



Rep. Keith Goehner appointed to State Building Code Council

By KEITH GOEHNER

Rep. Keith Goehner, R-Dryden, 12 District has been appointed to the Washington State Building Code Council (SBCC) by House Speaker Laurie Jinkins. Goehner, who serves as the ranking Republican on the House Local Government Committee will represent the House Republican Caucus on the council.

“Working on the Local Government Committee and serving as a Chelan County Commissioner for sixteen years, I have seen firsthand the impact regulations and rulemaking by the council has had on housing and the rising costs,” said Goehner. “The Legislature is working to address a lack of affordable housing, but some of the recommendations we see from state agencies and organizations go against what we are trying to accomplish at the legislative level. I look forward to being part of the council and sharing my perspective.”

The SBCC is a state agency that is tasked to provide independent analysis and objective advice to the Legislature and the Governor’s Office on state building code issues. The council establishes the minimum building, mechanical, fire, plumbing and energy code requirements for Washington state by reviewing, developing, and adopting the state building code.

“As part of the council, I want to make sure decisions being made are cost-efficient options and not mandates driving up costs in an already difficult housing market. This can be done without compromising the safety of the consumer, builder, or developer,” said Goehner.

Goehner also serves on the Environment and Energy Committee and Transportation Committee in the state House of Representatives.

Contact: www.RepresentativeKeithGoehner.com



12th District Rep. Keith Goehner with committee members.

SUBMITTED BY KURT HAMMOND, SPIO.

Popular COVID-19 treatment program returns

Free telehealth appointments expand access to oral antivirals

OLYMPIA – The Washington State Department of Health (DOH) has relaunched its popular free telehealth program to increase access to potentially life-saving medication to treat COVID-19. The program expands the federal government’s Test to Treat initiative and gives people at risk of severe disease another way to quickly access treatment.

DOH’s telehealth program is an easy way to see if COVID-19 oral antivirals, such as Paxlovid, are right for you. Oral antivirals, which are COVID-19 treatment pills taken by mouth, are available by prescription only and must be started within five days of the first symptoms to be effective. Telehealth allows patients to connect with a clinician without having to go to a health care facility in person. This reduces barriers to access, especially in rural and underserved urban areas, and allows patients to stay at home for assessment and treatment, reducing the potential spread of the disease. “Equity, innovation, and engagement are the cornerstone values that have informed DOH throughout our COVID-19 response,” said Umair A. Shah, MD, MPH, Secretary of Health. “Ensuring that we continue this important program that connects communities with needed therapeutics is an essential step in continuing our mission of reducing unnecessary deaths from this disease.”

Between July 28 and Dec. 31, 2022, DOH’s telehealth program:

- Served 6,329 patients from over 400 zip codes throughout Washington state.
- Provided over 4,200 prescriptions to patients with positive COVID-19 tests.
- Served over 975 patients that live in high Equitable Distribution Index (EDI) areas.

DOH encourages people who test positive for COVID-19 to discuss treatment options with their primary health care provider. In situations where this might not be possible, free telehealth consultations can make it easier to access treatments. People who test positive for COVID-19, including with a self-test, can consult with a health care provider using a smartphone or computer with a high-speed internet connection. If treatment is appropriate, they can receive a free prescription for oral antivirals for pick-up from over 1,000 pharmacies throughout the state that has the medication available. They can also choose to have the medication delivered. Visit DOH’s new telehealth webpage to set up a telehealth appointment or call the DOH COVID-19 call center at 1-800-525-0127 if you have any questions. If the information provided indicates treatment may be appropriate, the patient will be connected virtually with a health care provider for a consultation. Telehealth appointments are currently available every day from 8:00 a.m. to 8:00 p.m. PST in 240 languages via DOH’s collaboration partner Color Health. “Restarting DOH’s telehealth program ensures that patients at high risk for severe disease have equitable access to lifesaving COVID-19 treatments,” said Tao Sheng Kwan-Gett, MD, MPH, Chief Science Officer. “This service is free for everyone so that even those without insurance can access antiviral medications. Offering free telehealth consultations in multiple languages also increases access for non-English speakers.”

DOH will reassess the program in June to determine if it should continue in light of future needs. The DOH website is your source for a healthy dose of information. Find us on Facebook and follow us on Twitter. Sign up for the DOH blog, Public Health Connection.

Cashmere Planning Commission Meeting

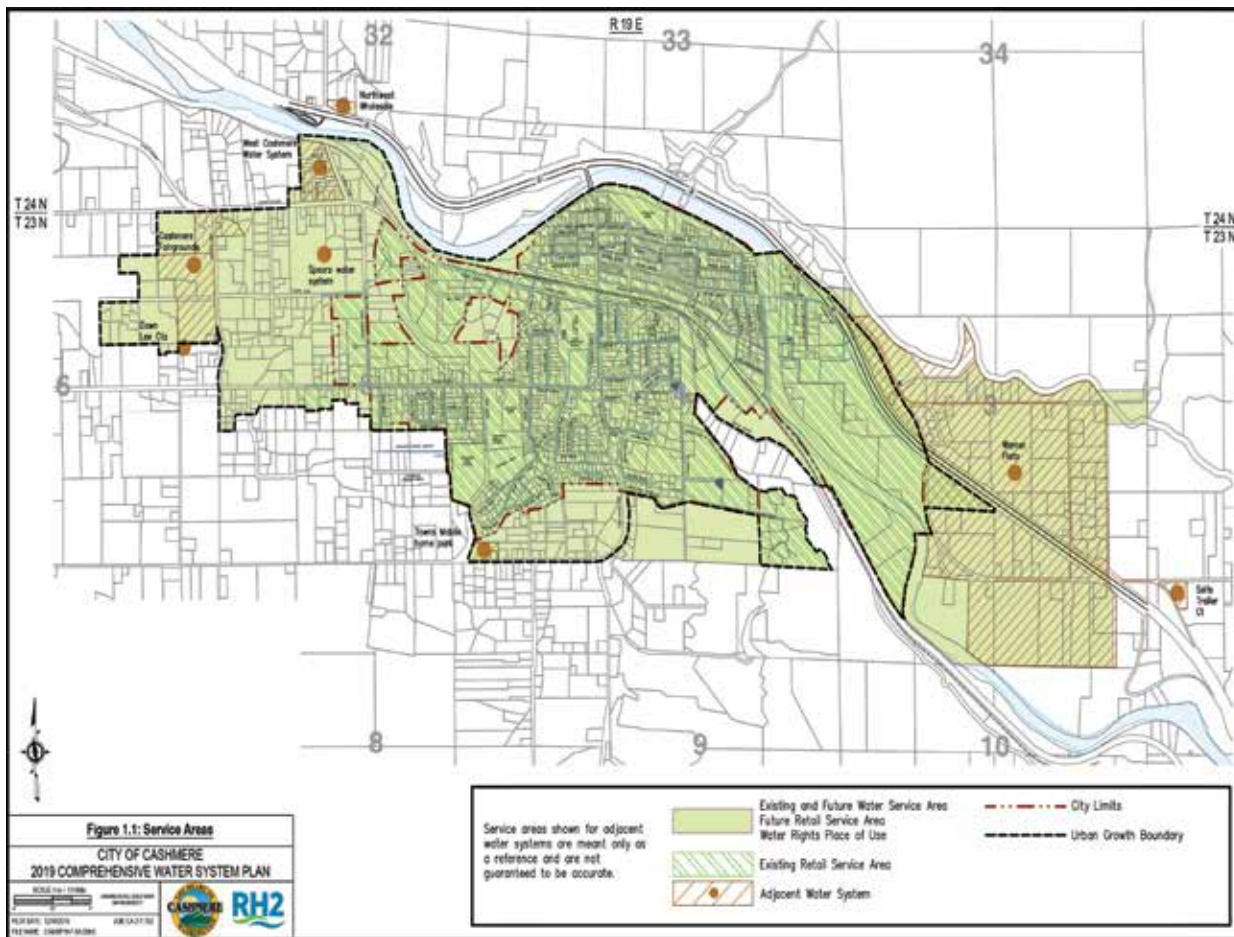
By KIRK BECKENDORF
Correspondent

In anticipation of a combined City Council and Cashmere Planning Commission (CPC) meeting, scheduled for Feb 13, and a Community Forum to be held on March 6. Mayor Jim Fletcher addressed the members of the Planning Commission at their Feb 6 meeting and tasked them with thinking forward 20-30 years to plan the city’s growth and destiny. He told the CPC that the city needs their wisdom to know what is right, in terms

CONTINUED TO PAGE B1

SUBMITTED PHOTO.

Cashmere’s existing and future water service area (2019), from the city’s 2020 Comprehensive Water Plan.



Point in Time Count records decrease in homelessness for one-day event

Count also shows increase in number of people living in shelters, temporary housing

SUBMITTED BY JILL FITZSIMMONS
Chelan County PIO

The recent Point in Time Count showed the number of people experiencing homelessness on the one-day event is slightly down from last year, a result the Chelan County Housing Program coordinator is attributing in part to efforts by local partners working with the unhoused.

On January 26, outreach teams surveyed 121 people experiencing homelessness in Chelan and Douglas counties. Of the 121 people interviewed or observed, 105 people were unsheltered, meaning they were living out of doors or in a vehicle or RV, an abandoned building, or a tent or other outdoor area not meant for habitation. This is down from 123 unsheltered people counted last year.

“I am really proud of the work everyone involved in the event and its planning put in,” said Sasha Sleiman, Chelan County Housing Program coordinator. “This year’s count is truly a reflection of the dedication over the last year shown by the staff at all our local non-profits who work with the unhoused. They have developed relationships with people, they know where those folks spend their time and they have built trust with people experiencing homelessness over time. These relationships and building of trust are what allow us to get reliable information and data.”

While the results of the event show

a decrease in the number of people living unsheltered in the area, they also show an increase over last year in the number of people living in shelters or temporary housing.

Also recorded on Jan. 26 were 368 people staying in emergency shelters, including the city of Wenatchee’s RV Safe Parks, transitional housing programs or in a hotel through an emergency hotel/motel voucher program. This is an increase of 91 people, or a total of 275 in 2022. Shelter data is obtained through the statewide database programs used to track client information, not from the surveys conducted during the PIT outreach and event.

In addition, the Chelan County Regional Justice Center reported 36 people – 30 men and six women – in jail at the time of the count who would, if released that day, describe themselves as homeless. Similarly, the Center for Alcohol and Drug Treatment in Wenatchee reported five people who were in its inpatient treatment program the night of the PIT Count but, if exited from treatment, would be unhoused in Chelan or Douglas counties.

More details of the information gathered at the event include:

- Of the 105 people counted as unsheltered, they reported living:
 - 44 adults and 2 minors live out of doors (street, tent, abandoned

- building, park, etc.)
- 39 adults and 1 minor live in a vehicle (not in a city Safe Park)
- 19 adults refused to say where they slept
- The locations where the 105 unsheltered people indicated they were sleeping on the night of the PIT count were:
 - Wenatchee: 46 (44 adults and 2 minors)
 - East Wenatchee: 15
 - Chelan: 15 (14 adults and 1 minor)
 - Leavenworth: 4
 - Cashmere: 1
 - Unincorporated Chelan Co: 15
 - Unincorporated Douglas Co: 8
 - Refused to answer: 1

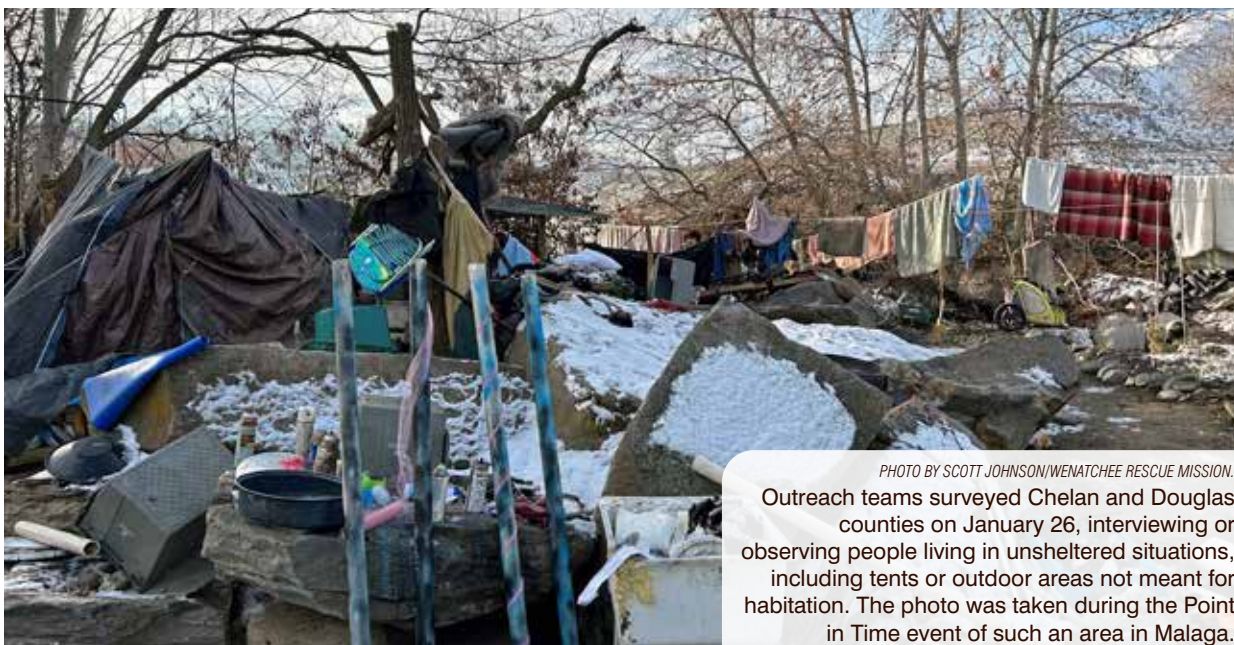


PHOTO BY SCOTT JOHNSON/WENATCHEE RESCUE MISSION. Outreach teams surveyed Chelan and Douglas counties on January 26, interviewing or observing people living in unsheltered situations, including tents or outdoor areas not meant for habitation. The photo was taken during the Point in Time event of such an area in Malaga.

THIS WEEK

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Michelle's Kitchen Table Strategies

By Michelle Priddy

Quick Trip

Last weekend Sonny decided to make the trip to get a stove to heat the building Grandpa is lending us where we are setting up shop. Sonny found a used stove like the one in the old shop at Goldendale for sale close to where Caren and Jake live. Jake found out we needed it, offered to buy it, pick it up and hang onto it for us until we could get down to get it. That was before the snow hit, almost two months ago.

With the patch of good weather Sonny informed me he was heading down to get the stove. I couldn't miss the opportunity to visit with

Caren so I went with him.

After our last trip to the populated side of the state and my inability to navigate using a phone screen's blue dot I decided to get myself a paper map to navigate. But with all the craziness of the winter storms I hadn't gotten to it. Fortunately for me Sonny decided to take the route with roads I am familiar with, so we didn't need the blue dot.

Sonny and I showed up on Jake and Caren's doorstep with our two mutts and a cooler holding lasagna to spend the weekend. Five mutts howled from the other side of the door; the door opened; Caren stepped out grinning

and welcomed us into her home with a hug.

Jake stood up from his chair as we entered. All smiles he gave Sonny a hug, a big old bear hug as the dogs milled around our feet. Our two mutts mingled with their mutts. Hackles went up, tails got tucked, their youngest dog ran and hid.

One of the biggest reasons I love visiting with Caren and Jake is that we can always take the dogs. Our dogs get along with their dogs. Back when I was growing up everyone had dogs and the dogs went everywhere with the families. The dogs got along just fine; kids got along just fine; the kids didn't bite the dogs and the dogs didn't bite the kids. Kids and dogs had good manners in the back-when. (I'm not sure the significance of that; maybe my memory is wearing rose colored glasses.)

I had a great time. Caren took me to a wonderful 'ladies' lunch then we went shopping for a paper map. Maps are spendy these days. Now I understand why Aunt Jeanine borrowed a phone book; xeroxed the map pages; drew herself a route with a red pen. It only cost her a few cents for the copy machine plus a

little time. Her wallet didn't get much thinner and she had a file of 'routes' in her glove box. She found a method to deal with being directionally challenged and she even shared her method with me. Paper maps work!

Sonny and I spent a joyous weekend with Caren and Jake and their pack of mutts sharing food and company. Jake really liked the white sauce lasagna we brought. I made it using mushrooms instead of meat.

Cream of Mushroom Lasagna

- 2 10oz cans cream of mushroom soup, undiluted.
- 1/2 to 1 16oz pkg of lasagna noodles, cooked
- 1 16oz container of cottage cheese
- 1 lb. mozzarella cheese
- 8oz to 16oz fresh mushrooms sautéed (optional)

Assemble the lasagna by layering, in three layers, the ingredients starting with the cream of mushroom soup. One fourth of the soup on the bottom, one

third each of the noodles, the cottage cheese, the mozzarella cheese and the mushrooms (if using them). Continue two more times for a total of three layers. Pop in a 375°F oven for 35 minutes to an hour until the center is hot and the top cheese is melted. Serve with garlic bread and/or green salad... or anything you like. Enjoy.

Note: Canned mushrooms can substitute for fresh ones. Meat can be added to the layers. Herb and spice can be added to the cream of mushroom soup. Homemade white sauce can be used instead of canned soup and any type of meat or veggie can be added along with or instead of mushrooms. Variations for the sauce are limited only by the imagination. Even without meat



this recipe has protein because cheese + grain (noodles) = complementary protein.

About the author: In 2000 Michele Priddy left the workforce to become a stay-at-home mother and wife. Being a one-income family in today's society meant she had to learn to budget quickly. Food became a priority early because she wanted the children to have the best nutrition she could offer them even on a budget. She taught cooking classes at various churches in her community on "How to stretch the food dollar with simple ingredients". Michelle has put her kitchen strategies, stories and recipes in booklets, her church newsletter and in her hometown newspaper, The Goldendale Sentinel. We hope you will enjoy her strategies, stories, and recipes. You can contact the Leavenworth Echo at Reporter@leavenworthecho.com or Michelle's email: mykitchenstrategies@gmail.com if you have any questions or comments.

DOH launches Influenza Vaccination Dashboard

First time state-provided data used to surveil flu vaccinations

SUBMITTED BY DOH

OLYMPIA – Washington State Department of Health's (DOH) new Influenza (Flu) Vaccinated Dashboard makes it easier to track flu vaccination rates across the state. This is the first time that state-provided data has been used to surveil flu vaccinations. The dashboard displays the number of flu vaccines administered in Washington facilities, as well as the percentage of Washingtonians who have received at least one flu vaccine. Dashboard users can also make vaccination rate comparisons between the current and previous flu seasons. The dashboard will be updated weekly between Sept. 1 and April 30.

Only data reported to the Washington State Immunization Information System are included on the dashboard. Although most providers and major health

care systems in Washington report vaccinations to this system, not all do. As a result, actual flu vaccination coverage and doses administered may be higher than what is displayed on the dashboard.

Flu vaccination coverage has been trending lower over the last three years. Getting a flu vaccine is one of the best ways to prevent flu and flu-related complications, in addition to reducing disease transmission in the community. Everyone six months and older who is eligible to receive a flu vaccine should do so. The vaccine is widely available in provider offices, community clinics, and pharmacies. Flu vaccines can be administered at the same time as COVID-19 vaccines. Please visit vaccines.gov to find a flu vaccine provider closest to you.

The DOH website is your source for a healthy dose of information. Find us on Facebook and follow us on Twitter. Sign up for the DOH blog, Public Health Connection.

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LETTERS TO THE EDITOR

Dear Editor,

Many people are unaware of the Chelan County Law library located on the 5th floor of the courthouse. I would like to see if relocated to the 1st floor of the Wenatchee Library, making it more accessible to the public with legal needs and legal questions.

Also it would serve the tax paying public well to have it

staffed with a part-time paralegal, not to give opinions or legal advice but to help direct people with legal needs to understand the laws and their rights. The public would not have to empty their pockets (security check) to enter this library. The 5th floor Law Library isn't just for Law Enforcement.

Joe Bissonette,
Cashmere

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Veteran Car Donations

While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (844) 889-8170.

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BULLDOG SCOREBOARD

BOYS BASKETBALL	
Feb. 11:	Cashmere 69, Chelan 79; Loss
GIRLS BASKETBALL	
Feb. 10:	Cashmere 53, Omak 44; Win

Sports Schedule

GIRLS BASKETBALL	
Feb. 18:	Cashmere vs. Colville or Lakeside

Bulldogs Sports Sponsor of the Year

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GO BULLDOGS

Help Support The Cashmere Food Bank

Items to donate are: Canned foods (not expired), Dry beans, peanut butter, tuna.

Cashmere Food Distribution Center is located at 316 River Street and open on the 2nd and 4th Wednesdays from 3-4 p.m.

For further information or to make a cash donation call Pam, 509-245-6464

Or you can write a check to: Cashmere Food Bank, PO Box 225, Cashmere, WA 98815

This ad sponsored by the **Cashmere Valley Record**

CASHMERE VALLEY RECORD

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Online E-edition - \$40
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The Cashmere Valley Record welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from nonprofit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to publisher@leavenworthecho.com.

Corrections
The Cashmere Valley Record 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.

News tips
Have an idea for a story? Call the Record at 509-782-3781

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Classified ads can be placed during normal office hours by calling 509-548-5286, by emailing classifieds@leavenworthecho.com or online at NCWMARKET.COM

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

COMMUNITY CALENDAR

Wednesday

Cashmere Rotary Club: meets at Cashmere Presbyterian Church hall, noon. Co-presidents Tracy Franklin 509-670-1165 and Kelley Boyd.
Mission Creek Community Club: meets every month, 7 p.m. (1st and 3rd Wed.).
Cashmere Food Bank, open 2nd and 4th Wednesday from 3-4 p.m. Cashmere Food Distribution Center, 316 River St., for more information, call Pam, 509-245-6464

Thursday

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)
Cashmere Sportsman Assoc. (Cashmere Gun Club), open to the public for trapshooting 7-10 p.m. Private rentals by appointment. Call Brian James, 509-782-3099.
Cashmere American Legion Post #64, 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 509-782-4973. (1st Thurs. of every month, August -June).
Cashmere American Legion Auxiliary #64, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 509-679-0243. (1st Thurs. of every month, August -June).

Friday no events

Saturday

American Legion Bingo, first call is at 6:15 p.m. American Legion Hall, 401 Sunset Hwy. Cashmere. Call 509-888-1904 and leave a message for Wiley Collins.

Sunday

CHURCH: See the church page for local service times and events.

Monday

Cashmere Wacoka Kiwanis Club, 6:30 p.m., American Legion Hall, lower level. 6:30 p.m. Call Pam Leighton, 509-669-3159. (4th Mon.)
Tillicum Riders: 7 p.m. Chelan County Fairgrounds. Call Cindy, 509-662-5984. (1st Mon.)
Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.).
Planning Committee Meeting, 5 p.m. at City Hall (1st Mon. of each month unless a holiday, then Tues.).
Cashmere Fire Department, Business management, 7 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)
Cashmere Fire Department, meeting, 8 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)
Cashmere School Board Work Session, Board work sessions are typically held towards the beginning of the month at 6:30 a.m. with no action taken. For updated info. Visit www.cashmere.wednet.edu
Cashmere School Regular Board Meetings, are typically held towards the end of the month at 7 p.m. with action taken. The schedule for meetings is subject to change to accommodate conflicts in schedule or special circumstances. Visit www.cashmere.wednet.edu for the most up to date info.
Chelan Douglas Republican Women, Meetings at Highlander Golf Club, 2920 Eighth St. S. E. East Wenatchee Please, RSVP if you want to have lunch. Check-in begins at 11 a.m. and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon., monthly).

Tuesday

Icicle & Peshastin Irrigation Districts: Current meeting time 8 a.m. at 5594 Wescott Drive. Call Anthony Jantzer, cell, 509-433-4064, 509-782-2561 or tony.iid.pid@ncwi.net. (2nd Tues.)
Peshastin Water District, meets at 5:30 p.m. Contact: Steve Keene for meeting location. 509-548-5266. (2nd Tues.)
Cashmere Chamber of Commerce. Noon, everyone is invited to attend as a guest. Call Executive Director, for meeting location. 509-782-7404. (3rd Tues.)
The Chelan County Cemetery District #2 (Peshastin) meets at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)

NCW Libraries

Cashmere Public Library: 509-782-3314
You can order your books online at ncwlibraries.org or call 1-800-426-READ (7323).
 Mon., Tues., Thurs., and Fri., 9-6, Wed. 1-6 and Sat. 10-2. Closed Sun. 300 Woodring Street. Call 782-3314, or online at cashmere@ncwlibraries.org
Cashmere Museum and Pioneer Village
 Call for more information 509-782-3230
Chelan County Historical Society Board meets, 7 p.m., Cashmere Museum, 600 Cotlets Way. Call Nicky 509-782-3230. (3rd Thurs.)
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Leavenworth

Presentation of the 2023 Royal Lady

The Gala will be held on March 7 at 6 p.m., in the

Enzian Inn Continental Room. Hearty hors d'oeuvres will be served during the opening social hour followed by a short program celebrating the year of 2022 Royal Lady Sharon Waters. The evening will culminate with dessert and

the announcement of the 2023 Royal Lady of the Autumn Leaves. Tickets are \$45/person or \$80/2 people. Seats are limited. RSVPs can be made to autumnleafestival@outlook.com or by phone at (509)860-4612.

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, 2023. Scholarship funds will be available by the Fall of 2023 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 and meet the following criteria: Applicant must be age 30 or above and reside in Chelan or Douglas County, WA. Applicants 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, however, out-of-state on-line accredited schools, are acceptable. Applicants may re-submit applications each year until they complete their programs of study.

Leavenworth Library events

Join us for stories, songs, and more at the Leavenworth Library. Fridays from 10:15 to 10:45 a.m. for Baby Lap time with Librarian Amy. Fridays from 11 a.m. to Noon for Preschool Storytimes with Librarian Gracie. Community Storytimes in the Fireside Room. Fridays at 3:15 - 4, sit back and enjoy being read chapters of some of our classic favorites. All ages welcome.

Online games: Sign up on the NCW Libraries event calendar for online Dungeons & Dragons & Libraries on Saturday, February 18, 2:30-5:30. 13+, beginners welcome, no previous experience needed to enjoy a fun game of D&D. Call 509-548-7923 or see www.NCWLibraries.org

Regional

Upper Valley Scholarship for 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 in returning to higher education at an

Women interested in applying for the scholarship may receive more detailed information concerning the application process, as well as request the application forms by sending an email to the Scholarship Committee at the following address: peoleavenworth@nwi.net

Empty Bowls Gala and Reception

Join us on Sunday, March 5, from 5:30-7:30 p.m. at Icicle Ridge Winery. Information at www.uvemptybowls.org

CHELAN COUNTY SHERIFF FIRE & EMS REPORTS

Feb. 4

- 03:12 Traffic Offense, US Hwy. 2 MP 112
- 03:29 Warrant Arrest, US Hwy. 2 MP 112
- 07:15 Burglary, 8410 Main St., Dryden
- 10:37 Trespassing, 107 Cottage Ave.
- 11:47 Traffic Offense, Saunders and Foster Rds., Dryden
- 12:53 Lewd Conduct, 300 Aplets Way, Hometown Market
- 13:52 Non-injury Accident, Saunders and Foster Roads, Dryden
- 17:23 Scam, 6478 Tripp Canyon Rd.
- 17:28 Traffic Offense, US Hwy. 2 and Dryden Ave., Dryden
- 22:42 Welfare Check, 303 Maple St.

- Vehicle, 102 Titchenal Way, BJ's Shell gas
- 17:06 Domestic Disturbance, 913 Pioneer Ave.
- 12:12 Juvenile Problem, 101 Pioneer Ave., Vale Elementary
- 12:15 Graffiti, 329 Tigner Rd., Cashmere High School
- 12:20 Theft, 329 Tigner Rd., Cashmere High School

Feb. 7

- 12:12 Juvenile Problem, 101 Pioneer Ave., Vale Elementary
- 12:15 Graffiti, 329 Tigner Rd., Cashmere High School
- 12:20 Theft, 329 Tigner Rd., Cashmere High School

Feb. 8

- 02:32 911-call, 4300 Old Monitor Rd., Blue Star
- 11:06 Suspicious Circumstance, Hay Canyon Rd. MP 2
- 11:45 Harassment/ Threat, 115 E. Pleasant Ave.
- 16:14 Parking/ Abandoned Vehicle, 9300 block Nahahum Canyon Rd.
- 18:26 Welfare Check, 300 Chapel St.
- 22:27 Diversion, 543 3rd St., Hot Rod Cafe, Monitor
- 23:28 Agency Assist, US Hwy. 2 MP 112

Feb. 9

- 15:43 Suspicious Circumstance, 2960 Easy St., Hot Rod Cafe, Monitor
- 19:40 Disturbance, 300 Aplets Way, Hometown Market

Feb. 5

- 00:21 Welfare Check, 3706 Warehouse Rd., Monitor
- 00:44 Traffic Offense, 3762 Warehouse Rd., Monitor
- 06:37 Agency Assist, 115 E. Pleasant Ave.
- 08:39 Civil Dispute, 5736 Vale Rd., Happy Crop Shop
- 12:04 Theft, 702 Pioneer Ave., Pioneer Market
- 15:33 Traffic Offense, US Hwy. 2 and Main St., Monitor
- 20:19 Domestic Disturbance, 305 Woodring St.

Feb. 6

- 07:33 Hazard, Olalla Canyon Rd. MP 3
- 09:02 Parking/ Abandoned

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

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 509-548-1627, 548-4522, 664-6469, 425-773-7527, 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.
 Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain

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.

The Grammys: A Satanic Snooze-fest

Does anybody watch the Grammys anymore? For some time now, the Grammys have suffered lackluster viewership. People are no longer interested in award shows, and the average American certainly doesn't appreciate being lectured by celebrities about how bad our society is when those same celebrities contribute to our decline. But, seriously, how incredulous, and hypocritical is it when you have a musician decry against women being objectified when their hit single was about doing just that—treating women as sex objects?



A WALK WITH PASTOR JOHN SMITH

to outdo the snooze-fest from previous years by being provocative and salacious. Whether it is staged wardrobe malfunctions or red-carpet drama, there is an incessant need for more spectacle. This year, what media outlets tout as "epic" was the performance of the song "Unholy" by Sam Smith and Kim Petras, where they both dress up in devil costumes, evoke Satanism, and generally act gross and perverse. The demonic imagery and treating this performance as a worship service to Satan should disturb us, but it shouldn't surprise us. For decades, the entertainment industry has been influenced

by the demonic and wielded as a tool to shape culture. What happened at this year's Grammys was just another example of an industry glorifying in their depravity and unrestrained rebellion against God's Law. And it is all rather banal and underwhelming. However, the Satanic is like that. It only has one schtick, done over and over ad nauseam. It is never creative. It attempts to be provocative yet comes across as pretentious and infantile. Sam Smith and Kim Petras's performance was more silly than Satanic. Please don't misunderstand me that we do not take the Satanic seriously as Christians. The Apostle Paul reminds us within Scripture that there are cosmic powers over this present darkness and evil

forces at work in the world today (Eph. 6:12). The Apostle Peter speaks of Satan in 1 Peter 5:8 as "a roaring lion, seeking whom he may devour." So, Satan is real, and the demonic influence is pervasive within our world to the ruin of many lives. Yet, as disturbing as it is to see performers parading on stage in devil costumes, gyrating to terribly produced music, and singing lyrics taken from a smut magazine, we must remember that it is all for not. The cross and resurrection of Jesus Christ have defeated Satan and his legion of followers. When the entertainment industry gleefully sides with the Devil, they put their stock in a lost cause and move one step toward their greatest fear: Irrelevance. Moving forward, it is important to keep things

in perspective and not get unsettled by what happens in pop culture. After all, heathens are going to heathe, and a lost world is going to act lost. Instead, we must be driven to prayer and encouraged by the reality that we serve a Christ who smites "the lawless one" with a breath of his mouth (2 Thess. 2:8). Admittedly, I am not a fan of modern-day pop music. I did not even know who Sam Smith was before writing this piece, and as far as naming five songs that are popular nowadays, I couldn't tell you. But, on the other hand, my taste in music is much older and much more cultured than the synthesized, auto-tuned commercialized drivel they have out now. One of my favorite songs was written in the 16th century by Martin Luther titled, "A Mighty Fortress is Our God"

and contains a lyric that we would do well to remember, *The prince of darkness grim, We tremble not for him; His rage we can endure, For lo! His doom is sure; One little word shall fell him!* The Grammys will always be an underwhelming spectacle, and Satan an uncreative and defeated foe. Those who seek to evoke his name, promote his agenda, and revel in evil will lose in the end. All attempts look silly and clownish because Christ has already triumphed and won over Satan and the forces of evil. What a mighty fortress in Christ we have! *Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at pastorjohnsmithebc@gmail.com.*

The Washington Outdoors Report

The ethics of wildlife watching

By JOHN KRUSE

There is a healthy body of literature surrounding ethical fishing and hunting practices that promote respect for both sports and the fish and game pursued for consumptive use. However, very little has been written about the ethics of non-consumptive interactions with wildlife, despite the fact all of us as humans can have a positive or negative impact on birds and animals. That's why I was pleasantly surprised to see a lengthy blog on the Washington Department of Fish and Wildlife website about ethical wildlife photography practices. Here are a few highlights from that blog post:

Respect the wildlife

- The welfare of the animal you are photographing comes first. Shortcuts to get the perfect shot can cloud judgement in the moment. Never chase an animal, intentionally flush it, or interrupt its natural behaviors.
- Keep a safe distance away from animals. Follow the "rule of thumb:" Hold up your thumb in a hitchhiker fashion. Hold out your arm in front of you and place your thumb in line with your vision over the animal you are watching. If the pad of your thumb covers the

- animal, you are at a safe viewing distance. If not, back away until you are at a safer distance. If the animal still seems disturbed and is altering its natural behaviors, continue to distance yourself from the animal.
- Use a telephoto lens to give wildlife their space. Viewing blinds make for great safe spaces for you and wildlife to overlap without disturbance.
- If wearing camouflage, be aware of hunting seasons and when you need to wear hunter orange or pink for safety.
- Avoid using a flash that causes an animal to become disturbed. Infrared lighting is best for night or low-light photography.
- Remain quiet and give wildlife a comfortable place to be. When animals feel comfortable, they may engage in behaviors photographers are attempting to capture on camera, such as grooming or preening, singing, hunting, etc. Do not imitate wildlife, and never throw objects to make wildlife move or to gain their attention. Wildlife should be captured in their environments performing their natural behaviors to prevent them from being stressed or forced to move from their habitats.
- If bringing a pet, ensure that the pet is leashed and is not harassing wildlife by barking or chasing. Stressed wildlife may flee, make eye

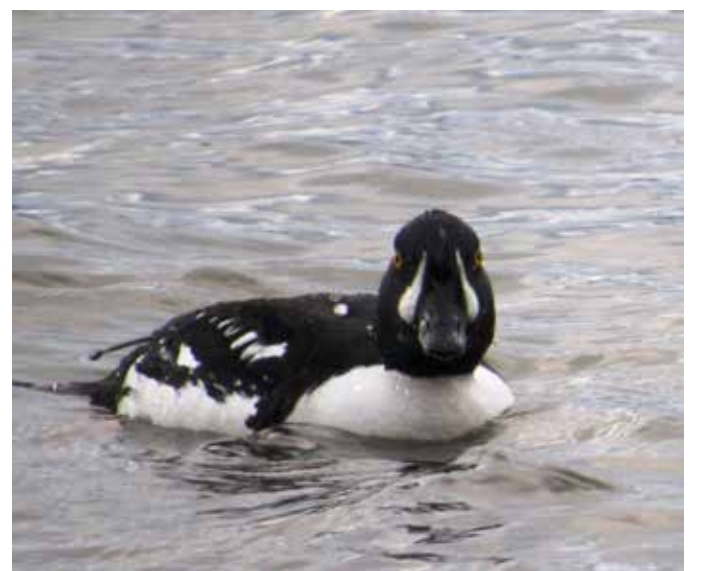
- contact, or demonstrate aggression. Remember, pets must be leashed in all WDFW Wildlife Areas unless engaging in hunting activities.
- Keep wildlife safe by avoiding "geotagging" specific sites where you took photographs. General locations are acceptable, but pinning the specific locations of nesting sites, endangered species, or other special sightings may endanger the wildlife. For example, if you spotted and photographed a rare small mammal in Rainier National Park, "tag" the park, but refrain from listing a specific trail or site tag.
- Continue spreading the hobby of photography and the contribution it has on conservation. Be honest with how you captured a photo and encourage others to also be ethical photographers. Sharing your photos can continue to raise awareness about the magnificence of wildlife and their habitats.
- On a related note, this is also the time of year when bucks and bull elk begin dropping their antlers and shed hunters will soon be hitting the hills looking for these trophies. Some shed hunters sell the antlers they find while others use them to make art or display them in their homes.
- It is important to note this has not been an easy winter for wildlife in Central and Eastern Washington. Deer and elk are stressed and have little energy

or reserves available to make it until spring when grasses sprout and these animals can begin to build up fat reserves again. That's why it's critical to not chase, harass or get close to these animals while searching for shed antlers. In fact, in Western Wyoming you are not even allowed to gather shed antlers until May 1st to protect the herds that live in this region. It's something ethical shed hunters should consider doing here as well. Finally, whether you are photographing wildlife or looking for shed antlers, be respectful of private lands. First get permission to access these lands and then be careful not to damage them with your vehicles at a time where roads and land is soft and muddy. Leaving no trace of your presence and packing out any trash you take in goes without saying. Make it a point to thank any landowner who is kind enough to let you access their land and consider a gift of some sort to show your appreciation. I have personally found smoked salmon works quite well in that regard. If you want to learn more about ethical wildlife photography practices check out the WDFW blog at <https://wdfw.medium.com/ethical-wildlife-photography-practices-7e3ce6a65259>



A bighorn ram in Chelan County

PHOTO BY JOHN KRUSE



A goldeneye duck in winter

PHOTO BY JOHN KRUSE

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

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Pastor Bob Bauer
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Call for activities: Pastor Charles Clarke
www.cashmerepres.org

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Pastor Lilia Felicitas-Malana
cashmerecommunitychurch@gmail.com

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christcentercashmere.com

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

ST. JAMES EPISCOPAL CHURCH
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Pastor Steve Bergland

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Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.org

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7591 Hwy. 97 • 509-548-4222
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Cashmere girls secure ninth district title



PHOTO BY JUSTIN PARDINI
Cashmere Girls Varsity showcase their CTL District Championship trophy.



PHOTO BY JUSTIN PARDINI

Senior #40 Kaitlyn Bjorklund preventing an entry pass from her opponent.

The Cashmere Bulldogs (14-4) traveled to Wenatchee High School to face off against the Omak Pioneers (13-5). As the #4 seed in the CTL tournament, Cashmere was playing for a



By JUSTIN PARDINI, REPORTER

chance to win their ninth straight district title. The bulldogs opened up with a quick lead of 18-7 after one quarter, hitting outside shots and locking down the paint. Omak struggled to get

anything going for the majority of the first half, as Cashmere led 35-15 going into the break. The Pioneers returned from halftime with a resilient force that allowed them to gain some traction into the large deficit. They held Cashmere to just 6 points in the third quarter,

going into the fourth with a score of 41-28. Omak didn't slow down in the final period, and they continued their barrage of attacking the rim and hitting open shots. They began to use full court press to increase the intensity and force turnovers in the backcourt. After previously

being down 20, the Pioneers cut the lead to just two points with about two minutes to go. As crunch time approached, senior Kaitlyn Bjorklund began to attack the rim and get to the foul line. A close and exciting ending led the Bulldogs to victory, defeating Omak to

secure the ninth district title in a row. Cashmere looks to extend their success with a chance to play for state on February 18 against the winner of Colville and Lakeside. The winner of that game will advance to state, while the loser is eliminated from contention.

CONGRATULATIONS, STUDENTS OF THE MONTH!

Cashmere Middle School



Adaneli Cruz, 5th grade Kai Lindblom, 6th grade Annalia Garzon-Lopez, 6th grade Alex Batanoiu, 7th grade



Ava Burns, 7th grade Giancarlo Arroyo, 8th grade Addison Talley, 8th grade Emily Ochoa, Specialists



Isaiah Abbey, Specialists Jason Quintanilla, Estrella Espanola Maritza Mora Mora, Estrella Espanola Christofer Murillo, Tech Stars



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Planning

CONTINUED FROM PAGE A1

of planning Cashmere's future. The Urban Growth Area (UGA) and the expansion of the city's water and sewer lines, to attract new customers and influence the direction of growth, was the focus of much of the evening's discussion. Fletcher suggested that the Commission members plan where and how the city can work with developers and future small developments, and to strategically prioritize areas where the city should expand. He also explained that there is a lot of housing-focused legislation in the works at the state level, although he added that most of the bills will likely not pass. Commissioner Zak Steigmeyer reminded the members that previously they had discussed the possibility of incentivizing non-city resident homeowners to connect to city water and wastewater as the city expands those lines. He

suggested that the city needs a Plan B if homeowners chose not to connect to the city utilities. Director of Operations, Steve Croci, recommended that the CPC also reflect on the city's current codes and determine if any are preventing development in the downtown area. Steigmeyer suggested, as he has at previous meetings, reviewing the parking requirements for new businesses in the downtown area. He said that they are much more stringent for new businesses, than established ones. In Steigmeyer's view the current requirement, due to the number of off-street parking spaces required for a new business, would create a downtown Cashmere that does not resemble the current town. Steigmeyer asked how a trail's committee could be established, as was stipulated in the new Parks, Recreation and Open Spaces (PROS) Plan. Fletcher responded that the community forum in March

could be a good place to find interested people. Fletcher also told the Commission that the community forum would be a good time to discuss funding options for all of the things in the PROS Plan that local residents said they would like to have, but for which the city does not currently have money to pay for those services or facilities. Croci recommended using the term pathways would be better than trail, to indicate a broader range of options that can be used to connect different areas of town. He added, that to obtain grant funding the city must have a plan in place. Another topic that the mayor recommended for the CPC to investigate, is selling many of the city owned buildings and consolidating all city offices and staff into a single location. At their Feb 6 meeting, the Planning Commission unanimously approved the Lagoon Economic Development Plan and forwarded it to the City Council for their consideration.

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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 CL-1025894. 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

NCW Media Newspapers

is looking for a part-time reporter to join their team. This is a great opportunity for anyone wanting to get a foothold into journalism, communications, or wanting to strengthen their resume.

This office is based in Chelan.

Applicants would be covering meetings and events in the Chelan and Manson and surrounding area for the Lake Chelan Mirror each week.

Responsibilities would include:
Use a camera to take photos of local events including schools and sports.
Applicant needs to have reliable transportation.
Pay will be based on experience.
Email your resume and writing examples to publisher@leavenworthecho.com or call for an appointment to interview 509-548-5286. 10-5 p.m. weekdays. EOE

Manson Parks is in search of a Campground Host at Wapato Lake Campground!

Position runs from April 1 through September 30. Applicants must have their own RV, strong work ethic, outstanding attitude, ability to work with minimal supervision, and ability to perform both maintenance and office duties. Excellent customer service skills required. Couples welcome to apply. Pay is \$15.74 per hour; includes use of camp site, water and sewer hookups, internet, power, and garbage service. Please see job description at www.mansonparks.com.

Manson Parks is looking to fill our seasonal Park Aide position.

Pay is \$17.13/ hour Applicants must be able to work weekends. Duties include cleaning restrooms, emptying trash cans, and helping to keep our parks looking their best. Must have current WA Driver License free of major infractions and be able to pass a background check. For more details, please visit www.mansonparks.com.

Advertise Advertise Advertise Advertise Advertise Advertise Advertise Advertise Advertise Advertise
548-5286 or 782-3781
YOU WILL Call Now! Call Now! Call Now! Call Now! Call Now! Call Now! Call Now! Call Now! Call Now!

Windermere Real Estate/NCW
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

Help Wanted

Orchard Supervisor - Okanogan Area: Seeking an experienced candidate. Required 5 plus years of experience. Will manage 100 acres plus of Apples and Cherries. Must be Bilingual English/ Spanish speaking, reading, and writing. Proficient with computers, and programs like email and time/ record keeping. Display strong leadership skills. Valid Drivers and Pesticide license. Full benefits offered. Call for more information at 509-697-9175 ask for Zenaïda or email resume to employment@jondonfruit.com. A full JD available upon request.

For Sale

Antiques & Collectibles

Get cold hard CA\$H 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.**



Upgrading your 'ride'? we can help you sell your old one

- Place your ad 24/7 at ncwmarket.com
- Email: classifieds@leavenworthecho.com
- Call 509-548-5286

Garage & Yard Sale

CLEAR SOME SPACE WITH A

Garage Sale

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

Boat Slip For Sale

\$169,500

Sunset Marina, Chelan, 40 ft. deep water slip with electric and water to slip. Waste dump. Clubhouse with showers, lounge with TV, bar, and kitchen for members use. Lanai seating with fire pit and barbecue. Slip B10 is best location. Secure parking.

808-298-1031
Seller is licensed Realtor Maui, HI

Legals

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY

In the Matter of the Estate of MYRTLE LOUISE MCCART Deceased. No. 23-4-00048-04 **PROBATE NOTICE TO CREDITORS** (RCW 11.40.030) The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or 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: February 15, 2023. Personal Representative: Linda D. Omlin: Attorneys for the Personal Representative: Kera Dexter, WSBA#58486: Address for Mailing or Service – Overcast Law Offices Attn: Kera Dexter 23 S Wenatchee Ave, Suite 320 Wenatchee, WA 98801 (509) 663-5588. Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 23-4-00048-04 Presented by: **OVERCAST LAW OFFICES** By: **Kera Dexter**, WSBA No. 58486 Attorney for the Personal Representative

Published in The Leavenworth Echo/ Cashmere Valley Record on Feb. 15, 22, and March 1, 2023. #5310

WHAT'S HAPPENING

EVENTS

Need to promote your event? Have you thought about **NCWMarket.com** the best online promotion available

Place your Help Wanted and find the best qualified local employee

Place your ad 24/7 at ncwmarket.com

Email: classifieds@leavenworthecho.com

Call 509-548-5286

RUN IT 'TILL IT SELLS
Housing sales are **HOT!**
Is your home getting the attention it needs!

Advertise your property on **NCWMarket.com** for one low fee!
\$100 fee includes:

- Up to 5 photos of your home & property
- Video • Unlimited description
- Google Map to your location (you can opt out)
- **Privacy Link** (interested buyers contact you through the site protecting your identity)

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

SOLD HOME FOR SALE

Public Notices

Public Notices

What's in a B-complex vitamin?

ADVERTISEMENT FOR BIDS
 CITY OF CASHMERE
 PROJECT NO. P2 – 1050 ZONE IMPROVEMENTS

Notice is hereby given that the City of Cashmere will receive sealed bids for the following construction project. Bids will be received at City Hall 101 Wooding Street, Cashmere, Washington 98815, until 2:00 p.m. on Monday, March 6, 2023, for Project No. 2 – 1050 Zone Improvements. Bids will immediately be opened and publicly read.

The project consists of an extension of 6-inch ductile iron water main from Phillips Place approximately 250 feet north on South Division Street. This will replace approximately 200 feet of existing 4-inch water main in South Division Street with new 6-inch water main. Project also includes reconnecting water service and replacing a hydrant. Some asphalt and sidewalk repair will be necessary.

The project will also include construction of a PRV station on Olive Street north of Cascade Place. As described in the City's Comprehensive water plan, this is intended to improve reliability and add redundancy to the 1050 zone as it is currently served by a single 6-inch PRV.

The Engineer's cost estimate is approximately \$220,000.00. Complete digital project bidding documents are available at www.questcdn.com. You may download the digital plan documents for \$35.00 by inputting Quest project #8396643 on the website's Project Search page. Please contact QuestCDN.com at 952-233-1632 or info@questcdn.com for assistance in free membership registration, downloading, and working with this digital project information. No paper plan sets will be provided.

The City of Cashmere in accordance with Title VI of the Civil Rights Act of 1964, 78 Stat. 252, 42 USC 2000d to 2000d-4 and Title 49, Code of Federal Regulations, Department of Transportation, Subtitle A, Office of the Secretary, Part 21, Nondiscrimination in Federally-Assisted Programs of the Department of Transportation issued pursuant to such Act, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises as defined at 49 CFR Part 26 will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, national origin, or sex in consideration for an award.

The City of Cashmere reserves the right to reject any or all bids and to waive minor irregularities or informalities and to further make award of the project to the lowest responsive, responsible bidder as it best serves the interest of the City. Proposals are to be submitted only on the form provided with the Contract Provisions. All Proposals must be accompanied by a certified check, cashier's check, money order, or bid bond payable to the City of Cashmere and in the amount of not less than 5% of the total bid amount.

City of Cashmere
 Kay Jones City Clerk/Treasurer
 Published in the Cashmere Valley Record/ Leavenworth Echo on 2/15, and 2/22/2023. #5315

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON FOR THE COUNTY OF CHELAN ESTATE OF RICHARD D. SHETLER No. 23-4-00004-04 SUMMONS BY PUBLICATION

The State of Washington to the said Alyssa Marie Wilson and Lois Joann Shetler to be served by publication. You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to wit, within sixty days after the 15th day of February, 2023, and defend the above-entitled action in the above-entitled Court, and answer the Verified TEDRA Petition for Judicial Appointment of Administrator for Probate and Non-Probate Assets, and serve a copy of your answer upon the undersigned attorneys for Administrator, Carrie Shirk, at his office below stated, and in case of your failure so to do, judgment will be rendered against you according to the demand of the Petition, which has been filed with the Clerk of Chelan County Superior Court. This action asserted by Administrator, Carrie Shirk, is a Trust and Estate Dispute Result matter, to administer the probate and nonprobate assets of the Decedent, Richard D. Shetler. DATED February 2, 2023; OVERCAST LAW OFFICES; By /s/ David A. Kazemba, WSBA #48049; Attorneys for Administrator; 23 S. Wenatchee Ave, Suite 320; Wenatchee, WA 98801; (509) 663-5588

Published in The Leavenworth Echo/ Cashmere Valley Record on Feb. 15, to Mar. 22, 2023. #5295

Q: How many B vitamins make up a B-complex vitamin? Some B-complex products contain 4 different B vitamins, like B1, B2, B3, and B6, while others also include B-12.

There is no standard or official formula for what a B-complex vitamin should contain. That's because "B-complex" was a term that wasn't meant to describe any particular grouping of B vitamins. A vitamin formulation labeled as B-complex may contain any number of the eleven different B vitamins in various doses and combinations.

Although we are used to thinking about vitamins as having an alphabetical designation, like vitamins A, C, D, and E, not all B vitamins are referred to by a number. Although B-1 and B-6 are obviously B vitamins, they have other names too. For example, B-1 is also referred to as thiamine, and the vitamin named B-6 is also called pyridoxine.

There are other B vitamins, too, but you may not realize what they are because they have "plain" names, like folic acid, biotin, and pantothenic acid.

When scientists began discovering critical nutrients needed by our bodies, they called these newly discovered compounds "vitamins." The first vitamin identified was a fat-soluble compound that researchers named Vitamin A. Next found were two water-soluble compounds, christened vitamin B and



Ask... Dr. Louise

vitamin C. Then, in 1930, the scientists hit a snag. Although vitamins A and C were easy to identify as single compounds, vitamin B was much more complex. Initially identified as one specific molecule, vitamin B turned out to be much more: a cluster of several unique compounds. Instead of having one particular vitamin B, scientists ended up isolating, identifying and naming one "vitamin B" component after another.

When the first individual B vitamin was identified, it was called vitamin B-1, or thiamine. This was followed by the discovery of a second B vitamin, called Vitamin B-2, or riboflavin. A third vitamin entity, B-3, is even more complex, with 4 different names: nicotinic acid, nicotinamide, niacin, and niacinamide.

After it was accepted that vitamin B was not a single compound, scientists referred to it as "B-complex" to express the potential of more than one vitamin that might be considered a B vitamin. Over time, several more specific vitamin B nutrients were isolated, but they weren't always given a "B" designation.

Eventually, 11 different vitamins were found inside the initial "vitamin B" compound. All eleven B vitamins are water soluble,

and eight are essential human nutrients.

Today, each B vitamin has a name, not just a numeric designation like B1, B2, or B3. If you are interested in taking a supplement containing B vitamins, choose one containing the eight essential B vitamins, including thiamine (B1), riboflavin (B2), and pyridoxine (B6).

Vitamin B-3, another essential B vitamin, can be confusing because the same compound has four different common names: niacin, nicotinic acid, niacinamide, and nicotinamide. Other "essential" B vitamins include folic acid, pantothenic acid, and biotin, which was once called vitamin H.

Although biotin deficiency is rare, taking a supplement containing biotin may help reduce hair loss if you are deficient in biotin. The recommended amount of biotin is 30 mcg daily. Unfortunately, some hair loss supplements contain very high doses of biotin, up to 5,000 mcg per serving. High levels of biotin can interfere with the accuracy of thyroid function tests. You can end up taking too much or too little thyroid supplement medication.

5 key facts about B-complex vitamins:

1. There are no standardized B-Complex formulas.

All B vitamins come from the original B vitamin compound. A supplement containing more than one B vitamin can be labeled as B-complex.

There's no consistency in which individual B vitamins are included in B-Complex supplements.

2. There are 8 essential B vitamins.

Of the 11 different individual B vitamins identified, 8 are considered essential in humans. B-Complex vitamins usually contain three to eight of these.

3. B vitamins have multiple names.

Although many B vitamins are identified by the letter B followed by a number, each of the B vitamins also has its own name.

4. All B vitamins are water-soluble and eliminated in urine.

Any excess B vitamin will be eliminated by your kidneys into your urine. Riboflavin (vitamin B-2) is responsible for the characteristic bright yellow urine experienced by many people who take B vitamins.

5. If you take a thyroid supplement, beware of high doses of biotin.

Hair, Skin, and Nails supplement formulas often contain very high amounts of biotin, which can interfere with the accuracy of thyroid blood testing.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2023 Louise Achey

Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

Does your business qualify for the ERC Federal Assistance Program?

STATEPOINT - The strength of the country relies

on its estimated 33.2 million small businesses, which comprise 99.9 percent of all American businesses. COVID threatened, and in some cases forced, the closure of many small enterprises and tens of thousands are still reeling from the aftermath of the full pandemic.

In an effort to offer some relief, the federal government created the Employee Retention Credit (ERC) Program under the IRS that has already helped thousands of qualifying businesses receive up to \$26,000 per employee. Unfortunately, not enough small business owners are aware of the program. Others don't think they will qualify, leaving billions of dollars on the table that could help them recover and continue to move forward.

Companies such as ERC Helpdesk, www.erchelpdesk.com, have been created to help small businesses determine their qualifications and navigate the ERC program. Now is the perfect time for business owners around the country to see if they make the cut.

A small business can receive an ERC even if it received PPP. The program



PHOTO SOURCE: (c) Jupiterimages / iStock via Getty Images Plus
A small business can receive an ERC even if it received PPP. The program is flexible enough that most businesses will likely be eligible.

is flexible enough that most businesses will likely be eligible. The average claim is \$150,000, but there is no cap on the amount. "I was the owner of a marketing business that assisted dozens of small business owners so I witnessed firsthand the challenges and sweat equity involved in taking such a big risk," said ERC Helpdesk chief marketing officer, Greg Ross-Smith. "Our founder was and remains a small business owner himself who was initially told his businesses would not qualify for an ERC and there was nobody he could find to make sense of the program. When he finally learned about the program details and what the actual qualifications are, not only did he apply and receive funds, but he also decided to create a way to assist other small business owners in taking advantage of the funding available for their businesses."

Here are the basics to see if you qualify:

- Your business is based in the United States.
- You retained and paid W2 employees during 2020 and 2021.
- Your business was impacted by COVID restrictions in one or more of the following ways:
 - Loss of revenue
 - Supply chain disruptions
 - Full or partial shutdown of your business now a growing industry, ERC companies are popping up all over so

be wary about who you work with. Ideally, try to work with a company you know, or at least one that understands the needs and inner workings of a small business. Often, it helps to work with a smaller sized ERC business that's accessible and that will work with your submission on a one-on-one basis. Bigger isn't always better in this industry. Of course, partnering with a company that maintains a high approval rate for its clients is a critical point of measurement as many companies can waste your time and get your hopes up by simply submitting anything knowing the chances of success are slim. Finally, to the degree you can determine it, try to work with a company that will process your application as quickly as possible while focusing on reducing errors that can delay the process.

"So many small businesses are built organically with the participation, support and hard work of family and friends. As a result, we understand the investment of time, resources and relationships that go into every business we work with," said Ross-Smith. "In the ERC business, integrity, trust, and customer service rule and that's what I'd urge all applicants to consider in navigating their eligibility for the program. Our only goal is to help them qualify and then maximize their efforts and amount of compensation they receive."

SUDOKU PUZZLE

GRAND ALASKAN CRUISE & TOUR
 12 days, departs May - Sep 2022
 VACATION SPECIALS promo code N7017
 1-855-208-9533

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

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

CROSSWORD PUZZLE

THEME: U.S. PRESIDENTS

ACROSS

- Short for specification
- Knave
- "Like President Eisenhower's head"
- "One fourth of a Presidential term"
- Take-out handout
- The Beast's problem in "Beauty and the Beast"
- "Pres. Eisenhower established this space agency"
- Thought
- Body of water
- #22 and #24
- First-rate, slangily
- Terminate, as in mission
- Lingerie staple
- Public speaker
- Ivory tickler
- "Fresh Prince of ___-Air"
- Most likely to win
- Pot contribution
- By surprise
- Indian restaurant staple
- Lacking justification
- Office communique
- Greece and Bulgaria peninsula
- Overnight stop
- Indifferently
- Sturdily built
- English course abbreviation
- "___ it easy"
- Oliver Twist, e.g.
- University of Virginia founder
- African prairie
- "Second most-popular Presidential birth state, after Virginia"
- Arm bone
- Poem at a funeral
- German title
- Arnold Lobel's "Mouse ___"

DOWN

- Update a FitBit
- Sound of bells
- "At ___, soldier."
- Modern tie forerunner
- Aromatic lumber
- Beside, archaic
- Two of the same
- "The only President who was a bachelor"
- ___ 51, Nevada
- Law school entry requirement, acr.
- Bear's room
- Edith Piaf's hit
- Meat of coconut
- Digital tome
- Trash container, e.g.
- "One of three Presidents to win a Grammy"
- James Dean's famous role
- Remember this battle
- "First to serve coast to coast"
- Indo-Aryan, as in languages
- Did not smell good
- Like yellow polka dot bikini
- June 6, 1944
- Salt in cocina
- "a.k.a. Silent Cal"
- Loosen ropes
- Deli acronym
- ___ help
- Hawaii's number
- Mob offensive
- High-pitched laugh sound, in print
- Like Bananas Foster
- "All's well that ends ___"
- Away from wind
- "Second most common Presidential first name, after James"
- Type of gin
- Cross to bear
- Midday slumbers
- Chill, with 'out'

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98¢ EA.



Fresh

Blueberries
6 Oz. Package

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Extra Large

Roma Tomatoes

98¢ LB.



Jumbo

Seedless Red Grapes

1.98 LB.



Mayan Sweet Onions

98¢ LB.



Stem & Leaf Gold Nugget Mandarins

1.98 LB.



Local stores supporting local products.

LOCAL *Equals* **FRESH**

All Natural
Boneless Pork Loin Chops
Center Cut, Value Pack

2.98 LB.



Fresh

Chicken Thighs or Drumsticks
Value Pack

98¢ LB.



USDA CHOICE St. Helens BEEF LOCAL Equals FRESH

Premium Beef Boneless Beef Tri-Tip Roast

6.98 LB.

LOCAL *Equals* FRESH

Local stores supporting local products.



Hempler's Ground Sausage
Selected Varieties
16 Oz.

6.48 EA.

Breakfast Burritos
Selected Varieties
Single Count

4.98 EA.

GROCERY savings

Mission Carb Balance Flour Tortillas
Selected Varieties
8 Count

4.48



Bob's Red Mill Pancake & Waffle Mix
Selected Varieties
24 Oz.

2/\$7



Tillamook Cultured Sour Cream
Reduced Fat or Original, 16 Oz.

1.98



Tillamook Shredded Cheese
Selected Varieties
5.5 to 8 Oz.

2/\$6



Mission Street Tacos
Selected Varieties
8.54 to 10 Oz.

1.88



Mission Salsa
Medium or Mild, 16 Oz.

2/\$7



Bob's Red Mill Gluten-Free Pancake Mix
24 Oz.

3.98



Mission Tortilla Chips
Selected Varieties
18 Oz.

2/\$6



Franz Pan Bread
Selected Varieties
24 Oz.

2.98



Franz Naked Bread
Selected Varieties
22.5 Oz.

2.98



Tillamook Chunk or Cracker Cuts Cheese
Selected Varieties
6.5 to 8 Oz.

3.48



Brown & Haley Mountain Bar
Selected Varieties
Each

5/\$5



In Our Bakery

Apple or Cherry Turnovers
4 Count

6.98 EA.



Glazed Donut Pershings or Rings
4 to 6 Count

5.98 EA.