



2022 Upper Valley Empty Bowls Celebrating in a New Way

SUBMITTED BY DIANE PRIEBE

Well, like many of you, we hoped 2022 would mark a return to the Upper Valley Empty Bowls (UVEB) festival of past years: glazing of hand-thrown pottery bowls in January, community soup supper in March, and raising money for our Community Cupboard Food Bank in a variety of other community-minded ways. Instead, faced with ongoing COVID uncertainties, the 26th year of the UVEB festival will combine familiar elements in a new way.

Keeping the UVEB mission of feeding our community's hungry, strengthening community and celebrating the arts in mind, the festival will be shifting to late spring 2022. While bowls will not be available for community members to decorate this year, the online Artist Bowls Auction will be back in full force, featuring the creations of 22 local artists who will be decorating hand thrown bowls and platters. Each bowl is a work of art, from its' creation at the hands of skillful potters, to the hours of time it takes to painstakingly hand paint the designs, and then the final careful firing of the masterpieces. The bowls will be available for online bidding May 9-18 on the UVEB website www.uvemptybowls.org and Facebook site.

The UVEB Art Grant will continue going strong, providing \$1500 in grants to support creative efforts by teachers and community members to the youth of the upper valley.

And finally, the community soup



Dan McConnell painting his 2022 artist auction bowl.

PHOTO BY DIANE PRIEBE

supper has been the much-loved finale of the UVEB festival, bringing our community together to enjoy a simple meal with family and friends. This year, in order to address health concerns, the UVEB soup supper will be held outdoors on the grassy Osborne school fields. This community picnic will take place on Thursday, May 19. Families and community members can purchase tickets at www.uvemptybowls.org

The UVEB Festival typically raises over \$15,000 each year, which funds 50 percent of the yearly Community Cupboard's food budget each year. This donation helps to stock its food shelves and provide food boxes to over 1000 local households annually. This is a substantial part of our upper valley family, and a LOT of food that is provided each year through the Cupboard. Fortunately, local fundraisers such as the Upper Valley Empty Bowls festival provide funding to allow the Cupboard to supplement dry goods donations with nutritious high protein foods, as well as provide veggie vouchers for the Leavenworth Farmers' Market. The food bank also assists families with rent, utility costs, transportation, fuel and emergency lodging.

The UVEB committee is blessed to have so many local potters, artists and community members as active participants and supporters of this annual event. Please consider how you can take part in the Upper Valley Empty Bowls celebration of community and the arts this year! Please visit www.uvemptybowls.org for more details.

District 2 Commissioner Bob Bugert Announces His Retirement

BY: MEGAN SOKOL

Staff Writer

At the beginning of his term, Commissioner Bob Bugert stated that he would only serve a max of two terms. Now Bugert has announced that he will step down from his seat as District 2 Chelan County Commissioner at the end of December 2022.

"I'm at the age where I would like to focus some of my energy on some volunteer work within the community and to explore other passions."

Bugert's professional career has included work on the Chelan-Douglas Land Trust, while also focusing on housing, transportation, and climate change issues. He hopes to continue working within local nonprofit sectors.

Bugert was elected to his current District 2 seat in November, 2017. District 2 oversees matters within Leavenworth, Cashmere, and western and central Wenatchee. He describes his term as a productive four years in office and wanted to give enough time for potential candidates to work on their campaign.

"It's the diversity of the job is what really makes it challenging, but also makes it the most rewarding. A person can work on a number of issues ranging from homelessness to wildfires to some of our major public works projects going on to management of the jail and our veterans program. It is really a remarkably diverse program. A suite of responsibilities, which makes it very challenging yet rewarding."

Bugert states that he wished to have more time to assist with the potential development of a lumber mill within the county. He is most proud of his involvement with the Chelan County's adoption of the Climate Change Resiliency Strategy, the creation of Equity Alliance, and with finding a solution to the challenging short-term rental situation.

"It's been an enriching and rewarding experience, and I encourage those folks that are considering it to take the plunge and do it. It's has many rewards."

Those interested in running for the Chelan County Commissioner seat must reside in District 2 in order to qualify. The election filing date will be due during the week of May 16-20, 2022.

To learn more about campaign resources, you can visit this link for more information. www.co.chelan.wa.us/elections/pages/candidate-resources.



SUBMITTED PHOTO.

District 2 Commissioner Bob Bugert

WA CARE Act Fund Extended For an Additional 18 Months Legislation Working on Finding Immediate Solutions

BY: MEGAN SOKOL

Staff Writer

On Dec. 23, Gov. Jay Inslee announced that the Long-term care tax would be put on hold past the Jan. 1, 2022 due date. Now both House Democrats and House Republicans are introducing substitute bills that hope to mend holes within the original bill.

The Long-term care tax, or what is commonly dubbed the Care tax, is a bill meant to provide long-term care and services to those who do not currently have a private long-term insurance plan.

Benefits include covering home-delivered meals and reimbursing unpaid family caregivers. The benefits are capped at \$36,500, with an annual increase that is

determined by future inflation.

Employers would take a 0.58% tax out of every worker's paycheck. After 10 years, employees can start drawing funds from their individual account, or within 3 years if they experience a disabling/traumatic event.

The Care tax was signed into law back in April of 2019, however many workers and those who would be most affected by the bill did not hear about the Care tax until nearly before or after the Nov. 1 deadline to opt-out.

The drawbacks to this bill include lack of coverage for those nearing retirement in less than 10 years, no income cap for those who make a higher income, and permanent restriction to the accrued Care act funds once a resident moves out of state.

Employees wanting to opt-out are

required to include proof of a separate private long-term care insurance plan. In addition, employees would be permanently exempt from the CARE Act Fund once they opt-out.

On Nov. 9, a class action lawsuit was filed against the Long-term care act, claiming that the program is invalid due to it being preempted by the Employee Retirement Income Security Act of 1974 (ERISA), while also violating multiple state and federal laws.

During the 60-day legislative period of 2022, the House Democrats introduced two bills. On Jan. 21, legislators officially passed the first bill: an 18-month extension given to fix program which will give them time to edit the bill. The second bill proposed additional exemptions to the tax, specifically to "enable military

spouses, disabled veterans, border state residents, and non-immigrant visa holders to voluntarily exempt themselves from premiums for the WA Cares program." Decision on that will be officially brought to the Senate's public hearing on Jan. 24.

House Republicans also introduced two bills, one which would fully repeal the program with no other service taking its place. The second bill would also include repealing the program, but by replacing it with an "affordable and optional long-term care insurance coverage."

As of now, both bills introduced by House Republicans have been referred to the appropriations committee.

Any funds taken out of an employee's paycheck meant for the WA Cares Act would need to be returned until further notice.

Patient Service Reps Have One Request: Be Kind.

BY CLINT STRAND

It's another Friday evening for Mercé Chamness. The Cascade Medical Patient Services Representative (PSR) is looking forward to the weekend, but perhaps not for the reasons you may assume. For Chamness, the days off aren't only for rest and relaxation, but for emotional repair and preparation for what she'll encounter come Monday. "I try my hardest to have a

great weekend, because you have to wash off the 'yuck' if you want to be able to do it all over again."

The 'yuck' Chamness is referring to? Yelling, for sure. The occasional curse word and threat, certainly. All taken with a calm demeanor, and all coming from the people she's dedicating her day to help.

It's no secret that one of the groups the pandemic has hit hardest have been those working in customer

service, in all sectors. Those working customer service in health care have been hit especially hard though, as patient stress, the fear of high costs, and even higher personal stakes for some with challenging medical conditions combine to create an at times toxic interaction for those who do nothing more than want to help.

It's hard to take the abuse every

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Dan's Market



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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 on the Covid-19 regulations.

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.

COMMUNITY CALENDAR

Wednesday

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.

Leavenworth Rotary Club, Zoom meetings, Noon. For more information email, President Joel Walinski, jtwalinski@gmail.com

Alpine Water District: meets at Chelan Fire Department #9, 1 p.m. Contact: Anne Mueller, muellers5@msn.com (2nd Wed. each mon).

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 Zoom 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

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 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 only is \$7 (no outside food please). Check-in begins at 11:30 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.)

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: 10 a.m. to 2 p.m. on Monday, Tuesday and Saturday. 10 a.m. to 7 p.m. on Wednesday and Thursday. 10 a.m. to 5 p.m. on Friday. Closed Sunday.

Peshastin Public Library. Located at 8396 Main St., Peshastin. Call: 509-548-7821 or Peshastin@ncwlibraries.org Open from 10 a.m. to 1:30 p.m. and 2:30 to 7 p.m. on Tuesday and Wednesday, 1 to 5 p.m. Thursday and Friday. 10 a.m. - 2 p.m. on Saturday. Closed Sunday and Monday.

Other events

The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is open Friday-Sunday, 11 a.m.- 4 p.m. Please check our Facebook page or our 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.

Leavenworth

Adult Social Walking in the Festhalle

This season's winter walking exercise program in the Festhalle will begin on Tuesdays, The Festhalle will be open on Mondays, Tuesdays, Wednesdays and Thursdays from 7:15-9:00 a.m. for those interested in walking a few laps. There is no charge, all you need to bring is your smile and a pair of dry walking shoes. Please enter through the side doors on Front Street. Unfortunately we cannot accommodate children at this time. The Festhalle will NOT be open for walkers on the following dates: Tuesday, Feb. 22 and Thursday, Mar.17. For further information please call Sharon Waters, 509-548-7939.

Leavenworth Recycling Center

Is cleared of snow open for regular hours: Wednesdays: 4:30-6:30 p.m. and Saturdays: 11 a.m.-3 p.m.

Snowshoe Strolls at WRI & Hatchery

Snowshoe season is upon us! Begin 2022 with new discoveries and adventure. Join WRI's knowledgeable naturalists for a Snowshoe Stroll, learning about native wildlife, ecology, and history. January and February, Thursdays-Saturdays Check our calendar for available dates and times. Or check out snowshoes from the library

Regional

NCW Library Events

The Community Bookmobile operated by NCW Libraries has added a new monthly stop along Highway 97 south of Peshastin. The bookmobile will park in front of the 97

Rock House at milepost 178 on Highway 97 on the third Thursday of each month from 1:30 to 3 p.m. The mobile library will offer a wide variety of children's, young adult, and adult books, audiobooks and movies, as well as music CDs and magazines. Visitors will be able to sign up for a library card, pick up library materials they have placed on hold, and return materials when they are finished with them. Order materials on NCW Libraries' online catalog to be delivered by the bookmobile. Masks are required to visit the bookmobile. The bookmobile makes regular community stops in Plain, Orondo and Wilson Creek. NCW Libraries is regularly looking for rural communities with limited library access that would like to be served by its two bookmobiles. Questions? Email bookmobiles@ncwlibraries.org

NCW Libraries

The fourth event, focusing on how to have courageous conversations, will be held on Tuesday, February 22 at 7PM. Presenter Richard Kim brings nearly a decade of professional experience with a person centered approach to engaging race, culture, and identity in various non-profit and education settings. Most recently, Richard worked as the Intercultural Credibility Coordinator/Consultant at The Seattle School of Theology & Psychology, where he received his M.Div. Kim holds a B.S. from the University of Minnesota. As a person born in the United States to parents who emigrated from South Korea, Richard brings an uncommon voice to the work of racial equity.

All NCW Libraries' virtual programs are free and open to the public. This event will be held through the zoom digital meeting platform. To participate, register at www.ncwlibraries.org. Registrants will receive an email with the

Zoom meeting information.

P.E.O. Upper Valley Scholarship Application for Local Women Returning to Higher Education

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

Applications must be received for consideration by April 30, 2022. Scholarship funds will be available by the Fall of 2022, and be sent directly to the school financial department upon confirmation of enrollment.

Women applicants must be seeking further higher education at either the undergraduate or graduate level in one of the following ways:

• Applicant must be age 30 or above and reside in Chelan or Douglas County, WA

• Applicant must be currently enrolled in, or returning to, a higher education program after a two-year or more absence.

The colleges, universities, or technical schools where applicants have been accepted must be fully accredited and within the State of Washington. Out-of-state, on-line accredited schools are acceptable. Applicants may re-submit applications each year until they complete their programs of study. Women interested in applying for the scholarship may receive more detailed information concerning the application process, as well as request the application form by sending an email to Mimi Keller at the following address: peoleavenworth@nwi.net



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.

January 14

- 10:46 Trespassing, 9638 Merry Canyon Rd. 14:52 Theft, 3681 Old Blewett Rd., Peshastin. 17:33 Trespassing, 9165 Merry Canyon Rd. 18:49 Civil, 8487 Lake St., Peshastin. 19:53 Non-Injury Accident, 18055 N. Shore Dr., Lake Wenatchee.

January 15

- 03:25 Traffic Offense, Fish Lake Sno Park, Lake Wenatchee. 08:37 Trespassing, 8333 River View Rd., Peshastin. 09:06 Assist Public, 2467 Salal Dr., Lake Wenatchee. 10:03 Hazard, 17356 N. Shore Dr., Lake Wenatchee. 11:17 Malicious Mischief, 100 Ward Strasse. 11:40 Assist Public, Burke Ave. and Pine St. 11:59 Suspicious Activity, Front St. and Division St. 12:46 Weapons Violation, Beaver Valley Rd. MP 17, Lake Wenatchee. 13:55 Alarm, 246 Division St. 14:59 911 Call, 18451 Camp 12 Rd., Plain. 17:44 Parking/Abandon, 5922 Campbell Rd., Peshastin. 19:27 Missing Person, 843 Front St. 21:34 Domestic Disturbance, 301 Ward Strasse #234. 21:50 Diversion, 9630 Marson Dr.

22:05 Harassment/Threat, 1207 Front St.

January 16

- 03:23 Noise, 1300 Commercial St. #105. 10:06 Non-Injury Accident, 223 Center St. 10:30 Disturbance, 8th and Commercial Sts. 11:10 Traffic Offense, 10th and Commercial Sts. 13:14 Assist Public, Icicle Ridge Trailhead. 14:54 Property, Leavenworth. 18:05 Fireworks, 9630 Embroden Rd. 18:42 Parking/Abandon, 90 A Mill St. 19:19 Harassment/Threat, 217 9th St. 22:54 Welfare Check, 922 Commercial St. 23:36 114 Commercial St. #A.

January 17

- 00:07 Vehicle Prowl, 9501 Jeske Rd., Peshastin. 01:44 Assist Agency, US Hwy. 2 MP 102, Peshastin. 14:28 Property, 939 Front St. #A. 15:54 Fraud/Forgery, 3201 Hansel Ln., Peshastin. 17:29 Non-Injury Accident, 1250 US Hwy. 2.

January 18

- 00:03 Alarm, 12686 Shore St. 06:15 Alarm, 15255 US Hwy. 2, Lake Wenatchee.

- 08:06 Welfare Check, Coles Corner, Lake Wenatchee. 09:34 Non-Injury Accident, 309 8th St. 11:07 Vehicle Theft, 8th St. and Edelweiss Weg. 13:41 Civil, 11000 Eagle Creek Rd. 13:42 Civil, 10395 Chumstick Hwy. 14:06 Domestic Disturbance, 315 E. Wapato Ave., Chelan. 14:09 Civil, 48 Cross Creek Ln. 20:50 Disturbance, 1300 Commercial St. #105.

January 19

- 08:19 Attempt to Locate/Contact, US Hwy. 2 and SR 207, Lake Wenatchee. 10:37 911 Call, 12342 Bretz Rd., Plain. 12:39 Welfare Check, 10570 Fox Rd. 13:54 Diversion, 22744 Lake Wenatchee Hwy., Lake Wenatchee. 18:39 Civil, 16258 River Rd., Plain.

January 20

- 05:24 Suicide Threat, 3432 Hansel Ln. #N, Peshastin. 09:11 Animal Problem, 10280 US Hwy. 2. 10:03 Burglary, 283 US Hwy. 2. 19:14 Domestic Disturbance, 243 Mine St.



Go online at Cascadesd.org or all menu updates.

CITY COUNCIL MEETINGS

Planning Commission, 7:00 p.m. (1st Wed.) City Council Study Session, 8:30 a.m. (2nd Tues.) City Council Meeting, 6:30 p.m. (2nd & 4th Tues.) Design Review Board, 3:00 p.m. (2nd & 4th Wed.) For more information, visit the city website CityofLeavenworth.org for Zoom meeting information. Call 509-548-5275. Email hello@cityofleavenworth.com

OBITUARY

Linnea Elizabeth Moore Russell

September 16, 1946 - December 11, 2021

Linnea Elizabeth Moore Russell passed into the presence of her Savior on December 11, 2021. Born on September 16, 1946, to Troy and Jean Moore of Plain, Washington. She was known and loved by so many as she gave of herself to be a servant of God who loved her neighbors. Linnea was a graduate of Leavenworth High School and Western Baptist Bible College, in her career, she worked as a dental hygienist, a realtor and an accountant. Linnea was also known for baking beautiful wedding and birthday cakes, canning fresh vegetables and fruits, and making great salads and desserts. She was on hand to visit and care for many who were ill.



One of Linnea's passions was supporting missionaries, in addition to her prayers and monetary support, she supplied outreach and teaching materials. Linnea was predeceased by her husband, Bud Russell, and her parents. Her surviving family members include her two brothers and their wives. Albin and Alice Moore of Plain, WA. and Coy and Rebecca Moore of Taylors, South Carolina. Her nieces and nephews include Troy and Jennifer Moore (children Gracie and Cody), Susan Moore Coble (children Jaxon and Kaya), Marie Moore (daughter, Lauren), Michael and Deanna Moore (children Charlotte, Wilson, Margaret, and Connor), John and Darla Moore Collins (children Gabe and Joel), and Scott and Jessica Moore (children Jacob, Ethan and Katherine). Linnea is missed but not mourned because she is with God, and we will see her again! A memorial service is planned for July 17, at 3 p.m. at Evergreen Baptist Church.

Tall Timber Releases Fundraiser For Snow Storm Damage



PHOTO SUBMITTED BY ZACHARY MILLER. The D3 CAT bulldozer Tall Timber employees used to plow the parking lot that is in need of repairs.



PHOTO SUBMITTED BY ZACHARY MILLER. Tall Timber staff and volunteer housing unit engulfed in snow.

BY: MEGAN SOKOL

In Tall Timber Director Zachary Miller's Instagram video, Miller stands atop of what seems like a thick blanket of snow on the ground. In reality, he is standing on the roof of Tall Timber's lodge covered in over 9 feet of snow.

Tall Timber was founded in 1965, which operated both children and adult camping experiences as well as weekend rental services. Miller states that it is common for funds to be low after the fall season, however, the unexpected snow storm of Jan. 6 has left the nonprofit vulnerable.

This is what was written regarding the snow conditions at Tall Timber:

"On January 6th we received almost 4 feet of snow in 24 hours, resulting in power loss and dangerous road conditions. White River Road was un-plowable for 4

days, and since, has continued to be covered by various avalanches."

Miller describes the camp's need for newer equipment to handle snow plowing, along with additional funding for monthly overhead expenses and to compensate full-time staff. Miller recently created a fundraiser titled "URGENT Equipment and Income Replacement" with a \$60k fundraising goal. As of writing he has raised nearly \$12k.

"One of the pieces that we're looking and hoping to be able to get is [a] new backhoe, because our D3 Cat pushes snow but it can't lift snow. That piece of equipment itself is quite aging and failing, even repairs for those kinds of machines just runs into the thousands of dollars anytime you take it into the shop to get the smallest thing done with it."

Miller has previously

received a total of \$39k funds from both the Giving Tuesday campaign and their year end appeal. He states that those funds were already spent towards monthly overhead fees.

"I don't like to over-hype things or to try to sell people on donating, but I also feel like it's important to be honest. This is one of those seasons where the honest truth is that the storm took a lot out of us that we weren't anticipating."

If Miller can't reach his goal, he states that he may need to resort to potential layoffs or to reduce hours. During the pandemic, they had already reduced their staff from 11 employees down to 2-3.

"Unfortunately the choices you make when your revenue's running low is to start to lay off staff and other things like that, but then you're not able to actually serve the guests fully. We really need to keep the momentum going and

that's why we did put out that campaign to everyone to just say, this is one of those situations when we can really use your help," Miller explained. "If it comes down to it, I'd even reduce my own hours just because I'd rather see, make sure that we first and foremost take care of our staff and, take care of our financial responsibilities here."

He is optimistic that the upcoming spring season will help replenish some of the camp's cost, but notes that operations may be limited if they are unable to repair foundational elements at the camp.

They will continue to rent out the space for families to use the facility, but they would have to reduce the specially organized camps, retreats, or family camp. They will also continue to cook and run recreational activity on the weekends

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.

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Free At-home COVID Tests Now Available

BY: CHRISTIE VOOS AND MEGAN SOKOL

Every home in the US is eligible to get 4 free at-home COVID-19 tests via the website www.covidtests.gov. Deliveries cannot be sent to a P.O. box or an address that doesn't receive mail. Orders typically 7-12 days to arrive, with earliest shipments arriving Late January.

As of writing, the site may be slow due to it's quick release date. Problems have arisen for those who live in multi-family residences. If you are still having trouble placing orders, make sure to file a service request online here: <https://email.usps.com/s/the-postal-store-inquiry>, or call 800-ASK-USPS.



Information You Can Rely On!

Kathy Z. Smithson
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East Wenatchee



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UPPER VALLEY CHURCH GUIDE

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

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 548-5286

CASHMERE

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



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



In-person: Sunday Worship Service, 10 a.m.
5800 Kimber Road, Cashmere
Online: christcentercashmere.com
The UNDERGROUND: Sunday, Middle School, 5 p.m., & High School, 6:30 p.m.
Steve Haney, Lead Pastor

Tim Williams, Executive Director
Andy Robinson, Director of Operations
Joyce Williams, Pastor of Congregational Care
Steffanie Haney, Director of Adult Discipleship
Kelsie Folden, Director of Youth Ministry
Heather Pflugrath, Director of Children's Ministry
Amber Vaughn, Director of Production & Creative
Carmen Gamble, Office



GRACE LUTHERAN CHURCH

• 509-860-0736
401 Elberta Ave.,
Morning Prayer or Holy Eucharist.
Join us at 10 a.m. on Sundays.
Pastor Rob Gohl

ST. JAMES EPISCOPAL CHURCH

• 509-860-0736
222 Cottage Ave.,
Morning Prayer or Holy Eucharist.
9 a.m. on Sundays.
Pastor Rob Gohl

DRYDEN

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

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

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 BIBLE CHURCH
Leavenworth Grange Hall
621 Front St. • 251-635-3435
Sunday Worship 10 a.m.



LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH
418 Evans Street • 509-548-5619
10 a.m. Sunday Service, Pastor Matt Gorman
leavenworthumc.org

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
www.faithleavenworth.org

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
www.LCN.org

SEVENTH DAY ADVENTIST CHURCH

10600 Ski Hill Drive • 509-548-4345
Saturday Services • Bible Study 9:30 a.m.
Worship 11 a.m. • Fred Smith • 509-860-3997



SPIRIT LIFE CENTER
210 Benton Street • 509-548-7138
Sunday Worship 10 a.m., Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 509-782-2601
Virtual Zoom Service, Sunday,
11 a.m. until further notice.
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PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street • 509-548-7517
Sunday Worship 10 a.m. • Pastor John Romine
www.lightinthevalley.org



NEW LIFE FOURSQUARE CHURCH
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Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
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FB page: newlifeleavenworth.com
www.newlifeleavenworth.com



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Cascade vs. Cashmere Basketball Game



PHOTOS BY MEGAN SOKOL

1. Cashmere player Landon Baker and Cascade player Braeden Parton race with each other.
2. Cascade player Kai Lewman gains control of the ball against Cashmere players Rylan Nelson, Jonah Groce, and Evan Pheasant. Cascade players Hunter Stutzman and an unidentified Cascade player are pictured as well.
3. Cashmere player Rylan Nelson and Cascade player Kaston Dillon watch as the ball goes down the hoop as Cashmere player Evan Pheasant looks on.
4. Cashmere player Jonah Groce launches into the air with an unidentified Cascade player. Cascade player Braeden Parton is in the background.
5. Cashmere player Evan Pheasant shoots his free throw shot. Cashmere player Elijah Hinkle to the side.
6. Cashmere players Trae Smith and Landon Baker collide as they try and take a shot at Cascade's hoop.
7. Cascade player Hunter Stutzman shoots his free throw shot.
8. Cashmere player Jonah Groce launches through Cascade territory, with Cascade players Fernando Tovar, Jaden Niemela, Braeden Parton, and Hunter Stutzman defend the net.
9. Cashmere player Angelo Vasquez-Ramos races across the court.

Cascade vs. Chelan Basketball Game



PHOTO BY MEGAN SOKOL

Cascade player Braeden Parton and Chelan player Quin McLaren clash, with Cascade player Kai Lewman and Chelan player Nate Harding in the background.

Cascade player Kai Lewman and Chelan player Nate Harding battle it out, with Chelan player Reed Stamps in the background.



PHOTO BY MEGAN SOKOL

Cascade player Hunter Stutzman launches through the air to shoot his shot as Chelan player Braiden Boyd tries to bring back to the ground. Chelan player Reed Stamps looks on.

Chelan player Isaac Wilson reaches out to catch the ball as Cascade player Braeden Parton tries to intercept, with Chelan player Quin McLaren looks on. Cascade players Fernando Tovar and Kaston Dillon are on the sidelines.

Sports Schedule

GIRLS BASKETBALL:

Jan. 28:	Cascade vs. Chelan; 5:45 p.m.
Jan. 31:	Cascade vs. Quincy; 5:45 p.m.
Feb. 1:	Cascade vs. Omak; 5:45 p.m.

SOCCER

Jan. 28:	Cascade vs. Chelan; 7:15 p.m.
Feb. 1:	Cascade vs. Omak; 7:15 p.m.



Kodiaks Scoreboard



BOYS BASKETBALL:

Jan. 18:	Cascade 41, Cashmere 60; Loss
Jan. 19:	Cascade 56, Chelan 88; Loss
Jan. 21:	Cascade 45, Quincy 91; Loss

U.S. Western Youth Nordic Championships

BY: ISABEL MENNA

Last March (2021), in the tiny resort town of Jackson, Wyoming, the Intermountain Division Junior National Ski Team hosted the U.S. Western Youth Nordic Championships. As the first racer from the Plain Valley Nordic Team (PVNT) entered the start gate on day one of racing, the announcer, after initially mangling the racer's name, asked over the PA: "Where the heck is Plain, Washington?" By the time a PVNT racer entered the start gate on the final day of the championships, however, that same announcer implored the crowd "to watch out for this young gal from the Plain team. These Plain kids know how to ski - and fast!" PVNT had become the talk of the weekend, with two of its boys on the podium each day, including the top two steps on Saturday and five in the top 20 each day; the girls placed two in the top five each day, including on the podium Saturday.

Plain, Washington, the postage stamp-sized hamlet of Leavenworth at the terminal end of the Chumstick Highway, is a mix of farms, church camps, homesteaders, and retirees from the West Side. Its hub, and one of fewer than a half dozen commercial operations within it, is Plain Hardware, a modern-day trading post offering everything from lumber and nails to espresso and outdoor clothing. The Hardware Store's owner Rob Whitten is the visionary and founder of Plain Valley Ski Trails, a 25-km network of cross-country skiing and snowshoeing trails. PVNT is the Trails' affiliated ski racing team, also founded by Whitten in 2015.

PVNT is an all but unique organization in the United States. Like most junior ski teams in the country, PVNT is open to any child aged 5-18. Unlike most teams though, that means any child at all, not just those who can afford the equipment, fees, and travel. Expensive sports like cross-country ski racing have become pay-to-play in many instances, meaning just that: only those who can pay can play. PVNT was organized intentionally to buck that unfortunate trend. The majority of children and teenagers on the Plain team come from modest income families. Nonetheless, for nominal tuition, which is waived in many cases, every racer is provided with year-

round, high-level coaching, practice, and race skis (both skate and classic), roller skis (both skate and classic), poles, boots, wax, race suits, team coats, race fees, travel in team vans, and room and board for away races and camps. As racers move into the oldest age group, they are asked to bear some of the financial burden but only if their family can afford to do so.

The PVNT model, devised by Whitten, is not uncommon from those found in some European countries, though the source of funding is slightly different. The base, and largest portion, of PVNT's funding is provided by one hundred percent of the income generated from sales of passes to the Trails. The self-effacing Whitten formulated the model as a way of giving back to the community. PVNT Director Christie Saugen says "it's as simple as Rob loving cross country skiing, ski racing and his community, which, in turn, has inspired many in the wider community. Volunteer hours, grants, and donations from supporters, including at the team's annual auction and from the Plain Valley Adventure Women (a program specifically organized to help financially support the race team), also provide essential financial support to PVNT, without which many of the kids might not otherwise spend winters outside being healthy and happy with friends and teammates."

While most of the team lives in the Plain Valley, a significant percentage, particularly in the older age group, hails from Wenatchee, Leavenworth, and even Seattle. The main draw for these racers is the coaching staff, headed by French native, and former NCAA cross country coach, Pierre Niess. Niess, a native of the French Alps, came to PVNT from the staff of the Nordic ski program at the University



PHOTO COURTESY OF PLAIN VALLEY SKI TRAIL
Downtown Plain, WA and a portion of the Plain Valley Nordic Trails

of New Mexico. After hearing of an opening for a head coach at what was described to him as an "experimental, fresh approach to the typical ski racing program," Niess decided to take a chance. Since then, he and Whitten have not looked back or taken a breath.

The pair began with a roster of five, with few, if any, knowing the difference between skate and classic skiing, let alone how to race. Inspired by their love of ski racing and the enthusiasm of the kids, the two planned big and methodically, though admittedly with no shortage of trial-and-error. They brought their expertise to bear, enlisted and trained volunteers, improved and expanded the trails and just grounded out the hours year after year to build a competitive team. Today, they oversee a burgeoning, three-tiered program of over 100. Niess and Whitten's success is not limited to numbers though. A repeat performance at Western Youth Championships in McCall, Idaho, at the end of next month,

is more than plausible, as is the team sending in March, to the Nordic Junior National Championships in Minnesota, up to ten of its racers.

As of the first of this year, Whitten, who served as the executive director of the team from its inception, passed those reigns to the former volunteer coordinator, and mother of three on the team, Saugen. Whitten will continue with the team as an advisor and volunteer. He will also continue his stewardship of the trail system complex, which crosses more than a two dozen privately held parcels of land. The relationships Whitten has honed with the generous landowners is fundamental to the team's success, not only as its financial base, but for its training grounds.

On those trails, Niess brings to bear not only his expertise, but his view of PVNT as an "educational program." While hesitant to state a personal coaching philosophy, per se, he did continue by saying: "We use skiing as a tool in a competitive environment to help prepare children to be the best version of themselves in a competitive world." Niess went on to explain that he tries "to find out what each individual wants - what their goal in the sport is - and then guide them toward it, all the while recognizing that we are dynamic as people and goals change over time." As to the sport itself, Niess feels that cross country ski racing has a nuanced appeal: "Because our race season is comparatively short, that makes it precious. Cross country skiing has the

benefit of no shackles. Because of the long 'off' season, we use a wide diversity of cross-training - all to the benefit of skiers in the winter. This versatility in training, I believe, is unparalleled in all of sport."

Niess's approach to coaching is employed and adapted throughout the program. One of the first coaches to join on under Niess is the development team head coach, Angie Stay. Stay, in concert with Niess, reflected that she sees "sports and competition as a way to make children better as individuals and better members of their community. I love that these kids are part of something bigger than themselves." Stay went on to explain that most of the skiers in the development layer of the program are quite young. "So, we train through play. They learn to ski almost without knowing it. It's so rewarding to see the vast improvement in not just ability but attitudes and confidence from the first day of practice, at which many just want to sit in the snow, to the end of the season when they are all energetically and enthusiastically playing sharks and minnow or capture the flag on their Nordic skis!"

At all stages of the PVNT children's development as skiers and ski racers, director Saugen is most happy that they are enjoying themselves. "Look," she says, "cross country skiing is fun and that is great in itself. More importantly though, these kiddos have fun being together. In addition to skiing, they run together, bike together, [and] alpine ski

together." On the snow, "we have kids who range from those who simply enjoy being physically active in the winter to those who will go on to race at Junior Nationals, in college or more. Yet, they all cheer each other on no matter the goal. It's not about competing against each other, but with each other." Off the snow, "our goal as an organization is to allow any kid who wants to be on this team to be on the team, no matter their family's ability to pay. Affordability is the centerpiece of this program. With that in mind, I would like to thank all our pass-holders, supporters, and landowners for embracing this mission and remind each of them that they are integral to the healthy, happy development of our kids." Saugen concluded by remarking that "our growth in numbers and goals come with a big price and we are all working awfully hard to make it happen now and in the future. Fortunately, we are lucky to have such a wonderful community and one of the best coaches around, in my opinion."

It is not just Saugen's opinion. Niess was named, last season, the Pacific Northwest Ski Association's (PNISA) Outstanding Nordic Coach of the year. Whitten received, for the same year, PNISA's Norrie Lamson Award "for outstanding service to juniors and [junior] race programs over a period of years." PVNT, the little team that could, has come a long way in a short time and is making goals come true for children throughout the Valley.



PHOTO BY ISABEL MENNA
PVNT Head Coach, Pierre Niess, discussing race tactics with team skiers in Sun Valley, Idaho

Patient Service Reps

CONTINUED FROM PAGE A1

day, but they do. "There was really only one time where I actually did break decorum," said Cascade Medical PSR Jax Cardenas. "That particular person was screaming, cursing, and personally threatening me. It's not often that patients make me cry, but I was shaking for a good half-hour after that phone call, because of just how unwarranted that was. I got them what they needed, but they were just upset they couldn't bypass all our procedures to get what they wanted."

Cardenas isn't the only one with a story like that. Chamness recalls "I got viciously yelled at by one patient, and it was so mean, the entire line after the patient went upstairs, said

things like 'I am so sorry, I wish we could do something for you.' Everybody in line was so kind, telling me 'you don't deserve that.' It's hard to brush that off...sometimes you just have to go into the bathroom for a few minutes, or go outside and get some air."

For many patients, it's that frustration at not being able to "cut through the red tape" that drives many poor encounters. What folks need to remember, according to Chamness, is that much of that "red tape" are actually protections ensuring patients actually get the care, prescriptions, and attention they need. "We need people to know that especially in this pandemic, requirements and procedures can pivot on a dime. We have to come into work asking a thousand

questions making sure we have everything dialed in because so much changes everyday. It can be so frustrating that people just don't understand that, and treat us like a punching bag. They're literally shooting the messenger."

Health care staff understands, to a person, how stressful life is. That stated, there is a limit as to what is acceptable behavior towards staff. Cascade Medical Chief Human Resource, Risk & Privacy Officer Melissa Grimm said "While we prefer to focus on providing exceptional care, we have had tough conversations when needed with patients regarding behavioral expectations, and will continue to do so as necessary."

One of the biggest triggers

for patient strife? Last-minute prescription refill requests. Chamness explains: "This happens on an almost daily basis: a patient will call in needing a prescription refilled, and they only have a day left or they are already out, and they tell us they need this taken care of within the next hour. Prescriptions typically take about 48 hours minimum to process on a regular basis but because we're so short staffed, it's now bumped up to about 72. It's not just making a simple phone call, there's a lot going on behind the scenes: making sure the provider authorized the refill, making sure they get the right medication, double-checking the dosage, all of those details. So many patients don't understand this, and literally don't care. They're

yelling at us saying, 'I don't care about those details, I don't care you're doing all this work, I want this done NOW.'"

So why do they stay? Again - because of the people. Chamness says "There are so many patients that come in all the time that are just the sweetest people, and that make you so happy when you hear them...there is certainly kindness out there, and I appreciate it so much when you see it."

What can you do to help? "Cascade Medical operates on a foundation of seven Shared Values, which we hold dear," said Cascade Medical CEO Diane Blake. "Our value of Community is vital to our interactions with our patients and each other. We enjoy helping others and, especially

in tough times, we focus on a common purpose to achieve the common good. Complimentary to this is the Value of Respect... and that respect should be mutual. We know coming to receive medical care can be stressful. We simply ask that our patients honor the efforts of those serving them and extend as much grace as they can, as well as full respect. There is an incredible team at CM doing their very best to bring us all safely through these extraordinary circumstances."

"We want to help them, we want to do everything we can to get them the help they need, that's what we're here for," Chamness said. "We know most believe in us that we can get them the help they need, because that's what we're here for, and what we want to do."

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July 2022 Proposed Phase One Service Plan

Improvements to the bus system proposed for July 2022 represent the first phase of changes to provide faster, more direct service throughout the day. Other benefits include the following:

- Buses that arrive more often serving popular destinations in the Wenatchee/East Wenatchee area, including Walmart and Central Washington Hospital
- Express service connecting Leavenworth and Wenatchee
- In Chelan, addition of local circulators and a new regional connection from Waterville
- Service to new areas, including South Wenatchee, Saddle Rock trailhead, Chelan Falls, and Iclie Road in Leavenworth

Additional improvements to the system will be added in future phases.



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

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3	9	8	1	7	4	2	6	5

Announcements

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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
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Lake Chelan Mirror
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or
Quad City Herald
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Deadline Noon on Friday for the next week's papers

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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

www.leavenworthecho.com
www.cashmerevalleyrecord.com

Employment

Help Wanted

THREE RIVERS HOSPITAL

COVID-19 COORDINATOR / MA-C Full-time/Temporary

Three Rivers Hospital is seeking a COVID-19 Coordinator to work in our medical clinic. This position performs essential tasks, which includes answering and returning phone calls to patients related to questions around the COVID vaccine, testing, results, and general questions; administrator COVID-19 vaccinations. High school graduate or equivalent, must have valid WA State MA License. Required: ability to communicate in English and Spanish. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

Help Wanted

THREE RIVERS HOSPITAL

ULTRASOUND TECHNOLOGIST Part-time

Three Rivers Hospital is seeking an Ultrasound Tech responsible for the independent operation of sonographic equipment, and for performing and communicating results of diagnostic examinations using sonography. Candidate must have an active ARDMS, ARRT, RDMS or RDCS certification and a minimum of one year clinical experience. Graduate of a formal Diagnostic Medical Sonography Program or Cardiovascular Technology Program that is accredited by CAAHEP. Candidate must be able to perform general, OB and abdomen studies; vascular studies (i.e. Echo, Carotid, Arterial) and Cardiac capabilities are required. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE



The Cascade School District is seeking qualified applicants for the following positions:

- Medical Support Specialist
- Peshastin-Dryden Special Education Para Educator

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

Two full-time paid salespersons needed, along with 6 part-time volunteers wanted at Chelan Station Re-runs. Apply at 410 Chelan Falls Road, Chelan; email: downtonotup@outlook.com or call (509) 682-9808 or (260) 445-2600.



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Help Wanted

Looking for a part-time job?

The Leavenworth Echo Newspaper is looking for a part-time front office receptionist. Greet customers. Have computer knowledge, math, and phone skills. We will train you on our computer software. Pay depends on experience. Please email a resume to Carol@leavenworthecho.com or stop in with a resume 215-14th St. Leavenworth. Monday-Friday 10 a.m. - 5 p.m. Or call 509-548-5286 for an interview time. Equal Opportunity Employer.



The Cascade School District is seeking qualified applicants for the following position:

- Head Cook

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



LAB TECHNICIAN TECHNOLOGIST Full-time

Three Rivers Hospital is seeking a Lab Tech to perform various technical, clerical and information systems related procedures in Chemistry, Hematology, Microbiology, Blood Bank. A.S Degree in Medical Laboratory Technology or related scientific field with a one-year internship or one year of clinical experience. Professional certification as a MLT (ASCP) or equivalent is highly recommended. Sign-on Bonus: \$5,000. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE

Help Wanted

THREE RIVERS HOSPITAL

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RADIOLOGY/MAMMOGRAPHY TECH Part-time

Three Rivers Hospital is seeking a Radiology/Mammography Tech to provide the best diagnostic images possible for the Radiologists, Physicians and ER Providers. Requirements: Registered by the ARRT and Certified by the State of WA. Graduation from an AMA - approved school of Radiologic Technology. Must have ARRT advanced certification in mammography, and completed an accredited program in radiology or imaging and have a minimum of 1 year experience as a Mammography Tech. Interested Candidates may apply in person or by mailing their resume to: Three Rivers Hospital Human Resources Dept. PO Box 577 Brewster, WA 98812 (509) 689-2517 www.threerivershospital.net opportunity@trhospital.net EOE



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Legals
Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY Estate of CORNELIO TOVAR, Deceased. NO. *21-4-00460-04 PROBATE NOTICE TO CREDITORS (RCW 11.40.030) PLEASE TAKE NOTICE
The above Court has appointed Roberto Tovar as Personal Representative of Decedent's estate. Any person having a claim against the Decedent must present the claim: (a) Before the time when the claim would be barred by any applicable statute of limitations, and (b) In the manner provided in RCW 11.40.070: (i) By filing the original of the claim with the foregoing Court, and (ii) By serving on or mailing to me at the address below a copy of the claim. The claim must be presented by the later of: (a) Thirty (30) days after I served or mailed this Notice as provided in RCW 11.40.020(1)(c), or (b) Four (4) months after the date of first publication of this Notice. If the claim is not presented within this time period, the claim will be forever barred except as provided in RCW 11.40.051 and 11.40.060. This bar is effective for claims against both the Decedent's probate and non-probate assets.
Date of First Publication of this Notice: January 19, 2022
Decedent's SSN (for WDSHS only): Richard Montoya WSBA # 10881
Attorney for Personal Representative 100 31st Street NE East Wenatchee, WA 98802
Published in The Leavenworth Echo/Cashmere Valley Record on January 19, 26, and Feb. 2, 2022. #3357.

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In re the Estate of LOIS H. ABPLANALP, Deceased NOTICE TO CREDITORS NO. 21-4-00470-04
The personal representative named below has been appointed and has qualified as the personal representative of this estate. Persons having claims against the deceased must, prior to the time such claims would be barred by any otherwise applicable statute of limitations, serve their claims on the personal representative, or the attorney of record, at the addresses stated below, and file an executed copy of the claim with the clerk of this court within four months after the date of first publication of this notice, or within four months after the date of filing of the copy of this notice with the clerk of the court, whichever is later or, except under those provisions included in RCW 11.40.011 or RCW 11.40.013, the claim will be forever barred.
DATE OF FILING COPY OF NOTICE TO CREDITORS with clerk of the court: January 18, 2022
DATE OF FIRST PUBLICATION: January 26, 2022
Personal Representative: John Abplanalp 15-2822 Popa'a Street Pahoa, HI 96778
Attorney for Estate: Kyle D. Flick Attorney at Law 222 South Mission Wenatchee, Washington 98801 (509) 662-3333
DATED this 18th day of January 2022.
LAW OFFICE OF KYLE D. FLICK, P.S.
By KYLE D. FLICK, WSBA # 14963 Attorney for Estate
Published in The Leavenworth Echo/Cashmere Valley Record on January 26, and February 2, and 9, 2022. #3481.

Splitting your pills - how to do it safely

Have you ever gone to bed and, just as you were falling asleep, a task left undone jumped out at you? It was over 20 years ago, but I still remember it because of what happened afterward. I had forgotten to take the last dose of an antibiotic given to me to prevent infection after an outpatient procedure.

"I really should finish the whole prescription," I told myself as I reluctantly rolled out of bed. Blinking bleary eyes, I staggered to the bathroom, filled a glass half full of tap water, tossed the tiny capsule into my mouth, and chugged it down. When I didn't feel the pill go all the way down, I drank another half glass of water to make sure, then went back to bed.

The next day I noticed my chest started burning every time I ate. Over the next couple of days, that burning sensation intensified. Eventually, every time I swallowed felt like a hot poker burning inside my chest.

My doctor immediately sent me to the nearest Emergency Department to ensure I didn't have a heart attack. They discovered that my last antibiotic capsule had not ended up in my stomach, after all. It had instead stuck to the lining



Ask... **Dr. Louise**

of my esophagus, burning a hole in it. With treatment, the burning gradually went away. However, ever since, I have trouble swallowing pills. I usually use a spoonful of peanut butter or a bite of a banana to help them "slide down" safely.

I'm not the only one who has trouble swallowing pills. Many people who struggle to take larger medicine tablets break them in half or crush them up first.

But not every pill should be cut or crushed.

Some tablets have special coatings that protect them from dissolving in your stomach. These coatings shield you from medicines that can provoke stomach upset or burning. They are also used to protect medications from being destroyed by exposure to the acids in your stomach.

Other pills are specially designed to release their contents slowly, over 12 or 24 hours. Cutting them will release the entire dose of medicine immediately instead of gradually. This can cause low blood pressure, drowsiness, dizziness, or problems with balance.

Many tablets have a

straight groove that runs entirely across one side of the tablet, called a score. If a tablet is scored, each half will always contain the same amount of medication when you split it along that line. A scoreline makes it easier to break the tablet, whether you do it with your fingers, a knife, a one-edged razor blade, or a pill-splitting device.

While some capsules contain only powder, others have tiny beads of medicine that can be sprinkled on food or divided up into several doses. You can divide the contents of capsules with less mess by twisting them apart, then dividing them into empty gelatin capsules.

The most commonly used gelatin capsule sizes are size 1, the length of a penny, and size 0, pronounced "ought," which is the length of a nickel. Online stores carry empty gelatin capsules, or your local community pharmacy could order them.

Here are 6 Tips on Cutting or Crushing Pills Safely:

1. Use the scoreline. If you see an indented line dividing a tablet in half, cutting or breaking there gives the evenest dose.
2. Use up any unevenly broken tablets close together. Unless you can cut each one in half perfectly, you will have uneven halves. Taking several bigger or smaller halves in a row can cause a temporary

increase or decrease in your medicine level. Cutting a small amount at a time and using each uneven half-close together "evens out" the differently sized doses.

3. Invest in a good quality pill cutter.

Good pill cutters are easier to use and minimize pills breaking unevenly or, worse, crumbling. Many have compartments to contain the pieces, so they don't fly off the counter.

4. Use a firm, quick cut, or snap.

Going too slowly can cause the tablet to slip, creating an uneven split. Break oblong tablets by placing your thumbnails along each side of the scoreline, quickly pushing IN and DOWN.

5. Twist gelatin capsules open, don't cut them.

For less mess, twist capsule halves back and forth before slowly pulling them apart.

6. Ask your pharmacist.

If your medication costs the same, no matter the size of the tablet, cutting them in half should save you money. Your pharmacist can advise you if your pills or patches can be safely cut.

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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CROSSWORD PUZZLE

THEME: SUPER BOWL ACROSS

1. Shout from a ship?
5. Shout from the bleachers
8. ___ and don'ts
11. Infamous Henry's number
12. One with COVID, e.g.
13. Fighter jet button
15. Resting stops
16. Not guilty, e.g.
17. One of Singapore's official languages
18. *Home of last year's Super Bowl winners
20. Armor chest plate
21. *Given name of 2011 Super Bowl MVP
22. African grazer
23. Greek woodland deities
26. Ramones' hit "I Wanna Be ___"
30. Big fuss
31. Like certain Chili Peppers (2 words)
34. Cattle call goal
35. Scatterbrained
37. Bonehead
38. In a different direction
39. JetÉ in ballet
40. More so than egg
42. Conducted
43. Christmas firewood (2 words)
45. Annotator and commentator
47. Soda-pop container
48. Unpleasant and offensive
50. SWAT attack, e.g.
52. *Super Bowl I and II winning coach
55. Pertaining to a pope
56. Cain's unfortunate brother
57. Gives a hand
59. Anoint
60. BÉBÉ's mother
61. Season to be jolly
62. *Most Super Bowl wins by one team
63. Snoop
64. Carhop's load

DOWN

1. *Roman number of this year's Super Bowl
2. "___ Misbehavior"
3. Santa Maria's traveling partner
4. Despair in the face of obstacles
5. "The Hobbit" hobbit
6. "Caribbean Queen" singer
7. Colloquial approval
8. Cold cuts counter
9. South American tubers
10. Pig's digs
12. Not dense
13. Make corrections
14. *Florida team with no Super Bowl appearances
19. Return punch
22. Come and ___ it
23. Lamentably
24. Bye, to Edith Pia
25. Bottom line
26. *2022 Super Bowl stadium
27. Upholstery choice
28. *Archie to Super Bowl MVPs Peyton and Eli
29. Exploits
32. *Super Bowl Halftime show Snoop's "last name"
33. Hardly a beauty
36. *Like some teams
38. Oenophile's concern
40. Many, many moons
41. Empower
44. Big Dipper's visible shape
46. Oppressive ruler
48. On the wagon
49. Nail salon board
50. Feminine of raja
51. Mt. Everest to Earth
52. Aladdin's light
53. Christian of fashion
54. Result of a brainstorm
55. Rudolf Nureyev's step
58. Stallone's nickname

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CROSSWORD PUZZLE

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Outdoor/Community News

The Washington Outdoors Report

The Return of the Shot Show

By JOHN KRUSE

The covid pandemic put the kibosh on trade shows for the last two years to include the Shooting, Hunting Outdoor Trade Show (SHOT Show) held every January at the Sands Expo in Las Vegas, Nevada. This year though, SHOT Show went on as scheduled though it was a very different experience.

SHOT Show is not open to the public, just to people who work in the industry which includes not only hunting and shooting sports enthusiasts, but also law enforcement and military personnel who want to check out the latest firearms, ammunition and other products available with an eye towards ordering them.

This is a huge show. In 2020 there were 2,338 exhibitors and attendees came not only from all 50 states, but also 78 countries around the world. SHOT Show is the biggest trade show of its type and the 19th largest trade show in the world. During a typical year there are north of 60,000 attendees and this year the National Shooting Sports Foundation, which runs this event, expanded the floor space for exhibitors with hundreds of booths occupying not only the two floors of the Sands Expo, but also the adjoining Caesar's Forum. The NSSF states if you walk every aisle of the show, you'll cover 13.9 miles.

In past years you saw firearms and ammunition manufacturers from Washington State exhibit at this show but several of these Washington based businesses have either closed or moved to more politically and business friendly states that welcome the firearms industry. Despite that, there were several Washington based businesses at SHOT Show to include:

- Fort Discovery Inc. – A tactical training center based in Sequim
- Northwest Outfitting – A deer and elk outfitting service
- Rite in the Rain – Manufacturing waterproof pens
- Seattle Engraving Center – Producing custom, engraved, premium firearms
- Cascade Precision – Manufacturing accessories for weapons
- American Shooting Journal – published by Media Index Inc. in Tukwila

SHOT Show kicks off with an Industry Day at the Range. This takes place at the Clark County Shooting Complex in Boulder City. The sprawling complex is 2900 acres, the largest in the nation. Media professionals arrived there on Monday morning to shoot various new models, shells and cartridges from the plethora of manufacturers there at the range.

I gravitated towards the shotgun area and enjoyed shooting a well-built single shot model 555 Trap Shotgun



SHOT Show at the Sands Expo in Las Vegas

PHOTO COURTESY NSSF



An exhibitor at Range Day offering me the chance to shoot a Savage shotgun

PHOTO BY JOHN KRUSE

from Savage Arms as well as a unique shotgun from the JTS Group, a Kalashnikov style shotgun with a five-round magazine. Much to my surprise, it broke flying clay pigeons with ease, not something I was expecting from a tactical firearm. Talking to Mike Reilly with the JTS group he said the shotgun actually works well for hunting and he had used it on a sandhill crane hunt this season in the Dakotas with great success. Reilly did caution you do have to put an easy to install plug in the magazine so that the firearm only shoots three rounds, the maximum limit when it comes to bird hunting.

As much fun as the shooting was (literally couldn't miss!) I think my favorite part of the day was taking a beefy electric bike out on a sandy, hilly and rocky test track set up in the Nevada desert. The e-bike in question was a JEEP e-bike from QuietKat. Ryan Spinks, marketing manager for the Colorado based company, told me they specialize in manufacturing tough, all-terrain electric bikes used by

hunters and other outdoors enthusiasts who want to go further into the backcountry than you can on foot. Spinks also showed me trailers that can be towed by their bikes big enough to haul in a good deal of camping gear or haul out a deer. The bike performed extremely well on the test track, even for this middle-aged, somewhat overweight rider and the electric motor allowed you to climb all of the steep hills on the track with effort at all.

The rest of the week SHOT Show happened at the Sands Expo Center. Attendance was down by about a third from previous years and approximately 10 to 15 percent of the exhibitors were no shows due to covid concerns. In fact, several exhibitors who planned on attending had to cancel at the very last minute because either they or a direct family member caught the omicron variant of covid just before the show started. Usually there are a number of celebrity appearances, numerous press conferences and happy hours where beer

and wine are served at certain booths by exhibitors. This year, very little of this occurred.

The bright side about the lesser attendance meant I got to spend more time with exhibitors who are normally very pressed for time. A case in point, I got to interview the presidents of three major companies as well as the Director of Wyoming Game and Fish, something I would generally never get to do at a normal, loud, crowded SHOT Show.

Overall, the shooting, hunting and outdoor trade industry is strong and just about every company was doing better than they were before the pandemic. This is due to the huge amount of new people getting involved in both hunting and the shooting sports. You can find out more about SHOT Show and the National Shooting Sports Foundation at www.shotshow.org

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

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LETTERS TO THE EDITOR

I don't know who our State Department negotiators are for the renewal of the Columbia River Treaty, this treaty dates back to the Eisenhower Administration. I know the water that flows through our PUD dams on the Columbia is Federal water and B.C. Hydro negotiators do. This gets to my question of who represents our PUD rate payers at the treaty negotiations? Our electrical

rates have been the lowest in the nation. Will we wake up to find the unknowns at the U.S. State Department have sold us down river?
Joe Bissonnette,
Cashmere

Dear Editor,
Please allow all of us a Garten Haus Senior Housing on Commercial St. to acknowledge and THANK Shannon Tait, her husband

and all of the wonderful people that she called to come to the rescue of the Garten Haus Seniors whose cars were covered in 3 feet of snow on top, 3 feet on each side and 4 feet in front (snowplow).

Some nice lady announced our problem on Facebook and Shannon saw it, called 10 of her friends who immediately came to the help of the folks at Garten Haus, who had no means of getting out to

see doctors, buy food and/or exercising (walking). Thank you Shannon and all your hard workers who took the entire day to help elders in need. We at Garten Haus had been stranded for 2 days with HUD in Wenatchee doing nothing useful. Sincere appreciation from all of us to all of Shannon's friends.

Linda Watson, and residents at Garten Haus. Leavenworth

Two-Vehicle Crash Near Stevens Pass

By: MEGAN SOKOL
Staff Writer



PHOTO SUBMITTED BY TROOPER BRYANT

Two cars crashed on Jan. 18 around 8 a.m. at milepost 69 on US HWY 2. Lake Wenatchee Fire and Rescue presume that the accident was caused by icy conditions that morning. Lake Wenatchee Fire and Rescue and Cascade ambulance were the first to arrive. The investigation then was turned

over to Washington State Troopers.

The first car was a 2002 Ford F-350 was driven by 64-year-old Marysville resident, Lawrence Bosa. The second car was a 1997 Chrysler Cirrus, driven by Poulso resident Ruth Viquez Arias, a 20-years-old.

Both cars were headed westbound. The Ford was going down the passing lane when it slid into the right lane,

subsequently hitting a snow embankment. The Ford was rolled over to the driver side. As cars started to slow down, the Chrysler quickly approached the scene in the right lane and had also slid into an ice embankment, landing on its roof.

As the car driver was treated by EMTs, she reported a head injury and was subsequently transported by Cascade Ambulance back to Cascade

Medical in Leavenworth. Both occupants were able to get out of the vehicles, with the Ford driver helping the car driver out of their vehicle. After being evaluated for back pain and pain in his left arm and shoulder, it was concluded that the truck driver would need to be transported to Cascade Medical. Bosa was cited for speeding too fast for conditions. They have since been treated and released