



By MIKE STEELE

Dear Friends and Neighbors,  
The opening gavel of the 2023 session fell at noon on Monday, Jan. 9. It's an honor to be back in Olympia representing the values and interests of the 12th Legislative District.

This is the first time in more than two years all 98 members have been in the House chambers together. It was wonderful, once again, to see families, friends, and supporters in the public galleries during the opening day ceremonies. This return to normalcy is good to see at the state Capitol.

### Legislative Updates

Due to election-year restrictions, which began last May, I was unable to send email updates until the election results were certified. But with the start of the 2023 session, I will be sending updates every couple of weeks to keep you informed on the activities, events, and debates happening at the state Capitol. Be sure to take a look at my legislative webpage. I'll be posting news releases and other statements regarding the legislative session.

### Budgets and policy work

For the next several weeks, the bulk of the work at the state Capitol will be to finalize the state's new two-year operating, transportation, and capital budgets. For the operating budget, we've got a bit of good news. That's because, despite the pandemic, our state tax collections have remained strong. Budget writers will have an extra \$3.37 billion to work with for

the 2023-25 operating budget.

Although some of this "extra" money will be eaten up by rising maintenance level costs, including inflation, and the expensive, governor-negotiated collective bargaining agreements, it's my hope the bulk of the revenue will be added to the state's budget stabilization account and/or returned to taxpayers in the form of tax relief. In addition to building these budgets, several public policy issues will be debated this session. Our state is facing many challenges, including rising crime rates; an escalating housing crisis caused by the high cost of new home construction; K-12 educational failures, and an inflation rate that has reached its highest level since 1981. As the 2023 session

progresses, I'll be sharing more on these public policy issues, as well as solutions being offered in both the House and Senate.

### Committee Assignments

I'm happy to announce my reappointment as the ranking member of the House Capital Budget Committee. I've been the lead Republican negotiator on the state's two-year construction budget since 2021, serving as the assistant ranking member prior to that.

This committee is unique in that it is by far the most bipartisan in Olympia. Both sides of the aisle work together to prioritize and advance projects that not only improve long-term economic goals, but also

enhance renewal, health, and growth for rural and urban communities alike. During the previous 2022 session, the Legislature approved what I believe to be a "historic" capital budget because of its size. More than \$6 billion was allocated for projects across the state, which mostly came from federal American Rescue Plan Act (ARPA) funds.

This session, we are working with a smaller budget of around \$4.3 billion. Along with considering the infrastructure needs of the newly redistricted portions of the 12th District (see info about redistricting below) and other districts across the state, mental and behavioral health continues to be a priority. Although these programs are funded by the operating budget, the physical structures are on the capital fund side. We'll need to ensure those two budgets work in tandem.

I'd also like to see more of a focus on workforce housing. Workforce housing is housing built for individuals and families sitting somewhere in the middle between affordable and higher-end home options. Unfortunately, incomes

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SUBMITTED PHOTO  
Opening Day Ceremonies on Monday, Jan. 9.

## Donate now to keep blood stocked for winter weather and seasonal illness

**Come to give in January for chance to win a trip to Super Bowl LVII in Arizona**

SUBMITTED BY BETSY ROBERTSON

As National Blood Donor Month continues this January, the American Red Cross celebrates those who give blood to help save lives – especially now, as we work to ensure a stable blood supply amid the threat of icy winter weather and severe seasonal illness. Donors of all blood types – particularly type O blood donors, the most needed blood group by hospitals – and platelet donors are needed daily to meet demand.

The start of the new year is one of the most challenging times to collect

enough blood products, despite the constant demand. One in 7 patients entering a hospital will need a blood transfusion – yet only 3% of the public gives blood.

Don't wait until there's a crisis to donate. To book a time to give blood, visit [RedCrossBlood.org](http://RedCrossBlood.org), download the Red Cross Blood Donor App, or call 1-800-RED CROSS.

In partnership with the National Football League (NFL), those who come to give blood, platelets or plasma through Jan. 31, 2023, will be automatically entered to win a trip for two to Super Bowl LVII in Arizona\*, including access to day-of, in-stadium pre-game activities, tickets to the official Super Bowl Experience, round-trip airfare to Phoenix, three-

night hotel accommodations (Feb. 10-13, 2023), plus a \$500 gift card for expenses.

Local area blood donation opportunities

Cashmere: Feb. 7: 12:30 - 5:30 p.m., Cashmere United Methodist Church, 213 S. Division St.

### How to donate blood

Simply download the American Red Cross Blood Donor App, visit [RedCrossBlood.org](http://RedCrossBlood.org), call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law),

weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) or use the Blood Donor App.

Amplify your impact – volunteer! Another way to support the lifesaving mission of the Red Cross is to become a volunteer blood donor ambassador at Red Cross blood drives. Blood donor ambassadors help greet, check-in and thank blood donors to ensure

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## CHS Drama presents Little Women



PHOTO BY DRU ROMERO

The girls from left to right are Eliana Thomas (Amy), Lily Erdmann (Jo), Lilia Gebers (Marmee), Katyreena Black (Meg) and Ali Moran (Beth).

SUBMITTED BY SUSAN GUBSCH

The Cashmere High School Drama Department is excited to present "Little Women – the Broadway Musical". This classic story, based on Louisa May Alcott's novel, debuted as a musical on Broadway in 2005.

Directed by Susan Gubsch, it is the story of the four March sisters, Meg, Jo, Beth, and Amy and their beloved Marmee, who are home in Concord, Massachusetts while father is serving as an Army chaplain during the civil war. It is filled with vignettes of their life and packed with a beautiful musical score.

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

the box office opening at 6:15 p.m. on performance nights.

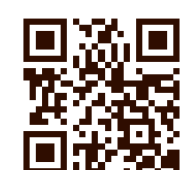
Lily Erdmann leads the cast as the unconventional, aspiring writer Jo. Meg, the eldest sister is played by Katyreena Black, Beth is played by The 5th Avenue honored actress Ali Moran, and the youngest sister, Amy, is played by Eliana Thomas. Lilia Gebers lovingly leads her family, and the cast, as Marmee. This talented cast is rounded out with Trip Martin (Laurie), Spencer Boyd (Professor Bhaer), Riley Desy (Mr. Laurence), Titus Corbaley (John Brooke), Gabby Winchester (Aunt March) and Elle Seidensticker (Mrs. Kirk).

The ensemble, in alphabetical order, are Jayden Anderson, Savannah Caruso, Naomi Corbaley, Dylan Cornea, Eva Gemeinhart, Ashlyn Goode, Teddy Fox, Max Hart, Alinah Marrón, Kalli Miller, Ellie Weber, Kylie Wheatley and Jada Wood.

Bring your family and come enjoy a fun evening of live theater.

## THIS WEEK

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## Mike Steele

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for a growing number of individuals and families are insufficient to purchase a home but too high to qualify for affordable housing. The widening gap between the two needs to be fixed. I plan to help with those efforts.

In addition to my role on the House Capital Budget Committee, I've also been asked to continue to serve on the House Appropriations Committee. This committee considers the operating budget and related legislation, budget processes, and fiscal issues such as pension policy and compensation.

Serving on two budget committees, like the Capital Budget and Appropriations committees, is unusual. The reason is the workload. Both committees are incredibly work-intensive. Despite the long hours, I enjoy being a part of determining where our hard-earned tax dollars end up. It gives me the opportunity to advocate for fiscally prudent spending – something we need more of in Olympia.

My final committee assignment is the House Education Committee. This committee considers issues relating to kindergarten through twelfth grade (K-12) education. I'm deeply grateful to have been selected

to continue serving on this committee. These committee assignments work well for our communities. I look forward to representing our region's values and interests during the next few months of bill hearings, debates, and decisions.

### Redistricting changes for the 12th District

Because communities and populations change over time, every 10 years, after the federal government publishes updated census information, Washington state redraws the boundaries of its congressional and legislative districts to ensure that each district represents an equal

number of residents.

The new 12th Legislative District boundaries were approved in 2022 by the Washington State Redistricting Commission. The district now includes only a portion of Douglas County and added parts of Snohomish and King counties.

### 12th District Virtual Town Hall

As we begin the session, it's important that we hear from you about the priorities and issues facing our communities. My seatmate, Rep. Keith Goehner, R-Dryden, and I are hosting a 12th District Virtual Town Hall on Wednesday, Feb. 1 starting at 6 p.m. This

event is a great opportunity to join us from the comfort of your home or office by simply logging onto your computer for an hour of conversation about the 105-day session. We'll discuss our bills and listen to your comments and ideas about state government.

The one-hour event will take place via the Zoom platform. Space is limited, so register early. If you are unable to attend, don't hesitate to reach out to my office and schedule an appointment. My contact information is listed below.

### Getting involved in the legislative process.

Our government depends on the active participation of its citizens. Here are some links and resources to help you get started:

- Staying connected:
  - My legislative website | Here you will find my contact information, bio, news releases, email updates, videos, opinion pieces, bills, and other information.
  - The Capitol Buzz | A weekday roundup of online news stories.
  - The Current | An online legislative publication from the Washington House Republicans.
  - TVW | The state's own version of C-SPAN, TVW broadcasts floor and committee action live online.
  - The Ledger | A legislative news aggregator.
  - Legislature's website | View bill reports, committee agendas, and information about upcoming activities in the Legislature here.
  - State agencies | You can find a list of all state agencies, boards, and commissions here.

### Tracking a bill?

Check my website to find information on specific bills. In addition, when you visit, you can easily view the

legislation I'm sponsoring or co-sponsoring by clicking "Sponsored Bills."

### Here is a quick set of "bill tracking" instructions.

- Go to leg.wa.gov.
- On the left-hand panel, click "Bill Information."
- If you know the bill number, enter it in the search field and hit enter.
- Don't have a bill number? Under the section "Standard Reports," you'll find alternative tracking tools. You can search based on topic, legislative digests, cross-references, and within a specific biennium.
- If you click on the House Floor Calendar, this helpful tool gives you a detailed list of all bills scheduled to be heard on the House floor each day.

### Remote testimony is still available.

You can sign up to testify remotely if you are unable to attend a committee hearing on a bill in Olympia. You may also submit written testimony to a committee and get your position on a bill noted for the legislative record. Learn more about participating in the process online.

### Thank you!

I am committed to staying connected with you as the session progresses. Please contact me if you have questions about bills being introduced, bills scheduled for a hearing, or other state government-related issues at <https://mikesteele.housepublicans.wa.gov/contact/>.

Throughout the legislative session, my office receives hundreds of emails per week. I will do my best to answer the ones I receive from constituents first, so please be sure to include your home address and phone number in your correspondence.

It's an honor to serve you! Sincerely, **Mike Steele**



## Cold Feet

wool liners became my standard for winter foot ware. But now Sorrels are made in China; the removable Chinese liners (packs) aren't wool; they don't keep feet warm. I found a wool sweater; removed the long sleeves; knitted the cuffs together; created a make-shift pair of packs and my feet stay warm. With seven inches of new snow on the ground I'm thankful for my sweater-sleeve Sorrels.

Sonny got busy moving snow. Four hours into snow blowing he came inside to warm his feet. His rubber ankle boots provided little protection from the snow and cold. I offered him my Sorrel boots complete with wool sweater sleeve liners. Sonny said, "No thanks." I'd argued with him before; I wasn't going to argue about it again; I left the boots on the floor.

Marching out of the living room I overheard Grandma say, "Why don't you wear them? It's cold on the feet out there. Don't be so proud. What do you think? Grandpa's going to look at those boots and start laughing?" Next thing I knew Sonny was heading out the door wearing my Sorrels. Grandmas just have more pull than moms.

The following day Sonny bought himself a pair of winter boots. My anxiousness is decreasing. Maybe it's because Sonny is making good decisions. Maybe it's because grandmas have more pull than moms. Or maybe it's because on these cold days I've been eating whole grains that have precursors for serotonin, the feel-good chemical for the brain.

### Whole Grain Breakfast Cereal

- 1 cup whole grain (wheat berries, oat groats, pearl barley)
  - 3 cups water
- In a saucepan simmer whole grain and water until the grain is your type of tender. The

grain will get softer the longer it is cooked. When it is done, serve for breakfast with a dab of butter or a splash of milk (grain+milk=complete protein). Put the extra in the fridge for tomorrow's breakfast.

**Note:** In these crazy days, like everyone else, I can use a boost from the serotonin precursors found in whole grains. Once cooked, the grain can be reheated simply by putting a few tablespoons of grain in a mug and running hot tap water into the cup to fill it. I like to sip warm water as I munch on the whole grain. This is an easy 'make my own breakfast' for kids of all ages when the grain is cooked the night before. The cold cooked grain can be treated just like boxed cold cereal when the water is drained off, it is poured into a bowl, milk is poured over it and it is served with a spoon.

*About the author: In 2000 Michele Priddy left the work force 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.*

winter boots.

In my pre-teens I remember one October hunt in the Rocky Mountains when Grandpa showed me how Grandma wrapped his feet in burlap bags and stuck them in boots (one size fits all) she called galoshes. They were black rubber with a flap for the tongue and if the soles weren't worn out, they were waterproof. That day the pair Grandpa held in his hand were thin on sole. In the Colorado cold, I wiggled my toes warm in woolly packs inside Sorrel boots he'd bought me.

"Burlap isn't very warm." I said. "It's what we had," he answered. I saw by the way he held that worn black rubber boot how valuable those galoshes were to the kid he was back-when. He glanced at my foot-ware, grinned at me and I saw the pride in his eyes for being able to provide. That winter I discovered wool.

Sorrel boots with removable

## Most popular library materials in 2022

SUBMITTED BY MICHELLE MCNIEL

NCRL Public Relations Specialist

In 2022, NCW Libraries' print and digital materials circulated 1.2 million times. Here are the most popular titles checked out across the region:

### Physical Materials

**Fiction:** Where the Crawdads Sing by Delia Owens

**Non-Fiction:** Atomic Habits by James Clear

**Memoir/Biography:** Educated by Tara Westover

**DVD:** Dune

**Book Club Kit:** The Book Woman of Troublesome Creek by Kim Michele Richardson

**Digital Materials**

**eBook on Libby:** The Judge's List by John Grisham

**eAudio on Libby:** 21st Birthday by James Patterson

**eBook on Hoopla:** Harry Potter and the Sorcerer's Stone by J.K. Rowling

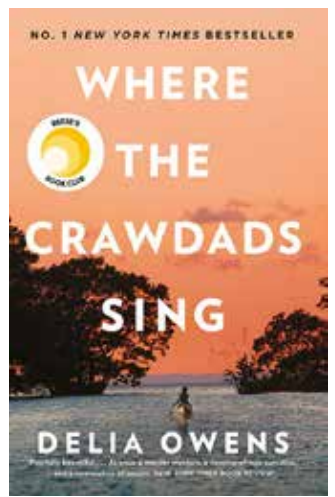
**eAudio on Hoopla:** Harry Potter and the Sorcerer's Stone by J.K. Rowling

**Title on Kanopy:** Alone Season 4, History Channel

"As pandemic restrictions were lifted in early 2022, our staff were thrilled to welcome our communities back into

our library spaces, guiding people of all ages through a rediscovery of library services, resources, and programs," said Barbara Walters.

In 2022, NCW Libraries welcomed 26,827 attendees at library programs, up from 10,760 in 2021. NCW Libraries serves 5 counties in North Central Washington through 30 library locations, 2 community bookmobiles, the Mail Order Library, and [www.newlibraries.org](http://www.newlibraries.org).



## Donate Your Vehicle

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- 2. Schedule Pickup**  
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You may qualify for a tax deduction.

- Support Veteran Nonprofits.
- Free Pickup & Towing.
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**Donate Your Vehicle Today**  
**844-889-8170**

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.

## American Red Cross

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they have a positive donation experience.

Volunteers can also serve as transportation specialists, playing a vital role in ensuring lifesaving blood products are delivered to nearby hospitals. For more information and to apply for either position visit [redcross.org/volunteertoday](http://redcross.org/volunteertoday).

**About the American Red Cross:** The American Red Cross shelters, feeds and provides comfort to victims

of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members, and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit [redcross.org](http://redcross.org) or [CruzRojaAmericana.org](http://CruzRojaAmericana.org), or visit us on Twitter at @RedCross.

## 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**

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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](mailto: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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- 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](http://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](http://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](mailto: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](http://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](mailto: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.

**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, 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](mailto:CelebrateRecoveryLCN@gmail.com) or 509-596-1510.

**Cashmere**

**Little Women Play**

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

box office opening at 6:15 p.m. on performance nights.

**Leavenworth**

**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 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. 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](mailto:peoleavenworth@nwi.net).

February 8, 12 p.m. at the Icicle Inn Restaurant, 505 Highway 2. The cost is \$20 per person for members. Cash or check only. Lunch buffet, beverage, tax, and gratuity are included. West Mathison of Stemilt, World Famous Fruit Company, will present a program titled "The History of the Apple and Fruit Industry". Since this is a catered event, any cancellations after Feb. 2 will be responsible for the cost of the lunch. Reservations, contact Claire Burlingame, 509-548-7142 by Thursday, February 2.

**Regional**

**Community Foundation of NCW: Creating a Positive Workplace Culture**

We've partnered with the North Central Accountable Community of Health (NCACH) and Nash Consulting to help organizations create and build more positive workplace cultures. During this two-part workshop, Nash consultants will cover a variety of topics including emotional IQ, giving, and receiving feedback, decision-making styles, and more. The cost of this workshop is \$5 to cover the cost of materials being sent to each participant. If you are unable to pay, please contact [info@ncach.org](mailto:info@ncach.org) so they can work with you to offer solutions. Please note that this workshop takes place over the course of two sessions: February 9 from 8:30 a.m.-12:30 p.m. and February 16 from 8:30 a.m.-12:30 p.m. Please only register if you are able to attend both sessions.

**The Leavenworth Women's Exchange**

Monthly luncheon meeting will be held on Wednesday,

**CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS**

This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot certify the complete accuracy of the information provided.

**Jan. 13**

- 01:08 Traffic Offense, US Hwy. 2, and Aplets Way
- 09:28 Parking/ Abandoned Vehicle, 402 Pioneer Ave., Simpson Memorial Park
- 10:15 Trespassing, 300 Aplets Way, Hometown Market
- 13:41 Non-injury Accident, 117 Aplets Way, Cashmere Valley Bank
- 19:07 Fireworks, 4588 Old Monitor Rd., Monitor
- 23:01 Warrant Arrest, Washington State Patrol, Cashmere

**Jan. 14**

- 08:30 Suspicious Circumstance, 103 Julie Ann Ct.
- 09:55 Graffiti, 300 Aplets Way, Hometown Market

**Jan. 15**

- 00:03 Public Assist, 8600 block Frontage Rd., Dryden
- 02:09 Suicide Threat, Monitor Bridge, Monitor
- 06:10 Hazard, Mission Creek Rd. MP 3
- 11:41 Court Order Violation, 6869 Nahahum Canyon Rd.
- 17:41 Civil Dispute, 8734 School St., Dryden
- 22:51 Civil Dispute, 8734 School St., Dryden

**Jan. 16**

- 05:51 Agency Assist, US Hwy. 2 MP 107, Dryden
- 10:32 Suspicious Circumstance, US Hwy. 2 MP 107, Dryden
- 11:05 Agency Assist, 115 E. Pleasant Ave.
- 13:18 Harassment/ Threat, 100 North St.

**Jan. 17**

- 02:28 Domestic Disturbance, 5300 Wohlers Rd.
- 07:31 Welfare Check, 321 Independence Way
- 08:16 Disturbance, 300 Woodring St.
- 08:30 Disturbance, 2900 block Mission Creek Rd.
- 09:19 Theft, 6820 Osprey Ln., Dryden
- 10:32 Harassment/ Threat, 201 Cottage Ave.
- 10:38 Theft, 4169 Mission Creek Rd.
- 13:26 Trespassing, 117 Aplets Way, Cashmere Valley Bank
- 13:49 Civil Dispute, 307 River St.
- 16:04 Traffic Offense, 300 Aplets Way, Hometown Market
- 17:18 Harassment/ Threat, 201 Aplets Way, Jerry's Auto
- 18:28 Theft, 301 Sullivan St.
- 18:59 Juvenile Problem, 208 Cottage Ave.

**Jan. 18**

- 11:42 Welfare Check, Aplets Way and Mission Ave.
- 12:30 Public Assist, 115 E. Pleasant Ave.
- 16:20 Extra Patrol, 4520 Eels Rd.
- 18:21 Suicide Threat, 208 Cottage Ave.

**Jan. 19**

- 07:51 Suspicious Circumstance, 200 block Norman Ave.
- 10:09 Hazard, 1804 Lower Monitor Rd., Monitor
- 18:00 Trespassing, 102 Titchenal Way, BJ's Shell
- 20:27 Weapons Violation, 6200 block Stine Hill Rd. area.
- 23:51 Disturbance, 300 Woodring St.

**SMITHSON INSURANCE SERVICES** Information You Can Rely On!  
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[SmithsonInsuranceServices.com](http://SmithsonInsuranceServices.com) [smithsoninsuranceservices@gmail.com](mailto:smithsoninsuranceservices@gmail.com)

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 Leavenworth, WA 98826-0039  
[Reporter@leavenworthecho.com](mailto:Reporter@leavenworthecho.com)  
**CASHMERE VALLEY RECORD** 509-782-3781  
 PO Box 39, Leavenworth, WA  
[Reporter@leavenworthecho.com](mailto:Reporter@leavenworthecho.com)

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# The Washington Outdoors Report

## A very special place

By JOHN KRUSE

A friend of mine suggested I do a story about the Alatheia Therapeutic Riding Center near Wenatchee and I'm so glad she did. I visited there this past week and met with the co-founder of this very special place, Nancy Grette.

Nancy and her husband Glenn started this non-profit organization at their home on Sleepy Hollow Heights in 2011. The two had purchased several horses they kept on their property but their children had grown and left home and they were pondering what to do. That's when a five-year old girl who was physically disabled came out for a ride for her fifth birthday on one of their horses. The ride was an amazing experience for the child and Nancy said she knew what she was meant to do for the rest of her life.

After that Nancy and Glenn started offering weekly rides to disabled children and adults as a means of emotional and physical therapy. The word Alatheia is a Greek word from the New Testament meaning "disclosed truth." It specifically comes from Ephesians 4:15 where the Apostle Paul exhorts all to speak the truth (alatheia) in love to one another. In Nancy's words, "It is a way of living, and the riding center is how we choose to speak truth."



PHOTO BY JOHN KRUSE.

Nancy Grette with one of her Norwegian Fjord horses at the Alatheia Riding Center

The Alatheia Riding Center provides some 108 individuals the opportunity to spend an hour or more with and on

their horses every week. This includes not only physically and mentally disabled children and adults, but also

combat veterans suffering from Post-Traumatic Stress Syndrome.

The rides take place on

their 12 Norwegian Fjord horses, a small, stout and ancient breed known for their gentle temperament and sure footedness. Nancy says these horses are very empathetic and reflect the feelings of individuals they come in contact with. She also explained the weekly rides offer therapeutic benefits for their riders in a physical, emotional and mental way.

Nancy explains the reason it is a weekly program (as opposed to a one-time experience) is because you need the continued exposure to the movements on the horse to get the benefit.

"Physically, when an individual is on a horse, for every minute there are a hundred balance accommodations going on in the body. You are developing balance, coordination as well as large and small motor skills which is helpful for physical disabilities.

Those with learning disabilities benefit from the socialization and peers and executive function of the brain, while those who suffer from trauma are ministered to by the horse in a way you can't explain. The horses are intuitive and in the moment and there is no judgement. People can be who they are with a horse."

The rides happen in an indoor arena or on a trail

overlooking the Wenatchee Valley. This non-profit organization has several employees who work right out of the Grette's home along with a number of volunteers.

One group of volunteers are the barn buddies. These are young adults with developmental disabilities who work at the ranch for two to three hours a couple of times a week. Nancy says they started this program because they learned that once children were out of special education classes in school and on their own as adults, they didn't have much in place to develop further life skills. The Barn Buddies program allows these individuals, ranging from 21 to 40 years of age, the opportunity to learn how to work on a ranch or in a barn and socialize with other individuals.

The Alatheia Therapeutic Riding Center has plans to expand from its current location soon so that it can increase the number of individuals they serve. If you want to support this non-profit organization with donations or time as a volunteer contact them through their website at [www.alatheiaridingcenter.com](http://www.alatheiaridingcenter.com) or call 509-630-8710.

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

## God our Help

Millions watched after Damar Hamlin, safety for the Buffalo Bills, collapsed onto the field. The once cheering stadium, in an instant, became hushed, with all eyes focused on the injured player. As the cameras panned across the field, players huddled together, kneeling in prayer for Damar Hamlin, and in the studio, sportscasters' shaky voices led millions of their viewers to pray for God to help and heal. In an industry and a culture that tries to push God out, God was the only one we could turn to in that moment of crisis.

Thankfully, as of writing this, Damar Hamlin is doing better. Every day he is getting stronger and hopes to make a full recovery soon. However, Hamlin's football career will

have a lasting impact, not because of his accomplishments on the football field but how God used him to bring men to their knees and millions to pray. God uses crises and difficult situations to bring us to an end of ourselves. We often go through life utterly oblivious to the world around us, and we can so easily become delusional that we have it all together. That can change instantly, and suddenly you find yourself at the bottom of life. At that moment, the choice you make can be made to look inwardly or outwardly for hope.

You can (and many people do, unfortunately) turn inward, or as Augustine coined the term, *incurvatus in se*, which means to "curve inward into oneself."

For example, hardships and suffering can cause one to cave in on oneself, causing someone to become resentful, spiteful, and suspicious of the good. Like a collapsing star creates a black hole; likewise, a person who responds to crisis inwardly is left with hopelessness and inescapable darkness.

When facing any suffering, we have to look outwardly. As stated earlier, difficult situations are meant to reveal how powerless we are and how easily the world overcomes us around us. It also forces us to look to God for our help. Take what happened to Damar Hamlin as an example; he is a world-class athlete competing with other world-class athletes on a global stage. The precision, skill, and

athleticism on that football field are unmatched. However, none of it mattered or prevented Damar's injury. Damar still collapsed, the players were left powerless to do anything, and at that moment, Damar's life was in God's hands.



A WALK WITH PASTOR JOHN SMITH

And it was God that everyone looked to. Psalm 121:3 says, "I lift up my eyes to the hills. From where does my help come? My help comes from the LORD, who made heaven and earth." Psalm 121 is the second Psalm in the Songs of Ascents. Psalms in these categories were traditionally sung as whole communities traveled to Jerusalem for the various Levitical feasts. Why Psalm 121 is so profound because it is a powerful reminder of God's aid and is meant to give confidence

to those who believe in him. The phrase "I lift up my eyes" denotes a yearning and longing for relief. To illustrate, in Peter Jackson's film adaptation of the Lord of the Rings: The Two Towers, there is a scene where Aragorn, Gimili, and Legolas are defending the fortress Helm's Deep from the assailing armies of the wicked wizard Saruman. They are overwhelmed and surrounded, and when you think it is all over and defeat is inevitable, suddenly, from the hills rides Gandalf with a multitude of friendly forces to rescue our beleaguered heroes. It is a powerful scene and gives expression to how the psalmist feels. We have all been there. Perhaps you are there now, and you can be assured that you have someone you can turn to.

Notice who the psalmist is looking for and who he recognizes as the source of

his hope. It is undoubtedly not himself nor his situation but God alone. The psalmist includes the words "who made heaven and earth" to communicate the power and sovereignty of God. Since God is the one who created all things and all life is in his hands, he is the only one that can help in our struggles and difficulties. What happened to Damar Hamlin was just what happens every day in this world; the only difference was it was televised to a national audience. Difficulty and suffering happen to people, and they cry out to God, who responds to those afflicted. Though our present situations may be bleak, our help is in God, and he will come.

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

## Obituary & Memorial Policies

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

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

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

### CASHMERE

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



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



**CASHMERE COMMUNITY CHURCH**  
213 S. Division • 509-782-3811  
In-person Service, Sunday, 11 a.m.  
until further notice.  
Pastor Lilia Felicitas-Malana  
[cashmerecommunitychurch@gmail.com](mailto:cashmerecommunitychurch@gmail.com)



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



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



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

### DRYDEN

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

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

### LEAVENWORTH

**CASCADE MOUNTAIN BIBLE CHURCH**  
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11025 Chumstick Hwy.  
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10:30 a.m., Worship Service

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



**LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH**  
418 Evans Street • 509-548-5619  
10 a.m. Sunday Service, Pastor  
Jo Dene Romeijn-Stout  
[leavenworthumc.org](http://leavenworthumc.org)  
[leavenworthumc@outlook.com](mailto:leavenworthumc@outlook.com)

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

**FAITH LUTHERAN CHURCH - ELCA**  
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224 Benton Street • 509-548-7010  
Worship 9:30 a.m. w/coffee following  
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429 Evans Street, 509-470-7745  
Sunday Worship: 11 a.m.  
Website: [www.leavenworthbaptist.com](http://www.leavenworthbaptist.com)  
Email: [info@leavenworthbaptist.com](mailto:info@leavenworthbaptist.com)

**LEAVENWORTH CHURCH OF THE NAZARENE**  
111 Ski Hill Drive • 509-548-5292  
Sunday Worship 9 a.m.  
Lead Pastor: Greg Appleby  
Youth Pastor Paige Derossett  
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**SEVENTH DAY ADVENTIST CHURCH**  
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Saturday Services • Bible Study 9:30 a.m.  
Worship 11 a.m. • Fred Smith • 509-860-3997



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

### MONITOR



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

### PESHASTIN

**LIGHT IN THE VALLEY COMMUNITY CHURCH**  
8455 Main Street  
Sunday Worship 10 a.m. • Pastor John Romine  
[www.lightinthevalley.org](http://www.lightinthevalley.org)



**NEW LIFE FOURSQUARE CHURCH**  
7591 Hwy. 97 • 509-548-4222  
Sunday Worship, 10 a.m.  
Pastors, Darryl and Mindy Wall  
Email: [newlifeleavenworth@gmail.com](mailto:newlifeleavenworth@gmail.com)  
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## Cashmere vs. Cascade game on Friday, January 13

The Cashmere Boys Basketball team (6-9) was set to host their conference rivals, the Cascade Kodiaks (2-10-1), on January 13 in Cashmere. As fans packed into the arena to see the exciting matchup, the teams prepared for an intense game. The Bulldogs were steady with Cascade for the majority of the first half, getting into defensive schemes to force turnovers early. The Kodiaks, however, held the paint down by blocking shots and securing rebounds with ease. The two teams were fairly even by the break, with the Bulldogs leading 32-31 at half. During the start of the second half, Cashmere began to incorporate a full court press into their defensive



By JUSTIN PARDINI, REPORTER

tactics. This created a bit of chaos for Cascade and allowed for fastbreak points to be secured. As the game progressed, critical foul calls and turnovers led to a score of 60-60 with a few seconds left to go. As the clock wound down, Junior guard #2 Landon Baker was able to grab a rebound and lay in the game winning shot with the time expiring. This led to a frenzy of fans and teammates, as the Cashmere Bulldogs beat the Cascade Kodiaks in the final seconds of the match. Baker finished with 22 points and had the game winner to go along with it. Cashmere will face off against their rivals again on January 31 at Cascade High School.

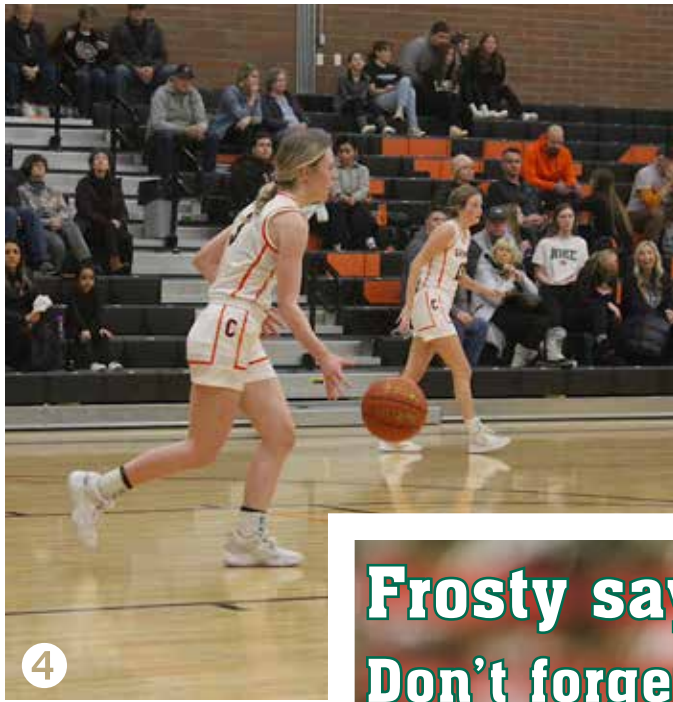


#11 Easton Erdmann draws a foul late in the second half.



White jersey #15 Dalan Smart takes the contact with a layup attempt.

## Cashmere Vs. Quincy January 21



### Girls Basketball: Bulldogs cruise past Quincy in big home victory

The Quincy Jackrabbits (4-12-1) traveled to Cashmere on Saturday evening to face off against the Bulldogs (11-4). Cashmere bolted with a hot start right from the tip off. They were able to move the ball well and were firing on all cylinders, going into the second quarter with a 23-4 lead. They continued to push the pedal, as the Bulldogs dominated the paint and had their three point shots falling with ease. Going into halftime, a lead of 44-8 insured a large margin for this matchup. Quincy attempted to fall into a zone to try and stop shots close to the basket, but



By JUSTIN PARDINI, REPORTER

Cashmere responded with a flurry of three pointers and outside shots. With a final score of 77-12, this match showcased the Bulldog's ability to make shots and run a well oiled machine of an offense that can generate large amounts of points.

### Boys Basketball: Cashmere falls to visiting Jackrabbits

Cashmere (6-11) hosted the Quincy Jackrabbits (14-6) on Saturday January 21. This tough matchup provided a packed arena that fans of both sides came to witness. The Bulldogs opened up with a fast paced offense that sought out cutters and open driving lanes, however, a

PHOTO BY JUSTIN PARDINI

1. Freshman #25 Logan Spies soars in for an open fastbreak layup
2. Junior #15 Dalan Smart goes up with contact for a basket plus the foul
3. Sophomore #42 Leah Kuntz securing a rebound after a missed free throw
4. Junior #3 Brianna Talley bringing the ball up the court to set up offense

### CORRECTION:

Basketball player's name correction from January 18 photo and article #14 is sophomore Aidan Theiss

couple turnovers led to quick buckets by the Jackrabbits. Quincy was able to block shots with ease, as Junior Aiden Bews made his presence felt in the paint. The Bulldogs maintained their ability to drive and kick to the outside for open shots, but not many were falling in the first half. Cashmere trailed 18-36 going into halftime, looking to gain some offensive traction in the second half. Quincy kept pushing after the break by being physical and getting to the foul line. Their defense was impenetrable for the majority of the game and Cashmere was struggling to get anything going. The Bulldogs were defeated with a final score of 69-40, but look to redeem themselves on Saturday, January 28 against Okanogan at home.

## BULLDOG SCOREBOARD

GIRLS BASKETBALL	
Jan. 20:	Cashmere 59, Omak 49 Win
Jan. 21:	Cashmere 77, Quincy 12, Win
BOYS BASKETBALL	
Jan. 20:	Cashmere 51, Omak 69, Loss
Jan. 21:	Cashmere, 40, Quincy 69, Loss

### Sports Schedule

BOYS BASKETBALL	
Jan. 28:	Cashmere vs. Okanogan, Home at 4:30 p.m.
Jan. 31:	Cashmere vs. Cascade, Away at 7:15 p.m.
GIRLS BASKETBALL	
Jan. 28:	Cashmere vs. Okanogan, Home at 3:00 p.m.
GIRLS WRESTLING	
Jan. 28:	Quincy Bring Home Da Beef, Away at 10:00 a.m.
BOYS WRESTLING	
Jan. 26:	Cashmere vs. Omak, Away at 6:00 p.m.
Jan. 26:	Cashmere vs. Chelan, Away at 7:00 p.m.

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  - RECORD
  - MIRROR
  - HERALD
- Print Only - Out of County/In State - \$50 per year
- ECHO
  - RECORD
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  - HERALD
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6	7	9	2	4	1	3	5	8	
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**Legals**

**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**

In the Matter of the Estate of DOUGLAS G. RUSSELL Deceased. No. 23-4-00011-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030 The personal representatives named below have been appointed as co-personal representatives of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the co-personal representatives' attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of:

(1) Thirty days after the co-personal representatives served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of 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 RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: **January 25, 2023**

Co-Personal Representatives: Eric R. Russell, Kyle J. Conway Attorney for the Co-Personal Representatives:

Russell J. Speidel Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00015-04 NANCY L. BAKER Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: DAVID J. BENTSEN WSBA No. 42107 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in The Leavenworth Echo/ Cashmere Valley Record on Jan. 25, and Feb. 1, and 8, 2023. #5174

**Public Notices**

**SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY**

In the Matter of the Estate of MICHAELA C. DELANEY, Deceased. No. 23-4-00015-04 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 the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of:

(1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: **January 25, 2023**

Personal Representative: Nancy L. Baker

Attorney for the Personal Representative: David J. Bentsen Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 23-4-00015-04 NANCY L. BAKER Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: DAVID J. BENTSEN WSBA No. 42107 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in The Leavenworth Echo/ Cashmere Valley Record on Jan. 25 and Feb. 1 and 8, 2023. # 5173



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Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of CAROL IRENE TOEVS, Deceased. NO. 23-4-00002-04 PROBATE NOTICE TO CREDITORS The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: January 18, 2023 PERSONAL REPRESENTATIVE: Kenneth Dale Toevs ATTORNEY FOR PERSONAL REPRESENTATIVE: Thomas D. Overcast ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES 23 South Wenatchee Avenue Suite 320 Wenatchee, WA 98801 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 23-4-00002-04 OVERCAST LAW OFFICES By: /s/ Thomas D. Overcast, WSBA No. 14486 Attorneys for Personal Representative Published in The Leavenworth Echo/ Cashmere Valley Record on Jan. 18, 25, and Feb. 1, 2023



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

CROSSWORD PUZZLE

THEME: SUPER BOWL

ACROSS

- COVID tester
- To overlay with thin gold coating
- Sky bear
- Worrier's worry?
- Fishing spot
- Blackhearted
- Full of coral
- \*2023 Super Bowl stadium sponsor
- Research facil.
- Egg cell
- King Charles to Prince Harry
- Thief's target
- \*2023 Super Bowl Halftime Show star
- Mozart's "L" del Cairo
- Bob Marley's music
- Yam spinner
- "The Poky Little \_\_\_\_"
- Skedaddle
- 18-wheelers
- "Guilty," e.g.
- Fabric inset
- One of the sibs
- \*Super Bowl advertiser's purchase
- Anatolian language
- Decay
- "There it is." † Paris
- "Hold on!"
- \*Home of the Ravens, for both Super Bowl appearances
- Cuckoo for these puffs!
- Curved molding
- Medicinal plant
- Court orders, e.g.
- Sonny & Cher and Abbott & Costello
- Talk like a drunk
- Actor Danson and character Lasso
- "Owner of a Lonely Heart" band
- \*Star of the most-watched Super Bowl Halftime Show

DOWN

- Paddleboarding acronym
- Court order
- Between ports
- Hungarian composer Bela \_\_\_\_\_
- \*Either one of the opposing Super Bowl teams
- FlambÉ
- Position of leadership
- \*2023 Super Bowl AZ location
- Frosts, as a cake
- Hit the road
- Like certain humor
- Disprove
- Dickens's Heep
- Each and all
- One of a set of dice
- Father, colloquially
- Round openings
- Pickled garnish
- \*Last year's Super Bowl winners
- Nimbus, pl.
- Nigerian money
- Torchler's crime
- Elmer's, e.g.
- Found at the pump
- \*Team with most Super Bowl appearances
- Signing tool at the cash register
- Greenwich-related acronym
- Superior ones
- Itsy-bitsy bits
- Patterned table linen
- Lacking clarity
- Bread spreads
- Donned
- As opposed to base in chemistry
- Snatchers' quest
53. Cantina pot
- \*Overwhelming Super Bowl defeat
- Fear-inspiring
- 100 lbs.

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Prescription-only antiviral agents can reduce the length, severity of symptoms of viral infections

Q: Should I contact my doctor for an antiviral medication?

That can depend on which virus you are trying to protect against and how long you have had the viral illness. Several prescription-only antiviral agents can reduce the length and severity of symptoms of your viral infection. However, these antiviral agents only work against one particular virus, like influenza or COVID-19. Currently, no prescription antiviral drugs work on both influenza AND COVID-19.

This is the middle of the influenza season. The flu season that hit the Southern Hemisphere six months ago was one of the most severe in years. Experts are concerned that our flu season here in the Northern Hemisphere will also be worse than usual.

On top of that, the relaxation in wearing masks has caused a jump in upper respiratory viral infections, including strains of COVID-19, influenza, RSV (Respiratory Syncytial Virus), and the common cold.

Many influenza, COVID-19, and RSV symptoms overlap. Before treatment with an antiviral can start, testing



is essential to correctly identify whether your illness is caused by a virus that has a specific antiviral available, like influenza or COVID-19.

Antiviral agents are most likely to reduce symptom severity or length of symptoms when given very early in the illness, as soon as possible from the appearance of symptoms. For influenza, it's best to start antiviral medication no later than 48 hours from the onset of flu-like symptoms. For COVID-19, the time frame of treatment with a prescription antiviral agent is more forgiving. Antivirals active against COVID-19 must be started within 5 days of symptom onset.

In July 2022, the U.S. Food and Drug Administration (FDA) revised the emergency use authorization for Paxlovid® (nirmatrelvir and ritonavir). This decision allows pharmacists to prescribe oral antiviral medication to eligible patients if particular criteria are met. These criteria include evaluating the list of drugs you are

taking and assessing your liver and kidney health to ensure the appropriate use of Paxlovid®.

The FDA took this action to help prevent severe illness from COVID-19. Paxlovid® must be taken within five days after symptoms begin to be effective. Authorizing licensed pharmacists to prescribe Paxlovid® could help provide more timely treatment for COVID-19 to those eligible to receive it.

Suppose you have evidence of a positive home test result from a rapid antigen diagnostic test or a positive PCR test. In that case, you may be eligible for treatment with Paxlovid®. Confirmation of a home rapid antigen diagnostic test with additional direct SARS-CoV-2 viral testing, such as a PCR test, is not required.

Suppose you have tested positive for COVID-19 and want to receive Paxlovid® at a location where prescribing by licensed pharmacists is available. In that case, you will need to bring to the pharmacy certain information to help determine if you are eligible.

The pharmacist needs your electronic or printed health record with recent reports of

appropriate laboratory blood work to screen for kidney or liver problems. Another way the pharmacist could also get this information is by consulting with your doctor.

You will also need to provide a current list of all the medicines you currently take, including any over-the-counter medications, to the pharmacist. This is important because several drugs can react with Paxlovid®, with potentially serious consequences.

If the pharmacist does not have the laboratory test information to assess your kidney and liver function, plus a complete list of your medications, they cannot give you Paxlovid® from their pharmacy. You will need to contact your doctor for treatment options.

Paxlovid® is authorized by the FDA to treat mild-to-moderate COVID-19 illness in adults and children 12 years of age and older who weigh at least 88 pounds. They must have a positive test for SARS-CoV-2 and be at high risk for COVID-19 infection to progress to severe symptoms, hospitalization, or death.

Here Are 3 Tips About Prescription Antiviral Drugs:

1. Start antiviral medications as soon as possible.

Antiviral agents for influenza should be started within 2 days of flu-like symptoms and within 5-7 days of signs of COVID-19.

2. Know what virus you are dealing with.

To select the appropriate antiviral, your medical provider needs to know which virus you have. Documentation of a positive COVID test is required to be eligible for a COVID-19 antiviral.

3. An oral antiviral agent for COVID-19 may be available from your local pharmacy.

Several criteria are needed to be eligible for the antiviral Paxlovid® to help fight COVID-19, including a positive COVID-19 test and no more than five days since your symptoms started.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2023 Louise Achey

Concerned about flooding? Ensure your home and belongings are protected

STATEPOINT - According to the Federal Emergency Management Agency (FEMA), floods are the most frequently occurring natural disaster in the United States, which is why it is important to understand the risks

and costs associated with flooding, and what you can do to protect your home.

Rampant storms and hurricanes are not the only causes of flood damage - leaky pipes can cause just as much water damage and put a huge hole in your wallet, too. According to FEMA, just 1 inch of water in a home can cost more than \$25,000 in damage.

What can you do to protect your home in the event of a flood? First, make sure you have flood insurance. Some people may think they don't need flood insurance because of where they live. Many may also assume that flooding is included in their homeowners insurance policy when in fact, most homeowners policies do not cover flooding.

Why is that? A string of flood disasters occurred throughout the '40s, '50s and '60s that put tremendous financial strain on private insurers, so in response, the federal government created the National Flood Insurance Program (NFIP) to protect homeowners, renters and businesses.

Talk to your insurance agent about getting flood insurance through NFIP. Some companies offer additional unique options. For example, Erie Insurance recently began offering a



(c) Image Source / iStock via Getty Images Plus

Many homeowners assume that flooding is included in their homeowners insurance policy when in fact, most homeowners policies do not cover flooding.

coverage called Extended Water that covers damage caused from flash floods, inland flooding, storm surges, snow melt and more. It covers the home and its foundation, electrical and plumbing systems, air conditioning equipment, furnaces and heaters, appliances and personal possessions, such as clothing and furniture. It even offers coverage if you need to temporarily relocate while your home is being repaired.

"As the frequency

of flooding increases, homeowners need to understand that flood insurance is typically not included in their standard homeowners insurance policy, but there are options available," said Michelle Tennant, vice president of product management, Erie Insurance. "Even if you don't live in an area that you think is flood-prone, if it rains or snows, it can flood. That's why it's so

important to talk to your agent about your home and your neighborhood, to make sure you have the coverage that's right for you."

To learn more about flood insurance, contact your agent or visit <https://www.erieinsurance.com/flood-insurance>.

As flooding becomes more frequent, make sure that you have the insurance you need to protect your home and belongings.



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