



Cascade High School Runners Have Strong Showing at State XC



Marlene Farrell
Correspondent

Cascade High School cross country runners battled the smoke for weeks and still triumphed definitively at League, earning state berths for both girls' and boys' teams. This is their second year in a row to beat out the local competition in order to race against the best 1A schools in the state, many of which are private schools.

The State Championship, which has been held at the Sun Willows golf course in Pasco for decades, happened on November 5th. The course boasted closely mowed grass and no rain, but the wind, which gusted into the 30-mph range, made for challenging conditions.

Seven girls and seven boys from CHS raced, and they were accompanied by their coaches, two alternates and plenty of cheering parents, siblings, and friends.

In cross country, overall team winners are determined by lowest score, a sum of a team's top five racers' finishing places. Cascade High School was predicted to come in 13th out of 16 teams for boys and 12th out of 15 teams for girls.

"The smoke severely diminished our training and fitness," explained head coach Dayle Massey. "We ran far less than half as much as we would have without smoke. On the bright side, we were well rested and not over-trained! We went into state without expectations, just to run our best and see what happens."

The teams found the best performances, again and again, on the racecourse. "Finishing 6th and 7th was an awesome accomplishment," said Massey. "Our front runners, Caroline Menna, and Aiden Tuttle led the team with their usual solid performances. The extremely windy conditions at the state meet made the times especially slow this

year.

"Yet we still had six runners set personal records: Alice Farrell, Izzy Menna, Harper Baker, Evan Butruille, Blue Knutson, and Brayden Anderson." When Massey looked through the results, he confirmed, "No school in any division had six PRs at state besides us. The best I saw were three. This is a testament to how hard our kids raced, and probably also due to the two weeks of smoke-free training we had prior to the meet, our biggest block of solid training of the entire season."

Menna, a tenth grader, shared her thoughts on what enabled the girls to do so well. "We have a core of the team who come from families that are committed to fitness in general, and value running specifically. Coaches Massey, Bard and Astell share and craft that commitment and those values into a training ethic, which in turn keeps us all coming back, day after day.

"Some other programs have pretty intense coaches that focus primarily on results and the top runners. Our coaches, however, genuinely care just as much about those who are either new to running or in it for reasons other than competition. That kind of vibe makes for a healthy, fun atmosphere," she said.

Tuttle, a senior, was also grateful for a strong sense of team spirit and the efforts of the coaches. "I think what contributed to us doing well at our meets and qualifying for state was having coaches that pushed us. With the smoke issues, our coaches drove us to Blewett Pass to practice, where there was no smoke."

Menna and her sister, Isabel, a junior, finished first and second for CHS all season long. "Getting to run with my sister is one of the highlights of the sport for me," said Menna. "We're not just sisters, but best friends, as well. We trained together all summer as we traveled, including on many long chatty runs."

As for her own race at State, Menna admitted it wasn't perfect, though she still ran well. "My



Aiden Tuttle battles it out between two other runners at the finish of the State Championship.



Caroline Menna had to stay focused and run her own race since the girls were spread out in the State Championship.



Sophomore Alice Farrell had a 25 second PR at the State Championship, even in windy conditions.

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With State of Emergency end, Confluence Health announces Covid-19 policy changes

SUBMITTED BY ADAM McDONALD

Corporate Communications Program Manager

With the end of Washington State's COVID-19 state of emergency order Oct. 31 after Governor Inslee's announcement, Confluence Health will be updating restrictions and guidelines for their facilities.

"These changes to Confluence Health policy reflect not only the lifting of many of the COVID-19 emergency orders, but a consideration of our status within the pandemic and our ever-growing understanding of how to best confront the threat of COVID-19," commented Dr. Jason Lake, chief medical officer for Confluence Health. "While we remain vigilant with how we address the ongoing challenges of the pandemic and continue to follow the guidance issued by the Washington State Department of Health, the Centers for Disease Control and Prevention (CDC), and the Centers for Medicare and Medicaid Services (CMS), it is important to periodically update guidelines and restrictions as needed."

There are several changes that will be implemented. While employees will still be posted at the doors to Confluence Health facilities to greet and help those arriving, patients and visitors will no longer be directly questioned about COVID-19 symptoms. Instead, signs posted at the entrances will direct those arriving to self-screen and for visitors to not enter the facilities if they have had been in close contact with someone in the past seven days with COVID-19 or if they have symptoms such as a fever, cough, or other respiratory symptoms. Patients arriving for an appointment should advise the employee at the door if they have these symptoms, a positive test date, or a recent exposure and the employee will help advise the patient on the next steps.

Patients are still encouraged to receive their seasonal flu and COVID-19 vaccinations. While currently there is plenty of availability for flu vaccines for the public through Confluence Health, either through special clinics or during provider visits, at this time COVID-19 vaccination need for both the initial series and boosters is exceeding availability, so patients are encouraged to get their COVID-19 vaccinations from the many other local clinic and pharmacy options available.

Still a statewide requirement for healthcare facilities, masking will continue to be required for all staff and providers, as well as for all visitors and patients, at all Confluence Health facilities. Those who do not have their masks on will be reminded and provided with one at the door as needed, apart from those with chronic respiratory conditions or children under two years of age.

"We are already seeing high numbers of respiratory infections this fall and experts predict a significant flu season," added Lake. "Since we may also see a rise in COVID-19 this winter, masking remains a key component of decreasing the likelihood that we spread those infections within our facilities."

For outpatient visits, patients are still encouraged to attend their appointment alone, but will now be permitted to have one person attend with them if needed. For inpatients, the visitation policy will not change and will continue to be limited to two visitors per day.

Additionally, all cafeterias will remain closed to the public, though the bistro at Wenatchee Valley Hospital will continue to be available to visitors due to it only serving grab-and-go food without seating.

These changes are scheduled to be implemented as of November 1, and are in accordance with Washington State Department of Health guidelines.

The North Central Education Foundation announces new board member

SUBMITTED BY ELDENE WALL

M.S., CEO

The North Central Education Foundation (NCEF) is thrilled to welcome new NCEF Board member Jeff Kimbell from Wenatchee. Dr. Lois Davies, NCEF President, shared, "Jeff has been an enthusiastic supporter of teacher grants for the past five or six years. He came to know about the opportunity to adopt grants when Rufus Woods highlighted NCEF in the Wenatchee World. Since then Jeff and his wife Kim have been faithful sponsors and have adopted teacher classroom grants each year since. He will be a great Board member, as he

shares our passion for enriching the lives of teachers and students through our Teacher Classroom Grants"

"I believe adopting a teacher grant is a wonderful and cost-effective way to support our region's students and schools in a more personal manner, by connecting with a specific teacher and grant request," said Jeff. Jeff Kimbell is a native of Everett, where both of his parents were educators. He then raised his family in Woodinville, before moving to Wenatchee with his wife, Kim. He is proud to come from a three-generation family of teachers and has enjoyed being a life-long learner. Jeff recently retired from a career in operations and engineering

management and consulting, to devote more time to volunteering, family and the outdoors. He has previously volunteered in a variety of public and private schools, and homeschool organizations, as well as 15 years on an Executive Advisory Board at the University of Washington. Jeff currently volunteers to support youth and education through Chelan PUD's Rocky Reach Discovery Center, Youth Dynamics' Stonewater Adventure Center, Columbia Break Fire Interpretive Center, Serve Wenatchee Valley, and Westside High School. He also enjoys volunteer work on a variety of trails and other outdoor recreation and education projects.



Jeff Kimbell

SUBMITTED PHOTO.

Rotary Halloween House contest winners

PHOTOS BY MARTY LINDEMANN

Leavenworth Rotary was proud to present cash awards to the following winning Halloween house decorating contestants:

Most "creative"- 225 West Street, Leavenworth

Most "scary"-601 Cascade Street Leavenworth

Most "clever"-346 Pinegrass Street, Leavenworth

Most Crafty: 8395 Main Street, Dryden

We hope more will compete next year for bigger prizes and more trick-or-treat fun!



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Dan's Market



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State Senator Brad Hawkins

12th District

New boundaries and new dynamics for our 12th District

The Washington State Redistricting Commission's new boundaries for our state's 49 legislative districts, a process completed every 10 years, will bring many new dynamics to Olympia. One of the more significant changes – due to greater growth in western Washington than eastern Washington – involves the 12th Legislative District, which now reaches over the Cascade Mountains.

Specifically, 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). Of similar importance for North Central Washington are the adjustments to the 7th District, which now includes most of Douglas County and reaches into many unincorporated areas near East Wenatchee.

Just as the 12th District legislators will be working hard to represent new constituents across the Cascades, the 7th District legislators will be challenged by serving the largest geographic district in the state. If you find it odd

for me to be mentioning issues involving Monroe, Carnation, and North Bend, some of you will also hear about projects in Ferry, Stevens, and Pend Oreille counties. Believe me, we did not draw these new boundaries – the Redistricting Commission did.

As I continue to reach out to the new areas of the 12th District, I find myself reflecting on my service philosophy and trying to explain it to others. One thing that often surprises people when they first meet me is when I tell them that I'm not very political. This seems

a bit odd given my position, but the reality is that I view myself as a public servant and not a politician. As such, my office works diligently with both parties to reach the best outcomes for the people of the 12th district.

My office staff and I emphasize being good listeners, able facilitators, and helpful advocates. We prioritize excellent customer service to you above all else. Here is the best way for me to share my public service commitment to you. As your State Senator, I will continue to:

- Demonstrate a responsible use of tax dollars
- Continually focus on serving constituents
- Stay open-minded about issues before me
- Be a good listener and respect differences
- Answer questions directly and honestly
- Be a good communicator by sharing facts
- Always put public service before politics

I pride myself in being responsive and accessible to you and look forward to continuing to serve as your

State Senator. Despite the adjusted boundaries or changes at the Capitol, please know that my position exists to serve you. Please contact me anytime with questions or concerns. If you would like to follow my legislative activities, visit me at senatorbradhawkins.org. Thank you for the opportunity to serve as your State Senator!

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.

2023 budget: Construction challenges balanced by a strong energy market

SUBMITTED BY RACHEL HANSEN

Wenatchee - Chelan PUD commissioners reviewed a preliminary budget for 2023 on Monday Nov. 7, that delivers on a bold capital project plan with higher-than-forecasted revenue from a strong energy market (available on the board audio recording).

While revenues are expected to increase, so are operating expenses as the utility carries out the priorities set in its 5-year business plan, and the 2020-2024 strategic plan. Those priorities include:

- Increased reliability with improvements to the electrical distribution system, and a \$3 million effort to prune trees and shrubs away from powerlines
- Investing in its assets with maintenance projects at Rocky Reach, Rock Island, and Tumwater dams
- The preliminary 2023 budget also includes about \$215 million in the capital plan, including several large capital projects:
- Modernization of generating units at Rock Island Powerhouses 1 and 2, including the development of the PUD's first air-filled turbine hub
- Finishing construction of the Service Center and operations buildings
- Construction of three substations in Leavenworth, Chelan, and Malaga
- Installing advanced meters

The next budget hearing will be Nov. 21, followed by a board vote Dec. 5.

Chelan PUD, partners find a path forward after Service Center delay



SUBMITTED PHOTO.

An aerial photo taken earlier this fall shows four operations buildings and the Service Center building. Crews are now working on the exterior stone panels and interior finishes on the Service Center building. The concrete slabs and roofing are also underway on the three warehouse and shop buildings to the left. The steel structure is coming together on the Fish and Wildlife building to the right.

Construction is in full swing at the 19-acre Service Center campus after challenges with supply-chain issues, a labor shortage, and the discovery of cultural artifacts. (Audio available at about 01:24:00 of the board audio.)

"It's been a challenging environment for construction nationwide," said Shared Services Director Dan Frazier. "Industry data indicates that across the construction sector, project costs have increased by over 14 percent this year due to supply chain disruption and labor shortages."

After discovery of several cultural artifacts in 2021, Chelan PUD paused groundwork last November for nine months while staff consulted Confederated Tribes of the

Colville Reservation, Yakama Nation, the Wanapum, and the Washington State Department of Archaeology and Historic Preservation (DAHP).

"Working together with our tribal partners was an enormous benefit," Frazier said. "It's given us the opportunity to strengthen relationships and reinforce the PUD's commitment to our core values of stewardship and trustworthiness. We look forward to continuing that collaboration into the future."

The additional investigations and monitoring resulted in a new cultural excavation permit that allowed the PUD to move forward with groundwork in July 2022. The new permit includes ongoing monitoring, weekly communication with

our tribal partners, and a process if more artifacts are unearthed during construction.

Combined with inflation, supply-chain issues, and labor shortages, the setbacks are expected to increase the \$139 million cost by about \$25 million. Because of the PUD's strong financial position, there will be no anticipated rate impacts to customer-owners as a result of the increased costs.

"Most construction projects are experiencing costs and schedule impacts due to labor, supply-chain, and inflation challenges and we are committed to completing this project with a high degree of quality to better serve our customers," said General Manager Kirk Hudson. "Looking at all the alternatives,

this project still aligns with our Vision of the best, for the most, for the longest period of time."

Chelan PUD expects to wrap up 2022 with a \$150.5 million bottom line, about \$89 million more than budgeted due to surplus energy sales, and the increasing value of hydropower as a carbon-free, renewable energy source. Part of that revenue will be used to cover the \$25 million increase through the Board-designated Strategic Facilities Fund.

"The Service Center campus will fundamentally change how we operate as an organization to better serve our customer-owners and fulfill our mission," said Project Manager David Lodge. "Despite many project challenges, the long-term benefits will echo for

generations to come."

Looking back at the options the board considered during the planning process, Commissioner Randy Smith said he believes that the benefits of a consolidated campus can't be measured in dollars alone.

"One of things I recall at that moment, there were intangibles that I believe to this day will ultimately play out as a positive for the district, over and above the numbers we're looking at," Smith said. "Bringing all of our facilities to one campus where people can interact in different fashion than they are today will increase efficiency well beyond what we anticipated then."

Contact: (509) 661-4320

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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

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Letters policy

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

Corrections

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

Contact the listed organizations or events for updates.

COMMUNITY CALENDAR

Wednesday

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.
Alpine Water District: meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.

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

Old favorites music at the Leavenworth Senior Center, 423 Evans St. No cover charge, 1-3 p.m. Call Steve, 509-548-7048. (2nd and 4th Saturdays).

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.
Leavenworth Mosquito District board meeting 7 p.m., via ZOOM link posted at LeavenworthMosquitoControl.org or call 509-548-5904 (1st and 3rd Mondays).
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 at Red Lion, 1225 N. Wenatchee Ave. Please, RSVP if you want to have lunch. Cost for lunch is \$18; Cost for meeting with beverage and dessert only \$8 (no outside food please). 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@nwl.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 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., 10:00-2:00. Closed Sun. and Mon.

Other events

The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is open Fridays, Saturdays, and Sundays from 11 a.m. to 4 p.m. Check their Facebook page or website at 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

Ponderosa Youth Theatre presents The Grinch

A Teacher Pays Teachers play. Join us for one of our three performances beginning Thursday, December 1, 6:30 p.m., Friday, December 2, 6:30 p.m. and Saturday, December 3, 2 p.m.
The show will be held in Lake Wenatchee at Stonewater Gym, 19537 Chiwawa Loop Road.
Please reserve a seat at, https://PYT-thegrinch.eventbrite.com. Tickets will be

\$5 per person cash donation at the door. Refreshments will be available following the performance. For questions, please contact ponderosayouththeatre@gmail.com for assistance and/or reserving a seat.

Visit with the Mayor on Monday, Nov. 21

Meet the Mayor for a Pint 5 p.m.-6 p.m at Icicle Brewing. This is part of the Meet the Mayor series of events. Events will be over coffee and tea at local coffee shops or over a pint at our local breweries. Mayor Florea wants to be accessible to our community

members and also support local businesses! Location changes weekly.

Regional

Cascadia Conservation District Board meeting

The Cascadia Conservation District Regular Board meeting will be an in person and call-in / Zoom held on Friday, November 18, 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 website at cascadiacd.org or call the district office, 509-436-1601.

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.

<p>Nov. 4</p> <p>01:38 Suspicious Circumstance, 25704 Bridle Ln., Plain</p> <p>06:28 Hazard, Chumstick Hwy. MP 9</p> <p>09:28 Alarm, 10781 Lone Pine Dr., Peshastin</p> <p>10:20 CPS/ APS Referral, 1214 Commercial St.</p> <p>11:24 Agency Assist, 3432 Hansel Ln., Peshastin</p> <p>12:02 Hazard, 19668 SR 207, Pine River Ranch, Lake Wenatchee</p> <p>15:26 Non-injury Accident, 10001 School St., Peshastin</p> <p>18:04 Domestic Disturbance, 100 Ward Strasse</p> <p>21:35 Alarm, 3003 US Hwy. 97, 97 Rock House, Peshastin</p> <p>21:42 Welfare Check, 11645 North Rd., Amtrak Icicle Station</p> <p>22:22 Malicious Mischief, 100 Ward Strasse</p>	<p>13:40 Hazard, 2800 block Ingalls Creek Rd.</p> <p>14:02 Non-injury Accident, 1003 Commercial St.</p> <p>16:50 DUI arrest, US Hwy. 2 MP 87, Lake Wenatchee</p> <p>20:05 Traffic Offense, US Hwy. 2 and Alpensee Strasse</p>	<p>Twisted Couture</p> <p>18:18 Runaway, 10144 Main St., Peshastin</p>
<p>Nov. 5</p> <p>00:18 Domestic Disturbance, 8355 1/2 Lake St., Peshastin</p> <p>02:25 Hazard, US Hwy. 2, and River Bend Dr.</p> <p>05:24 Alarm, 3057 US Hwy. 97, 97 Rock House, Peshastin</p> <p>14:42 Suspicious Circumstance, 817 Commercial St.</p> <p>14:59 Welfare Check, 932 Front St., Starbucks</p> <p>19:02 Non-injury Accident, Icicle Rd. MP 11 area</p>	<p>Nov. 7</p> <p>02:16 Public Assist, 2409 Salal Dr., Lake Wenatchee</p> <p>11:59 Court Order Violation, 301 Ward Strasse, Hampton Inn & Suites</p> <p>14:36 Parking/ Abandoned Vehicle, Icicle Rd. MP 11 area</p> <p>15:28 Hazard, US Hwy. 2, and River Bend Dr.</p> <p>16:46 Unknown-injury Accident, Pine St., and Titus Rd.</p> <p>20:51 Warrant Arrest, 1451 US Hwy. 2, Cascade Quick Stop</p> <p>22:47 Domestic Disturbance, 9501 Jeske Rd., Big Y Park n' ride, Peshastin</p> <p>23:39 DUI Arrest, 10190 Chumstick Hwy.</p>	<p>Nov. 9</p> <p>10:33 Suspicious Circumstance, 11719 Pear Tree Ct.</p> <p>14:44 Public Assist, 4637 US Hwy. 97, Peshastin</p> <p>16:09 Parking/ Abandoned Vehicle, 9501 Jeske Rd., Big Y Park n' ride</p> <p>17:44 Welfare Check, 9255 Foster Rd., BJ's Shell, Peshastin</p> <p>20:54 Traffic Offense, 11007 US Hwy. 2, Prey's Fruit Barn</p>
<p>Nov. 6</p> <p>00:20 Trespassing, 9th, and Front Streets</p> <p>11:33 Non-injury Accident, 525 Alpine Pl.</p>	<p>Nov. 8</p> <p>00:27 911-call, 4637 US Hwy. 97, Peshastin</p> <p>08:12 Alarm, 10781 Lone Pine Dr., Peshastin</p> <p>09:34 Trespassing, 320 Park Ave.</p> <p>10:27 Welfare Check, 17495 N. Shore Dr., Lake Wenatchee</p> <p>11:35 Agency Assist, 116 River Bend Dr., Safeway</p> <p>12:45 Traffic Offense, 185 US Hwy. 2, Fairbridge Inn</p> <p>14:32 Welfare Check, 100 Ward Strasse</p> <p>17:07 Trespassing, 931 Front St.,</p>	<p>Nov. 10</p> <p>00:16 Hazard, Chumstick Hwy. MP 6</p> <p>08:29 Vehicle Prowl, 298 Woodward St.</p> <p>08:50 Domestic Disturbance, 4637 US Hwy. 97, Peshastin</p> <p>09:06 Vehicle Prowl, 212 West St.</p> <p>09:19 Vehicle Prowl, 260 Park Ave.</p> <p>09:42 Parking/ Abandoned Vehicle, Stevens Pass parking area, Lake Wenatchee</p> <p>10:04 Harassment/ Threat, 25803 Camp 12 Rd., Plain</p> <p>11:37 Civil Dispute, 12469 W. Shugart Flats Rd., Lake Wenatchee</p> <p>11:51 Theft, 116 River Bend Dr., Safeway</p> <p>15:26 Suspicious Circumstance, 932 Front St., Starbucks</p> <p>16:32 Welfare Check, Duncan Rd.</p> <p>16:34 Vehicle Prowl, 149 W. Benton St.</p>

Get a sneak peek of Chelan PUD's new Service Center open house

SUBMITTED BY RACHEL HANSEN

Senior Communications Strategist

Chelan PUD invites the community to visit and learn more about the new 21-acre Service Center in Olds Station during an open house on Friday, Nov. 18. Hardhat tours of the new facility will be available, weather dependent. The new, consolidated Service Center is set to open in late 2023.

The new Service Center offers several benefits:

- Serves as a one-stop location for customer transaction
- Centralized operations reduce crew response times
- Consolidated operations and administration departments, along with the latest technologies and workstation layouts will maximize efficiencies
- Convenient customer parking
- New energy conservation demonstrations
- Construction supports local jobs and contributes to local sales tax benefits

At the open house, PUD staff will be on hand to share construction updates and answer questions. Those interested in hardhat tours should dress for outdoor conditions, including sturdy, closed-toe footwear, and all-weather clothing. Join us at the Service Center Open House at the Port Industrial Building No. 5, 210 Olds Station Rd., Wenatchee on Friday, Nov. 18 from 11 a.m. to 3 p.m.

For the latest news about the PUD's new Service Center in Olds Station, visit chelanpud.org/servicecenter.

High School Runners

CONTINUED FROM PAGE A1

adrenaline was high at the start line, and I went out too fast in the first mile. During the second I tried to recover; the third was just a fight to drag myself across the finish line. While I had hoped for a higher placement, I am satisfied with a top 20 finish. Next year will be much different.”

Tuttle's race was about

adapting as it unfolded. “That first mile, having people way faster than me really pushed me. By the second mile, it was super windy, so I had to start drafting off people in front of me, and, by the last mile, I gave it my all.”

Tuttle may become a lifelong runner because, as he said, “My favorite part about this sport would be the freedom. Running really helps me clear my head.”

Camaraderie is also fundamental to what keeps the CHS cross country program thriving with such depth of talent and enthusiasm. “Even though cross country seems like an individual sport, it really would make no sense, or have no appeal, without teammates and coaches,” said Menna. “I run because other people run, and it's only fun to do something I love if it's with others.”

- **Downtown Steering Committee, 10:00 a.m. (4th Tues)**
- **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)**
- **ALL are at City Hall in the Conference Room (2nd Floor) and via zoom.**
- **City Council Evening Meeting, 6:30 pm (2nd & 4th Tues)**
- **At City Hall in Council Chambers (1st Floor) and via zoom.**



WVC announces Dr. Faimous Harrison as next president



SUBMITTED PHOTO.

Dr. Faimous Harrison

SUBMITTED BY LIBBY SIEBENS

After conducting a national search, Wenatchee Valley College Board of Trustees voted unanimously during a special board meeting this morning to approve hiring Dr. Faimous Harrison as the next president. Harrison is expected to begin in January, replacing Dr. Jim Richardson who has served as president for 17 years.

"We are excited to welcome Dr. Harrison to Wenatchee Valley College and the beautiful North Central Washington region," said Tamra Jackson, board chair. "He brings a wealth of experience working with

diverse, under-served students, improving student engagement, and building vibrant, inclusive campuses."

Harrison brings 32 years of experience in higher education to WVC. He comes to WVC from California State University Stanislaus-Stockton Campus where he is currently the dean. Both his current campus and WVC are federally designated Hispanic-serving institutions (HSIs). Harrison has more than 20 years of experience working in the Washington state community and technical college system.

"I am humbly honored to serve as the 13th president of

Wenatchee Valley College," said Harrison. "Wenatchee Valley College's dedicated faculty, talented professional staff, administrators, and board of trustees are committed to supporting student achievement and success, and meeting members of the diverse communities that the college serves where they are, which was one of the many reasons why I was attracted to this opportunity."

As a next step, the board of trustees and Harrison have entered into contract negotiations. Details will be made available at a later date.

WVC began the presidential search process in January after Richardson announced his intention to retire. Harrison was chosen from among 46 applicants and four finalists. He will be WVC's 13th president since it opened in 1939. For more information on the process, visit

the presidential search page.

Wenatchee Valley College enriches North Central Washington by serving educational and cultural needs of communities and residents throughout the service area. The college provides high-quality transfer, liberal arts, professional/technical, basic skills and continuing education for students of diverse ethnic and economic backgrounds. Visit our website, wvc.edu. Wenatchee Valley College is committed to a policy of equal opportunity in employment and student enrollment. All programs are free from discrimination and harassment against any person because of race, creed, color, national or ethnic origin, sex, sexual orientation, gender identity or expression, the presence of any sensory, mental, or

physical disability, or the use of a service animal by a person with a disability, age, parental status or families with children, marital status, religion, genetic information, honorably discharged veteran or military status or any other prohibited basis per RCW 49.60.030, 040 and other federal and state laws and regulations, or participation in the complaint process. The following persons have been designated to handle inquiries regarding the non-discrimination policies and Title IX compliance for both the Wenatchee and Omak campuses. To report discrimination or harassment: Title IX Coordinator; Wenatchi Hall 2322M, (509) 682-6445, title9@wvc.edu. To request disability accommodations: Director of Student Access, Wenatchi Hall 2133, (509) 682-6854, TTY/TTD: dial 711, sas@wvc.edu.

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My Favorite Autumn Casserole

With the time change upon us, the holidays are nearly here. I want to share with you one of my very favorite recipes. I started making it over 25 years ago and have never seen this particular combination of flavors in any cookbook.

It's super easy to make, with only 5 ingredients for the casserole part plus mashed potatoes to serve it with. I often prepare it in the morning before we leave for the day. When I return, my home is filled with an aroma that says to me, "Autumn is here!"

Autumn Casserole is a sauerkraut/ onion/ apple/ sausage combo that you simmer in a crock-pot and serve with mashed potatoes. My husband likes to eat his with mashed potatoes on the side of his plate. I prefer putting a big scoop of mashed potatoes on my plate, making a "well" in it, and pouring this into the well like it was gravy. Mmmmm...

For variety, I vary the ingredients in several ways, using different types of onions, apples, and sausage. The only disappointment I've ever had was when using a heavily smoked sausage. My

family was vocal in asking me not to repeat that particular combination. However, you may prefer using a smoky sausage. Go ahead, be creative.

Serves: 6-8 depending on the size of your cooker
Prep time: 15 minutes
Cooking time: 6-8 hours in a slow cooker
Best with: Mashed potatoes

The key to this recipe is the endless possible variations of the ingredients, particularly the sausage and apples. We enjoy trying new combinations.

The amount of each ingredient should be about the same, with the total amount needed depending on how big your slow cooker is. Mine is tall and round, holding 3 layers each of sauerkraut, onion, apple, and sausage.

You can vary the proportions of sauerkraut to the rest of the ingredients by how thick you make your layers. This is my favorite combination, but I encourage you to use your own preferences to guide you.

Ingredients:

- 64 ounces Sauerkraut, drained
- 2 medium onions, sliced into 1/3-1/2- inch slices (like

Ask...
Dr. Louise

onion rings)

- 2 medium apples, sliced into eighths
- 4 individual bratwurst/ knockwurst/kielbasa, cut into ½ inch medallions

Layer ½ inch of drained sauerkraut on the bottom of a slow cooker. Make sure that you cover the bottom evenly. Follow that initial layer with a layer of sliced onion, then a layer of apples, then a layer of sausage. Repeat this 1-2 more times, depending on the depth of your slow cooker, finishing with a thin layer of sauerkraut on top. Cook for 4-6 hours on low or 2-3 hours on high. Serve with mashed potatoes.

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. ©2022 Louise Achey

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www.cashmerepres.org

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Pastor Lilia Felicitas-Malana

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Pastor Rob Gohl

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8345 Stine Hill Rd. • 509-782-2616
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www.midvalley baptist.org

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Elsa Swart to Represent Cascade High School at State Swimming Championship

BY MARLENE FARRELL
Correspondent

Elsa Swart's passion and dedication to swimming has paid off because she qualified for the fifty-meter freestyle to compete at the State Championship in Federal Way on November 12. Swart, a Cascade High School junior, follows a busy schedule every day to fit in her training. She commutes from her home in Plain to CHS for one class before heading to Wenatchee for her other Running Start classes at the college, and then trains with the Eastmont High School team in the pool

each afternoon. "Currently, I am swimming with the Eastmont Wildcats. How that works is I am my own team, and swim as a co-op swimmer. They train me and coach me to an elite level where I race, representing Cascade High School," Swart explained. Eastmont has a strong team of about forty swimmers who swim at the 4A level, while Swart and a handful of students from Cashmere, who are also co-op swimmers, compete at the 1A level based upon their home school size. Swart started swimming more competitively about

five years ago when she lived in Tanzania with her family. While there, she swam year-round and traveled around the country to compete. Now living in north central Washington, Swart swims in the summer and the fall, and uses other sports during the remainder of the year to keep herself fit for swimming. Her favorite strokes are freestyle and backstroke. "I specialize in the fifty-yard freestyle and the hundred-yard freestyle." Qualifying for state is a multistep process. Swart had to race well at League, and then at Districts, held in Pullman.

"One Eastmont swimmer qualified for state via times standards, while the rest were wild cards. Two of the five Cashmere swimmers also made it to state in individual events as wild cards," said Swart. "I made it to state this year as a wildcard as well. A wildcard is chosen if there are spots at State that are required to be filled, and you had the next fastest time and place in line." Swart's success has come despite struggles with ear infections, and the regional smoke had an effect too. While swim training occurs indoors, the team couldn't do very much auxiliary dryland training outdoors. Despite these challenges, Swart can swim a fifty freestyle in 27 seconds, and she's working toward shaving time off until she can achieve 26 seconds and change.

"Racing has been stressful for me, especially since placing in swimming comes down to such small fragments of time," said Swart. "One way that I dealt with the stress was by training. The more I trained, the more it took my mind off of succeeding, and the more it allowed me to focus on my confidence and strength." Swart credits her teammates and excellent coaches for helping her grow as an athlete. "I want to say how wonderful this experience has been. And how honored I am to call Eastmont my swim team, but how I am able to represent my school and Leavenworth at the same time. I want to thank my amazing coaches and new friends for letting me be part of such a close-knit community and train in some of the finest conditions in the country. "Thank you so much to my coaches for your life-changing advice. Training with you has not only led me to achieve physical goals, but it has also allowed me to have far more confidence in myself." At State, Swart will be competing with some swimmers that could go on to swim in the Olympic Trials. "It is a great honor to swim this year at state, and I am very nervous as well," she said. "Only six girls on Eastmont, Cashmere and Leavenworth combined, including me, made it to state this year." Many friends, family and teammates will be rooting for Swart as she competes at State in a few days.



Elsa Swart SUBMITTED PHOTO.

CTL Girls' Soccer - 2022-23 All-League Selections

SUBMITTED BY JEFF CARLSON

1st Team: Ava Courtney, Forward, (Cashmere 12); Edie Walker Forward, (Cascade 12); Mya Herrera, Forward, (Cascade 11); Kaitlyn Bjorklund, Midfielder, (Cashmere 12); Isabella Hansch, Midfielder, (Cashmere 12); Esther Walkley, Defender, (Cashmere 11); Kora Traynor Defender, (Cashmere 10)
2nd Team: Grace Norman,

Forward, (Cashmere 12); Tania Oyos, Midfielder, (Cascade 12); Teyva Dillon Midfielder, (Cascade 10); Leslie Mata, Midfielder, (Cascade 10); Adysen Bjorklund, Defender, (Cashmere 10); Cassidy Gillespie, Defender, (Cascade 11); Madi Barker, Defender, (Chelan 11); Kamryn Tomlinson, Keeper, (Cashmere 10)
Honorable Mention: Emma Warman, Defender, (Cascade 12)

Caribou Trail League Cross Country – Fall 2022 All-League Teams

SUBMITTED BY JEFF CARLSON

Boys CTL Champions: Cascade
Girls CTL Champions: Cascade
Boys Runner of the Year: Aiden Tuttle (Cascade, 12)
Girls Runner of the Year: Caroline Menna (Cascade, 10)
Boys 1st Team: Aiden Tuttle (Cascade, 12), Evan Butruille (Cascade, 12), Blue Knutson (Cascade, 11), Jasper Bard (Cascade, 11), Kaden Miller (Cashmere, 11), Hugh Wheeler (Cashmere, 11)
Boys 2nd Team: Brayden Anderson (Cascade, 11),

Anthony Villalobos (Cascade, 12), Maison Sims (Cashmere, 11), Olen Johnson (Cascade, 12)
Honorable Mention: Garrik Strong (Cashmere, 12), Keenan Knoll (Cashmere, 9)
Girls 1st Team: Caroline Menna (Cascade, 10), Isabel Menna (Cascade, 11), Alice Farrell (Cascade, 10), Gwen Pehowski (Cascade, 9), Tillie Jane Leroy (Cascade, 12)
Girls 2nd Team: Ella Kenoyer (Cashmere, 9), Harper Baker (Cascade, 10), Paige Nunnally (Cascade, 11), Saige O'Keefe (Cashmere, 11)
Girls Honorable Mention: Kimberly Strong (Cashmere, 10)



Cross Country runners (L)Tillie Leroy, (R) Paige Nunnally. PHOTO SUBMITTED BY ROGER HARNACK.

2022 CTL- All-League Volleyball

SUBMITTED BY JEFF CARLSON

Sportsmanship Award: Cashmere Bulldogs
1st Team: Faith Kert, (Cashmere 11); Maddie Hammond, (Cashmere 12);

Emma Sunitsch, (Cascade 12)
2nd Team: Lily-Ann Geren, (Cashmere 12); Livvy Bartholdt (Cashmere 12); Alayna Groce, (Cashmere 12); Giselle Navarro, (Cascade 12)

2022 All-CTL Football

SUBMITTED BY JEFF CARLSON

Defensive Player of the Year: Kaston Dillon, DL 81, (Cascade 12)
1st Kicker: Genaro Reyna, Kicker 20, (Cashmere 12)
Defensive Backs: Trae Smith, 1st DB 7, (Cashmere 11); Aidan Theiss, 1st DB 4, (Cashmere 10); Sam Webb, 1st DB 8, (Cascade 11); Kai Lewman, 2nd DB 3, (Cascade 12)
Defensive Line: Brody Larson 1st DL 60, (Cashmere 10); Luke Jacobson, 1st DL 9, (Cashmere 12); Kaston Dillon, 1st DL 81, (Cascade 12); Drake Mutch, 2nd DL 54, (Cashmere 11)
Linebackers: Jones Duncan, 1st LB 43, (Cascade

12); Josh Meros, 2nd LB 33, (Cashmere 11); Gavin Pulse, 2nd LB 44, (Cascade 12)
Offensive Line: Dawson Spies, 1st OL 76, (Cashmere 12); Brody Larson 2nd OL 60, (Cashmere 10)
Quarterback: Braeden Parton, 1st QB 19, (Cascade 12); Trenton Mason, 2nd QB 2, (Cashmere 12)
Running Back: Luke Jacobson, 1st RB 9, (Cashmere 12); Kai Lewman, 2nd RB 3, (Cascade 12)
Tightend: Kaston Dillon, 1st TE 81, (Cascade 12); Dalan Smart, 1st TE 16, (Cashmere 11)
Wide Receiver: Hunter Stutzman, 1st WR 28, (Cascade 12); Grady Zimmerman, 2nd WR 15, (Cashmere 12)

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Administrative

Puzzle Solution

AMPS	SIB	VEETO							
FILO	TUNA	PAPAW							
ESAU	ORCA	ACORN							
WONDERFUL	GASP								
	AMASS	GAT							
GRINCH	DENIERS								
RON	ESTEEM	ORAL							
ABUSE	ELM	SNAKE							
TORC	ELFISH	SEW							
ETERNAL	POWERS								
	OAR	VELAR							
ROOK	FAMILYMAN								
ROUGE	ICON	EURO							
EASED	BUTY	SLED							
FRED	SAE	TEAS							

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5	9	2	8	3	6	7	4	1	
8	4	6	1	9	7	3	5	2	

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

Deadline Noon on Friday for the next week's papers

Happy Ads

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

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

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

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

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

Reverse Mortgage

REVERSE MORTGAGE
A Better Way to Live

Mutual of Omaha
REVERSE MORTGAGE

Let's Talk
Carlos Mata NMLS #70770
Reverse Mortgage Specialist
509.662.5495
cmata@mutualmortgage.com
710 N. Miller St.
Wenatchee, WA 98801

Mutual of Omaha Mortgage, Inc., NMLS ID 1025894. WA Consumer Loan Company License EL-1025994. These materials are not from, or approved by HUD or FHA. www.nmlsconsumeraccess.org Subject to credit approval. #967202734 © Equal Housing Lender

Employment

Help Wanted

Looking for a great local employee? It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworthecho.com

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

Help Wanted

Job Title: Public Works Administrative Assistant

The City of Chelan is accepting applications for the position of Public Works Administrative Assistant. Monthly pay range: \$4,677 - \$5,709. Application deadline: November 23, 2022 or until filled. Go to www.cityofchelan.us for additional information and employment application.

Bus Driver/ Operator Full-time Organization: Okanogan County Transit Authority (TranGO) TranGO IS HIRING DRIVERS;

Full-time (36 plus hours per week) positions available now; hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to financehr@okanogantransit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, Suite A, Okanogan. Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

Cashmere School District Technology Assistant Duties and Responsibilities: The successful candidate will provide extra support to the technology department to complete technology projects. The successful candidate will work with a dedicated staff committed to meeting the needs of the district. Additional information and application process can be found at www.cashmere.wednet.edu under the employment link. The District complies with all state and federal rules and regulations and does not discriminate on the basis of race, color, national origin, gender or disability.



Windermere REAL ESTATE
Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley? **Give us a call today!**

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

See all available properties at windermereleavenworth.com

For Sale

Antiques & Collectibles

Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds. Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site.

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

Deadline: Noon on Friday for all papers.

Garage & Yard Sale

CLEAR SOME SPACE WITH A

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

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

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

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

Leavenworth Cashmere Call: 509-548-5286

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

Real Estate

Rentals

Orchard for Lease: 12-acre pear and apple orchard for lease in the Chelan WA area. This beautiful location has Red Bartletts, Gold Russel Bosc, Kalle Red, Gale Gala as well as Green Bart fruit. If you are interested, please contact (425)503-1615 for additional information.

Vehicles

Trucks & Vans

Leavenworth: **FOR SALE** White 2008 GMC TRUCK 1/2 ton, 4 x 4 , V-8 extended cab and a canopy. Very clean,143,964 miles, lots of extras. \$17,000,OBO Call to make appt. to see Carol 509-670-1723. See photo on NCWMARKET.COM

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of ROBERT J. STIRLING, SR., Deceased. NO. 22-4-00509-04

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: November 2, 2022

PERSONAL REPRESENTATIVE: Julia A. Stirling

ATTORNEY FOR PERSONAL REPRESENTATIVE: David Visser

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. 22-4-00509-04

OVERCAST LAW OFFICES By: /s/ David Visser, WSBA No. 41546 Attorney for Personal Representative

Published in The Leavenworth Echo/Cashmere Valley Record on Nov. 2, 9, and 16, 2022. #4883

Public Notices

Superior Court of Washington For Chelan County

In the matter of the estate of **Scott Kenneth Warren**, Deceased. No. 22-4-00472-04

Notice To Creditors (RCW 11.40.030)

The persons named below have been appointed as co-personal representatives of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the co-personal representatives or their attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) thirty days after the co-personal representatives served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of this Notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: November 2, 2022.

Christine L. Smith, Gail L. Collins, and Sherrie L. Sines, Co-Personal Representatives Attorney for the Co-Personal Representatives: Joseph C. Brown, Jr., WSBA #17991

Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509) 782-1111

Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 22-4-00472-04

Published in the Cashmere Valley Record/ Leavenworth Echo on November 2, November 9, and November 16, 2022. #4881

Public Notices

CITY OF LEAVENWORTH

On the 8th day of November 2022, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents provides as follows:

Ordinance 1663: An Ordinance of the City of Leavenworth, Washington, which is an ordinance authorizing the regular property tax levy and is authorized for the levy to be collected in the 2023 tax year. A copy of the full text of the ordinance 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 Nov. 16, 2022. #4925



AMBUSH AUTOMOTIVE BUYERS

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it

Don't just 'park' your car on the side of the road with a 'For Sale' sign on it! **'Park it' on NCWMarket.com** for one low **\$25** fee!

Fee includes:

- Up to 3 photos of your vehicle
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

Confronting the epidemic of drug overdose deaths in our communities

StatePoint - As America's drug overdose and death epidemic continues to impact communities of every size in every corner of the country, new challenges have emerged.

In 2021, more than 107,000 people died from drug-related overdoses, according to the U.S. Centers of Disease Control and Prevention, the bulk of which were from illicitly manufactured fentanyl, which shows up in fake pills, methamphetamine, and cocaine.

Since its founding in 2014, the American Medical Association (AMA) Substance Use, and Pain Care Task Force has brought together medical societies and practicing physicians to develop and implement strategies that can help end this epidemic. The task force's recommendations include urging physicians to enhance their education as well as advocate for comprehensive care for patients in pain and for those with a substance use disorder. The AMA also strongly urges states to update laws to make the opioid overdose reversal medication naloxone more readily available, decriminalize fentanyl test strips, and take other harm reduction initiatives to save lives from overdose. When



PHOTO SOURCE: (c) ArLawKa AungTun / iStock via Getty Images Plus
In 2021, more than 107,000 people died from drug-related overdoses, according to the U.S. Centers of Disease Control and Prevention, the bulk of which were from illicitly manufactured fentanyl, which shows up in fake pills, methamphetamine, and cocaine.

it comes to helping patients with a substance use disorder (SUD) so they can lead satisfying, productive lives, the science shows what works: medication prescribed by a physician or dispensed at Opioid Treatment Programs, combined with behavioral counseling and other services.

Despite certain positive trends and clear science, of the 40.3 million people

nationwide with a substance use disorder, 93% receive no treatment, according to federal officials. A 2022 report from the U.S. Department of Labor found that health insurance companies regularly violate state and federal laws designed to provide coverage for substance use disorders and mental illness. Health insurance companies also continue to put up barriers to accessing medications

for opioid use disorders (MOUD) and deny care to patients with pain—or make it so expensive that patients cannot access care.

“No community has been—or will be—spared the pain of this epidemic. The spiking mortality numbers—with young people and Black and Brown Americans dying at the fastest growing rates—add yet another urgent call to remove health inequities

from the health care system. We know policymakers have not exhausted all remedies. Until we have, we must keep advocating for humane, evidence-based responses,” said Bobby Mukkamala, M.D., chair of the AMA Substance Use and Pain Care Task Force.

The AMA stresses that while physicians are leading in areas where they can have an influence, they cannot end the epidemic alone. To combat the issue at the state and national level, the organization has issued a national “roadmap” to policymakers and regulators focused on these specific actions:

- Remove barriers to evidence-based care for patients with an SUD. This includes removing prior authorization, step therapy and dosage caps for MOUDs, continuing federal flexibilities for take-home medication for opioid treatment programs, continuing audio-visual, and audio-only telehealth options for patients to begin treatment, and removing regulations that prevent most physicians from being able to prescribe MOUDs to their patients.
- Take immediate steps to protect families by focusing on increasing access to evidence-based care rather than using punishment

and the threat of family separation for persons with an SUD who are pregnant, peripartum, postpartum and parenting.

- Enforce laws that require mental health benefits to be on par with other health benefits, thereby broadening access to treatment related to mental health and substance use disorders.

- Pharmacy chains, health insurance companies and pharmacy benefit managers should remove arbitrary barriers to opioid therapy as well as ensure patient access to affordable, accessible non-opioid pain care.

- Patients and physicians should have conversations about safe storage and disposal of opioids and all medications; and increase access to naloxone to patients at risk of overdose.

- Develop and implement systems to collect timely, adequate, and standardized data to identify at-risk populations, fully understand polysubstance drug use, and implement public health interventions that directly address removing structural and racial inequities.

To learn more about efforts to end the drug overdose and death epidemic, visit end-overdose-epidemic.org.

Ready outdoor power equipment for winter storage

Prep your snow thrower

Save time and future headaches

After your lawn gets its last seasonal cut, it is time to put away spring and summer outdoor power equipment, like lawn mowers, leaf blowers, and trimmers. What's next? Snow throwers, generators and other small engine equipment need to

be ready for winter. How and when you prepare your equipment for seasonal changes can save you time and money later, says the Outdoor Power Equipment Institute (OPEI) “Over the last few years, we've learned our outdoor spaces are more important than ever so making sure you've got the means to care for your yard is critical,” says Kris Kiser, President and CEO of the Outdoor Power Equipment Institute and Equip. “Preparation is everything -- understanding how to store equipment and get it serviced, how to operate it safely, and how to ready your space to use that equipment.” OPEI encourages everyone to follow their manufacturer's

guidelines and to keep kids and pets away from operating equipment at all times. Here are a few tips to ensure proper equipment storage, maintenance, and safe handling:

1. Review owner's manuals.

Know how to handle equipment safely including how to turn off equipment quickly and safely. Lost manuals can be found online. Save a copy on your computer, so it can be consulted when needed.

2. Service all equipment.

Before storing spring and summer equipment, clean and service it or take it to a small engine repair shop. Drain and change engine oil and safely dispose of old oil. Service

the air filter, and do other maintenance as directed by the owner's manual. Check winter equipment and see if any maintenance and repairs are required.

3. Handle fuel properly.

Unused fuel left in gas tanks over the winter can go stale and even damage equipment. Before storing equipment, add fuel stabilizer to the gas tank, then run the equipment to distribute it. Turn the engine off, allow the machine to cool, then restart and run until the gas tank is empty. For winter equipment, buy the recommended type of fuel no more than 30 days before use. Use fuel with no more than 10% ethanol in outdoor power equipment. Use a fuel

stabilizer if recommended by the manufacturer. Get more information at LookBeforeYouPump.com.

4. Charge batteries.

Remove and fully charge batteries before storing. Don't store batteries on metal shelves or allow them to touch metal objects. Store them on a plastic or wood shelf in a climate-controlled structure.

5. Shelter equipment from winter weather.

Store spring and summer equipment in a clean and dry place such as a garage, barn or shed. Winter equipment should be kept away from the elements but be easily available for use.

6. Prepare, prepare, prepare.

Make space in the garage or basement before the weather changes, so there is room to store larger yard items. Clean up your yard. Remove sticks, debris, dog and kid's toys and other items that can damage or destroy equipment. Clear the paths used regularly in your yard.

7. Use generators with care.

Keep heavy duty weatherproof extension cords on hand. Ensure the length of the cord will connect to the generator when it is a safe distance from the house or building. Never operate a generator indoors, in a garage, breezeway or under an open window. Install a carbon monoxide detector in your home.

Advertise
548-5286
782-3781

Check the weathercams online before traveling over the mountain passes!
www.leavenworthecho.com | www.cashmerevalleyrecord.com

CROSSWORD PUZZLE

THEME: HOLIDAY MOVIES
 ACROSS

- Concert units
- "Kevin to Buzz in "Home Alone"
- Emphatic no
- Phyllo, alt. sp.
- Chicken of the sea? 14. a.k.a. papaya
- Biblical firstborn
- Aquarium show star
- Type of squash
- "Like George Bailey's life
- Struggle for air
- Aggregate
- Gangster's gun
- "Mount Crummit's misanthrope
- They refuse to believe
- "Howard, directed a movie about #23 Across
- High regard
- Like dental exam
- Bullying, e.g.
- Popular deciduous tree
- Kaa of "The Jungle Book"
- Cleopatra's necklace
- "Like characters in Will Ferrell's famous Christmas movie
- Use a Singer
- Continuing forever
- Wonder Woman's ability to fly, e.g.
- Galley propeller
- Type of consonant
- Corner chess piece
- "Nicolas Cage's character gets a glimpse of a different life (2 words)
- Like famous Moulin
- Computer image
- French money
- Alleviated
- Target of a joke
- Iditarod ride
- "Nick Claus' brother, a repossession agent
- Famous frat house
- Black and green brews

DOWN

- Not many (2 words)
- Japanese soup
- Architectural drawing
- Sudan, in French
- Rides the wave
- Ear bone, a.k.a. anvil
- Jezebel's idol
- "Jezreel family's pastime
- Epic poem
- Waterproof canvas
- Part of B.Y.O.
- Synagogue scrolls
- Like a Druid
- Master of ceremonies
- Engagement symbol
- Prepare carrots, sometimes
- R2-D2, e.g.
- Accustom
- Bruce Willis' ex
- Use the blunt pencil tip
- Autumn laborer
- Lots and lots
- Regale with a tale, e.g.
- "Human from North Pole comes to NYC
- "Bill Murray movie, inspired by Charles Dickens
- Water-covered sandbank
- Corn cob
- Orthopedic device
- In the buff
- Dryest, as in humor
- Vacuum, pl.
- Be theatrical
- Katy Perry's 2013 hit
- Yorkshire river
- Trivial lies
- Drug smuggler
- Pi times square of radius
- Show of agreement, pl.
- Game official, for short

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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.

Recreation/Opinion

The Washington Outdoors Report

Outdoors Roundup

By JOHN KRUSE

WATERFOWL: The first wave of northern birds has arrived in the Columbia Basin. Checking out Stratford Lake this past week I saw an estimated 10,000 lesser Canada geese and approximately 1500 snow geese on the lake before sunrise. The first wave of mallards has shown up as well, along with wigeon. That's something I found out hunting with my friend Rusty Johnston this week. We saw many more ducks, some in large flocks, that we didn't see in mid-October when warm weather made for a tough opening day weekend. Now however, the weather has turned chilly and the migration has begun. Smaller ponds are beginning to ice up but bigger water, creeks and wasteways used by the ducks remain open. The arrival of these new birds should provide some very good opportunity for hunters.

POTHOLES RESERVOIR PANFISH:

Most anglers focus on walleye at Potholes Reservoir this time of year but there are some big panfish and lots of them to be caught this month as well. Pete Fisher at MarDon Resort shared a photo of a 1.2-pound bluegill (yes...a bluegill) caught recently and Travis Dawson, the Fishing Department Manager at the East Wenatchee Sportsman's Warehouse store, reported excellent fishing for crappie at Potholes last week. Travis was using small (1/16 ounce) white jigs or Road Runner lures tipped with a small Berkley

Power Gulp bait for success. Look for schools of crappie around the habitat boxes planted in the lake. You can get a map at the MarDon store that will show you where they are at www.mardonresort.com.

COLUMBIA GORGE FISHING:

Wendy Boyer at Gorge Outfitters Supply in Rufus says the coho fishing is wrapping up at the mouth of the Klickitat, but walleye fishing is picking up though the fish are deep. Try using a deep diving Bandit crankbait that will go down to about 28 feet. You can also try a Berkley Flicker Shad with a suspension dot (weight) to get it deep. There has been some effort for catch and release sturgeon in The Dalles pool and Wendy expects there will be good success when the catch and keep season for them opens up in January. On the hunting front, waterfowl hunters are having success on the Columbia River below John Day Dam near Rufus to the Biggs Junction Bridge. Wendy suggests dropping by the store in Rufus if you are looking for a good holiday gift for the outdoorsman or woman in your life. One special they are running is buy two deep diving plugs and get the third half off. The store is open Wednesday thru Sunday from 8 a.m. to 5 p.m. After hours service is available. Just contact Wendy at the store a day or two in advance. www.gorgeoutfitters.com

LONG LAKE RAINBOWS:

Steve Morris at SJM Guide



PHOTO COURTESY JOHN KRUSE.

Rusty Johnston with three mallards

Service has been fishing at Long Lake and the rainbow trout fishing has been good. The trout are averaging 14 inches. Steve will likely fish Long Lake until the first week of December. Steve also went on a duck hunting trip near the Tri-Cities last week and had good success. Steve said there are good numbers of ducks in the area, a mix of mallards and wigeon. www.sjmguideservice.com

ICICLE RIVER COHO:

Some 13,000 coho appear to be bound for the Wenatchee and Icicle River but low waters and low temperatures kept most of them out of the Icicle where anglers can target them. That changed the first weekend of November when we got our

first good amount of rainfall and the rivers rose. My son and I, along with a half-dozen other anglers, spent Saturday afternoon fishing the Icicle between the Fish Hatchery and the Icicle River Bridge at East Leavenworth Road. Unfortunately, the fish had not made it up yet in good numbers and only one fish was caught that afternoon. Those fish should be in now. However, they are likely not fit for eating at this point since they are either spawned out or close to it. The coho season on the Icicle River remains open until November 30.

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

Chelan County election results

ShonSmith who is running for Chelan County Commissioner #2 has maintained a small lead over Anne Hessburg after the second round of ballot counts were released Thursday, Nov. 10th. According to Chelan County auditor's office, with 50.2% of the vote, Smith, a Republican, leads his opponent, Independent Hessberg by only 143 votes: 13,357 votes to 13,214. Hessburg gained a little ground on Smith from election day and now has

49.66% of the vote, compared to 49.33% on Tuesday, less than one percent.

In the Chelan County sheriff's race, deputy Mike Morrison's advantage over three-term incumbent Brian Burnett remained around 9%. Morrison received 13,751 votes, to Burnett's 11,502 votes. On Tuesday, Nov. 8. Morrison led the current Sheriff Burnett at 54.14% to Burnett's 45.37%. There are about 5,992 left to be counted according to the

Chelan County Auditor's Office.

Chelan County clerk candidate Martin Young has a slight lead over Sandra Arechiga. Young has 50.8% of the vote, compared to 49.39% on Tuesday. The total is currently 13,097 votes for Young and 12,822 votes for Arechiga.

The Chelan County District Court race with Attorney Jon Volyn is ahead of Chelan County deputy prosecutor

Allen F. Blackmon by 1,416 votes in their bid to replace the retiring Judge Roy Fore. Volyn has approximately 52.88% of the vote.

Former Chelan PUD Commissioner, Carnan Bergren continues to lead Manson School Board member Aurora Flores for Chelan County PUD District 3 commissioner. Bergren has 12,677 votes, or approximately 55%, and Flores has 10,221 votes, or 44.48%, according to the Auditor's office.

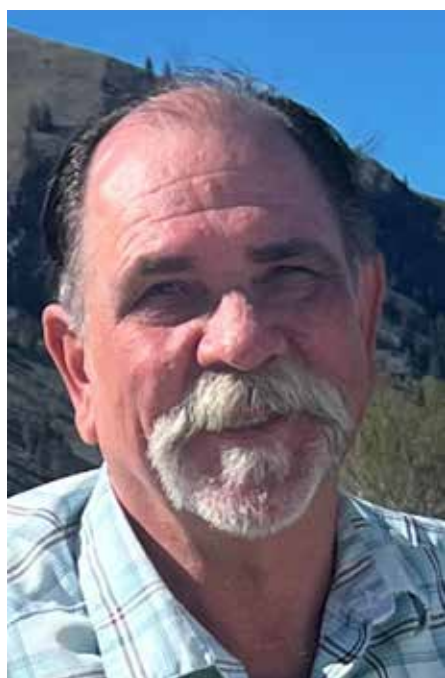
Next count will be Nov. 15th. with certification on Nov. 29th.



Shon Smith



Anne Hessburg



Carnan Bergren

The Suggestive Whistle

By RHONA BARON

Let's get this PC thing out of the way. It's probably not politically correct to say so but as far as this columnist can tell, the PC (aka Planning Commission), while advertising for diversity, is ideologically skewed and scoots along the edge of conflict of interest where some of the membership is concerned. The Whistle Team and I have done tons of research to determine the propriety of what is occurring, and we've attempted to look at best practices for ethics across numerous resources in WA State and beyond.

Depending on the source, you'll get different impressions about conflict of interest and the appointment process. So, this Whistle is your heads up for the next, when we'll lay out a number of facts and a bit of opinion so you can

form your own impressions. In the meantime, an annual opportunity to register your thoughts about two big initiatives affecting our city's future is occurring now. The first has everything to do with the Planning Commission. It's called "the docket." The council, mayor and city staff are currently preparing the docket or annual agenda for consideration by the PC. If there is anything special you want on the docket, now's the time to speak up! What about reviewing the amount of B and Bs in our community, and how many are allowed per street? No limits at this point. What about green space and some kind of code that requires a single leaf of vegetation in a yard? What about prioritizing streets over alleys for repair?

Then there is the Urban Growth Area. Over 500 people took the quiz about the proposed UGA. You probably

saw the map. But did you know that the proposed area is not set in stone? In the next month, citizens can contact council members to voice thoughts and preferences. The Whistle Team will be working on commenting as well, but to be perfectly honest, if you don't get involved now by directly communicating, the emails and comments you make to us privately won't be much help. The city must hear from individuals on the topics that matter to our future in a "public record" context. Do keep contacting us to let us know what you are thinking. It really helps.

I'm closing this Whistle with contact info for all the elected folks who serve in city government. They are the ones who shape the future of our valley by the decisions they make and the votes they take. Zeke Reister: zreister@cityofleavenworth.com,



Sharon Waters: swaters@cityofleavenworth.com, Tbor Lak: tlak@cityofleavenworth.com, Clint Strand: cstrand@cityofleavenworth.com, Anne Hessberg: ahessburg@cityofleavenworth.com, Jason Lundgren: jlundgren@cityofleavenworth.com, Marco Aurelio: maurilio@cityofleavenworth.com, Carl Florea: cflorea@cityofleavenworth.com

We can be found at LWistle.com. And don't forget to take our most recent poll question found on the front page of the online version of the Echo. Or just whistle.

We'll hear you.

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