consumer Sentiment Tracker study by Lincoln Financial Group. With ongoing inflation and market volatility, 56% of respondents cited protection from risk as being most important to them. When it comes to thinking about their finances, people said they have the greatest interest in protecting their family (39%) followed by their income (26%).

"Our research reinforced the importance of financial solutions that can help consumers navigate through market cycles and protect their loved ones," said David Berkowitz, president, Lincoln Financial Network, Lincoln Financial's wealth management business. "People are not only concerned about having enough to pay their bills, but also saving for retirement



PHOTO SOURCE: (c) g-stockstudio / iStock via Getty Images Plus

**Be transparent with your loved ones about financial priorities so you can set expectations and work toward your shared financial goals.**

and preparing for the unexpected. It's important to have a well-rounded financial plan that can address those risks, protect assets and create positive outcomes for today's families." To achieve a stronger financial future, don't neglect your finances in 2023 — instead, add a little TLC (Talk, Learn, Commit). Resolve to create a robust financial plan using these three tips from Lincoln Financial:

1. Talk about it. Financial conversations play a crucial role. Be transparent with your loved ones about financial priorities so you can set expectations and work toward your shared financial goals. Initiate ongoing discussions to stay on track with everything from saving for retirement to paying for a long-term healthcare event, which can happen suddenly and be very costly. Also, consider talking to a

financial professional who can help identify solutions that best meet your individual needs, as well as drive better outcomes. Lincoln's research found those who work with financial professionals are more likely to prioritize retirement savings (26% vs. 10%).

2. Learn more about tax-deferred investments. Life insurance can be more than just a death benefit, with some types of policies

offering income replacement for unforeseen events. It can also protect your financial security from the impact of taxes, market volatility and longevity. It's not just for individuals and families either, but businesses too. Also, consider diversifying your portfolio with an annuity, which can provide protected growth and monthly lifetime income to help cover expenses in retirement and ensure you have a stream of income.

3. Commit to maximizing your workplace benefits. Look into supplemental coverages like disability, accident and life insurance that may be available through your employer. Solutions like these protect against unexpected events that can disrupt your ability to provide for your family or drive you into additional debt. If you have an employer-sponsored retirement plan, make sure you are contributing and getting a match, if offered. Tap into any financial wellness tools offered at work to help provide you with an accurate picture of your holistic financial situation and lower stress.

Visit [www.lfg.com](http://www.lfg.com) for more tools and resources. With a robust plan, you can help ensure a solid financial future for you and your family.

## How to choose an effective decongestant

Last week, my husband came home, complaining, "I can't find Nyquil® at the grocery store! I'm almost out; what will I use if I get the flu?" Nyquil® used to come in only



two options: green or red liquid. Each version had precisely the same ingredients: green Nyquil® was the original flavor, and the red was an attempt at a cherry flavor. These days, there are several more options, each with different formulas.

My husband preferred the older forms of Nyquil® to the ones available today. The original green Nyquil® helped relieve the misery of a stuffy head, headache, and body aches. He could get a decent night's sleep, which allowed him to recover more quickly.

That original Nyquil® formula had 5 main ingredients: Tylenol® (acetaminophen) for his fever, headache, and body aches, dextromethorphan for his cough, doxylamine, an antihistamine that helped relieve his runny nose, sneezing, and helped him sleep, pseudoephedrine as an effective decongestant for his stuffy nose and sinus pressure, and 25% alcohol, which encouraged his sleep.

Today's formulas of Nyquil® liquid don't help my husband's stuffy nose.

That's because the company was forced to change the decongestant in Nyquil®. The original version marketed by the Vicks company contained

pseudoephedrine, an effective decongestant.

The Food and Drug Administration (FDA) decided to restrict access to pseudoephedrine because it was being diverted into making the street drug methamphetamine, or "meth." In 2005, the manufacturers of all non-prescription (OTC) products containing pseudoephedrine were forced to remove it.

In its place, the FDA allowed another decongestant: phenylephrine. Unfortunately, the dose of phenylephrine that relieves a stuffy nose has caused severe side effects, like stroke. Because of this, the FDA has limited the amount of phenylephrine to only 1/3 of its effective adult dose. For many people with sinus congestion, taking phenylephrine is no better than taking a sugar pill.

Nyquil® Severe Cold and Flu remains closest to the original Nyquil®, but I don't recommend using it. It contains phenylephrine, which can increase blood pressure without helping your stuffy nose.

Nyquil® Cold and Flu is the version of Nyquil® we use today. It does NOT contain phenylephrine, so you do not risk it affecting your blood pressure or interfering with blood pressure medications. Whenever my husband has nasal congestion in addition to his fever and body aches, he

can take pseudoephedrine in addition to Nyquil®.

I buy the version of Sudafed® with pseudoephedrine, which is only available "behind the counter." I prefer red-coated 30mg generic tablets over the white 60mg tablets or 120mg long-acting capsules.

What if you have both a stuffy and a runny nose? I have found the most effective way to relieve a runny and stuffy nose is a combination of pseudoephedrine with triprolidine, an antihistamine. Imagine you are a surgeon who wakes up with a head cold. Even wearing a surgical mask, you wouldn't want your nose to drip or to sneeze on your patient while bent over, performing a procedure, would you? And, as many of us have experienced during the COVID pandemic, if you have nasal congestion, putting on a face mask can make you feel like you are suffocating.

Triprolidine helped dry up the runny nose and ease the sneezing of afflicted surgeons and surgical nurses, and pseudoephedrine relieved their stuffy noses. The combination of these two agents is called Actifed®, which rarely causes drowsiness, which is another benefit.

Decades later, I find this STILL the best remedy for a stuffy, runny nose and sneezing. I make sure to keep a generic version of this formula on hand at all times. Actifed® (triprolidine/pseudoephedrine) is restricted. You will need to ask for it at a pharmacy, and it

will require photo identification and your signature.

Here are 4 tips when choosing a decongestant:

1. **Avoid phenylephrine.** Phenylephrine is NOT effective at the doses allowed by the FDA. Unfortunately, the amount that relieves nasal congestion can cause life-threatening elevations in your blood pressure.

2. **Request the restricted version of Sudafed®.**

It's worth the hassle of purchasing pseudoephedrine in order to have an effective decongestant in my medicine cabinet.

3. **For rapid relief, use Afrin® nasal spray.**

Afrin® (oxymetazoline) nasal spray has been used for years to ease a stuffy and runny nose. Nose spray is less likely to trigger high blood pressure than oral decongestants. Use Afrin® short-term only; after 3-5 days in a row, it loses effectiveness.

4. **If your nose is both running and stuffed up, try Actifed®.**

You'll have to ask the pharmacy for generic Actifed® (triprolidine/pseudoephedrine) tablets.

*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*

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		8			3						
8	2				6	5					
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2											4
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		4			7						

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.

### CROSSWORD PUZZLE

THEME: THE GRAMMYS

ACROSS

- Spencer of Hollywood's Golden Age
- Eyeball, e.g.
- Theater passage
- "Tosca" song, e.g.
- "... came a spider..."
- Bovine call
- "Univision's \_\_\_ Grammy Awards"
- Barley bristle
- Turning token taker
- \*President with a Grammy
- Diabolical
- Sold at the pump
- Russian monarch
- Back of a boat
- "Shallow," 2018 recipient from "A \_\_\_ Is Born" movie
- \*Camila Cabello and Ed Sheeran's nominated song
- College dwelling
- Footnote note
- Shade of violet
- Huron's neighbor
- Head of the abbey
- Done in a pot
- City in Bolivia
- Not manual
- Mend, healthwise
- Eye cover
- Egghead
- Four quarters
- Dog in yoga
- Triple \_\_\_
- \* \_\_\_com Arena
- "Vegas" and "Woman" nominee (2 words)
- Unit of electrical energy
- Hoover's agency, acr.
- Discompose
- Shade of yellow
- I in T.G.I.F.
- Small, olive-gray bird
- "Cheers" regular
- Inquire
- Open up

DOWN

- Bath powder
- Iranian coin
- \_\_\_ Spumante
- Be needy
- Gossipy ones
- Arabian Peninsula country
- Column's counterpart
- Holiday surprise for employee
- Palo \_\_\_, CA
- Agitate
- Inwardly
- \*1970 two-time winner "The \_\_\_ of Aquarius"
- Hindu retreat
- Ancient Rome's neighbor
- Nail a criminal
- Popular newspaper name
- \*"30" performer
- Pillage
- Beef \_\_\_, dim sum choice
- \*"Don't Shut Me Down" group
- Alan Alda's classic TV show
- Type of hawk
- Type of flu
- Multi-colored dog coat
- One of three square ones
- Shower with affection
- Human trunk
- Sliding fastener
- Part of "I"
- Past-life experience? (2 words)
- Capital of Bulgaria
- Airbnb option
- Channel of fashion
- German industrial valley
- Big Bang's original matter
- Disc, alt. sp.
- Popular dieter's foe
- Between ports
- Chris Hemsworth's superhero
- \*Award-winning Bon Jovi's lead singer
- Coldplay's collaborators

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# The Washington Outdoors Report

## Planning for a fun year outdoors

By JOHN KRUSE

2023 is sizing up to be a busy year. First off, I'm moving out to the Columbia Basin in the next few months. It's the region of the state I find myself going to more often than not when it comes to fishing for trout, bass, walleye and panfish. It's also the place I go to hunt birds whether they be doves, ducks, pheasant, quail or geese. Throw in the fact my best friend lives next to Potholes State Park and our shared bass boat is there and you can begin to understand the reason I'm moving that way.

Second, I'll be exhibiting again at two big sportsmen's shows here in the Pacific Northwest. I'll be at the Washington Sportsmen's Show at the fairgrounds in Puyallup from February 1 - 5 and at the big Pacific Northwest Sportsmen's show at the Expo in Portland from February 14 - 18. Both shows promise to be very good ones with lots of exhibitors and attendees. You can find out more about them at [www.thesportshows.com](http://www.thesportshows.com)

I'll be doing a good amount of fishing on Potholes Reservoir again this year and will also be fishing three or four bass tournaments in the hope that my fishing partner and I will finally cash a check at one of these events.

This spring I'm looking at a possible trip to the Snake River in Hells Canyon for some smallmouth bass and sturgeon fishing. The beginning of June will likely find me in the

Columbia River Gorge, fishing for American shad below the John Day Dam and casting for pikeminnow near The Dalles. I may also go on a day trip while at The Dalles. Cottonwood Canyon State Park where you can hike trails along the John Day River, see wildlife from mule deer to bighorn sheep, and catch a whole bunch of feisty smallmouth bass on light tackle.

In July I'll be heading north to Alaska again and this time I'll be taking my best friend, Rusty Johnston for his first fishing trip in the Last Frontier.



John Kruse with a nice largemouth bass

PHOTO BY JOHN KRUSE.

We'll be staying at Sportsman's Cove Lodge, a very well run operation in a secluded, beautiful setting on Prince of Wales Island, accessible by floatplane from Ketchikan. Once there, we'll get in 3 1/2 days of chartered fishing for halibut, salmon, lingcod and true cod. It will be my fourth time at the lodge and I am thrilled to return! If you want to find out more check out [www.alaskasbestlodge.com](http://www.alaskasbestlodge.com)

Late August will find me at Fort Casey State Park on the east side of Whidbey Island. Every other year a run of pink salmon come into Puget Sound, heading to several rivers to spawn. A good number of these fish can be found close to shore, close enough to cast to from the beach. Some years the fishing is good, sometimes not so much, but spending a morning and evening casting for salmon, crabbing in the small bay next to the park

campground during the day, and hiking around the old fort and lighthouse while watching the state ferry come and go makes for a great end of summer camping getaway.

I'll come back from Fort Casey State Park just in time for the opening of dove hunting season and the other bird hunting seasons will not be far behind. With any luck, I'll have a new hunting dog by then and if I do, I'll be spending

a lot of time going for long walks on the public lands of the Columbia Basin hoping to run into some birds.

Like I said, it's looking to be a busy year, but I can't wait to enjoy all of it! Here's hoping the year ahead is full of adventures outdoors for you as well.

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

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■ **LETTERS TO THE EDITOR**

**Leavenworth's Future vs. Depoe Bay Syndrome**

We visited Depoe Bay in March, 1987! We acquired this history of Depoe Bay, Oregon from a friend who moved there from Wenatchee. He was a resident there and knew the pulse of the community. He knew a lot of people and had a great job that allowed him to make personal contacts and relationships with many, many folks. He was the manager of the liquor store and just about the most popular guy in town! Here is what we learned-- Have you ever been to Depoe Bay, Oregon? It is a picturesque little touristy town on the Oregon coast and has beautiful expansive views of the ocean. Or rather it did, and THAT is the reason I am writing to you. The natural setting of Depoe Bay is in a gorgeous area along the coast, Hwy. 101. The narrow corridor that contains the town is wedged between the ocean frontage on the west; and on the east, there is a very steep mountain side where homes are lodged, nestled, and slipped into the ledges, or niche on tenuous building sites. Everything was all good and copacetic until

the multi-story condos, hotels, and motels started sprouting up and were perched on the edge of the pristine ocean shoreline. The locals began to notice that some of the favorite viewing areas, overlooks, and observation points were no longer available to them. The height of the structures blocked views of the ocean for traveling tourists, businesses, tourists' areas, and also for the regular and ordinary citizens. But wait!!! You can still see the ocean. However, you have to drive up into the residential areas to the east and get high enough to see over the barrier-type walls of the oceanside structures to the west.

I see that this Depoe Bay Syndrome should be a lesson for the village of Leavenworth officials and its citizens. Building structures that obstruct our beautiful views of the mountains, while not the ocean at Depoe Bay, still presents the same lesson to be learned. Who wants to walk outside in the morning to check the pending weather and conditions for the day and can only see the damp sidewalk, dew on the grass, condensation on the car windshield; and, the

neighbors rising rooflines, drip lines, and the underside of their rain gutters? In many cases, no more neighborly views of the beautiful grove of evergreen trees across the alley or down the street. The view of the mountain tops and ridges within your village is even blocked from your sight. This scenario could be coming soon to your neighborhood. In my view this is unthinkable, inconceivable, and rude. Take heed!

-Sally Kane, Lake Wenatchee

**The Peshastin Dryden & Alpine Lakes Parent Teacher Organization announces A Heartfelt Thank You to Leavenworth Community Partnerships.**

With the generous support of our community partnerships, each and every student who needed warm winter clothing at Peshastin Dryden Elementary and Alpine Lakes Elementary schools were provided for this year. The schools and PTO partnered with local businesses and our local Rotary club to raise funds, purchase clothing and distribute those to kids

in need. Please join us in expressing our gratitude to our local partners along with volunteers of PD-Alpine Lakes PTO for their generous donation of time and money in this effort. We are fortunate to work with such community minded people.

**2021-2022 PD-Alpine Lakes PTO Board:**  
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Chelsea Murphy, Vice President  
Ali Allen, Recording Secretary  
Jill Jannison, Volunteer Coordinator  
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