



Migrant Education Program Parent Advisory Council meetings allow for communication and engagement



Marlene Farrell
Correspondent

By MARLENE FARRELL

Correspondent

On a recent evening, about ten families with children of all ages arrived at Peshastin Dryden Elementary and entered the cafeteria for a night of educational resources and camaraderie. These families are part of the Migrant Education Program Parent Advisory Council (PAC), which is one part of the district's support structure for families with migrant status.

"The purpose of the Parent Advisory Council (PAC) is for Migrant Education Program staff in coordination with elected or selected parent committee members, and other interested parties to plan, implement and evaluate the local program to continue to provide quality services to migratory children," explains a guidebook from Washington State's Office of the Superintendent of Public Instruction (OSPI). "The voice of migratory parents is essential and required for

all phases of the local program."

Every school district has a PAC as part of receiving Title 1 federal funds. Some districts have dozens of families enrolled in this program. Currently Cascade School District has sixteen families.

They meet monthly to learn about various school supports and to assess the program and help develop ways to strengthen it. At a previous meeting, the families met the four school bilingual secretaries, who serve as an essential link when families have questions.

When Flor West is not working as a multilingual learner specialist at Alpine Lakes Elementary, she is the PAC coordinator. Her duties include assisting the parents to build their knowledge regarding district policies and program goals, helping organize meetings and helping parents be self-led through creation of a PAC Executive Council with bylaws.

For this meeting, West arranged for the night to begin with a meal of steaming tamales and Mexican cookies known as conchas, as well as Christmas caroling by the high school select choir.

Next the group split into two, with younger students and their families staying in the cafeteria to learn Yahtzee, while older students and their families went to the computer lab for a presentation by PD principal Emily Ross, who also



Flor West

SUBMITTED PHOTO.

is the district's Migrant Education Program Director, and Peshastin Librarian Clare Morrison.

In the computer lab, Morrison, who is bilingual, translated Ross's encouragement of students and parents to seek out academic help if needed and to become comfortable with the district's online platforms. Everyone logged into the computers to practice getting on Canvas, the platform where students and teachers communicate, post, and submit assignments and post grades. Morrison then gave an overview about the North Central Regional Library system and how,

beyond books, the libraries have free printing for up to fifteen pages, Wi-Fi, movies, free activities and even, at Peshastin, ukuleles for loan. She went through how to create a temporary library card online, which is good for a month and then can be swapped out in-person for a permanent one.

Back in the cafeteria, in small groups, family members were taking turns rolling dice and learning the rules of Yahtzee. The children caught on, as when one girl quickly added up three sixes to write eighteen on her score card. The Yahtzee kits and sets of dominos were available to take home, so families could continue working with their children on math skills through games.

A final activity, when everyone was back together, was creating colorful origami cubes from six pieces of paper folded and then interlocked. Parent Marina Garcia Guzman led the construction, helping everyone find success. Her family has been in the area for several years, and she works as a math specialist in the Wenatchee School District.

It was a fun and relaxed evening for all, building community between migrant families and district staff. West announced that a future meeting would be a field trip to Wenatchee Valley College to learn about all the academic options it offers.

Plan to cut statewide fuel emissions 20% starts Jan. 1

New Clean Fuel Standard will tackle Washington's largest source of greenhouse gas emissions

SUBMITTED BY DEPT. OF ECOLOGY

OLYMPIA – Washington's new Clean Fuel Standard will begin cutting greenhouse gas emissions from transportation – the state's largest source of carbon pollution.

Over the next 12 years, the new standard will reduce annual transportation emissions statewide by 20 percent, or about 4.3 million metric tons of carbon dioxide equivalent. That's comparable to taking more than 900,000 cars permanently off the road.

The Washington Legislature passed the Clean Fuel Standard in 2021 and directed the Department of Ecology to implement the program beginning in 2023. Today, Ecology adopted the final rules for the Clean Fuels Program to meet that deadline.

"We have to make it easier for people and businesses to use cleaner transportation options," said Washington Gov. Jay Inslee. "The Clean Fuel Standard will jumpstart investments in low-carbon fuels, help expand our state's infrastructure for zero-emission vehicles and give consumers better choices as we grow our clean energy economy."

The new Clean Fuels Program uses a market approach to incentivize fuel producers to reduce the "carbon intensity" of their products by 20 percent by 2034 – four years faster than first proposed. The accelerated timeline comes in response to strong public feedback and an independent economic analysis and fuel supply forecast that show 2034 is an achievable target.

California, Oregon, and British Columbia have adopted similar programs for transitioning to low-carbon fuels. Even before Washington's program formally begins, fuel producers and energy suppliers have moved to increase clean fuels production. Most notably, BP America committed last year to invest \$269 million to double the production capacity of renewable diesel at its Cherry Point refinery, near Ferndale.

"We've seen encouraging interest from businesses that want the opportunities clean transportation fuels will bring," said Laura Watson, Ecology's director. "We're excited to work with businesses and communities across the state on this new program, and to integrate it with our other climate policies, especially our zero-emission vehicles and cap-and-invest programs."

Under the new program, fuels will be assessed to determine their "carbon intensity" – how much carbon pollution they produce over their lifecycle for the energy they deliver. Cleaner fuels – those with carbon intensities below the standard – will generate credits that can be kept or sold to producers of high-carbon fuels. This will spur production of cleaner blends of traditional fuels, notably gas and diesel, and is expected to stimulate further investment in alternative fuels and electric vehicles.

The program also includes incentives for building charging infrastructure for electric and hydrogen-fuel vehicles and includes provisions to ensure overburdened communities see increased access to clean transportation.

What will the Clean Fuel Standard

CONTINUED TO PAGE B1

Looking ahead to the 2023 Legislative session

The Washington State Legislature meets each January but alternates between longer sessions of 105 days in odd years and shorter sessions of 60 days in even years. This year, the Legislature will convene on January 9th for a 105-day session. The primary focus will be developing the operating, transportation, and capital budgets for the 2023-2025 biennium. In addition to developing new state budgets, committees will conduct hearings and the Legislature will debate and update various laws. After two years of COVID pandemic "hybrid" sessions with only partial in person activities, the upcoming session is expected to return to more standard operations. Here is a review of each of the state budgets, including their 2021-2023 approved amounts:

Operating budget (\$64.1 billion)

The operating budget funds the day-to-day operations of the state, including early learning, K-12 education, higher education, health and human services, criminal justice, natural resources, courts, and other areas. With a budget of this size, there are always things to like and things to disapprove of. Despite the COVID pandemic, state revenues have been positive, with more dollars flowing into the state than what was previously



COMMUNITY VOICES
Brad Hawkins

projected. The November 2022 revenue forecasts estimates approximately \$66.2 for the 2023-2025 budget cycle. Overall, this revenue figure is still higher than previously projected, although uncertainty remains for how national economic factors, such as interest rates, gas prices, and inflation will truly affect state revenues over the next two and four years.

Transportation budget (\$12.2 billion)

The transportation budget funds the construction and maintenance of the state transportation system, including the maintenance and preservation of roads, bridges, and ferries. This budget also funds state agencies and commissions that serve our transportation system and numerous previously approved road projects based on their construction

schedules. Due to the lack of driving during the COVID pandemic, much of the gas tax revenues to the transportation budget were significantly less than in past years but federal infrastructure legislation provided some enhanced funding for transportation. Last session, a new 16-year, \$16.9 billion "Move Ahead Washington" transportation package was approved, primarily for maintenance of the existing system and some large-scale transportation projects. With this significant package approved, it is unlikely major new projects will be funded in 2023.

Capital budget (\$7.8 billion)

The state capital budget funds the construction and maintenance of state buildings, public school matching grants, higher education facilities, public lands, parks, and other assets. Most sections of the capital budget include grant programs where governments apply for funding based on specific qualifications and matching funds. Other elements of the capital budget are more subjective. In recent years, the 12th District team has been able to generate big wins for our district through this budget. Unfortunately, the upcoming capital budget could be significantly strained

due to inflationary factors and the rising costs of construction projects.

New changes to district boundaries

The Washington State Redistricting Commission's new boundaries for our 49 legislative districts are in effect for the 2023 session. The new boundary for the 12th District includes East Wenatchee, Chelan County, and portions of Snohomish County (Index to Monroe) and King County (North Bend to Duvall). Due to retirements and elections wins, many districts have new legislators, surely to create new dynamics at the Capitol. The balance of power is similar to past years. There are 49 members of the State Senate (29 Democrats and 20 Republicans) and 98 members of the House of Representatives (58 Democrats and 40 Republicans). It will be interesting to see how the Legislature functions with the new lawmakers and their redesigned districts. Hopefully the Legislature will adjourn by May with all three budgets approved.

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

City Of Leavenworth announces 2023 Leavenworth Fund grant recipients

The City of Leavenworth today announced the 2023 Leavenworth Fund grant recipients. The Leavenworth Fund is the official grant program through which the City of Leavenworth accepts requests from 501(c)(3) and 501(c)(6) non-profit organizations for funding from the City's general or lodging tax funds. Grant requests were accepted until October 31 of this year.

During the regularly scheduled City Council meeting on Tuesday, December 13, 2022, City Council members unanimously approved the recommendations from the Economic Development Committee for the following applicants, totaling

\$133,980 in grants:

Dangerous Women, Icicle Creek Center for the Arts, Leavenworth Alphon Association, Leavenworth Community Farmers Market, Leavenworth Jazz Association, Leavenworth Methodist Church, Leavenworth Rotary Club, Leavenworth Summer Theatre, Leavenworth Village Voices, Leavenworth Winter Sports Club, Mountain Meadows, Tierra Village, Upper Valley Connection, Upper Valley Historical Society, and Wenatchee River Institute.

Funds available for 2023 included \$125,000 from lodging tax and \$50,000 from general fund dollars, for a total

of \$175,000. Not all funds were granted; the remainder will roll into next year.

Applicants could request up to \$10,000 for each application and were scored on different criteria based on which grant funds they applied for. For example, Lodging tax has specific requirements for use – applicants were scored on tourism benefits, attracting "heads in beds," length of impact, and sustainable future funding among other requirements. The City's general fund received the most requests, as the funds can be used more widely. Applications benefiting our community, youth, and seniors were scored higher than those that benefited a single

entity, and more weight was given to new projects and those that had a longer length of impact. All applicants were expected to show sources of all funding and a detailed workplan. The 2024 Leavenworth Fund will begin in late spring or early summer 2023.

"We are excited to announce our worthy grant recipients," said City Administrator, Selby, "and that next year, we will have at least \$210,000 in funding available."

If you have questions, or for more information / para más información, please contact Christie Voo at media@cityofleavenworth.com.

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Ecology soliciting applications for local flood hazard planning grants

SUBMITTED BY DEPT. OF ECOLOGY

OLYMPIA - In Washington state, the costs associated with flooding exceed all other natural hazards. In any given year, there is better than an 80% chance that 10 or more flood events will occur, and the frequency of floods will increase as the climate changes.

The Washington Legislature established the state Flood Control Assistance Account Program (FCAAP) in 1984 to help local and Tribal governments plan for and reduce their flood risks.

"We know preparing for and avoiding flood damages is particularly important because storms are increasing in strength and frequency while sea levels are rising," said Ecology floodplain planning policy lead Scott McKinney. "Responding to a flood emergency often costs four to seven times more than investing in preventative measures, which save \$6 for every \$1 spent."

Soliciting local grant applications starting Feb. 15

FCAAP funding helps communities develop comprehensive flood hazard management plans to prepare for and reduce flood risks. Since local and Tribal

governments lead efforts to reduce flood hazard reduction efforts, these activities directly benefit residents and businesses located in or near flood hazard areas.

On Feb. 15, 2023, we will start soliciting applications from local and Tribal governments for FCAAP competitive flood planning grants. We anticipate having up to \$2.3 million available.

To help interested FCAAP grant applicants, Ecology is hosting two 90-minute virtual workshops in January 2023. The workshops will provide an overview of the upcoming 2023-25 grant funding cycle, as well as which projects are eligible and how to apply. The events will be held:

Wednesday, Jan. 11, 2023, from 10 a.m. to 11:30 a.m. Click here to register in advance.

Thursday, Jan. 19, 2023, from 1 p.m. to 2:30 p.m. Click here to register in advance.

Focus on underserved communities and economically disadvantaged areas

Our focus will be on getting grant solicitations to help underserved communities and economically disadvantaged areas develop flood hazard management plans. Applicants should describe how their proposal will benefit these communities and areas.

Although there is no maximum award amount, we anticipate individual grants will not exceed \$300,000.

For over 10 years, Ecology did not have sufficient FCAAP funding to help our local partners develop flood hazard management plans. Unfortunately, this lack of funds disproportionately affected economically distressed rural communities.

Emerging research shows Latino and Tribal communities are more exposed to flooding. For example, research estimates that while Latino residents make up 8% of Washington's total population, they comprise 16% of those living in flood zones.

Tribal governments employ more than 37,000 people and generate \$5.7 billion to Washington's economy. They represent Tribes occupying flood-risk areas that would directly benefit from flood planning. Updated flood plans sustaining and enhancing salmon habitat also helps address Tribal treaty rights.

How flood hazard management plans help communities:

Develop or update strategies and projects to reduce flood risks while restoring salmon habitat, protecting agricultural

lands, and providing other benefits.

Raise residents' awareness about local flood hazards.

Better assess local flood and climate risks.

Identify resilient building strategies.

Review and update zoning and land-use options to keep people and infrastructure safe from flood hazards.

Flood planning helps keep people and properties out of harm's way and reduces economic losses for communities and the state. Integrated flood planning also helps preserve and protect salmon and important habitat areas.

Ecology has published a comprehensive guide for flood hazard management planning. The guide details how to prepare a plan and offers important considerations for the planning process.

These plans additionally help lower flood risks for local roads, bridges, and utilities while protecting the value of public and private property. Finally, communities completing flood plans will be in a better position to compete for federal and other state grants to build better flood resiliency.

Visit our FCAAP website for more information.



Mountain Meadows Senior Living Campus is pleased to announce **Jeff Stroup** as the recipient of the **2022 Fourth Quarter Service Award**

Jeff has been employed as a personal caregiver on the evening shift for five years. He is crossed trained to work both memory care and assisted living. Jeff's compassionate care, patient demeanor, and cheerful personality provides him the opportunity to make each resident assigned to his care feel extra special. Not only does he provide excellent care, but Jeff goes out of his way and is often observed taking that "extra time" to be a listening ear and giving a resident his undivided attention.

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www.mountainmeadowsliving.org | (509) 293-6796

New law requires job postings to include how much positions pay

SUBMITTED BY L&I

TUMWATER — A new state law taking effect Jan. 1 requires employers to include specific wage or salary details and a description of benefits when they post a job opportunity. To make sure businesses know exactly what's required, the Washington State Department of Labor & Industries (L&I) is rolling out detailed information and examples and has published a new policy to help employers meet the new standard.

The administrative policy connected with Senate Bill 5761, adopted in 2022, provides examples of what pay

information employers must include, and explains which job postings have to meet the new requirements.

"Pay transparency is important to eliminating gender-based pay discrepancies," said Celeste Monahan, assistant director for Fraud Prevention and Labor Standards. "This policy offers employers important guidance examples so they can meet these requirements."

"We've developed real-life examples, so employers and workers know exactly what to expect," said Bryan Templeton, Employment Standards program manager. "We're here to help employers

meet the requirements and to ensure job-seekers know exactly what they're getting into before they apply."

Webinars provide more information.

To provide further information about the requirements, L&I's Employment Standards program is holding free webinars. Employers can sign up for a session on the agency's Workshops and Training Center web page. The webinar schedule is Dec. 21 at 2 p.m., Dec. 22 at 9 a.m., Jan. 12 at 9 a.m. Feb. 9 at 2 p.m.

Webinar topics include: What constitutes a job posting, what information must be

included in a job posting, what constitutes a wage scale or salary range as well as benefits and other compensation. Participants will also learn about free consultations the program offers employers. The job posting requirements are part of the state's gender discrimination law. The act prohibits pay discrimination based on gender and promotes fairness among workers by addressing business practices that contribute to income disparities. Employees and job applicants have rights under this law. The policy also provides guidance on the department's existing interpretations of the act.

BOCC asks federal agencies to suspend efforts to reintroduce grizzlies into North Cascades

SUBMITTED BY JILL FITZSIMMONS
CCPIO

Chelan County commissioners have submitted comments to the National Park Service and U.S. Fish and Wildlife Service, asking the federal agencies to immediately suspend current efforts to reintroduce grizzly bears into the North Cascades.

Commissioners also have asked the two agencies to begin consulting with the Board of County Commissioners, as well as neighboring counties, on the issue.

"This is frustrating, because the federal government pursued this effort only a few years ago," Commissioner Tiffany Gering said. "The effort was suspended after local counties like Chelan County spoke out against it. Yet here we are again, re-addressing this issue."

The submitted comments come after the NPS and USFWS hosted a series of four virtual public meetings to discuss grizzly bear restoration. The federal agencies are interested in initiating an Environmental Impact State process to evaluate options for restoring

and managing grizzly bears in the North Cascades. Community comments were due Dec. 14. The BOCC's full comments, submitted to Don Striker, superintendent of the North Cascades National Park Service Complex, are below.

Re: 2022 North Cascades Ecosystem Grizzly Bear Restoration Plan/ Environmental Impact Statement

Mr. Don Striker, Superintendent North Cascades National Park Service Complex

Dear Mr. Striker: Chelan County has reviewed the Notice of Intent from the National Park Service and US Fish and Wildlife Service to prepare a Grizzly Bear Restoration Plan and Environmental Impact Statement. We have previously provided extensive comments opposing grizzly bear reintroduction into our local communities. We continue to oppose grizzly bear reintroduction given the likely negative impacts to public safety, economic development, recreation opportunities and the overall livelihood of our rural communities. The federal agencies leading this effort have generally failed to address these concerns and have failed to engage in any meaningful way Chelan County and other neighboring counties in the proposed grizzly bear restoration area.

NPS and USFWS appear to acknowledge the inherent dangers of reintroducing grizzly bears to our local

communities in the current proposal; however, instead of taking pause they have chosen to accelerate the EIS effort. The "10j" proposal is not well-defined. It identifies the need for grizzly bear management options for "certainty, safety and control for the region." However, it then goes on to suggest reintroduction. In a time when collaboration and partnerships are the norm for restoration efforts, the lack of coordination and consultation with local communities on this effort, as well as the failure to address rural community concerns, is disappointing.

Federal agencies have an obligation to coordinate and consult with local governments, specifically county governments, to ensure consistency between federal and local planning efforts and policies. There has been no effort to engage us in this current effort, and the EIS timeline appears to fast-track the effort toward a predetermined outcome. This board also questions the legality of the effort, given Washington State law states, "Grizzly bears shall not be transplanted or introduced into the state (RCW 77.12.035)." We are concerned the current approach appears to run counter to local and state policies and laws. We request that you immediately suspend the current effort and consult with us and counties in the proposed grizzly bear reintroduction area to discuss our concerns.

Board of Chelan County Commissioners
Kevin Overbay, Chairman, Tiffany Gering, Commissioner, Bob Bugert, Commissioner

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BUSINESS, REAL ESTATE, ESTATE PLANNING, AND PROBATE

Sports Schedule

GIRLS BASKETBALL	
Dec. 27:	Cascade Hoops Classic, Home at 12:00 p.m.
BOYS BASKETBALL	
Dec. 27:	Cascade Hoops Classic, Home at 12:00 p.m.

GIRLS BASKETBALL	
Dec. 13:	Cascade vs. Omak; cancelled
Dec. 14:	Cascade vs. Cascade Christian; cancelled
BOYS BASKETBALL	
Dec. 13:	Cascade 58, Omak 74; Loss
Dec. 16:	Cascade 72, Cashmere, 48 Win

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COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

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

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

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.

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.)

Friday

Veteran Service Office: For information contact Tony Sandoval, 509-664-6801 or email: Tony.Sandoval@co.chelan.wa.us Leavenworth Rotary Club, In person at Kristalls at Noon, email wordenmike@yahoo.com or call 509-238-3925 for more information.

Saturday/Sunday

No Saturday or Sunday events scheduled

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.)

NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLBRARIES.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., 10:00-2:00. Closed Sun. and Mon.

Other events

The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is open daily through Tuesday, January 2nd, from 11 a.m. to 4 p.m. 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.

MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

AA Meetings: Call for the Zoom link to Leavenworth AA meetings: 541-480-8946 Call for the Zoom link to Leavenworth Alanon meetings: 509-548-7939 509-548-1627, 548-4522, 664-6469, 206-719-3379 Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St. Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St. Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St. Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave. Alanon Meetings, call 509-548-7939 Monday, 7 p.m., United Methodist Church, 418 Evans St. Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509- 596-1510.

Leavenworth

Leavenworth Library offers a free Leavenworth History walking tour with partners

Leavenworth Public Library, the Greater Leavenworth Museum, and the Bavarian Walking Tours of Leavenworth are partnering to host a Leavenworth History Walking Tour on Wednesday, December 28, from noon to 1 p.m. The tour will begin at the library and end with admission to the Greater Leavenworth Museum. Participants will enjoy a fun scavenger hunt along the way. Community members of all ages are welcome. The tour is free, but registration is required. Wear good walking shoes and bundle

up. Learn more and register at www.ncwlibraries.org/leavenworth. The Leavenworth Public Library is located at 700 Highway 2. For more information call 509-548-7923.

Write a Letter to Father Christmas

Join the Leavenworth Library and the Greater Leavenworth Museum in celebrating our own Father Christmas, David Severance. Stop by the Library to view the Museum's exhibit on Father Christmas and the history of Leavenworth's Tree Lighting Ceremony. See the elegant robe and staff that Father Christmas used in town. Paper and envelopes are available for community members to write a note of gratitude to Father Christmas. Cards and notes will be delivered on Christmas Eve.

- 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.



Slide Waters Christmas Stuffer promotion. Includes All Day Pass, Chicken Strips, bag of chips, Pepsi and an Exclusive High Trek Chelan offer. Stocking Stuffer 10-pack \$225 (\$250 value). Includes 10 Stocking Stuffer passes. Limited quantities. Offers expire 12/31/2022 or while supplies last. Stocking Stuffers available locally in Chelan or Wenatchee or by mail. 2023 Season Pass Individual and Family & Friend Packages 20% OFF. Season passes are available ONLINE ONLY. To purchase season passes visit slidewaters.com Cabanas and Pavilions are now on sale on slidewaters.com To purchase Stocking Stuffer Admission tickets please visit: Stan's Merry Mart in Wenatchee, Kelly's Ace Hardware in Chelan or mail your check with name, email and return address to: Slidewaters Christmas PO Box 1601 Chelan, WA 98816

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

Table with 3 columns: Date (Dec. 9, 10, 11, 12), Time, and Location. Lists various incidents such as '00:39 Alarm, 960 US Hwy. 2', '07:05 Hazard, 8887 Stage Rd., Peshastin', etc.

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Letters policy

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

Corrections

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

Contact the listed organizations or events for updates.

Local and Regional News

The struggle with holiday sobriety is real

BY MICHAEL LEACH
Correspondent

Over the holidays, there is an increased number of holiday work events, family gatherings, and social functions. It is the time of the year to celebrate with family and friends. While it is a joyous time of year for most families, it can be challenging with stressful relationships, shopping, financing, feelings of grief and loss, and endless family gatherings. Achieving a perfectly sober holiday is a struggle, but not impossible. Despite relapse triggers or the endless temptation to overindulge, the holidays do

not have to mean jeopardizing recovery or a choice to abstain from alcohol. There are practical ways to help maintain sobriety. Perhaps the best way to avoid relapse or overindulging during the holidays is to have a well-thought-out plan. Lasting recovery or holiday sobriety does not mean missing out on all the holiday festivities and celebrations; it just means being smart about it. Initially, there are some things to consider when attending holiday celebrations, for example: Who will be at the party? Is there anyone there who could compromise your sobriety? What do I say when

someone offers me a drink, and are there non-alcoholic options? How will I get home if I feel uncomfortable and need to leave? What are the possible relapse triggers? Is there a risk of overindulgence? "There are endless non-alcoholic options to enjoy, and holiday mocktails are popular because it provides a safer option and a better choice for sober guests," said Marcel Gemme of Addicted.org. "Non-alcoholic options also eliminate the risk of drinking and driving." According to the Traffic Safety Commission, on average, 100 people are arrested between

Thanksgiving and New Year's Day, and 50% of roadway fatalities are due to impaired driving. Knowing what you are getting into with each holiday celebration makes it easier to avoid vulnerable situations. However, you may require some support. Going to these parties with a sober friend or another person who is not drinking alcohol over the holidays is often beneficial. A support system for someone in recovery could be 12-step meetings, sponsors, a treatment center, or friends and family. A support network is vital when in recovery, especially around the holidays.

One critical point that many people neglect is to take care of yourself. The acronym H.A.L.T. (Hungry, Angry, Lonely, Tired) is an excellent way to remember basic needs. When people become hungry, they are more susceptible to anxiety and stress. The same occurs when someone becomes angry or lonely. Sleep is often neglected during the holidays. Adequate sleep is critical to maintaining sobriety. Finally, create new traditions and find the holiday spirit. It is essential to look beyond the parties, gifts, and celebrations. Find the real meaning of the holidays, joy, compassion, and kindness. Discover gratitude

in every moment. Write down everything that you are grateful for as a reminder. While in recovery, gratitude is essential to the process and could help anyone through the holiday season. It is the season of giving and giving thanks. Every day during the holidays is a new reason to celebrate sobriety.

Author Bio: Michael Leach has spent most of his career as a healthcare professional specializing in Substance Use Disorder and addiction recovery. He is a Certified Clinical Medical Assistant, and contributor to the healthcare website Recovery Begins.

New WSU institute would help lead clean energy tech innovation

SUBMITTED BY OFFICE OF GOV. JAY INSLEE

OLYMPIA - Gov. Jay Inslee announced his proposal for a new Institute for Northwest Energy Futures at the Washington State University Tri-Cities campus on Monday, Dec. 12. Inslee was joined by WSU Tri-Cities chancellor Sandra Haynes, WSU president Kirk Schulz, TRIDEC CEO Karl Dye, 8th legislative district

senator-elect Matt Boehnke, and Pacific Northwest National Laboratory associate laboratory director Malin Young. His proposal will fund a new Institute for Northwest Energy Futures on the Washington State University Tri-Cities campus. The institute will conduct joint research with partners in science and industry in search of new discoveries.

It will introduce students to a spectrum of careers in clean energy, and engage governments to innovate public policy. "As we advance clean energy, we know we're going to create jobs, and we know we're going to face challenges," said Inslee. "Cougars will work those jobs, and Cougars will invent solutions to those challenges. WSU INEF graduates will help us push the envelope."

"We are honored and excited that Governor Inslee has included the Institute for Northwest Energy Futures in Washington state's clean energy initiative," said WSU Tri-Cities chancellor Sandra Haynes. "This funding would allow INEF to support the Tri-Cities, our region, state, and nation as a leader in transforming energy systems and solving climate issues by bridging science and policy."

Housing, homelessness, and behavioral health top Inslee's budget priorities for 2023-25

SUBMITTED BY OFFICE OF GOV. JAY INSLEE

OLYMPIA - Gov. Jay Inslee released his 2023-25 budget proposals today, urging legislators to continue prioritizing investments in housing, homelessness, and behavioral health with urgency and audacity. His budgets also outline updated plans for climate, salmon recovery, education, public safety, state workforce, and more.

Housing referendum will front-load funding so we can build more, faster. At the heart of Inslee's housing proposal is a referendum that will allow legislators to front-load \$4 billion of housing construction over the next six years. The underlying capital budget will fund approximately 2,200 housing units in 2023-25. The \$4 billion referendum would add approximately 5,300

units additional units during that time, and 19,000 in the following three biennia. "Unfortunately, we no longer have the influx of federal funding we are using today to quickly build thousands of new supportive housing units for people experiencing homelessness," Inslee said. "I don't want to lose momentum, and I don't want the problem to get worse because we aren't moving fast enough."

The referendum would allow the state to issue bonds outside Washington's debt limit. It requires approval by legislators and voters. Washington state's 2022 Point in Time Count indicates nearly 13,000 people are living unsheltered throughout Washington state, up from 10,506 in 2020. This follows a trend of skyrocketing housing prices and not enough housing supply



*Churches not listed, check out the regular church schedule

Leavenworth

First Baptist Church
429 Evans St., 509-470-7745
No Christmas Eve service, Christmas Day, 11:00 a.m.

Cornerstone Church
Note: 10600 Ski Hill Dr., 509-433-7477
Christmas Eve, 4 p.m. at the Seventh-Day Adventist Church (10600 Ski Hill Dr.) and NOT at our usual Grange location. No Christmas Day.

Leavenworth Church of the Nazarene
111 Ski Hill Dr., 509-548-5292
Christmas Eve Services, 4 and 8 p.m.
Christmas Day Service, 10 a.m.

Faith Lutheran
224 Benton St., 509-548-7010
Christmas Eve, 5 p.m. and 7 p.m. Christmas Day, 9:30 a.m.

Plain Community Church
12565 Chapel Dr. 509-763-3621
Christmas Eve Services, 4 and 6 p.m., Christmas Day, No Service
New Year's Day, regular Church Service 10:30 a.m.

Cashmere

Cashmere Presbyterian Church
303 Maple St., 509-782-2431
Christmas Eve service, 7 p.m., with candle lighting, singing Carols ending with Silent Night with

the lights out, each holding their own candle. Open to everyone. Christmas Day, a simple gathering service at 10:30 a.m.

Christ Center
5800 Kimber Rd., 509-782-2825
Christmas Eve Candlelight services, 5-6 p.m. and 7-8 p.m. All are welcome to celebrate with us.

Grace Lutheran
401 Elberta-509-860-0736
Christmas Eve service 5 p.m., No Christmas Day service

St. James Episcopal
222 Cottage Ave. 509-860-0736
Christmas Eve service 3:30 p.m., No Christmas Day service

Cashmere United Methodist
213 S. Division, 509-782-3811
Dec. 21, Blue Christmas Service, 5 p.m.
Christmas Eve candlelight 6 p.m., a joint service with Monitor UMC. at 3799 Fairview Canyon Rd.
Christmas Day, No services.

Monitor

Monitor UM Church
3799 Fairview Canyon Road, 509-782-2601
Christmas Eve, 6 p.m., joint service with Cashmere UMC. Christmas Day, No service

Peshastin

Light in the Valley Community Church
8455 Main Street
Christmas Eve service, 6 p.m., and Christmas Day service 11 a.m.

Obituary & Memorial Policies

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

UPPER VALLEY CHURCH GUIDE

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

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

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 509-782-2869
Sunday School, all ages, 9 a.m. Worship 10 a.m.
Bible Study, Wed., 6:30 p.m.
Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

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

CASHMERE UNITED METHODIST CHURCH
213 S. Division • 509-782-3811
In-person Service, Sunday, 11 a.m.
until further notice.
Pastor Lilia Felicitas-Malana

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

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

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

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

DRYDEN

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

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

LEAVENWORTH

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

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

LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH
418 Evans Street • 509-548-5619
10 a.m. Sunday Service, Pastor
Jo Dene Romeijn-Stout
Leavenworthumc.org
leavenworthumc@outlook.com

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
10170 Titus Rd. (across from middle school)
Church: 509-548-7667
Meetings: Sunday - 10 a.m.

FAITH LUTHERAN CHURCH - ELCA
"Reconciling Works Congregation"
224 Benton Street • 509-548-7010
Worship 9:30 a.m. w/coffee following
https://www.flcleavenworth.com

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC
429 Evans Street, 509-470-7745
Sunday Worship: 11 a.m.
Website: www.leavenworthbaptist.com
Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 509-548-5292
Sunday Worship 9 a.m.
Lead Pastor: Greg Appleby
Youth Pastor Paige Derossett
Worship Pastor-Jacob Mitchell
www.LCN.org

MONITOR

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

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street
Sunday Worship 10 a.m. • Pastor John Romine
www.lightinthevalley.org

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

PLAIN

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





Merry CHRISTMAS to all!

MAY YOU STAY HEALTHY, HAVE PEACE, AND SHARE YOUR LOVE WITH EACH OTHER NOT JUST AT CHRISTMAS BUT ALL YEAR LONG. THANK YOU TO ALL OF OUR COMMUNITIES WE SERVE IN THE UPPER VALLEY. THANK YOU TO ALL OUR WONDERFUL CUSTOMERS, SUSCRIBERS AND ADVERTISERS.

WE WILL BE CLOSED on Friday, December 23, 24 and 25th, to celebrate with our family and friends.

You can call and leave a message, 509-548-5286 and follow the extension of the department you would like to connect too.

FROM OUR STAFF AND CORRESPONDENTS

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Corina Imbăruș, Graphics and layout

Fuel Plan

CONTINUED FROM PAGE A1

mean for gas prices?

Gas prices will continue to be far more impacted by world events and supply disruptions than individual state policies. No new carbon reduction policies are in place today, yet gas prices are still more than \$4 a gallon in Washington. The good news is

that the Clean Fuel Standard and other climate policies in Washington are not predicted to have a significant impact on gas prices. An independent analysis (commissioned by Ecology) found that the Clean Fuel Standard would add less than a tenth of a cent to the price of a gallon of gas in 2023, about two cents in 2024, and four cents in 2025.

Any price impact from the

policy is predicted to disappear once the standard is fully in place by 2034. Even when combined with Washington's other major new climate policy, the Climate Commitment Act, any increase on consumer gas prices is unlikely to exceed 1 percent.

In addition, greater consumer choice for transportation fuels is expected to diminish the economic impacts caused by sudden swings in gas prices.

Fire and Life safety gift ideas

SUBMITTED BY WASHINGTON STATE FIRE MARSHAL'S OFFICE

With the holiday season upon us, the Washington State Fire Marshal's Office would like to keep fire and life safety in the forefront when shoppers are out searching for the perfect gift.

If you're having a difficult time trying to figure out what to buy that special person, here are some suggestions:

- Smoke and Carbon Monoxide Alarm – Proven fact: THEY SAVE LIVES!
- Portable Fire Extinguisher – Puts out small fires or can contain it until the fire department arrives.
- Escape Ladder – Can be placed in or near windows to provide an additional escape route.

- Flashlight – In addition to lighting the way at night during an emergency, flashlights can be used to find people who require rescue and signal for help when needed.
- Whistle - Great notification tool during an emergency for those needing rescue.
- Emergency Weather Radio/ Crank Radio – Used during a power outage to stay informed of any changes during disastrous weather conditions or in times of national security.
- First Aid Kit – Essential item for survival during a disaster for first aid needs
- Solar Electronics Charger – When the power goes out, it is only a matter of time before your cell phone battery is fully drained. In

these modern times, a cell phone may be your only form of communication in an emergency.

- Emergency Food/Water Kit – These kits have extended shelf lives and give the nutrition and calories needed to survive during an emergency.
- Emergency Roadside Car Kit – Harsh weather don't occur when you are safe at home, but sometimes hit while you are on the road during the holidays. Be prepared to keep yourself and your passengers safe until assistance can arrive.

For more information, contact the State Fire Marshal's Office at www.wsp.wa.gov/state-fire-marshals-office or at (360) 596-3929.



Announce those special events with us!

Milestones | Weddings | Births | Birthdays | Anniversaries

Call or email us for details!

NCW MEDIA

ECHO Leavenworth 509-548-5286 Carol@leavenworthecho.com

RECORD Cashmere 509-782-3781

MIRROR Lake Chelan 509-682-2213

HERALD Queen City 509-689-2507 ruthk@lakechelanmirror.com

NCW Libraries selects design firm for reimagining spaces project

SUBMITTED BY AMANDA BRACK

NCW Libraries has selected Library Forward and Forte Architects as the design lead for the Reimagining Spaces project.

The NCW Libraries Reimagining Spaces Project represents a \$10 million, multi-year redesign of 27 community libraries. In funding the project, the NCW Libraries Board of Trustees hopes to make a visible and impactful investment in library service throughout North Central Washington, engaging in a community centric design process that will build and strengthen community partnerships and increase library usage.

Library Forward, a division of Group 4 Architecture, is a national, award-winning, library specific design firm based out of the San Francisco Bay area. Forte Architects is

an architecture firm based in Wenatchee with decades-long experience delivering on a wide variety of public projects throughout North Central Washington. These two firms submitted a joint proposal in which Library Forward will oversee interior design and community engagement while Forte Architects will provide a "boots on the ground" presence during design and construction. Library Forward will partner with local NCW

Libraries staff to lead community engagement efforts and Forte Architects will serve as the Architect of Record for the project.

"We are thrilled to have Library Forward, along with local firm, Forte Architects, bring their expertise to our Reimagining Spaces Project.

Library Forward brings national experience with reimagining library spaces. Forte Architects understands the context, diverse culture, and various needs of NCW. Together, they will help us update our library spaces to better serve our communities," said Barbara Walters, Executive Director.

Through the Reimagining Spaces Project, Library Forward and Forte Architects will design safe, accessible, and welcoming library spaces that are positioned to serve the diverse communities of North Central Washington for years to come. NCW Libraries spaces serve as community hubs for learning, connection, and vital resources and experiences.

For more information about the NCW Libraries Reimagining Spaces Project visit www.ncwlibraries.org.



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

Not a subscriber? Call today to get your subscription started

There's something for everyone in the local newspaper

- Local news
- Event notices
- Local school news
- Public & legal notices
- Local sports
- Outdoor activities
- Local arts & entertainment
- Health tips
- Opinion & editorials
- Online Access for all newspapers
- Meeting notices
- Breaking News

Wenatchee Business Journal
Serving the North Central Washington Business Community for over 40 years!

- Business News - BNCW News
- Keeping Up With People
- Top Properties - Business Opinions

Wenatchee Business Journal Subscription Rates for 12 months

\$24 1 year \$35 2 years - Chelan & Douglas Counties

\$28 1 year Outside Chelan/Douglas \$48 1 year Out of State

Community Newspaper Subscription Rates:

Print & Premium Online Access - In County - \$45 per year

ECHO RECORD MIRROR HERALD

Print Only - In County - \$40 per year

ECHO RECORD MIRROR HERALD

Online Only - In County - \$40 - E-Edition (Paper as printed)

ECHO RECORD MIRROR HERALD

Print Only - Out of County/In State - \$50 per year

ECHO RECORD MIRROR HERALD

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The Contract
Unveiling the healing power of forgiveness

A novel by local writer William E. Forhan.

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

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

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

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

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

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



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

CLASSIFIEDS

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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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Administrative

Puzzle Solution

2	8	9	1	4	7	6	5	3
3	7	5	2	6	8	9	4	1
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S	E	L	L	H	U	T	D	A	N	C	E	

Announcements

Lost & Found

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

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

Happy Ads

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

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

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

Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

General Interest

Trouble hearing your TV?
Try TV EARS' Voice Clarifying Wireless TV Speaker. Better than a soundbar and/or turning the TV volume way up. Special, limited time \$50 off offer. Call TV Ears. Use code MBSP50. Call 1-844-541-3425

Employment

Help Wanted

The Loup is hiring a Retail, Rental and Repair (RRR) Shop Manager. This position will report to the Executive Director, and will manage not only the day-to-day operations of the RRR Shop but will also work with the Executive Director and the Loup Ski Education Foundation (LLSEF) management staff team to develop short and long term goals in support of LLSEF mission, programs, and strategic goals. The position requires good interpersonal skills, excellent customer service, and the ability to create a comfortable, clean, and inviting retail space. Does this sound like you? If so, email your resume to: manager@skitheloup.com

Help Wanted

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following position:

- Cascade High School Head Golf Coach

Fast Track application process and information can be found on our website at www.cascadesed.org EOE

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/m/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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Help Wanted

PUBLIC WORKS CHELAN COUNTY

Truck Driver/ Laborer
The Chelan County Public Works Department seeks one applicant for a Truck Driver/ Laborer in the Leavenworth District. The duties include a wide variety of maintenance activities, such as flagging; performing manual labor; driving trucks with pups, sanders and plows; paving and chip sealing; and/or operating light and heavy equipment. The salary range is Step 2 at \$21.41 per hour to Step 9 at \$29.70 per hour. Starting salary dependent on qualifications and experience. Employees receive an ANNUAL progression of steps until reaching Step 9. Work includes opportunities for overtime. The position includes a state retirement system, with a deferred comp program available. Health insurance package includes Medical, Dental, Vision and county contributions to a personal health savings account. Typical work schedule is four 10-hour days during the summer and five 8-hour days in the winter. Includes 10 holidays and 3 floating personal holidays.

This position requires a Washington State Driver's License, Class A CDL with Tanker Endorsement. We prefer candidates have current First Aid/CPR and flagging cards, but we will work with you to obtain within 4 months of employment. Applications and a detailed job description are available at the Chelan County Human Resources Career Opportunities page: <https://www.co.chelan.wa.us/human-resources/jobs>

The application, letter of interest and resume must be returned to the Chelan County Human Resources Department, 400 Douglas Street, Suite #201, Wenatchee, WA., 98801, or emailed to human.resources@co.chelan.wa.us this position will remain open until filled.

Help Wanted

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following positions:

- Icicle River Middle School Girls Head and Assistant Basketball Coach

Fast Track application process and information can be found on our website at www.cascadesed.org EOE

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following positions:

- Cascade High School Day Custodian
- Cascade High School Head Girls Soccer Coach

Fast Track application process and information can be found on our website at www.cascadesed.org EOE

For Sale

Antiques & Collectibles

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Want Print Only? Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email mirrorads@lakechelanmirror.com or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@leavenworthecho.com

Deadline: Noon on Friday for all papers.

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- Email: classifieds@leavenworthecho.com
- Call 509-548-5286

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NOTICE OF TRUSTEE'S SALE

Pursuant to the Revised Code of Washington 61.24, et seq. 108 1st Ave South, Suite 202 Seattle, WA 98104 Trustee Sale No.: WA-22-926197-RM Title Order No.: 02-22005084 Reference Number of Deed of Trust: Instrument No. 2460365 Parcel Number(s): 231904110550 Grantor(s) for Recording Purposes under RCW 65.04.015: TINA MACKAY, AN UNMARRIED WOMAN Current Beneficiary of the Deed of Trust and Grantee (for Recording Purposes under RCW 65.04 (015): Lakeview Loan Servicing, L.L.C. Current Trustee of the Deed of Trust: Quality Loan Service Corporation of Washington Current Loan Mortgage Servicer of the Deed of Trust: LoanCare, LLC I. NOTICE IS HEREBY GIVEN that Quality Loan Service Corp. of Washington, the undersigned Trustee, will on 12/30/2022, at 9:00 AM At the Main Entrance to the Chelan County Courthouse, located at 350 Orondo Street, Wenatchee, WA 98801 sell at public auction to the highest and best bidder, payable in the form of credit bid or cash bid in the form of cashier's check or certified checks from federally or State chartered banks, at the time of sale the following described real property, situated in the County of CHELAN, State of Washington, to-wit: COMMENCING AT THE CENTER OF THE EAST LINE OF SECTION 4, TOWNSHIP 23 NORTH, RANGE 19 EAST OF THE WILLAMETTE MERIDIAN, CHELAN COUNTY, WASHINGTON, AND RUNNING THENCE NORTH 1538.8 FEET TO THE PLACE OF BEGINNING; THENCE RUNNING IN A WESTERLY DIRECTION 265 FEET; THENCE RUNNING IN A NORTHERLY DIRECTION 200 FEET; THENCE RUNNING IN AN EASTERLY DIRECTION 265 FEET; THENCE RUNNING IN A SOUTHERLY DIRECTION 200 FEET TO THE INITIAL POINT AND PLACE OF BEGINNING. EXCEPT THAT PORTION ACQUIRED BY THE STATE OF WASHINGTON FOR PRIMARY STATE HIGHWAY NO. 2 (SR-2), BY CONDEMNATION UNDER SUPERIOR COURT CAUSE NO. 18242. More commonly known as: 4520 EELS ROAD, CASHMERE, WA 98815 Subject to that certain Deed of Trust dated 6/29/2017, recorded 6/30/2017, under Instrument No. 2460365 records of CHELAN County, Washington, from TINA MACKAY, AN UNMARRIED WOMAN, as grantor(s), to NORTH MERIDIAN, as original trustee, to secure an obligation in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., SOLELY AS NOMINEE FOR LENDERONE FINANCIAL CORPORATION, its Successors and Assigns, as original beneficiary, the beneficial interest in which was subsequently assigned to Lakeview Loan Servicing, LLC., the Beneficiary, under an assignment recorded under Auditors File Number 2558361 II. No action commenced by the Beneficiary of the Deed of Trust as referenced in RCW 61.21.030(4) is now pending to seek satisfaction of the obligation in any Court by reason of the Borrower's or Grantor's default on the obligation secured by the Deed of Trust/Mortgage. III. The default(s) for which this foreclosure is made is/are as follows: Failure to pay when due the following amounts which are now in arrears: \$55,063.02. IV. The sum owing on the obligation secured by the Deed of Trust is: The principal sum of \$218,029.76, together with interest as provided in the Note from 2/1/2020 on, and such other costs, fees, and charges as are due under the Note. Deed of Trust, or other instrument secured, and as are provided by statute. V. The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. Said sale will be made without warranty, expressed or implied, regarding title, possession or encumbrances on 12/30/2022. The defaults referred to in Paragraph III must be cured by 12/19/2022 (11 days before the sale date), or by other date as permitted in the Note or Deed of Trust, to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time before 12/19/2022 (11 days before the sale), or by other date as permitted in the Note or Deed of Trust, the default as set forth in Paragraph III is cured and the Trustee's fees and costs are paid. Payment must be in cash or with cashiers or certified checks from a State or federally chartered bank. The sale may be terminated any time after the 12/19/2022 (11 days before the sale date) and before the sale, by the Borrower or Grantor or the holder of any recorded junior lien or encumbrance by paying the principal and interest, plus costs, fees and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults. VI. A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower(s) and Grantor(s) by both first class and certified mail, proof of which is in the possession of the Trustee; and the Borrower and Grantor were personally served, if applicable, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above, and the Trustee has possession of proof of such service or posting. The list of recipients of the Notice of Default is listed within the Notice of Foreclosure provided to the Borrower(s) and Grantor(s). These requirements were completed as of 6/21/2022. VII. The Trustee whose name and address are set forth below will provide in writing to anyone requesting it, a statement of all costs and fees due at any time prior to the sale. VIII. The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property. IX. Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee's sale. X. NOTICE TO OCCUPANTS OR TENANTS - The purchaser at the Trustee's Sale is entitled to possession of the property on the 20th day following the sale, as against the Grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under Chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060. THIS NOTICE IS THE FINAL STEP BEFORE THE FORECLOSURE SALE OF YOUR HOME. You may be eligible for mediation. You have only 20 DAYS from the recording date of this notice to pursue mediation. DO NOT DELAY. CONTACT A HOUSING COUNSELOR OR AN ATTORNEY LICENSED IN WASHINGTON NOW to assess your situation and refer you to mediation if you are eligible and it may help you save your home. See below for safe sources of help. SEEKING ASSISTANCE Housing counselors and legal assistance may be available at little or no cost to you. If you would like assistance in determining your rights and opportunities to keep your house, you may contact the following: The statewide foreclosure hotline for assistance and referral to housing counselors recommended by the Housing Finance Commission: Toll-free: 1-877-894-HOME (1-877-894-4663) or Web site: http://www.df.wa.gov/consumers/homeownership/post_purchase_counselors_foreclosure.htm The United States Department of Housing and Urban Development: Toll-free: 1-800-569-4287 or National Web Site: <http://portal.hud.gov/hudportal/HUD> or for Local counseling agencies in Washington: <http://www.hud.gov/offices/hsg/sfh/hcc/ffc/index.cfm?webListAction=se&arch&searchstate=WA&filterSvc=dfc> The statewide civil legal aid hotline for assistance and referrals to other housing counselors and attorneys: Telephone: 1-800-606-4819 or Web site: <http://nwjustice.org/what-clear> Additional information provided by the Trustee: If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the noteholders rights against the real property only. The Trustee's Sale Number is WA-22-926197-RM. Dated: 8/25/2022 Quality Loan Service Corp. of Washington, as Trustee By: Jeff Stenman, President Trustee's Address: Quality Loan Service Corp. of Washington 108 1st Ave South, Suite 202, Seattle, WA 98104 For questions call toll-free: (866) 925-0241 Trustee Sale Number: WA-22-926197-RM Sale Line: 800-280-2832 or Login to: <http://wa.qualityloan.com> IDSPub #0180625 11/30/2022 12/21/2022. Published in The Cashmere Valley Record/Leavenworth Echo on November 30, and December 21, 2022. #4507.

CITY OF CASHMERE SUMMARY OF ORDINANCE NO. 1316

On the 12 day of December, 2022 the City Council of the City of Cashmere, Washington passed Ordinance No. 1316. A summary of the content provides as follows: AN ORDINANCE ADOPTING THE CITY OF CASHMERE, WASHINGTON COMPREHENSIVE PARKS, RECREATION AND OPEN SPACE PLAN 2023-28

Effective date of this ordinance is five days after publication. A copy of the full text of this ordinance is available at Cashmere City Hall or will be mailed to you upon your request to Kay Jones, City Clerk-Treasurer, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/Leavenworth Echo on Dec. 21, 2022 #5043

Public Notices

CITY OF CASHMERE SUMMARY OF ORDINANCE NO. 1317

On the 12 day of December, 2022 the City Council of the City of Cashmere, Washington passed Ordinance No. 1317. A summary of the content provides as follows: AN ORDINANCE OF THE CITY OF CASHMERE, WASHINGTON, AMENDING ORDINANCE NO. 1307 AS AMENDED BY ORDINANCE 1312 ADOPTING THE 2022 BUDGET, AND SETTING AN EFFECTIVE DATE. Effective date of this ordinance is five days after publication. A copy of the full text of this ordinance is available at Cashmere City Hall or will be mailed to you upon your request to Kay Jones, City Clerk-Treasurer, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/Leavenworth Echo on Dec. 21, 2022. #5044

Public Notices

CITY OF LEAVENWORTH

On the 13th day of December, 2022, the City Council of the City of Leavenworth, Washington passed the following ordinances and resolution. A summary of the contents provides as follows: **Ordinance 1664:** An ordinance of the City of Leavenworth, WA, adopting the 2023-2024 biennial budget to carry on the government of the City of Leavenworth, Washington. **Ordinance 1665:** An ordinance of the City of Leavenworth, WA, amending the LMC Chapter 2.12 Officers Bonds, Chapter 2.20 to clarify the position of City Clerk from City Clerk-Treasurer, and Chapter 2.22 to remove Deputy City Clerk and Deputy City Treasurer and adding Finance Department, Community Development Department and Public Works Department. **Resolution 16-2022:** A resolution of the City of Leavenworth, WA, amending rates and fees. A full copy of the ordinance and resolution is available at Leavenworth City Hall or will be mailed to you upon your request to Andrea Fischer, City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/Cashmere Valley Record on Dec. 21, 2022. #5046



Invitation to Bid
Upper Valley MEND Community Cupboard Roof Sealing Project

PROJECT INFORMATION:
Notice to Bidders: Upper Valley MEND is currently soliciting bids from licensed contractors for the replacement of the roofs at our Community Cupboard food bank building, 219 14th Street in Leavenworth, WA.

SCOPE OF WORK:
The selected contractor will conduct all necessary prep work and replace the existing surfaces of three (3) different roofs on the Community Cupboard building with a fully waterproof replacement material. The replacement material should be warranted for at least 20 years and rated for prevailing local weather conditions.

THE BIDS SHALL INCLUDE:

- An assessment of the contractor's approach to completing the work.
- The total cost of all the work to be performed.
- A projected time schedule of the work. The work should be completed by July 1st, 2023.

Please note: Federal law requires that this contract be paid at prevailing wage rates. BIDS MUST BE RECEIVED BY 4 PM (PST) ON JANUARY 20TH, 2023

Please complete the attached form and return to Bob Mark, Human Services Director at bob@uvmend.org or send to Bob Mark, Human Services Director, PO Box 772, Leavenworth, WA 98826. Questions should be directed to Bob Mark at bob@uvmend.org. You can find this form online at: <https://www.uvmend.org/press-rel-eases-and-articles>

Please provide the following information:
Name: _____
Business Name: _____
Business Address: _____
Business Phone: _____
Business email: _____
Business License #: _____
Bonded/licensed/insured? _____

How will you complete this work?
Include how you will prepare the roofs and what materials you will use to seal the roofs.
Please provide a budget, including cost of labor and materials.
Please provide a timeline for this project, including an estimated start date and time to complete.
Published in The Leavenworth Echo/Cashmere Valley Record on Dec. 21, 28, 2022 and Jan. 4, 2023. #5040

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of JOEL MAXIMILIAN MERK, Deceased, NO. 22-4-00558-04 PROBATE NOTICE TO CREDITORS The Administrator named below has been appointed as Administrator 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 Administrator or the Administrator's attorney at the address stated below a copy 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 Administrator 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: December 21, 2022. ADMINISTRATOR: Siegfried Stefan Schirmer ATTORNEY FOR ADMINISTRATOR: Ryan Smolinsky 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. 22-4-00558-04 OVERCAST LAW OFFICES By: /s/ Ryan Smolinsky, WSBA No. 46521 Attorney for Administrator. Published in The Leavenworth Echo/Cashmere Valley Record on Dec. 21, 28, 2022, and Jan. 4, 2023. #5035



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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.

www.leavenworthecho.com

www.cashmerevalleyrecord.com

CROSSWORD PUZZLE

THEME: VACATION DESTINATIONS

1. Walt Whitman's dooryard plant
6. Bag. † Paris
9. Sound of astonishment
13. Smell of baking bread, e.g.
14. Self-importance
15. Ma Bell, e.g.
16. List of Catholic saints
17. Bobsey twin
18. Donor's bequest
19. *Country to see Stonehenge
21. *Country to see Neuschwanstein Castle
23. Tokyo, in the olden days
24. Way off freeway
25. Gremlin or pixie
28. Assistant
30. Crunches alternative (2 words)
35. Mountain lake
37. Thailand, pre-1939
39. Parlor piece
40. *Maldives continent
41. Plaudit and pomp
43. Unadulterated
44. Child-eating daemon, Greek mythology
46. Red carpet purse
47. Pelvic bones
48. Gives way under force
50. Like acne-prone skin
52. Pose a question
53. Letter opener
55. Morse code dash
57. *Grand Canyon state
61. *Broadway state
65. Loaded
66. Marbled bread
68. Bad car
69. South Pacific sailboats
70. "___ Milk?"
71. Related on mother's side
72. Unload on eBay
73. Gilligan's home
74. Tap, e.g.

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- DOWN**
- Spike, as in punch
 - Iraq's neighbor
 - Like a maxi skirt
 - Soap plant
 - *One of two countries to see Niagara Falls
 - Mail a package
 - Agha, alt. sp.
 - Gloria Estefan's hit
 - Disease-causing organism
 - One of algae
 - Diagnostic test
 - One-trick unguilate?
 - Sluggish
 - ___-canceling earbuds
 - Ambulance squad, acr.
 - RE/MAX agent, e.g.
 - *Malaff Coast country
 - Kenyan tribesman
 - Amazon "club"
 - Vegas cube
 - Cone-shaped quarters
 - Throat dangler
 - *Mona Lisa city
 - Go stealthily
 - Nervous biting victim
 - *Haleakal, island
 - Accent mark
 - Software plug-ins
 - Barack Obama, pre-pres.
 - Wailed
 - Frustration, in a comic book
 - Laughing African predator
 - *Swiss or Italian skiing destination
 - Steak option
 - *"White Wedding" Billy
 - Eagerness
 - Post-deductions amount
 - Colen's neighbor
 - College cadet program
 - ACL location
 - Uncle Sam wanted this

The Washington Outdoors Report

An affordable, innovative camper

By JOHN KRUSE

They say misfortune is the mother of innovation and for Kyle Hart, that was certainly the case. The 34-year-old inventor and entrepreneur was elk hunting with friends near Ashford in Western Washington. Kyle had a roof top tent camper in the back of his pick-up truck and he and his companions used dirt bikes to get to the area they wanted to hunt. However, when they returned, they found someone had taken a Sawzall and literally sawed the tent structure right off the bed of the truck and as an added bonus, they also stole the trailer for the motorcycles.



PHOTO BY JOHN KRUSE.

Kyle Hart with his prototype Lone Peak camper

Kyle needed another tent camper but he didn't want to go through this heartbreak again. That's when he came up with the idea that led to the prototype of the Lone Peak camper. What Kyle came up with is ingenious. It is a lightweight (300 pound) hard shell, aluminum camper. Like a pick-up canopy, you put it on top of your truck's bed rail and clamp it in. Side panels open up giving you access to storage boxes that hold a lot of the things you'll need for your camping or overlanding expedition. Going to the back of the truck you fold down your tailgate, lift up the lockable camper door, and get inside the camper. A tall, wedge-shaped tent quickly opens up giving you ample room to stand. In fact, the roof of the tent at the back of the truck bed is nearly 10 feet high and has zip screen windows giving you great views. The bed, as long as a queen size bed and 54 inches wide, lies over the cab of the truck and is definitely spacious enough for two. Better still, it's four inches thick, double the

standard foam bed you find in many truck campers.

When standing inside the camper you can fold down shelves on both sides, perfect for cooking food on a small camp stove or working on a laptop. The bed can also be moved out of the way so you can have the entirety of the truck bed available for use. Other accessories include both interior and exterior lighting available from a Juice Box that can be controlled by pushing buttons on the unit at the back of the truck or by using a cell phone app. Kyle has his prototype mounted on his Ford F-150 truck but said his campers will be useable for up to 74 different models of trucks, to include smaller pick-ups like the Toyota Tacoma.

Perhaps the most amazing thing about this camper is the price point. A full-scale truck camper can cost anywhere from 40,000 to \$80,000. Many pop-up truck campers cost more than \$25,000 and even tent-style roof-

top truck campers go for north of \$10,000.

The price of the Lone Peak Camper? Only \$5,995. That's the base model without any accessories but Kyle explained he wanted to make this as affordable as possible for consumers.

As for the accessories? Those include LED lighting, Gear Vault storage boxes, a cab pass through window, grab handles, ladders, laser light bars and roof fans. These can all be added on to the base model camper and installed when you order one.

Kyle lives in Wenatchee, Washington and is currently building these campers out of his garage. After he built his first one, he went on a 4500-mile, multi-state road trip through Western America putting the camper through its paces and meeting up with potential customers and installers. The trip was worth every mile. When Kyle launched his roll-out campaign this fall, he

received pre-orders to the tune of one million dollars in his first week.

Kyle is focused now on getting a facility with more space and hiring employees to produce these campers in June and have those initial orders filled by August. Consumers will be able to get these campers installed at facilities in Wenatchee, as well as in California, Colorado and New Mexico. Look for Kyle Hart and his prototype Lone Peak Camper at the Washington Sportsman's Show in Puyallup from February 1 - 5.

If you are an overlander, hunter, angler, or camping enthusiast there is a lot to love about the Lone Peak Camper. You can find out more about it and watch a YouTube video that gives you a great visual walk-thru of this product at www.lonepeakoverland.com.

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

Can Phytosterols Lower Your Cholesterol

Last fall, 80-year-old Joyce had her cholesterol levels checked. When her lab results came back, there was good news mixed with some bad. Her "good" cholesterol (HDL) was excellent, but her "bad" cholesterol (LDL) and her total cholesterol were both too high. Her family physician recommended she start taking a prescription medication to lower her cholesterol: statin.

Joyce told her doctor she had taken statin medicines simultaneously with an estrogen blocker drug for her breast cancer. Each time she started the statin, she experienced muscle aches, pain, and weakness, especially in her legs. All of these symptoms went away after she stopped taking the statin pills.

When her breast cancer returned earlier this year, Joyce was told she would need to take the same estrogen blocker medicine for the rest of her life. Last fall, when her doctor saw the results of her blood cholesterol, she advised starting a statin medication immediately.

Joyce made a different choice. For the past 8 months, she has stuck with a low-fat/good-fat diet and walked at least 2 miles daily. By making lifestyle changes to encourage her LDL to drop, she hoped she wouldn't have to resort to medication to get her cholesterol under control.

When her doctor repeated Joyce's lipid panel this fall, her LDL had dropped from 125 to 116. Joyce was thrilled,

but her doctor wasn't.

"Your LDL is still above 100, so I'll send a prescription for a statin to your pharmacy."

However, when the medicine arrived in the mail, Joyce avoided taking it.

Last week, her daughter suggested she try citrus bergamot. "I took it for 6 months, and now my cholesterol level is normal. My doctor is amazed. It's natural, so it should be safe."

Unfortunately, that was not the case. One of Joyce's cancer medications can be affected by grapefruit. Grapefruit juice, fresh grapefruit, and citrus bergamot contain natural constituents that inactivate a particular enzyme called CYP3A4, which is concentrated in your liver and small intestine. CYP3A4 enzymes take apart specific types of compounds, including many prescription drugs. In the lining of your small intestine, CYP3A4 neutralizes part of each dose of medicine before it gets into your bloodstream.

When Joyce asked me if citrus bergamot was safe to take with her 2 drugs for breast cancer, I answered, "No. Grapefruit and bergamot can make your intestinal CYP3A4 enzymes stop working. Without CYP3A4, you could absorb up to 50% more of each dose of affected medicine, setting you up for an overdose."

I suggested she try phytosterols instead. Phytosterols (PS) are plant-based cholesterol compounds that can decrease LDL

cholesterol by 6-14% yet do not affect "good" cholesterol (HDL) or triglycerides. They also have anti-inflammatory and anti-carcinogenic properties.

The cholesterol in your food gets absorbed into your body by riding on carrier molecules. Each carrier molecule has places for cholesterol to attach to, called binding sites. Phytosterols cover up those binding sites, keeping cholesterol out of your body.

The best sources of PS are sunflower seeds and pistachios, followed by broccoli, Brussels sprouts, corn, and carrots. PS-rich beverages include pomegranate juice, carrot juice, and milk substitutes like almond, cashew, and oat milk. Benechol® and Take Control® spreads are examples of PS-fortified foods.

To maximize the cholesterol-lowering benefit of eating or drinking food and beverages containing phytosterols, they need to be taken with a meal containing fat. There must be enough fat to activate carrier molecules with their cholesterol-binding sites.

Here are 5 Tips to Getting the Best Cholesterol Lowering Results from Phytosterols:

1. Aim for at least 2 grams of PS daily.

A healthy diet gives you between 0.2-0.4 grams of PS daily. Adding one serving of 1.7 grams will get you to 2 grams of PS daily. If you need to lower your LDL by more than 10 points, you'll need two 1.7gram servings of PS daily.

Ask...
Dr. Louise

2. Take PS-fortified foods or supplements twice daily.

Phytosterols are more effective in decreasing LDL and total cholesterol if taken more than once daily.

3. Always take PS supplements or concentrated foods with an adequate meal.

You need to have enough fat in your meal to activate the binding sites for cholesterol.

4. Avoid PS between meals or with a very low-fat meal.

Although drinking PS-rich pomegranate juice or almond milk is good for you, it won't help lower your LDL if you drink it by itself or at a very low-fat meal.

5. Avoid slow-dissolving or "extended-release" phytosterol supplements.

For best results, PS supplements should be fully dissolved in your small intestine.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and the 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*. ©2022 Louise Achey

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