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Chelan PUD and Puget Sound Energy Announce Long-Term Clean Energy Contract

Agreement provides valuable carbon-free energy to Northwest electric customers

Submitted by Rachel Hansen, CCPUD Senior Communications Strategist

WENATCHEE and BELLEVUE – Puget Sound Energy (PSE) and Chelan County Public Utility District (PUD) today executed a contract for renewable hydropower from the PUD’s two projects on the Columbia River.

The 20-year contract increases Puget’s carbon-free resources toward its future renewable energy goals, as well as contributes flexible capacity to identified needs in Washington.

The competitively priced contract provides Puget Sound Energy with 25% of the output from the PUD’s Rock Island and Rocky Reach hydropower projects from 2031 to 2051.

PSE’s current contracts with Chelan PUD, expiring in 2026 and 2031, provide a portion of the output from the two Columbia River projects.

“We have 70 years of partnership selling a share of our hy-



PHOTO SUBMITTED BY CCPUD

Rock Island Hydro Project on the Columbia River in Central Washington.

dropower output to Puget Sound Energy,” said PUD General Manager Kirk Hudson.

“Along the way, these energy contracts become even better for our customer-owners by recognizing the increasing value of hydropower, while providing financial stability and predictability.”

Chelan PUD offers a mix of short-term market-based and

long-term cost-based products. Both types of contracts are based on selling a “slice” of Chelan’s hydropower output.

The value of hydropower has increased as a carbon-free renewable source of energy. Those environmental attributes are in demand as companies look to satisfy new regulatory requirements through the Climate Com-

mitment Act and Clean Energy Transformation Act.

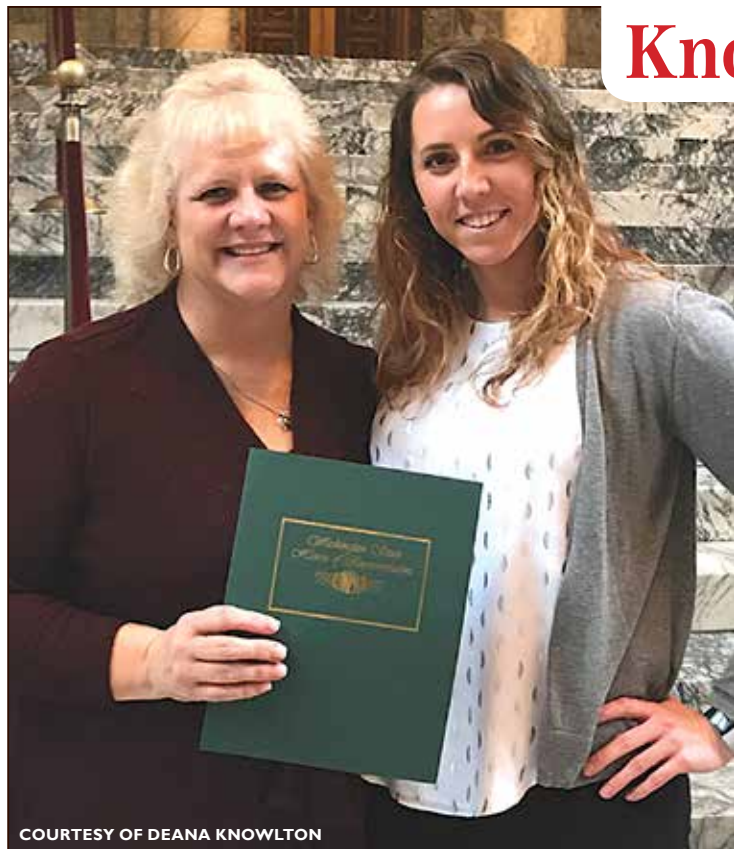
“We are pleased to continue our partnership with Chelan PUD to provide clean, reliable and affordable hydropower to our customers,” said Ron Roberts, PSE’s vice president of energy supply.

“It’s another important step on our way to serving customers with 100% carbon neutral resources by

2030 and 100% clean electricity by 2045. In addition to clean energy and capacity, PSE’s 25% share will continue to provide a reliable source of resource adequacy and the ability to integrate renewable resources for our customers.”

The contract was negotiated over the past 18 months and

SEE CLEAN ENERGY, PAGE 8



COURTESY OF DEANA KNOWLTON

Deana Knowlton and daughter, Kari, stand on the steps of the Washington State House of Representatives holding a copy of a House Resolution adopted in January 2018 honoring the life of Gary Knowlton.

Knowlton seeks more help for victims, more accountability for offenders

By Mike Maltais
Staff writer

OLYMPIA – For the first time in more than six years since she lost her husband, Gary, to a drunk driver, Deana Knowlton testified before lawmakers in support of a bill to provide more counseling to traumatized victims like herself.

House Bill 1501 introduced by 12th District State Representative Mike Steele would authorize additional counseling services for immediate family members of homicide victims.

HB 1501 is among a group of bills legislators have put forward in response to the alarming spike in statewide traffic deaths.

Knowlton wants to see more professional counseling for homicide victims.

“They feel that 12 visits are a magic number that you’re going

to be cured from any homicide trauma,” Knowlton said citing her own experience as an example that more is needed.

“In my first three years I had 273 counseling sessions,” said Knowlton who continues with the therapy.

“This is the first time I have testified,” said Knowlton “because all the previous bills were shot down.”

What appears to be different now is last year’s increase in traffic-related deaths when accidents claimed nearly 750 people, the most in more than 30 years. The legislative response has been a number of bills including HB 1501 that Knowlton supports aimed at addressing traffic fatalities and surviving victims. Some examples:

- SB 1582 bans right turns at red lights within a thousand feet of schools, hospitals, and playgrounds.
- SB 5002 reduces the breath or

blood alcohol content (BAC) for drivers from 0.08 to 0.05.

• HB 1513 shifts the emphasis of police traffic stops from low-risk or non-moving stops to those like speeding, reckless or impaired driving.

• SB 5272 authorizes speed limit cameras in highway work zones.

• SB 5560 reduces older driver safety by increasing their license renewal frequency.

• SB 5032 extends the felony timeframe for fourth DUI from 10 to 15 years.

• SB 5430 creates a scholarship fund for low-income driver education.

• HB 1319 requires license re-examination for a driver who causes substantial bodily harm in a collision.

SEE KNOWLTON, PAGE 16

IN THIS ISSUE

Rep. Goehner Legislative Update.....	2	Marketing 101	13
Sen Hawkins Legislative Session	3	Top Properties Real Estate.....	14-15
Senior Focus Section.....	4-5	To Our Health	17
Schrier on Health Care for Children....	6	Retail Reports	18
Keeping Up With People	7-8	Improve your life & career	19
BNCW Section	9-12	Free Time	20



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NEWSSTAND LOCATIONS

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 106 Okanogan Ave.
 Safeway, 501 N. Miller St.

East Wenatchee

Safeway, 510 Grant Road

Cashmere

Martin's IGA Market Place
 130 Titchenal Way

Leavenworth

Dan's Food Market
 1329 U.S. Highway 2
 The Leavenworth Echo
 215 14th St.

Chelan

Safeway, 106 W. Manson Rd.
 Lake Chelan Mirror
 131 S. Apple Blossom Drive, #109

Brewster

Quik E Mart #2 (Exxon)
 26048 U.S. Highway 97

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Rep. Keith Goehner's Legislative Update: Town hall thank you, housing legislation and public safety

By Keith Goehner

I want to thank everyone who participated in the Zoom Virtual Town Hall event Rep. Mike Steele, and I held February 1. We had over 150 people online from all regions of the 12th District. It was good to hear from folks in the new part of the district and see people engaged in the legislative process. Constituent input is always welcome and encouraged. We have tentatively scheduled our next Virtual Town Hall for Thursday, March 16 at 7 p.m. This will be after the cutoff date for the House of Representatives to move bills, so we will be able to discuss what passed the House, what didn't, what legislation is coming over from the Senate and much more.

Affordable housing

No one disputes that there is an affordable housing issue in Washington state. We are producing fewer housing units per household than any state in the country. Yet some of the legislation we are seeing would add more burden to local governments and builders.

One of those bills is House Bill 1181. It would add climate change and resiliency goals to the Growth Management Act (GMA) on cities with a population of 6,000 or more and counties

with a population of 100,000.

Many local entities are challenged to meet the original GMA goals. This legislation would add more requirements and increase the workload of our local governments making it extremely difficult or unattainable to reach these GMA goals.

Our goal is to address unnecessary regulatory costs and fees, permitting delays, overly restrictive zoning laws, and making changes to the Growth Management Act to provide more affordable housing. Unfortunately, this bill and others will take us in the opposite direction.

Real solutions to address housing crisis

Below are some of the housing solutions we are working on. They include: House Bill 1401 would expedite housing permits; House Bill 1402 would expand development boundaries; House Bill 1245 would increase housing options through lot splitting; and House Bill 1633 would create a Homes for Heroes Program.

Public Safety

If you have been following the news, you know the vehicle pursuit issue continues to make headlines. There is strong bipartisan support for a fix in the

House. House Bill 1363 has about 40 sponsors, evenly split between Republicans and Democrats. It was scheduled for a vote in committee February 16. While it looks encouraging in the House, the battle may be in the Senate. The chair of the Senate Law and Justice Committee has indicated she will not move the House bill or a Senate version.

We have heard from local government officials who are concerned about their communities. Businesses across Washington state, and law enforcement are asking to address this serious public safety matter.

In the House, some of the other public safety solutions we are focusing on beyond vehicle pursuit include:

House Bill 1380 would add more police officers on our streets; House Bill 1415 would recriminalize hard drugs to a gross misdemeanor; House Bill 1682 would address the rise in auto thefts; House Bill 1456 would redefine retail theft. Keeping our families, neighborhoods, and streets safe continues to be a high priority for many this session.

Follow the Legislature

The policy cutoff was Friday, February 17. It was the last day policy committees could consider and approve bills in the chamber in which those measures originated. This is significant because if a policy bill is not voted out of its respective committee it is con-

sidered "dead" for the rest of the session. There are certain extenuating circumstances that could revive a bill, but it does not happen very often.

A reminder below are some websites and links that will help you stay engaged this legislative session.

My legislative website, *RepresentativeKeithGoehner.com*. Here you can find contact information, bio, news releases, email updates, videos, radio appearances, and much more. The Ledger, a legislative news aggregator; Capitol Buzz – Daily news clips Daily news clips; 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. Legislature's website bill reports, committee agendas, and information about upcoming activities in the Legislature. While it is not a virtual session, you can still testify remotely. Please do not hesitate to reach out to me with questions, concerns or comments. I appreciate your input and feedback.

RepKeithGoehner@updates.leg.wa.gov



Rep. Goehner with committee members.

Rep. Keith Goehner appointed to State Building Code Council

By Keith Goehner

Rep. Keith Goehner, R-Dryden, 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.



A proud history of clean energy leadership continues

By Senator Brad Hawkins

It has been exciting to read about the progress Douglas County PUD has been making toward its Wells Hydrogen Project and the possibilities of our region accessing federal funds under the Department of Energy's regional hydrogen hubs initiative.

While some people in our state may just be beginning to hear about the potential benefits of renewable hydrogen, local utility officials and I have been proudly pushing the potential benefits of renewable hydrogen for several years.

Back in 2019, I partnered with Douglas County PUD to sponsor and pass my Senate Bill 5588 to authorize public utility districts to produce and sell renewable hydrogen.

Back then, I had to educate myself and my colleagues on renewable hydrogen and how it could benefit us all.

In short, hydrogen (H₂) is a colorless and odorless gas that can be created from a process that uses electricity to separate hydrogen and oxygen molecules in water. I knew gaining a new "authority" for PUDs to produce and distribute hydrogen wasn't going to be easy.

I worked closely that year with Douglas County PUD because of their interest in using surplus hydropower to produce hydrogen. After months of hard work by everyone involved and lots of

bipartisan support, Senate Bill 5588 eventually passed to allow for the production and sale of PUD "renewable hydrogen," which is defined as hydrogen created from an emissions-free electricity source.

The Governor signed the bill in April 2019. Fast forward a few years and following COVID delays, renewable hydrogen will soon be developed in Douglas County.

This new authority will provide our hydroelectric facilities with a new way to address an ever-increasing challenge. With the expansion of wind and solar generation across many western states, the Pacific Northwest's electric grid experiences periods of surplus power generation in the spring.

During springtime snow melt, hydropower generation is abundant because of high flows in the Columbia River. Wind and solar generation are often strong in the spring as well.

Not generating power by spilling excess water through our dams can adversely impact fish and securing buyers for our hydropower when supply exceeds demand can be financially ineffective and challenging.

Using surplus hydropower electricity (renewable hydropower) to produce "renewable hydrogen" is an exciting opportunity because it can be both

SEE ENERGY, PAGE 6

Washington's K-12 school funding and the rising costs of expanded services

By Senator Brad Hawkins

Washington state supports over 1.1 million students in its public schools by providing funding to each school district based on enrollment. Our state Constitution designates education as our paramount duty – in other words, our top priority.

When it comes to the full funding of basic education in our state, we've seen many disagreements. A decades-long debate in the 1980s and 1990s eventually resulted in a major lawsuit, known as the McCleary case. As you may recall, the State Supreme Court issued its McCleary decision in 2012, bringing signifi-

cant changes to Washington state school funding.

Our school funding system was already complicated prior to the McCleary decision, and it remains difficult to understand.

Generally speaking, school districts receive state funding based on the total number of students enrolled in their districts. School districts also receive funding from local and federal sources and can apply for various grants to support expanded services.

While state and federal funding is allocated in government budgets, local funding to school districts is provided

by voters through community-approved property tax levies.

For many years, school districts had been using local levy dollars to supplement their state and federal funding, some arguing that increasing levy amounts were necessary due to insufficient state dollars.

After the State Supreme Court issued its McCleary decision, the Legislature responded by significantly increasing state funding while implementing strict caps on levy requests to protect property owners.

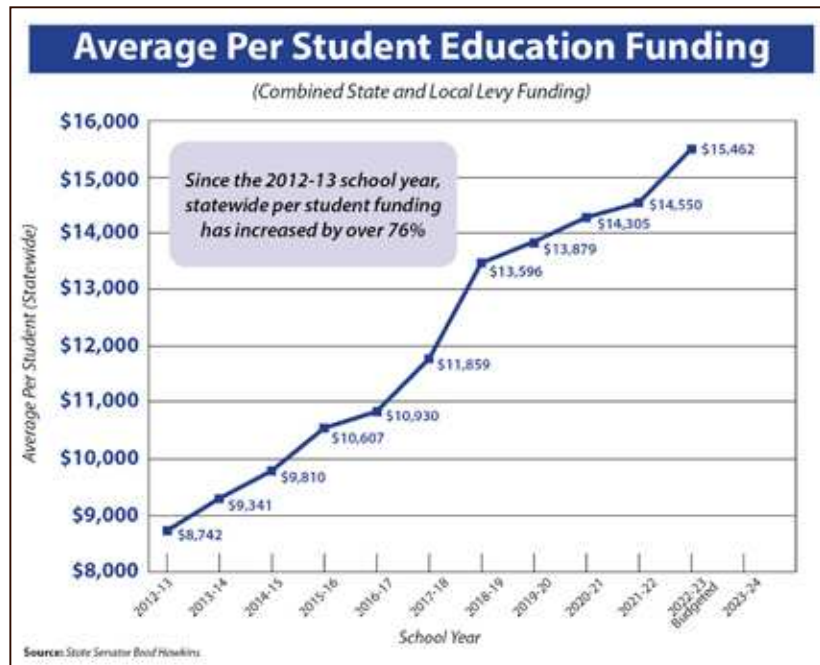
The Legislature later removed the cap on school levies, which I did not support. This allowed school districts to request significantly more local funds despite the recent increases in state dollars.

As a result, per-student funding (in state and local dollars) continues to increase each year even after increased state funding was directed to districts following the McCleary decision.

Ten years ago, for example, in the 2012-13 school year, districts received \$8,742 per student in state and local dollars. For the 2022-23 school year, school districts will receive approximately \$15,462 per student.

Services during this time have also greatly expanded. As a result of changing state policies, increased public expectations and individual school board decisions, many school districts are now providing a range of meal, childcare,

SEE SCHOOLS, PAGE 8



NAMI Chelan/Douglas to expand

Submitted by Summer Starr, Deputy Director NAMI Washington

Local NAMI affiliate NAMI Chelan/Douglas is seeking to expand their service area to Okanogan and Grant counties to become NAMI North Central Washington.

The expansion effort is being supported by Beacon Health Options. "Beacon Health Options is thrilled to partner with NAMI Washington to support the expansion of the North Central NAMI Affiliate to include Grant and Okanogan counties," says Brian Rebar, NCWA Community Engagement Coordinator for Beacon Health Options.

"This work is laying the foundation to establish a stronger presence and leadership structure in the North Central region as well as bringing much needed peer programming and resources to our communities."

NAMI (or the National Alliance on Mental Illness) is a national non-profit organization with state and local affiliates in Washington State. NAMI Chelan/Douglas provides mental health support, education, and advocacy for the greater Wenatchee Valley area through online and in-person support group meetings as

well as multi-session educational courses on mental illness.

Locals can attest to the positive impact that NAMI Chelan/Douglas has had on the area so far.

"NAMI helped me navigate the horrible mental healthcare system in the state of Washington. Without the support of NAMICD, I'd have many doubts and guilt on how things turned out for my son. NAMI was the only organization that helped me through my tragedy," writes Janice Daines of Wenatchee.

Nancy Bartholomew of Leavenworth found help through NAMI as well, writing "I had been in health care in Washington as a RN and Nurse Practitioner about 40 years before I heard about NAMI. Our family was having difficulty dealing with a relative with a new onset of mental illness, and we had no idea where to turn. My husband and I took [a] series of classes, and found them to be very informative, reassuring and enlightening. We did not feel alone any longer."

In order to expand to new counties, NAMI Chelan/Douglas is actively looking to recruit regional representatives for their Board of Directors.

Board Members play an important role

in the growth and support of the organization.

"We are looking for leaders in the region who want to see community-driven mental health support grow strategically," said Summer Starr of NAMI Washington, the state organization supporting affiliate growth.

Regional board members are expected

to serve an average of 4-16 hours per month. Individuals from Chelan, Douglas, Okanogan, and Grant Counties are all welcome to apply.

If you're interested in learning more about board positions, volunteer opportunities, resources, programs, or about NAMI in general, please contact Summer Starr at [sstarr@namiwa.org](mailto:ssstarr@namiwa.org) or visit namidc.org.



Annual Wellness Exam is Key to a Healthy Year for Older Adults

(StatePoint) You've selected your insurance plan for the year.

Now, it's time to start using your benefits, beginning with an annual wellness exam.

An annual wellness exam with a health care provider is important for everyone,

but especially for older adults.

As we age, we are more likely to develop chronic health conditions, according to Dr. J.B. Sobel, chief medical officer for Cigna Medicare, which serves hundreds of thousands of older adults through

its products. An annual wellness exam can help detect potential health issues early so they can be addressed before they worsen, he added.

"By meeting with your primary care provider early in the year, you can highlight the things that

are important to you, and work together to develop a plan for your care for the year ahead," Sobel said.

"This will ensure you live each day with vitality, happiness, and improved health. Many providers will reach out to schedule an annual wellness exam. If your provider doesn't contact you, make sure to call them.

A number of annual check-ups are available at no extra cost to those with Medicare. They include a "Welcome to Medicare" visit for customers who have just reached Medicare eligibility and an "Annual Wellness Exam" for existing customers.

Many Medicare Advantage (MA) plans offer more extensive annual visits at no extra cost. Some even offer incentives for completing a visit.

Talk with your provider and Medicare insurer about your benefits. Each annual exam may be a little different. Regardless of the type, Sobel offers the following tips to ensure you get the most from your visit.

Prepare. Before you go, write down anything you'd like to discuss with your health care provider, including changes to your health over the past year.

Bring your prescription and over-the-counter medications with you. Ask plenty of questions and take notes.

You might even want to take along a family member, trusted friend, or caregiver to ensure you understand everything your provider has shared.

Be open and honest. It's tempting to make things look rosier than they are



Stock photo

when talking to your health care provider, but minimizing what you are feeling can lead to an incorrect diagnosis or prescription.

Speak openly about unhealthy habits, like smoking or lack of exercise.

Your provider won't judge you. Being honest is the only way your health care provider can help you reach your goals.

Mind mental health. Your emotional health impacts your physical health.

Many people think depression is a natural part of aging, but it doesn't have to be.

Talk to your doctor if you are feeling sad, anxious, or hopeless. Treatments, such as talk therapy, medication, or both, may be covered by Medicare.

Monitor medications. Adults age 65 and older tend to take more medications than other age groups, increasing the risk for adverse reactions, such as cognitive impairment and falls.

It's a good idea to take your medications to your annual wellness exam and discuss any potential problems or side effects you're

experiencing.

Don't forget about over-the-counter drugs, vitamins, or nutritional supplements you take. Schedule screenings and get vaccines.

There are a number of important health screenings and vaccines that you may need depending on your age and gender, such as colon cancer screening, bone density test, mammogram, flu shot or COVID-19 immunization.

Ask your provider about the screenings and vaccines you've had already and schedule any you need as soon as possible.

You may even be able to do that before you leave the office. Also, don't forget to visit your eye doctor and dentist.

These visits are covered by many MA plans as well. Find out more at www.cignamedicare.com.

"You wouldn't drive your vehicle without proper preventive maintenance, so please don't ignore preventive maintenance for your most prized possession – your health," Sobel said.

"An annual wellness exam is a great place to start!"



PHOTO SOURCE: (c) PeopleImages / iStock via Getty Images Plus

March is National Colorectal Cancer Awareness Month

Save Lives with Prevention Awareness


By Colorectal Cancer Alliance

Colorectal cancer, or CRC, is the second deadliest cancer in the United States. Every March, National Colorectal Cancer Awareness Month spotlights this disease and inspires more people to get checked starting at age 45. Two reasons why getting checked matters:

- Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.
- Screening can also find colorectal cancer early when treatment is most effective.

One in 24 people will be diagnosed with CRC in their lifetime, but you can make a difference today. Learn about ways to build awareness, how to get support, and more below. Tomorrow can't wait. If colorectal cancer is highly preventable with screening, and it's highly treatable when caught early, then

why is colorectal cancer the second deadliest cancer in the U.S.? It's a great question with a complicated answer. A lack of knowledge about prevention and limited access to screening has a lot to do with it, and a third of people who could get checked don't. A missed or delayed screening gives colorectal cancer a chance to grow and become more dangerous long before symptoms appear. To raise the profile of this disease and encourage screening, President Clinton designated March as National Colorectal Cancer Awareness Month in February 2000. Since then, it has grown to be a rallying point for the colorectal cancer community where thousands of patients, survivors, caregivers, and advocates join together to spread colorectal cancer awareness. Getting checked can't wait. This March, join the Alliance in saving lives through prevention awareness.



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Ask...

Dr. Louise

The synthetic thyroid hormone levothyroxine is the most prescribed medication in the United States. My mother took levothyroxine and constantly worried about what might happen if she didn't take it "correctly." After sitting down to breakfast, if she saw her yellow levothyroxine tablet still on the counter, she'd skip her dose that day.

"It says right on the pill bottle to not take my thyroid medicine with food."

"Mom, if you DO forget to take your levothyroxine before you eat breakfast, the worst that could happen is your body won't get the full dose. That's because your food will interfere with how well levothyroxine is ab-

sorbed from your stomach and intestine."

"Taking your thyroid pill with breakfast will give you a lower dose for that day, but skipping it entirely guarantees you'll get NONE at all, which will affect you more than getting less than the full dose."

My mother wasn't the only one who struggled to take her thyroid medicine.

85-year-old Ellen set her alarm for 5 a.m. every day to take her levothyroxine in the mornings before she ate anything. Otherwise, she worried that she'd forget to take it.

Ellen took her thyroid at 5am, her morning heart medicine with breakfast at 8 a.m., her evening heart

Q: The label on my bottle of thyroid medicine says to take it in the morning on an empty stomach. But sometimes I forget to take it until AFTER I've eaten breakfast. Is it still okay to take it?

medicine with dinner, and her cholesterol medicine simvastatin at bedtime. Taking medications 4 times a day felt overwhelming.

"I want to take my medicines correctly, but it's so hard to remember to take all of them the way I'm supposed to."

"You don't have to take your thyroid in the morning," I assured her.

I suggested she take her thyroid and cholesterol medicine together at bedtime, so she only had to take pills three times a day. She could ensure she was taking levothyroxine on an empty stomach if she took it at least 3 hours after her evening meal.

Within 2 weeks of taking her thyroid medicine at night instead of waking up at 5 a.m., she felt less

overwhelmed and more energetic. Just as important, she no longer worried about taking her medicine correctly.

"It's a relief to have less to remember and wonderful to have more energy!"

Thyroid hormones control an essential part of your metabolism. First, your thyroid gland secretes a form of thyroid hormone called T3, or liothyronine, into your bloodstream. Your T3 is then converted to the more active form of thyroid hormone, called T4. Specialized proteins called enzymes change your less active T3 molecules into T4. Levothyroxine is a synthetic version of T4 that is taken once daily.

Your doctor monitors your thyroid level by measuring the amount of TSH

(thyroid stimulating hormone) in your blood.

TSH is only a messenger, not your thyroid hormone. Low thyroid hormone levels will trigger the secretion of TSH into your blood. This tells your thyroid gland to release more T3, which your body transforms into the active thyroid hormone, T4.

It may seem backward, but when the TSH in your blood is elevated, your body is asking for MORE thyroid hormone. If your TSH is too low, you need LESS thyroid hormone.

5 Ways to Get the Most Out of Taking Levothyroxine:

1. Be consistent. Levothyroxine is absorbed best if you take it with a completely empty stomach. This means at least 30 minutes before a meal or 3-4 hours after eating. Taking it the same way, every time will give you a consistent dose and help keep your thyroid level stable.

2. Avoid taking it with coffee and tea. Coffee and tea can decrease how much levothyroxine you absorb by nearly 30%. If possible, take your thyroid

supplement BEFORE your first cup of coffee.

3. Don't skip doses. Even if you forget to take it at your usual time, absorbing some of the thyroid medication you need is FAR better than getting none.

4. Avoid taking mineral supplements with levothyroxine. Many minerals interfere with levothyroxine absorption. This includes calcium, iron, aluminum, magnesium, and any supplements containing those minerals. Take these mineral supplements later in the day, at LEAST 2 hours before and 4 hours after taking levothyroxine.

5. Consider taking it at bedtime. If you can avoid snacking after your evening meal, bedtime can be an ideal time to take levothyroxine. Allow 3-4 hours between your dinner meal and taking your thyroid.

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

Take These 6 Steps to Manage Your Blood Pressure

(StatePoint) High blood pressure, also known as hypertension, affects nearly half of adults in the United States, and only about 1 in 4 with this condition have it under control, according to the Centers for Disease Control and Prevention (CDC). Hypertension can be dangerous and, in many cases, fatal. In 2020, it was a primary or contributing cause of more than 670,000 deaths nationwide. Medical experts say that controlling your blood pressure is possible and it starts with having the right information. "Nearly half of all American adults have high blood pressure, and many don't even know it. High blood pressure is a 'silent killer,' often having no overt symptoms, but increases the likelihood of heart attack, stroke and other serious health risks. I urge you to know your numbers and make the simple lifestyle changes that can help you control your blood pressure and live a long and healthy life," says Jack Resneck Jr., M.D., president of the American Medical Association (AMA)

To get on the right track, consider these tips and insights from the AMA:

1. Know your numbers. Hyper-

tension is diagnosed when your systolic blood pressure is greater than 130 mmHg or your average diastolic blood pressure is greater than 80 mmHg. Visit ManageYourBP.org to better understand your numbers.

2. Monitor blood pressure. Once you learn your blood pressure numbers, take, and keep regular records using an at-home blood pressure monitor. For an accurate reading, the CDC says to sit with your back supported for 5 minutes before starting and wait at least 30 minutes after drinking or eating a meal. You should also avoid stimulants for at least 30 minutes beforehand, as the CDC says that smoking and drinking alcohol or caffeine can elevate your blood pressure. If you take medication for hypertension, measure your blood pressure before your dose. Share your numbers with your health care provider.

3. Eat right. Reduce your intake of processed foods, especially those with added sodium and sugar. Eat less red meat and processed meats, and add more plant-based foods, such as vegetables, fruits, nuts, seeds, and olive oil to your diet. Also, reduce your consumption of sugar-sweetened beverages

and drink more water instead. Drinking sugary beverages, even 100% fruit juices, is associated with a higher all-cause mortality risk, according to a study published in JAMA Network Open.

4. Drink alcohol only in moderation. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

5. Be more physically active. Do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity. Be sure to include a mix of cardiovascular exercise, strength training and flexibility. Obtain guidance from your doctor if you aren't sure if it is safe for you to exercise.

6. Maintain a healthy weight. If you are overweight, losing as little as 5 to 10 pounds may help lower your blood pressure. Consult your doctor about safe ways to maintain a healthy weight. "Unmanaged hypertension can have life-altering consequences," says Dr. Resneck. "The good news is that there are many ways you can take control of your blood pressure and your health."

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Rep. Schrier Introduces Bipartisan Bill to Expand Health Care Access for Children

Submitted by Office of Rep. Schrier, 8th District, Libby Carlson

WASHINGTON, DC – U.S. Representative Kim Schrier (D-WA) has introduced the Kids' Access to Primary Care Act.

This bipartisan piece of legislation will increase access to primary care for children and families by strengthening Medicaid.

"As a pediatrician, I have seen firsthand the impact that proper medical care can have for the health and wellbeing of families and children. The current Medicaid payment rate has led to fewer available doctors, longer waiting periods, and overall reduced health care coverage for families across the country. My bill offers

a commonsense, clear solution," said Rep. Schrier.

"Almost half of the children in the United States are insured through Medicaid, so the best way to take care of our kids is to strengthen Medicaid."

Currently, Medicaid pays at a lower rate than Medicare for the same primary care procedures and service.

This severely reduces the number of providers who participate in Medicaid and limits access to health care for children and families.

In Washington alone, 2.1 million are insured through Medicaid. This includes over 900,000 children who depend on the program for physicals, vaccinations, and other vital primary care needs.

Rep. Schrier's bill ensures

Medicaid pays at least the same rate as Medicare. Experts agree that higher Medicaid payment rates will increase the network and access to care for Medicaid patients.

Congresswoman Schrier is joined in introducing this bill by Representative Brian Fitzpatrick (R-PA) and Representative Kathy Castor (D-FL).

"Medicaid covers one in three children in Pennsylvania. "Now, more than ever, during this health pandemic, it is vital that we ensure all families in our communities have access to the care they need," said Rep. Fitzpatrick.

"Our bipartisan, Kids' Access to Primary Care Act, will fix coverage problems, expand eligibility for addi-

tional providers, therefore broadening the provider network, and guarantee that families in Pennsylvania, and across our nation, are provided the necessary care to lead full, healthy lives."

"Comprehensive health coverage under the Affordable Care Act and Medicaid is vital for women and children, especially as the public health emergency nears an end.

"Our pediatricians and other primary care providers keep families healthy and well. Our bill ensures that all families in Florida and across the country receive the health care they need," said Rep. Kathy Castor.

"When we fail to invest in the health care system

children rely on – including Medicaid, which provides health care coverage for more than half of all U.S. children – their access to care suffers.

"We witnessed this failure this past fall, when the surge in pediatric respiratory illnesses, combined with the ongoing youth mental health crisis and the immense strain placed on hospitals and pediatric practices, led to major challenges for families seeking care.

"The Kids' Access to Primary Care Act includes needed, practical solutions to fix this, such as aligning Medicaid payment rates with Medicare for primary care services, including for pediatric subspecialties.

"The American Academy of Pediatrics thanks Representatives Schrier (D-Wash.), Castor (D-Fla.) and Fitzpatrick (R-Pa.) for their continued leadership and calls on Congress to advance this important bipartisan legislation without delay," said AAP President Sandy Chung, MD, FAAP.

"Family physicians know how important it is for children to have timely and equitable access to primary

care.

"The AAFP supports the Kids' Access to Primary Care Act, which will help raise Medicaid payment rates for primary care services to Medicare levels. Increasing access to Medicaid coverage leads to better health outcomes and reduces longstanding health disparities.

"We urge Congress to pass this bipartisan legislation to improve access to care and ensure primary care physicians have the resources they need to treat pediatric Medicaid patients," said American Academy of Family Physicians President Tochi Iroku-Malize, MD, MPH, FFAFP.

Access to Medicaid for children can be life changing. Studies have shown that enrolled children, compared to their uninsured peers, are more likely to have a medical check-up, see a dentist, and even perform better academically.

This legislation is supported by the American Academy of Pediatrics, American Academy of Family Physicians, and other organizations supporting the health of children and families.

WVC Foundation receives \$5,000 for Knights Kupboard food pantry

Submitted by Rachel Evey

The Wenatchee Valley College Foundation received \$5,000 from the Wenatchee Valley chapter of the National Association of Professional Mortgage Women (NAPMW) to support the WVC Knights Kupboard, the on-campus food and essentials pantry for students.

The funds were raised through a NAPMW dinner and auction held in December 2022.

"We are extremely proud to give back to the community. Our members support the needs of WVC students and strive to make their educational journey a success," said Lorena Urrutia, NAPMW board member.

"WVC students facing food insecurity will get much needed support and resources thanks to the Knights Kupboard."

Donations received from WVC faculty, staff and the community

help keep the Knights Kupboard stocked and open year-round.

Since the COVID-19 pandemic, the pantry has served twice as many students weekly as it has in the past.

"Being a recipient of this fundraiser is such an honor," said Bertha Sanchez, WVC counselor.

"The support from NAPMW will ensure WVC students facing food insecurity will get much needed support and resources."

For more information about the Knights Kupboard, visit wvc.edu/Counseling.

Founded in 1964, the National Association of Professional Mortgage Women (NAPMW) is a community of professionals who engage in the mortgage/banking industry. NAPMW Wenatchee Valley is one of 10 national branches.

Learn more at napmw.org.

The WVC Foundation was in-

corporated in 1971. The foundation's mission is to provide equitable access to education and invest in student success through

philanthropy. For information on how to make a gift to the foundation, establish a scholarship or include the WVC Foundation

in your estate plans, contact (509) 682-6410.

Visit the WVC Foundation website at wvc.edu/Foundation



NAPMW presents a \$5000 check to WVC Foundation in January 2023.

CONTINUED FROM PAGE 3

A proud history of clean energy leadership continues

environmentally and economically beneficial. If power demand is low but water flows are high, the PUD can produce hydrogen rather than just spilling the water and harming fish.

Less water spilled means more financial value from the water itself. As owners of the PUDs, anything that benefits a PUD will ultimately help its customers, so it's a win-win.

Renewable hydrogen is a

cleaner version than hydrogen produced in most parts of the world because hydropower is a non-emitting electricity source.

Hydrogen can serve many purposes, but one of its uses is clean fuel for vehicles.

Hydrogen-based vehicles, similar to plug-in electric, produce zero greenhouse gas emissions. Plug-in electric vehicles, like Teslas, have a huge

head start over hydrogen vehicles.

It could be that hydrogen as vehicle fuel may be better suited for heavier-duty commercial vehicles, like utility rigs and semi-trucks, but it certainly could have a key role in our future zero-emissions transportation system.

In 2021, two years following the passage of my Senate Bill 5588 for PUD hydrogen, I sponsored and

passed Senate Bill 5000 to extend sales tax incentives to hydrogen vehicles similar to our existing incentives for plug-in electric vehicles.

That same session – continuing the partnership with Douglas PUD and other officials – I sponsored a transportation budget item to fund the state's first combo fast-charging electric vehicle and hydrogen fueling station. It will

soon be located in East Wenatchee.

Creating clean fuel from our surplus hydropower and actually fueling vehicles locally will be quite exciting. If the state invests in hydrogen fueling stations at our ports, we'll be able to haul the world's best apples from Wenatchee to Seattle on zero-emissions hydrogen semi-trucks, refueling at the port in just five minutes before the return trip.

If the west coast continues to build fueling stations along its interstates, we'll likely be able to travel

across multiple states. If the Pacific Northwest ultimately becomes a "hydrogen hub," anything is possible.

Renewable hydrogen has certainly gained incredible interest – locally and nationally – in recent years.

The Washington State Legislature is now pursuing clean hydrogen expansion in earnest.

We don't want to brag, but it seems like, once again, the utilities in North Central Washington are way ahead of the curve on clean energy. This is something to be proud of.

Stifel's Kristen Taylor named to Forbes' Best-in-State Women Wealth Advisors List

Submitted by Leslie Nelson
 ST. LOUIS – Stifel Financial Corp. (NYSE: SF) today announced that Kristen Taylor, Senior Vice President/Investments with the firm's Stifel, Nicolaus & Company, Incorporated broker-dealer subsidiary, was named to Forbes' 2023 Best-in-State Women Wealth Advisors list. This year's Best-in-State Women Wealth Advisors list spotlights approximately 1,700 top advisors across the country who were researched, interviewed, and assigned a ranking within their respective states. Ms. Taylor was also named to Forbes' Best-in-State Women Wealth Advisors list in 2022 and America's Top Women Wealth Advisors list in 2021 and 2020.

Ms. Taylor earned a Bachelor of Arts and an MBA from the University of Washington and has more than 30 years of experience as a financial advisor. She is co-founder of the Taylor/Bryant Investment Group based in Stifel's Wenatchee, Washington, Private Client Group office, and can be reached at 509-663-8604.



Kristen Taylor

Lake Chelan Building Supply promotes two Lake Chelan natives to leadership positions

Submitted by LCBS

MANSON – Lake Chelan Building Supply (LCBS) has announced the promotions of Bart (Jose) Morfin to branch manager of its Chelan location and CJ (Francisco) Orozco to branch manager of its Manson location.

A Lake Chelan native, Bart has been a fixture at LCBS since 2004. Most recently, Bart worked as an inside sales representative in the Manson branch. Bart brings a wealth of building industry knowledge and a constant smile to the Chelan location. An avid out-

doorsman, Bart enjoys fishing and camping. He is also passionate about BBQ and has developed his own spice mixture, named Bartollo's.

A native of Manson, CJ started his career at LCBS when he was 15 years old and continued to work at both locations throughout high school and college. After earning a degree from Eastern Washington University, CJ started a full-time position and worked in various roles: yard load building, sales, stocking, and inventory. Through his hard work and dedication, CJ

became branch manager at Lake Chelan Building Supply – Chelan in November 2020, and he continues to excel in his leadership responsibilities.

In addition, former LCBS co-owner and branch manager, Brett La Mar, was promoted to marketing manager at TAL Holdings (Lake Chelan Building Supply's parent company).

In this role, Brett will oversee marketing activities for TAL's 12 retail locations in Washington State. Brett's parents Edd and Sharon La Mar started LCBS in 1979, and LCBS joined the

TAL family of brands in 2020. "I am excited that the La Mar family legacy



SUBMITTED PHOTO

Brett La Mar

is being managed by a community-oriented company like TAL Holdings and two great local managers," said Brett.



From left Sophie Hill, Lisa, and District Rep. Keith Goehner.

Cashmere High School student serves as a Page in the state House of Representatives

Submitted by Kurt Hammond
 Sophie Hill, a student at Cashmere High School, served as a legislative page for the state House of Representatives for the week of February 13-17. She was sponsored by her 12th District Representative Keith Goehner.

Each year, students from around the state apply to participate in the Legislative Page Program. Students spend a week attending page school, where they learn the inner workings of state government, and assist legislators on the House floor. Students also draft legislation and present their bills in a mock committee hearing to fellow pages.

"It was fun to have our granddaughter, Sophie, serve as a page this session so she could get an up-close look at the Legislature and our state government," said Goehner,

R-Dryden. "It is important students get involved and understand how our political process works. There is a lot of focus on politics right now and the more students stay involved, the better understanding they will have of the process and issues before them."

Sophie is the daughter of Josh and Heidi Hill. She is also the granddaughter of Keith and Lisa Goehner. Her hobbies include writing, reading, and drawing.

Pages earn \$50 per day while serving in the program. To become a page, applicants must have a legislative sponsor, be between the ages of 14 and 16, and obtain written permission from their parents and school.

For more information about the House page program, visit: www.leg.wa.gov/House/Pages/HousePageProgram.aspx.

Page for Sen. Brad Hawkins at the State Capitol



Anthony Zavala of Cashmere.

Submitted by Sen. Hawkins

Anthony Zavala is a junior at Cashmere High School and a Running Start student at WVC. One of his teachers, Mrs. Karen Gemeinhart, describes Anthony as a "driven and focused student with many talents".

As his Honors English teacher, Mrs. Gemeinhart was "very impressed with

his level of writing, volume of reading, and general skills in the area of communication". She says Anthony is "a mature, responsible, and kind student who will do well working with adults in a professional setting".

Cashmere High School Principal, Craig MacKenzie, states that "Anthony is an invested member of our Key

Club, is thoughtful and articulate, and has a keen interest in the political process and service to his community" Principal MacKenzie thought Anthony "would serve our elected officials well and benefit richly from the experience".

A fun fact about Anthony is that his mom paged for Senator Mary Margaret Haugen in 1996 and was inspired by his mom to serve as a page since she spoke so highly of her own experience.

"It was terrific having Anthony serve a Washington State Senate Page. He is mature beyond his years, super smart, and really enjoyed himself. The Senate Page program is an awesome opportunity for students across Washington state to spend a week at the capitol to learn about the legislative process. I was proud to sponsor Anthony and have no doubt that he will go on to do amazing things in this world." *Sen. Brad Hawkins*

House Page Program

Submitted by State Rep. Mike Steele
 12th Legislative District

About the House Page Program: The page program is an excellent opportunity for students to take part in the legislative process.

Students assist the House of Representatives with duties including serving on the chamber floor; making deliveries throughout campus, supporting member offices, and attending page school.

• Youth from 14 to 16 years old can take part in the program.

• Pages earn a stipend of \$50 a day and can also earn up to 20 hours of community service.

• **Page School** supplements the hands-on learning experience with a classroom component geared toward understanding the legislative process.

How to apply: The legislative session runs for 105 days, ending on April 23, 2023.

When applying, potential pages can select which weeks they are available to work.

• **Financial assistance**



is available for those who qualify.

By reducing the financial burden and raising awareness of the program, the Legislature hopes to make participation in this great educational opportunity economically feasible for more students across the State. RepresentativeMikeSteele.com

Local mayors visit Olympia

Submitted by Brad Hawkins

East Wenatchee Mayor Jerrilea Crawford and Wenatchee Mayor Frank Kuntz visited the Washington State Capitol in January to testify for Senate Bill 5001.

The bill is sponsored by 12th District Senator Brad Hawkins and the bill would allow local governments to form a public facilities district for a regional sports complex.



Crawford, Hawkins and Kuntz.

Housing Trust hires a new executive director, announces a new community of townhomes



COURTESY CHELAN VALLEY HOUSING TRUST

Architectural drawing of the six attached townhomes to be built this year at 141 E. Nixon Avenue in downtown Chelan. These four townhomes will face Emerson Street, while the other two will face Nixon Avenue.

High School assistant football coach and the owner of Lake Chelan Cheese for 10 years, including the eight years he and his wife operated it within Lake Chelan Winery.

Meyers is leading the Housing Trust at a very pivotal point in the nonprofit's five-year history as they announce their newest community of six attached townhomes in downtown Chelan.

Located at 141 E. Nixon Avenue at the corner of Nixon and Emerson, the homes are expected to be finished in 2023 and priced affordable to local income earners making 100% of Area Median Income or less.

Located just up the road



SUBMITTED PHOTO

Scott Meyers
CVHT Executive Director

from the Trust's first community, Emerson Village, this newest development will help the City reach its goal of increased density in

the downtown area.

The donors of the property, Charlie, and Debbie Guildner, have offered to hold a note for the full purchase price of the property, allowing CVHT to get started as soon as possible.

"Families and individuals who work in Chelan deserve the chance to live in the community they serve," said Debbie Guildner.

"So many homes here are priced out of affordability," added Charlie.

"We feel so fortunate to provide the Housing Trust with the opportunity to build six more homes."

To donate to the trust or learn more, visit chelanvalleyhousing.org.

Soundview Financial Group LLC named by Forbes

Submitted by Sherry Gustin

Sherry Gustin, CFP® and Michael Combs, partners of Soundview Financial Group LLC, are proud to share that Soundview Financial Group has been named to the 2023 Forbes Best-in-State Wealth Management Teams list.

Soundview Financial Group is a private wealth advisory practice of Ameriprise Financial Services, LLC, with offices in Wenatchee. Ameriprise Financial Services, Inc. Member FINRA and SIPC.

Submitted by Chelan Valley Housing Trust

CHELAN – After a three-month search for a new Executive Director that resulted in an impressive pool of applicants, the Chelan Valley Housing Trust recently announced Scott Meyers has been officially hired to lead the nonprofit.

"We are fortunate to have found in this one very capable individual not only the financial expertise needed to steer the Housing Trust but also outstanding people skills along with a deep passion for the betterment of our community," said Housing Trust Director Rachael Goldie.

A former auditor at Deloitte & Touche, Meyers has also designed and built homes and acted as an advisor on real estate transactions.

He has close community ties having been a Manson



PHOTO BY RUTHEDNA KEYS

The property at 141 E. Nixon Avenue where the six townhomes will be built.

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CONTINUED FROM PAGE 1

Chelan PUD and Puget Sound Energy Announce Long-Term Clean Energy Contract

includes both carbon-free energy attributes provided by hydropower as well as flexible capacity to help PSE meet peak energy needs during high customer usage times.

"We build a diverse portfolio by offering a mix of different contracts in order to reduce risk, create value, and provide financial stability for decades to come," said Chief Financial Officer Kelly Boyd.

"That balance allows Chelan PUD

to support stable and predictable rates for customer-owners, as well as support for parks and broadband services."

About Chelan PUD:

Chelan Public Utility District was created by a vote of the people in 1936 and delivered its first power in 1947.

The PUD is governed by a locally elected five-member Board of Commissioners.

The general manager uses the policies

and guiding principles set by the commission to generate and deliver electricity from our three dams to utilities that serve customers across the Pacific Northwest as well as to more than 51,000 retail customers in the county.

The PUD also provides water, sewer and wholesale telecommunications services.

About Puget Sound Energy:

Puget Sound Energy is proud to serve our neighbors and communities in 10 Washington counties. We're the state's largest utility, supporting approximately 1.2 million electric customers and 900,000 natural gas customers. We aspire to be a beyond net zero carbon energy company by 2045.

CONTINUED FROM PAGE 3

Washington's K-12 school funding and the rising costs of expanded services

social/emotional support, healthcare, and early learning services in addition to their K-12 academic responsibilities. There is no doubt that many needs exist within our communities and student population, but the question of who should be providing these services is open to debate.

While I am a strong supporter of education, it is reasonable to question whether school districts can efficiently provide such expanded ser-

vices while fulfilling their seemingly fundamental responsibility as academic institutions.

With all the changes over the last several years, and more proposed this session by some lawmakers, it is becoming increasingly difficult to differentiate where a school district's responsibilities end and where a family and community's responsibilities begin.

This presents challenging dynamics for education policy

and funding obligations as well as philosophical debates related to personal responsibility, parental control, and government's role. As school districts continue to expand the services they provide, it will also become more and more difficult to ever "fully fund" education because so many responsibilities are being transitioned into our schools. This leads to expanded levy requests by school districts and increasing impacts on people's property

taxes, which doesn't seem equitable or sustainable. That seems like the very problem we once had.

Brad Hawkins is the state senator for the 12th District. He serves as the Ranking Member on the Early Learning & K-12 Education Committee. Prior to his election to the Legislature, he served as a board member for the North Central Educational Service District and the Eastmont School District.



MEMBER MESSENGER

“Driven to Promote and Protect Small Business”

MARCH 2023 ASSOCIATION NEWSLETTER

PAGE 1

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DATE CHANGE: • BNCW Yard Sale changed to April 14th at Community Glass
 • 27th Annual BNCW June Golf Tournament changed to June 23rd

What's New From Our CEO

Members,

Just three things this month. Yard Sale, Golf Tournament, and Home Tour & Chef's on Tour.

SPRING CLEANING TIME!

The 2nd Annual BNCW Yard Sale will be April 14th from 9:00 am – 2:00 pm in the parking lot of Community Glass. Proceeds will support our growing Trade School Fund and Habitat for Humanity. You can support us by donating gently used and high demand items on the 14th of April, at Community Glass. Here are examples of items: refrigerator, freezer, stove, dishwasher, toilet, vanity, chandeliers, like new items in a box, and power tools.

The theme for the BNCW Golf Tournament is **MIAMI VICE!!** The tournament is the 23rd of June, there are only 36 team spots, and

they are going fast. There are also sponsorship opportunities for all marketing budgets. Overall, golfing at BNCW tournament is the best investment for your money. See you there in your white Armani suit, pastel t-shirt, no socks, and white loafers!

The Home Tour & Remodeling Expo is September 15th – 17th with Chef's on Tour September 14th. You can expect quality new homes, fine dining, and new experiences for attendees. For a second year, there will be multiple classes of homes including: New Build, Realter Class, Outdoor Living Class and a by invitation only non-member builder. If your business fits into one of the above categories and are interested or have questions, feel free to contact me.

BONUS: We are also in the process of determining if there is



Lawrence "Lee" Shepherd
CEO, BNCW

“It's all for nothing if you don't have Freedom.”
 — William Wallace

a builder and consumer appetite for a Lake Chelan home Tour. Standby for more.

Thank you for your time.

Lawrence "Lee" Shepherd
CEO, BNCW

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TIM O'BRIEN

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Building! MEMBER MESSENGER

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MARCH 2023 ASSOCIATION NEWSLETTER

PAGE 2

DATE CHANGE: • BNCW Yard Sale changed to April 14th at Community Glass
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Congratulations!

Congratulations Ed Gardner on being appointed as a BNCW Lifetime Director!

Ed Gardner
EDY Construction Corp.

Voted 2013 BNCW Home Tour PEOPLE'S CHOICE Award

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A Roundtable with Ed Gardner from

Talk a little bit about your upbringing and when your interest in construction began?

My father's side of the family is really good with their hands. My father was a mechanic, and as a toddler I spent hours with him in the garage and at his service station. Working with my hands is in my DNA.

In Junior High and High School, I took shop classes that lead to me working for my Uncle. He was a foreman for a cabinet production company. I knew then and there that I wanted to be in this industry!

How did you transition from working construction to owning your own construction company?

I was intrigued with all the other trades, people and their work. I yearned to do more than just the tasks I was relegated to doing while working for an employer. The best way to do more, was to open my own business.

As a craftsman, what parts of the building industry did you physically do with your own hands?

Mainly interior components.
 Consisting of doors, cabinets, trim work, floors and countertops.

How long have you been running EDY Construction?

I formed EDY Construction in July of 2016.

What started your membership with BNCW?

A chance meeting while buying a Christmas Tree. The salesman recommended I join the local Home Builders Association.
 Probably the best piece of advice I have received regarding my business!

What do you love most about the home building industry?

It gives me the opportunity to be of service to others through housing or improving an existing house. Also, to take someone's ideas, drawings, vision and make it a reality. Most of all, put a smile on someone's face when you are done!

Special Thank You to Ed for sitting down with BNCW!





MEMBER MESSENGER

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MARCH 2023 ASSOCIATION NEWSLETTER

PAGE 3

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Thank you to Walk to End Alzheimer's!



We want to *sincerely* thank The Walk to end Alzheimer's for all the time spent helping with selling tickets to the Home Show this year.

These amazing ladies helped sell tickets and shared The Walk to end Alzheimer's message!

A portion of every adult ticket sold to this year's show will go to benefit The Walk to end Alzheimer's & Alzheimer's Association.

We appreciate the partnership and hope to continue for years to come!



Upcoming Events

MARCH
MARCH 28TH - CPR CLASS AT BNCW OFFICE

APRIL
APRIL 11TH - CPR CLASS AT BNCW OFFICE
APRIL 14TH - YARD SALE AT COMMUNITY GLASS

MAY
MAY 16TH - CPR CLASS AT BNCW OFFICE

JUNE
JUNE 23RD - THE 27TH ANNUAL BNCW SUMMER GOLF TOURNAMENT

SEPTEMBER
SEPT. 14TH - CHEFS ON TOUR
SEPT. 15TH - SEPT. 17TH - HOME TOUR & REMODELING EXPO

OCTOBER
TBD - FALL CLASSIC GOLF TOURNAMENT

← VISIT OUR NEW UPDATED WEBSITE FOR MORE INFORMATION!




MAKE AN IMPACT IN YOUR COMMUNITY

Volunteers are what help move our mission forward in the fight to end Alzheimer's. There are a variety of ways you can volunteer with the Alzheimer's Association:

**Support Group Facilitator • Community Educator • Advocate
Walk to End Alzheimer's • The Longest Day**

Get involved at alzwa.org/volunteer

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WALK TO END ALZHEIMER'S
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alz.org/walk





MEMBER MESSENGER

“Driven to Promote and Protect Small Business”

MARCH 2023 ASSOCIATION NEWSLETTER

PAGE 4

DATE CHANGE: • BNCW Yard Sale changed to April 14th at Community Glass
• 27th Annual BNCW June Golf Tournament changed to June 23rd

Q & A Interview with Business Owner Aaron Schreiner of NCW Air Barrier

1. What type of services do you offer?

A: AeroBarrier Envelope Seals for new construction, Blower Door Tests, Duct Leakage Testing and Crawl Space Restoration.

2. What is AeroBarrier?

A: AeroBarrier is an innovative envelope sealing technology applied at drywall phase that makes the home airtight and energy efficient.

3. How can people benefit from it?

A: The builder and home owner can both benefit from tax credits, eliminate labor costs on manual seals, improved indoor air quality and utility bill savings.

4. How long have you been a part of the NCW Community?

A: I have been inspecting homes and conducting blower door tests in the community since 2016. I saw a need for AeroBarrier in 2021 and started NCW Air Barrier to help builders and home owners.

5. Are you currently accepting new clients?

A: YES! Currently we work with clients in Leavenworth, Lake Chelan, Wenatchee, Cle Elum and surrounding areas.



509-393-5829
aaron@ncwairbarrier.com
www.ncwairbarrier.com



NEED A MEETING ROOM?

As a valued BNCW member company, you're welcome to utilize the BNCW conference room if you require a place to meet with clients or prospective clients. The room will seat up to 16 people comfortably. *Please contact Danielle Martin at (509) 421-0276 to make the necessary arrangements.*

WENATCHEE VALLEY'S
NCW AIR BARRIER
AEROBARRIER[®]
Air Sealing Technology from AeroSeal
DEALER

ENHANCED AIR SEALING
CRAWL SPACE RESTORATION
CERTIFIED BLOWER DOOR
&
DUCT LEAKAGE TESTING

509-393-5829
WWW.NCWAIRBARRIER.COM

BNCW EVENTS

BNCW's March Board of Directors Meeting

■ **Wednesday, March 15, 2022**
7:00am to 9:00am
at Building North Central Washington
2201 N. Wenatchee Ave, Wenatchee
Chairman: Shane Covey

The Board of Directors is the policy-making body of the Association and is responsible for the business affairs of the Corporation according to BNCW's bylaws.

Our Directors meet the third Wednesday of each Month in the boardroom of the BNCW offices.

These meetings begin at 7:00am and are open to any BNCW member to attend. If you wish to contact any of the officers or directors, please visit the BNCW website for their contact information.

BNCW's CPR & First Aid Training

■ **April 11, 2022** from 4:00pm to 6:00pm
■ **May 11, 2022** from 4:00pm to 6:00pm

Held at Building North Central Washington,
2201 N. Wenatchee Avenue, Wenatchee

Class size is limited to 16 people.

\$49/person, includes Continuing Ed credits and is good for new and recertification.

Call BNCW at (509) 293-5840 to Register!

Were you aware that as an employer, unless you are able to get an injured employee to medical care within 3-4 minutes, you are required to have trained and equipped employees? This two-hour class will provide attendees with their certification.

Our instructor — George Templeton — puts on a great class that is enjoyable and informative, too.

Pre-registration Required. Seats are limited to 16 and fill-up quickly, so reserve your spots early!

You may also register online at BuildingNCW.org.

INDUSTRIAL CUTTING & CORING, INC.

(509) 886-4114
Cell 670-2021

Pat Brown 101 South Roland
Lic# INDUSCI011L3 East Wenatchee, WA 98802

WENATCHEE BUSINESS JOURNAL

NCW MEDIA
Bringing the community to your door.

Serving Chelan, Douglas and Okanogan counties for over 129 years!
NCW Media, Inc. is now an 8 year member supporting BNCW members.

To advertise your company/business call one of our Advertising Executives:

Ad Executive, **Lindsay** 509-860-7301 or email adexec1@ncwmedia.net
Ad Executive, **Ruth** 509-682-2213 or email RuthK@lakechelanmirror.com or further questions call
Ad director, **Carol Forhan** 509-548-5286
Carol@leavenworthecho.com

SMITHSON INSURANCE SERVICES
smithsoninsuranceservices@gmail.com
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Kathy Z. Smithson
720 Valley Mall Pkwy,
East Wenatchee

◆ **Information You Can Rely On!** ◆
Let Kathy assist you with answers to your questions about:
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CONCRETE
SAND
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"We are creating a team of highly skilled people working safely to build long-term relationships with our customers and communities. Integrity, superior quality, and exceptional service will continue to be the foundation of our future."

509-886-4853 509-886-1070
5515 Enterprise Drive E. Wenatchee 400 Parkway Drive Rock Island
Billing: 509-662-6375

MARKETING 101

Is Everyone in Marketing Today?

Submitted by
Jennifer Bushong

The information superhighway, a.k.a. the worldwide web has made it possible for almost anyone to seek education on diverse topics.

However, while you would not be advised to conduct surgery unless you are a licensed medical surgeon or lay electrical wire, unless you are a licensed electrician, it might not be effective for just any individual claiming to 'do marketing' to oversee your brand.

Strategic marketing initiatives and brand messages need to be aligned

with the company's vision, mission, and values. Then, a marketing plan must be written to meet the organization's strengths, weaknesses, and other initiatives.

Various tactics can be used to implement the plan, but careful consideration towards the costs versus return.

Use dollars and time wisely, otherwise it might be wasted all together. All tactics should flow together and provide a good return on investment.

For traditional media, use messaging and images appropriate for each tactic. For instance, if you are creating a print display ad, show the image and the quick copy points. Use a clean logo, address or even a QR code.

If using a billboard, simplify the message and remember you have only seconds to get your message across.

Many young professionals or recent college graduates are skilled at many aspects of digital communications and social media.

However, knowing one tactic or creating a short video does not constitute the knowledge needed to implement a comprehensive

marketing plan. It is important to know the difference.

If a company hires a marketing person who creates social media platforms for the business, many assets might not fit within the company's overall vision. It is then harder to fix the mishap, than for a seasoned marketing professional or firm to do the work right the first time.

Here are a few guidelines to use when hiring a marketing professional or firm:

Portfolio Examples:

Ask for examples of their work. If they only show one tactic for marketing strategies, then they might not be seasoned enough to create a comprehensive marketing plan. Ask for writing examples, radio ads, digital communications, brand images, social content, and all the facets to make a good plan.

Education or Certificates:

Research their background in experience, education, and certification. Confirm their resume experience aligns with what your business will need not only today, but in 3-5 years down the road. A good marketing leader should be able to enhance your vision well into the future.

Know Their Value:

Invest in good marketing and it will pay dividends. While a business or or-



Jennifer Bushong

ganization should compensate fairly, understand investing in marketing and the personnel will help grow your business.

Please hire well and make sure the marketing team is trained to handle your brand. After all, you are investing in the face of your business.

Jennifer Bushong, MA is the owner of JBe Marketing Group, LLC., a full-service marketing and communications firm in Washington State. Bushong earned a Master of Arts in Journalism with a concentration in public relations from Kent State University and graduated cum laude with a communication degree from the University of Washington. To connect, email jennifer@jbemarketinggroup.com or visit www.jbe-marketing.com.



Stock photo

Economic and Business Resilience Updates

Submitted by Business Response Team
Department of Revenue

WFTC Applications are Now Open

Find out if you qualify for the Working Families Tax Credit using the quick Eligibility Assistant. Individuals and families can apply online.

Application options:

- Online using MyDOR, a secure filing system.
- E-File through federal tax preparation software or professional tax preparers.
- By mail using a paper application, available in 13 languages.

Get help filing your application and more:

Explore the updated resources page for applicants and community partners. Here are a few items to check out:

- *Applicants* – Find a local organization in your community
- *Businesses & Organizations* – view our Community Partners Toolkit
- *Tax Preparers* – view our Tax prep software & resources

Office of Minority & Women's Business Enterprises

Why Get Certified?

The Office of Minority and Women's Business Enterprises (OMWBE) certifies small businesses owned by women, minorities, and socially and economically disadvantaged persons. The De-

partment of Veterans Affairs certifies businesses owned by veterans. The Department of Enterprise Services has an online directory of small businesses.

What are the advantages of being certified with OMWBE?

- Being certified may increase your marketability.
- State and local agencies set participation goals and recognize that improving opportunities for small and minority, women, and veteran-owned businesses drives innovation and economic growth and translates to stronger Washington communities.
- The U.S. Department of Transportation (USDOT) distributes federal funds to finance state, local, public transportation, and airport transportation projects. Recipients of USDOT funds must set an overall goal for participation of certified Disadvantaged Business Enterprises.
- State certification makes you eligible to apply for the Linked Deposit Program, which can decrease interest rates on qualified small business loans by 2 percent.

Department of Enterprise Services IT Project Management Contract Open for Bids

Department of Enterprise Services is restructuring the IT Professional Services (ITPS) statewide contract to create a more consistent and efficient way to buy

IT services.

The new contract will address major challenges that customers and vendors experienced with the current contract and will provide more opportunities for small, diverse, and veteran-owned businesses.

The first solicitation, IT Project Management Services, is posted on Washington's Electronic Business Solution (WEBS), where businesses can find and bid on public agency solicitations for goods and services.

37th Annual Alliance Northwest Conference Registration is open

Alliance Northwest is the largest business-to-government conference in the Pacific Northwest.

This event features high-quality workshops and matchmaking sessions between small businesses, government agencies, and prime contractors.

Hosted by Thurston Economic Development Council, home of Washington Procurement Technical Assistance Center (PTAC) an APEX Accelerator, Alliance Northwest has a strong history of federal agency support.

It is widely known as the place where business and government learn and make connections with small and disadvantaged businesses. The event is March 16 at the Greater Tacoma Convention Center.

Employment Security Department Celebrating 40 Years of Service: Washington's Shared Work Program

SharedWork is a statewide opt-in program that pays workers a portion of unemployment insurance (UI) benefits when hours are reduced. This gives employers the power to prevent layoffs and a smart method to manage the bottom line.

Eligible employers can enroll by submitting a short application and employee list to the Shared Work program. Upon plan approval, eligible employees file claims to receive benefits.

Excited to learn more? Attend a free statewide or local webinar or visit sharedworkwa.com.

WA Cares: Washington's Newest Worker Benefit

Your employees probably have a lot of questions regarding WA Cares that's why ESD hosts a webinar each month on Zoom to discuss new topics related to aging and caregiving. Each webinar includes a basic overview of WA Cares and how the program relates

to that month's issue. Questions? Contact the WA Cares Program at 844-227-3492.

Office for Regulatory Innovation & Assistance Small Business Requirements & Resources (SBRR)

SBRR workshops are provided by members of the Washington state Small Business Liaison Team (SBLT).

Start a Business in WA:

This free, one-hour webinar will give you a strong foundation for starting a business in Washington. It covers planning, registration and licensing, and other regulatory requirements. Register online for the May 10 webinar at 2 p.m. via zoom. Now available as a pre-recorded video in Spanish.

Published by The Governor's Office for Regulatory Innovation and Assistance. Our mission: To preserve the established connections to businesses for future communication of emergency related information; To make it easier for businesses to access state services & resources; To provide the latest cross-agency news affecting small businesses.

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NCWBusiness.com

lakechelanmirror.com

For the latest local news and advertising see our NCW Media Web sites...

REAL ESTATE

TOP PROPERTIES CHELAN COUNTY – January 2023

Buyer	Seller	Sale Price	Street	City	Legal acreage	Living area	Year Built	Bed-rooms	Bath-rooms	Pool	Fire-place
HINTERLAND FARMS TRS LLC	CHELAN MANSON FRUIT II LLC	\$37,601,223	71 SR 150	CHELAN	3.91	0	0			N	N
HINTERLAND FARMS TRS LLC	TURK ORCHARDS LLC	\$37,601,223	299 GREAT HORNED OWL	MANSON	119	952	1972			N	N
HINTERLAND FARMS TRS LLC	SEVEN STAR ORCHARD II LLC	\$37,601,223	413 DEAD END LN	MANSON	23	0	0			N	N
HINTERLAND FARMS TRS LLC	CHELAN VALLEY ORCHARDS II LLC	\$37,601,223	302 CROOKED MILE LN	CHELAN	99.1	3088	1985			N	N
HINTERLAND FARMS TRS LLC	APPLE EYE LAND LLC	\$37,601,223	510 BOYD LOOP RD	MANSON	158.19	7688	1956	2	1	N	N
HINTERLAND FARMS TRS LLC	SEVEN STAR ORCHARD II LLC	\$37,601,223	822 SEVEN STAR LN	MANSON	552	5318	1971	2	1	N	N
HINTERLAND FARMS TRS LLC	BUCK FRUIT II LLC	\$37,601,223	19 APPLE EYE LN	MANSON	60.15	2553	1949		1	N	N
HINTERLAND FARMS TRS LLC	BUCK FRUIT II LLC	\$37,601,223	309 CRIMSON LN	MANSON	71.31	1182	1930	3	1	N	N
HINTERLAND FARMS TRS LLC	SEVEN STAR ORCHARD II LLC	\$37,601,223	IVAN MORSE RD	MANSON	2.9	0	0			N	N
SPITZER ROBERT B & KATHLEEN M	DOLAN JAMES E	\$1,700,000	GREENS LANDING RD	MANSON	3.92	0	0			N	N
GRAYKEY EQUITY SEATAC LLC	SULLIVAN WILLIAM F & VATNE PALMA S	\$1,625,000	113 W WHITMAN	LEAVENWORTH	0	1322	2021			N	N
WALKER JEFFERY M ETAL	ANDERSON RANDY	\$1,550,000	209 CRYSTAL DR	CHELAN	0.36	2381	2006			N	Y
MILLIETTE MARK G & JUDY C	AXELSON CONSTRUCTION LLC	\$1,350,000	16654 FIR RD	LK WENATCHEE	0.48	2484	2022	3	3	N	Y
COWAN ANDREW & RENAE	HARDIN SETH ETAL	\$1,295,000	50 CAPRI RD	MANSON	0.67	2080	2021	4	3.5	N	Y
PRUNELLA KEITH & TONNU MINHTRI	NELMIDA FAMLII LIMITED PARTNERSHIP	\$1,275,000	322 W WOODIN AVE	CHELAN	0	1174	2010			N	N
NYDEGGER BRETT ETAL	ERVIN JEFFREY R	\$1,175,000	10825 WENDING LN	LK WENATCHEE	1.53	2168	2005	3	2	N	Y
STEHEKIN VALLEY FARMS LLC	COURTNEY CLIFFORD G	\$890,000	8552 STEHEKIN VALLEY RD	STEHEKIN	7.58	2472	1997	2	1	N	N
MURO PROPERTIES LLC	LE BID WASHINGTON PROPERTIES	\$875,000	1500 N WENATCHEE AVE	WENATCHEE	0.47	5428	1974			N	N
MURPHY TIMOTHY J & LAURIE J	BERKMAN LINDA J	\$850,000	104 SPADER BAY RD	CHELAN	0.24	1482	0			N	N
BRANDLEY DAPHNE & DOW	LANGE ANDREW	\$847,000	15008 ALLISON PL	ENTIAT	0.28	2570	2022	4	2.5	N	N
WILLETTE MARY S	FRY MARIO R	\$725,000	30 S MILLER ST	WENATCHEE	0.23	2688	1930	4	3.5	N	Y
HOWIE JOHN	FUNKE RANDY & SHELLY	\$710,000	14044 BRAE BURN RD	LK WENATCHEE	0.4	272	2018			N	N
COUCH CAILEY J & CHRISTOPHER R	SHARKEY PHILIP & LORA	\$695,000	116 BRIGHT CT	MANSON	0.41	1936	2018	4	2.5	N	Y
SARGENT DEREK & TONYA	DENHAM JOE & CORISSA	\$681,000	20 COBB CT	MALAGA	0.37	1492	2013	3	2.5	N	N
BROSI GLADE & BIXBY-BROSI ANDREA	MOTTELER ORCHARDS LLC	\$680,000	UNASSIGNED	LEAVENWORTH	19.08	0	0			N	N
DYE LONNIE E III & QUINN A	BANISTER GENE A	\$650,000	2324 5TH ST	WENATCHEE	0.98	2044	1966	5	2.75	N	Y
QUERIN RORIE KATHRYN C	R & B INVESTEMENTS UNLIMITED LLC	\$650,000	60 COWBOY LN	LK WENATCHEE	2.21	1650	2022	2	2	N	N
MC CORD TIMOTHY D ETAL	JUNDT PATRICK C & PAIGE B HUNTER	\$639,000	1721 DANNY BOY LN	WENATCHEE	0.16	1993	2017	4	2	N	N
MH ROAD PROPERTIES LLC	BARNES TROY EDWARDS JR IRREVOCABLE TRT	\$627,200	9845 MOUNTAIN HOME RD	LEAVENWORTH	1.2	1536	1974			N	N
WATERBURY IRVING J	BRYAN KRISTOPHER M & JANA L	\$610,000	929 N WESTERN AVE	WENATCHEE	1.05	1782	1994			N	N
JTM 304 LLC	TELEMARK PROPERTY LLC	\$557,500	416 3RD ST	WENATCHEE	0.13	1350	1922	5	3	N	Y
ROSENZWEIG BEVERLY	SALT MARYAM R	\$532,500	3029 MEMORY LN	LK WENATCHEE	0.25	720	1967	2	1	N	Y
KRIPPAEHNE CHRISTOPHER J & ANDERSON MCKENNA	BAITY WANDA L & JOLENE DIAMOND	\$530,000	134 SUNNY MEADOWS LOOP	WENATCHEE	0.42	1968	2012	3	2	N	N
SUMMIT VISTA LLC	GRANITE/CHELAN LLC	\$525,000	242 JACKRABBIT LN	CHELAN	0.1	0	0			N	N
LAKE ZACHARY S & RACHEL E M	BRANWELL PATRICK	\$524,900	1512 MILLERDALE AVE	WENATCHEE	0.18	1078	1991	4	2.5	N	Y
FRY CONNIE E & MARIO R	LESKY EMILY W	\$500,000	2204 ASHLEY BROOKE	WENATCHEE	0.25	1819	2000	3	2	N	Y
SHULL CHRISTINA & SHULL JOHN	ST DENNIS PHOEBE D & ROBERT E	\$495,000	414 S CHELAN AVE	WENATCHEE	0.16	1993	1914	4	2.5	N	N
WHITFORD MICHAEL A & MICHELLE M	DITTRICH DAN R & HEIDI R	\$492,000	2855 US HWY 97	PESHASTIN	4.9	0	0			N	N
POTTER EDWARD	HERMANN MARC W	\$450,000	9926 SCHOOL ST	PESHASTIN	0.23	1552	2006	4	2.5	N	Y
ROPPEL JESSE & MIKEALA	MICHKIOSKY JARED M & REBECCA M	\$435,000	1104 ROSEWOOD AVE	WENATCHEE	0.16	1044	1956	3	1.5	N	Y
MORRISON CHELAN LLC	SIMONS MORRISON DIONNE R SP NEEDS TRST ETAL	\$410,000	635 W LAKESHORE PL	CHELAN	0.13	624	1947	2	1	N	N
REID BRETT W & LARUE CANDIE G	REID JODI M	\$400,000	229 W ALLEN AVE	CHELAN	0.19	1040	1952	2	1	N	Y
SIMMONS JACOB & FAWN	KELLY DAN	\$400,000	1345 OAK ST	WENATCHEE	0.3	1534	2003	4	2	N	N
ZAMORA ISAIAS ETAL	AILLING DESIREE & TYLER	\$395,000	305 305 CANAL BLVD	WENATCHEE	0.18	1164	1975	3	1.75	N	Y
GLAVAZ SERGIO E JR & MARSTON OLEVIA J	BRATTON REX O & JOANNE M	\$395,000	1264 JOHNSON	WENATCHEE	0.21	1482	1952	2	1	N	N
SLABAUGH AUSTIN J	MENOYD LLC NAN LLC & BENOYD LLC	\$380,000	28 AMBROSIA LN	MALAGA	0.29	1240	2011		2	N	N
REID JODI M	PRINCE JEDEDIAH	\$376,000	1114 COLUMBINE ST	WENATCHEE	0.19	1532	1937	4	2	N	Y
CUVREAU GAYLE	PHILLIPS DELENA	\$375,000	1000 SR 150	MANSON	0.06	880	2001			N	N

TOP PROPERTIES CHELAN COUNTY – January 2023 – continued from page 14

Buyer	Seller	Sale Price	Street	City	Legal acreage	Living area	Year Built	Bed-rooms	Bath-rooms	Pool	Fire-place
MOTT MORGAN & KYLE	SHIMP RYAN	\$360,000	107 5TH ST	WENATCHEE	0.05	2274	1951			N	N
FAMILY HOLDINGS NCW LLC	UPPER VALLEY DEVELOPMENT LLC	\$350,000	14481 US HWY 97A	ENTIAT	0.43	2432	1960			N	N
STRODE JAMES A & JANICE A	WISDOM JIM	\$340,000	178 BOREALIS LN	MANSON	7.47	0	0			N	N
NORLAND KATHERINE & ERIK	ALLEN LINDA	\$337,500	1737 CANYON CREST DR	WENATCHEE	0.8	3463	1953	4	2	N	Y
BIRTLEY LORI M	RAINO REBA D	\$325,000	16495 BROWN RD	LK WENATCHEE	3.21	0	0			N	N
SULLIVAN WILLIAM F & VATNE PALMA S	BISSONNETTE DAVID A	\$320,000	20701 CLUB HOUSE	LK WENATCHEE	0	1135	0			N	N
MATHEWS STEVEN J & ROBINL	MATHEWS DON D ETAL	\$300,000	11155 S LAKESHORE RD	CHELAN	0.04	840	2002			N	N
ROMIG EARL & HEATH ANITA	MACKAY TINA	\$297,000	4520 EELS RD	CASHMERE	0.5	1460	1951	3	2	N	Y
RADILLO ERNEST	DROLC JOYCE	\$294,000	926 S MISSION ST	WENATCHEE	0.12	2700	1982			N	N
REYES SILVA GENESIS & REYES SILVA ELSON	MC CARTER DAVID P	\$269,900	111 CRAWFORD AVE	WENATCHEE	0.15	780	1930	4	2	N	N
MOSER JORDAN	RAMOS DENICE M	\$265,000	908 WASHINGTON ST	WENATCHEE	0.14	1080	1938	2	1	N	Y
EATON EDWIN D & MELISSA	WATERBURY IRVING J	\$260,000	1312 POE ST	WENATCHEE	0.19	1288	1955	3	1.75	N	Y

TOP PROPERTIES DOUGLAS CO. JANUARY 2023
COMMERCIAL

Seller	Buyer	Sale Price	Street	Acres	Parcel Description
SPEIDEL PROPERTY LLC	WALKERS WENATCHEE LLC	\$4,394,500	176 GRANT RD	1.89	WALKERS FURNITURE
WILSON, STEVEN J	MCP HOLDINGS LLLP	\$100,000	4036 AIRPORT WAY	0	HANGAR

TOP PROPERTIES DOUGLAS CO. JANUARY 2023
FARM

Seller	Buyer	Sale Price	Street	Total Acres
HEINECKE ORCHARD LLC & G & C FARMS LLC	HINTERLAND FARMS TRS LLC	\$3,898,777		191.71
IRMER, NEIL E	AFC RANCH 7 LLC	\$2,100,000	21440 US 97	51.88
SCHEIB, STEVE E & KAREN S	IRMER, BOYD & BETSY	\$830,000		2322.05
BISSELL, WADE & MAUREEN	ORCHARDS LLC, C & G	\$600,000		133.26
DAVIES BROTHERS PARTNERSHIP	BENDOKAS, JON MICHAEL & CARRIE JO	\$220,000	285 S PARTRIDGE LN	1.39
HURST LANDING TRUST	PANZONE ORCHARDS LLC	\$160,000	64 ZANOL LOOP RD	18.13
PIECKA, ALBERT B & CAROL J	BARROS, MARIA CHRISTINA	\$150,000	4730 HURST LANDING RD	5.27
	GALE, ANDREW J & HEIDI L	\$135,000	406 N PERRY AVE	1

TOP PROPERTIES DOUGLAS CO. JANUARY 2023
RESIDENTIAL

Sale Price	Address	Total Acres	Year Built	Residential Area	Basement Area	Bedr.	Bathr.	Garage Area
\$5,550,000	1200 EASTMONT AVE #27 TO #30	4.44		0				
\$3,650,000	395 9TH ST NE	1.37		0				
\$1,000,000	481 LOWER DANIELS DR	0.46	2021	2884		3	2.5	728
\$785,000	730 VISTA VIEW PL	0.41	2017	1832	1418	4	2.5	798
\$700,000	2216 NW ALAN AVE	0.88	1965	1352	1352	4	3	550
\$625,000	2613 PATRIOT WAY SE	0.27	2021	2309	2257	4	3	1092
\$575,000	2448 HARVESTER LOOP	0.25	2003	1474	1438	3	3	888
\$569,000	2959 CASCADE RDG	0.42	2005	1821		3	2.5	384
\$560,000	363 STONERIDGE DR	0.34	1995	1967		3	2	480
\$550,000	2452 NW COLUMBIA AVE #19	0	2011	1397		3	2	529
\$550,000	1227 JUNO ST SE	0.21	2010	2352		4	2.5	528
\$520,000	1746 5TH ST SE	0.17	2015	1980		3	2	482
\$514,900	1720 9TH ST NE	0.25	1973	1544	1300	5	3	838
\$460,000	1494 EASTMONT AVE #21	0	2005	1326		2	2	460
\$450,000	2630 NW COLUMBIA AVE	0.87	1987	1620		3	2	
\$415,000	5500 PENN AVE	1	1985	1344		3	2	
\$406,000	450 S KANSAS LOOP	0.08	2019	1443		3	2.5	439
\$400,000	520 11TH ST NE #6	0	1982	1511		2	2	288
\$391,000	1204 N DEVON AVE	0.16	1978	1098	1056	3	1.75	572
\$389,900	145 GEORGE LOOP	0.2		0				
\$360,000	6349 BATTERMANN RD	1.29	1977	1440		3	2	
\$340,000	271 LAKEVIEW PL	0.14	2006	1780	896	3	3	500
\$284,900	2273 SE MARLETTE RD	0.19	2021	1407		3	2	418



Chelan-Douglas Land Trust applying for renewal of accreditation

Submitted by CDLT
 WENATCHEE – The land trust accreditation program recognizes land conservation organizations that meet national quality standards for protecting important natural places and working lands forever.
 Chelan-Douglas Land Trust is pleased to announce it is applying for renewal of accreditation. A public comment period is now open. The Land Trust Accreditation Commission, an independent program of the Land Trust Alliance, conducts an extensive review of each applicant’s policies and programs.
 The Commission invites public input and accepts signed, written comments on pending applications. Comments must relate to how the Chelan-Douglas Land Trust complies with national quality standards.
 These standards address the ethical and technical operation of a land trust. To learn more about the accreditation program and to submit a comment, visit www.landtrustaccreditation.org, or email your comment to info@landtrust-accreditation.org.
 Comments may also be mailed to the Land Trust Accreditation Commission, Attn: Public Comments, 36 Phila Street, Suite 2, Saratoga Springs, NY 12866.
 Comments on Chelan-Douglas Land Trust’s application will be most useful by June 1, 2023.
 CDLT was accredited by the Land Trust Accreditation Commission in 2013. Accreditation recognizes an organization’s commitment to excellence and continual learning and improvement. As an accredited land trust, Chelan-Douglas Land Trust is expected to comply with all the accreditation indicator practices and to maintain documentation of compliance throughout its accreditation term, to conduct periodic assessments against the full set of Land Trust Standards and Practices.
 Accreditation is a voluntary program administered by the Land Trust Accreditation Commission.
 The Chelan-Douglas Land Trust is a local non-profit working to conserve our land, our water, and our way of life. The Land Trust has a 38-year record of working collaboratively with property owners and communities to identify and protect the region’s most important natural landscapes forever. For more information: www.cdlandtrust.org.



Commissioner Franz urges House to pass Carbon Credit Bill

Submitted by DNR
 OLYMPIA – Washington should be able to generate revenue from the carbon stored in its public lands, Commissioner of Public Lands Hilary Franz told the state House Agriculture and Natural Resources Committee Tuesday.
 Testifying in support of HB 1789, Commissioner Franz stressed how carbon stored in Washington’s forests, fields and waterways could add new revenue for school and communities, while fighting climate change and protecting Washington’s working forests.
 “To enhance our ability to raise funds

Local Real Estate Market – There has been no better time to downsize



By Brian Fair

The National Association of Realtors announced on February 21 that existing home sales had slowed in January for the 12th month in a row. Locally, the Chelan/Douglas market was also stung by slower sales, although the data clearly shows interest rates are the culprit. While single family home sales fell by 30% compared to January of a year ago, cash purchases increased by 65% while financed transactions fell by 41%. British Investor Jeremy Grantham has an excellent track record at identifying “bubbles” just before they begin to burst.

The following is a link to

his investment newsletter published on January 24. After a Timeout, Back to the Meat Grinder! (gmo.com).

Mr. Grantham points out that the burst of the housing bubble has just begun, and that the last bubble began to pop in 2006 and didn't bottom out until 2012. He further emphasizes that housing bubbles are slower to react and take longer than bond and equity markets to hit bottom. That is currently the case for the Chelan/Douglas housing market. While sales have slowed, prices have held fairly firm, and have only re-

Home Sale Price	Chelan/Douglas Existing Home Sales Average Price Per Sq/Ft					Quarterly Change %
	Full Year 2021	1st Qtr 2022	2nd 2022	3rd 2022	4th 2022	
Under \$500,000	240.92	256.59	259.31	264.38	261.92	-0.93%
\$500,000 to \$699,000	276.48	295.32	312.11	311.85	306.71	-1.65%
\$700,000 to \$999,000	307.90	324.23	342.75	364.26	379.04	4.06%

cently started to crest.

The table is our analysis of the sales price per square foot to give certain price ranges. As Mr. Grantham states, all bubbles are different and have their unique characteristics. What worries me about this particular bubble is that it was obviously created by

the Federal Reserve and its post Covid liquidity injection.

As the graph below illustrates, the unprecedented \$5 trillion in asset purchases by our Central Bank in 2020-21 parallels the rise in home prices into 2022. In June of 2022 the Federal Reserve reversed course and began its

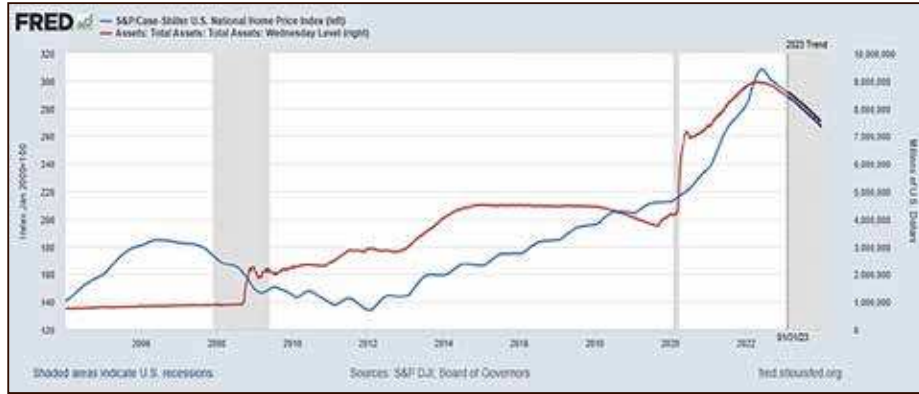
“Quantitative Tightening” period to shrink its Balance Sheet, meaning reduce the liquidity in the system.

Housing prices soon reversed course as well. As the Fed pricks this bubble, the beginnings of this burst, especially as we draw in the continuations of its 2023 trend line, are scary. Pictures start to tell a scary story and the potential of this one has a tendency to keep me awake at night. But there is some good news. While existing home sales have fallen, the sales of new homes increased in January (nationally) for the second month in

a row. Locally, our office and other offices I have spoken with report an uptick in activity for February. Sales in February and March will give us a clearer picture of whether prices have held. What I have been telling my mom, and anyone nearing or in their retirement years, is that now is the time to downsize their home. In addition to prices staying mostly firm, the return rates on fixed income investments is something we haven't seen in decades.

Finally, savers are being rewarded. If someone can downsize and transfer their previously untapped home equity into a \$200,000 fixed income investment with a safe 6% yield, that's an extra \$1,000 per month in cash flow. Mom, now's the time.

Brian Fair is the owner of Pioneer Title Company located in Chelan and Wenatchee. He can be reached at (509) 663-1125 or brian@pioneertitlecompany.com



CONTINUED FROM PAGE 1

Knowlton seeks more help for victims, more accountability for offenders

Knowlton has been diagnosed with post-traumatic stress disorder (PTSD).

“I thought PTSD was only associated with the military,” said Knowlton. “I never thought I would experience what I have.”

The trauma has caused her to suppress some memories like many of those associated with the court trial. Others she imagines like her husband's accident scene that she was unable to visit the day it happened because police blocked access. The sight of bicyclists wearing yellow shirts are trigger flashbacks.

“Gary always wore yellow coming home on his bike,”

Knowlton said. Working through the trauma has been a challenging journey.

“I'm not where I was six years ago,” said Knowlton of her recovery curve. “I'm better, but I'm not quite there.”

Knowlton's nightmare began on July 16, 2016, when Gary, a schoolteacher and lifeguard, was struck and killed outside Chelan while bicycling home to Brewster from Manson Bay where he served as a lifeguard every summer since 2008.

The driver of the Nissan pickup that struck 50-year-old Gary Knowlton was 22-year-old Bridgeport resident Jovany Lopez-Maciel.

He threw the broken bicycle into his pickup and fled the scene. After hiding out with help from his father, Maciel was arrested the following September and charged with vehicular homicide and felony hit and run.

It was not the first time Maciel was in trouble with the law. The Felony Judgment and Sentence document issued by the Chelan County Superior Court disclosed juvenile convictions for third degree rape in September 2011 and residential burglary in December 2011.

Maciel's convictions for second degree manslaughter and second-degree ma-

licious mischief resulted in a three-year, five-month (41-month) prison sentence imposed in June 2017 and served at Coyote Ridge Corrections Center in Connell. That would make his release date around November 2020. An additional 18 months of supervision was mandated following his release.

In January 2018 the state House of Representatives approved a resolution sponsored by Mike Steele (R-Chelan) and Cary Condotta (R-Wenatchee) honoring the life of Gary Knowlton. Steele had a personal as well as professional connection to the issue.

“I worked with Gary as a lifeguard at Manson,” said Steele. “That was during my high school years and all through college.”

The Chelan County Prosecutor's Office contacted Knowlton in December 2018 to advise her that Maciel was scheduled for early release in mid-January 2019. Counting the nine months of time served prior to his sentencing, Maciel spent about 28 of the 41 months behind bars. The 18-month supervision was waived because Immigration and Customs Enforcement (ICE) was deporting Maciel back to Mexico after his release.

During the intervening years since the tragedy Knowlton has waged a dedicated campaign for stiffer penalties for offenders and more support for victims of crime.

Yet, last month was the



A mural of Gary Knowlton at the Manson Bay Park pool was unveiled at a public memorial in his honor on July 28, 2016.

first opportunity she had to testify for a piece of legislation that actually made it this far in the legislative process.

Fast forward to the present day and Maciel is back in Washington state. Knowlton even knows his address in the Tri-Cities area. He was cited by the Washington State Patrol for a moving violation on Sept. 16, 2020, and went to court. That's how Knowlton learned of his return.

She passed the information to her contact at ICE but state RCW 10.93.160 regarding law enforcement restrictions relative to immigration and citizenship status bars any further action from those quarters.

Knowlton said she feels powerless in the face of legalities that stand in the way of further accountability by the man who killed her husband.

“I understand that criminals have the upper hand,

and that everybody is for criminals,” said Knowlton. “I get that.”

She said she gets frustrated with the system and the feeling that nobody is listening. “I can understand why victims don't step up, through my own experience,” said Knowlton, “because I am one.”

Knowlton's two daughters, Kari, now 32 and married, and Krysta, 29, have endured their share of victim trauma but move forward in appreciation of their father's memory.

Kari is a schoolteacher in Mossyrock, and Krysta works for a health company in Spokane.

“I'm going to keep fighting,” said Knowlton. “I tell my girls that if the roles were reversed Gary would do the same thing, if I can help one family to cope and get through with some tools, that is my goal.”

CONTINUED FROM PAGE 15

Commissioner Franz urges House to pass Carbon Credit Bill

to support kids in school, restore salmon habitats, protect working forests, and get one step closer to accomplishing what the Climate Commitment Act envisions, DNR should be able to work in the carbon offset sector in the same way that private-sector businesses and non-profit organizations already do,” said Commissioner Franz.

“But right now, my agency is competing in the carbon offset market with one arm tied behind our back – and that means less revenue for the state, and less climate action. HB 1789 will enable DNR to not just compete on a level playing field, but we'll also save taxpayers from paying for third-party intermediaries.”

Under the legislation, prime sponsored by Rep. Kristine Reeves (D-Federal Way), DNR would be able to sell carbon credits on the open market as many private industries already do. This would enable DNR to

provide Washington-based carbon credits for the cap-and-invest program created under the Climate Commitment Act.

DNR currently has the authority to lease state-owned lands for carbon sequestration and capture, but cannot directly sell carbon credits. Using commercial leases is an unnecessary and time-consuming step that keeps DNR out of markets that private landowners already have access to, and results in less revenue generated for our beneficiaries. These leases are also capped at 99 years in length, which does not comply with permanence provisions with the Climate Commitment Act.

DNR would also establish a transparent process for the sale of carbon credits that would help to ensure that the sales of these credits provide the greatest benefit to beneficiaries, local communities and the state.

Companion legislation in the Senate, SB5688, primarily sponsored by Sen. Liz Lovelett (D-Anacortes) and Sen. Joe Nguyen (D-White Center) had its initial hearing in February.



To Our Health

Confluence Health announces updates to Employment Vaccination Policy

Submitted by
Adam MacDonald MAEd, NBCCT
Corporate Communications
Program Manager

Confluence Health today announced an update to its employment vaccination policy.

Starting March 1, 2023, Confluence Health will begin allowing staff who were unable to work onsite due to not having received the initial COVID-19 vaccination series to again work onsite at Confluence Health facilities after meeting certain requirements.

"This change in policy reflects our shift in status within the wider pandemic and the needs of our communities," commented Dr. Jason Lake, chief medical officer of Confluence Health.

"While vaccinations continue to be vital in our ability to address

the needs of public health, the transition to a post-pandemic world allows us greater flexibility in requirements moving forward."

Under previous policy, staff who had not received their initial COVID-19 vaccination series were not able to work onsite due to Washington State COVID-19 mandates and policy requirements from the Centers for Medicare and Medicaid Services.

Changes in requirements now allow for greater flexibility in policies and more accommodation options for exempted individuals.

The update to Confluence Health employment vaccination policy will allow staff who received a religious and/or medical accommodation and currently work remotely to come onsite for

meetings and social events, and, where appropriate and where space is available, to return to onsite work.

Additionally, Confluence Health welcomes applications from prospective and former employees who may need religious and/or medical exemptions to apply for open positions.

All standard vaccinations, including the COVID-19 initial series, are still required for employees unless they have an approved medical and/or religious exemption and appropriate accommodation can be made.

"We are pleased to be able to make these updates to our employment vaccination policies," stated Dr. Andrew Jones, chief executive officer of Confluence Health.



Stock photo

"As we make this important transition, we are thankful to our staff, providers, patients, and

our wider communities for their continued efforts to support our work to promote public health."



About Confluence Health:

Confluence Health serves the largest geographic region of any healthcare system in Washington State, covering over 12,000 square miles of Okanogan, Grant, Douglas, and Chelan counties. Confluence is one of only two locally-lead healthcare systems in the

state with the purpose of maintaining availability and access to high-quality, cost-effective healthcare services for North Central Washington. The Confluence Health Board of Directors provides governance for Confluence Health, the Clinic, Central Washington Hospital, and Wenatchee Valley Hospital, and includes nine community board members and six physician board members.

Cascade Medical welcomes a new physician to their care family

By Clint Strand,
Director of Public Relations

Dr. Lauren Kendall joins the Cascade Medical team February, adding to their team of family health care practitioners. Her physical roots originated in the Midwest, but growing up, her family life was rooted in medicine as well.

"My mom is a retired RN, and I have two aunts and a mother-in-law who also are, or were, nurses, and so it's always been on my radar to do something in medicine," Kendall said.

Kendall said she knew from the beginning of her

training that Family Medicine was more than a specialization – it was a calling: "Family Medicine... it's just so full of heart. It has everything, the closest to what I thought medicine should be. When I actually started my practice, I knew, this was what I was looking for."

Dr. Kendall most recently practiced family medicine in the Wenatchee Valley at Columbia Valley Community Health. She completed her residency prior to that in Louisiana, and earned her Bachelor's and Doctor of Medicine degrees at the University of Wisconsin –



PHOTO SUBMITTED BY CLINT STRAND, CASCADE MEDICAL

Dr. Lauren Kendall

Madison and the University of Illinois at Chicago, respectively.

Dr. Kendall also holds special interests in integrative medicine, women's health, and LGBTQIA+ health. She is a current Fellow in Integrative Health and Medicine at AIHM, and plans to become board-certified in this additional field in 2024.

Dr. Kendall also previously founded and led a multidisciplinary team dedicated to improving transgender care. Kendall said, "I think this care is so important for the community and for the world, for everybody to have a place and a person they can trust to take care of their

health when they need it. I'm so admiring of the LGBTQ+ community. They're generally folks that realized something about themselves, and had the bravery and integrity to say, 'I'm going to be who I am.' I am so in awe of that. I'm honored to help them in any way I can."

Kendall says she may be a Northwest transplant, but our region and way of life is in her blood.

"I love the underlying culture of outdoorsmanship and health, in conjunction with nature. Like, when you say, 'I'm going to go on a hike, or go backpacking',

people just say, 'OK, cool.' If you did that in the Chicagoland area, well, first of all, there would be nowhere to go (laughing), but they might also say, 'You're gonna what?'. There's this culture of health and appreciating the outdoors, which I think is great."

Cascade Medical CEO Diane Blake said "We knew right away Dr. Kendall would be a great fit with our team. She is warm and friendly and passionate about caring for others. She has a stellar reputation for community to get to know her and vice versa!"

Hawkins prepares Senate amendment to "inclusive" curriculum bill

Submitted by The Office of Brad Hawkins

As the Legislature readies itself for multiple weeks of upcoming floor debate on hundreds of bills, Sen. Brad Hawkins is troubled by the mandates in Senate Bill 5462, which would require all school districts in the state to adopt an "inclusive" curriculum.

"The big issue I have with this proposal is the forced adoption of more Olympia-based curriculum by all school districts in the state," said Hawkins. "This reminds me very much of the highly controversial 'comprehensive' sex education bill that was mandated upon every district just a few years ago."

In 2020, Senate Bill 5395 was approved in the Legislature after much debate on nearly 200 House and Senate floor amendments. The bill, which Hawkins voted against, was eventually approved and was signed into law. After the governor signed it, citizens gathered enough signatures to create a referendum, which failed on a statewide vote in November 2020. During the intense floor debate in 2020, Hawkins'

amendment allowing families to opt out their children was one of the only amendments approved and signed into law.

For Senate Bill 5462, Hawkins will propose an amendment that "allows rather than requires" school districts to adopt the state-developed policies directing inclusive curriculum. It also removes requirements in the bill that apply to public charter schools. While Hawkins had success with his floor amendment in 2020, he is not as optimistic with this year's Senate Bill 5462 amendment, saying, "The votes are not likely there to significantly change the statewide mandates this bill proposes, but I'm going to try."

Hawkins added, "Lawmakers in Olympia need to allow our locally elected school boards to make more decisions for their communities, especially related to curriculum. Our whole school governance system was once predicated on local control and now it seems that the Washington State Legislature wants to become the 'Washington State School Board.'"

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 have 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](https://www.wa.gov/vaccines) 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.

Washington Retail Report



Submitted by Washington
Retail Association

POLICY

Legislative Update

WR's policy and government affairs team are continuing to review bills closely. Legislators have filed 1,822 bills, an increase of 175 over the previous week in February.

HB 1155 is purported to protect health data privacy relating to collecting, sharing, and selling consumer health data. WR has significant concerns about the bill as currently written because of the overly broad scope. The bill would impact the delivery of low-cost access to healthcare which has become a primary directive over the past years. Onerous and overbroad restrictions and requirements such as those related to geofencing, consent and deletion obligations, set the stage for unfair advantage.

SB 5160 would increase the punishments for retail crimes that involve multiple accomplices, with increased penalties for cumulative values of involving multiple thefts over a 180-day period from one or more businesses. If the same criminal stole goods in several counties, each county could prosecute based on the cumulated rate. WR strongly supports this bill and thanks Sen. Nikki Torres (R-15-Pasco) for introducing this legislation. Executive action was taken in the Senate Committee on Law & Justice and passed for a second reading in the Rules Committee.

HB 1131 and SB5154 would enact the Packaging Extended Producer

Responsibility – also known as the WRAP Act – and create a beverage container reimbursement (BCR) program. WR is working with stakeholders on the definition of “producer” and sharing comments on improving the BCR program. WR supports the voluntary nature of the takeback sites.

SB 5217, referred to as the Ergonomics bill, would give the state authority to adopt ergonomics regulations to purportedly prevent musculoskeletal injuries.

WR strongly opposes this bill's one-size fits all approach which will be difficult and costly for businesses to comply with while yielding minimal results. No additional hearings have been scheduled since the January 24 hearing in the Senate Committee on Labor & Commerce.

SB 5482 would replace the state's Business & Operations (B&O) tax with a margins tax modeled on legislation passed in Texas. Sen. Noel Frame (D-36-Seattle) is the prime sponsor of the bill. A margins tax would allow deductions, which the current B&O tax system does not. WR has significant concerns on the increased tax burden this change could have on many of our members.

WR weighs in on police pursuit bills

The week of February 14, Washington Retail testified in support of several bills designed to allow law enforcement to once again pursue suspected criminals.

Three years ago, when the legislature passed several police reform bills, it severely restricted the ability of law enforcement to pursue suspects.

Today many law enforcement agencies feel powerless once a suspect leaves a crime scene in a car. Under current law, for example, if a suspected retail thief leaves a

store with stolen product on their person, once they get into their getaway vehicle, the police are not allowed to pursue them.

Considering that Washington State does not have a “concealment” of product law, which is when someone hides goods on their person or in a bag, backpack, or other with the intent to steal, it creates somewhat of a predicament for law enforcement and retail loss prevention staff.

Since the suspect cannot be apprehended in a store while concealing product, the only opportunity to catch the suspect is in the distance between the store's exit door and their car. This narrow window of time creates a dangerous scenario and could lead to an employee, customer, law enforcement, or even the crook getting hurt or killed. This puts public safety at risk.

Allowing police to safely pursue suspects, with specific guidelines and regulations to ensure safety, will protect innocent bystanders, employees, and criminals themselves from potential harm.

WR wants to reemphasize that enacting meaningful pursuit legislation is not the only solution to solving public safety problems, retail theft, and organized retail crime. It is, however, one crucial part of a multi-pronged approach to address these serious and pressing community issues.

To help tackle these public safety issues, funding is needed for an Organized Retail Crime Task Force as well as better education for law enforcement, the public, and our elected officials.

Funding is also crucial for the recruitment and retention of law enforcement. Washington is 51st of the 50 U.S. states and Washington DC for officers per capita, substance addiction, and mental health treatment.

This statistic means Washington



Attorney General Bob Ferguson and Renee Sunde, WR president and CEO were featured speakers in Wenatchee in January.

needs more facilities, counselors, mental health professionals, and officers, and we must disincentivize thefts by making the monetization of stolen goods more difficult.

Two bills before the legislature seek to study police pursuit issues over the next several years. Studies would be helpful, and WR supports these efforts.

However, these studies are not a replacement for passing meaningful police pursuit legislation as soon as possible so that law enforcement can keep the public safe and minimize criminal activity.

WR encourages the legislature to act swiftly on House Bill 1363 – allowing police pursuits – sponsored by Rep. Alicia Rule (D-42.) We also support Senate Bill 5533 and House Bill 1586, which create a workgroup to study the current laws and make improvement recommendations to the legislature.

WR teams with AG Ferguson on retail theft in the Wenatchee Valley

Attorney General Bob Ferguson and WR President and CEO, Renee Sunde, were featured speakers met January 27, at a Public Safety and Retail Theft Forum in Wenatchee.

Sunde and AG Ferguson both spoke about how increasing retail crimes affect public safety in our country, Washington state, and local communities.

In response to the increase in these sophisticated crimes, he formed the Washington Organized Retail Crime (ORC) Task

Force last year. The Governor has allocated the task force \$2.265 million of the \$3 million the AG had initially proposed.

WR actively supports the task force efforts and commends the support from the AG and Governor's offices.

The event provided an opportunity for many key local public figures and officials to meet before the doors opened for the attendees, including Wenatchee Mayor Frank Kuntz, East Wenatchee Mayor Jerrilea Crawford, Chelan County Sheriff Mike Morrison, Chelan County Commissioner Shon Smith, and numerous chiefs of police in the area.

Over 90 attendees participated in the forum luncheon, sponsored by the Wenatchee Valley, Lake Chelan, and Leavenworth Chambers of Commerce and hosted in the Wenatchee Convention Center.

The community was well-represented by a diverse group of local public figures, law enforcement, loss prevention officers, business owners, and employers.



New Report Says Salmon Still Struggling

Submitted by Susan Zemek

OLYMPIA – A new report released by the Governor's Salmon Recovery Office shows that salmon in Washington are still struggling and face increasing difficulty brought on by climate change and other challenges.

Of the 14 population groups of salmon and steelhead in Washington listed as at-risk of extinction under the federal Endangered Species Act, 10 are in crisis or falling further from recovery goals, according to the State of Salmon in Watersheds report and website.

“Salmon need our help, now,” said Gov. Jay Inslee. “Salmon are essential to our identity, ecosystems and economy. We can't wait to save them – we have to invest in their recovery right away by restoring habitats and doing everything possible to repel threats to their survival.”

The biennial report and accompanying website note salmon are facing an increasing number of challenges that are being exacerbated by climate change. Those challeng-

es include habitat loss, stormwater pollution, stream temperature, predation, and barriers to migration.

“Salmon face hazards at every phase of their lives,” said Erik Neatherlin, director of the Governor's Salmon Recovery Office. “Wetter winters and more flooding brought on by climate change, combined with limited habitat for young salmon to eat and grow, are flushing young fish out of their gravel nests before they are big enough to survive. As they travel to the ocean, they face polluted waters, barriers to migration, food web issues and increased predators from birds to fish. In the ocean, global and regional shifts in ocean temperature

and acidity is interfering with their ability to find food and avoid predators. On their way home from the ocean, they are met with even more barriers to survival including hotter streams, risk of disease, blocked rivers and sea lions and seals trying to eat them. That is why it requires all of us to work together to give salmon any chance of survival.”

Washington salmon populations have been declining for generations. As Washington grew, many of the places salmon live were altered or destroyed. In 1991, the federal government declared the first salmon in the Pacific Northwest as endangered. By the end of that decade, salmon and steelhead and bull trout

populations were listed as threatened or endangered in three-quarters of the state.

The report details the challenges faced by salmon caused by climate change, habitat degradation, blocked migration routes, hydro-power facilities, hatcheries, fishing and predation by other wildlife. There are, however, some bright spots in the report.

“We have some places where salmon have been growing in numbers and nearing recovery, such as the summer chum in Hood Canal and the fall Chinook in the Snake River,” Neatherlin said.

“We also have seen both state and federal funding increase significantly for salmon recovery in the past year. That influx in money will help us start larger recovery projects and take bigger steps forward.”

An example of those proposed projects is the Yakima County Flood Control Zone District's plan to setback levees on the Yakima River. The work will reactivate the Yakima River floodplain to reduce

the height and speed of the river and provide more back channels where salmon can spawn, rear and migrate. Another is the work of the Hood Canal Salmon Enhancement Group, in partnership with state and federal agencies, to restore the Duckabush estuary on the western shore of Hood Canal. The project proposes to move U.S. Route 101 onto an estuary-spanning bridge, allowing the river to reconnect to its floodplain and wetlands, expanding habitat for salmon.

In addition, the report notes that since 2005, 3,750 barriers to fish passage have been corrected, more than 4,730 miles of stream have been made accessible to salmon and more than 26,000 acres of land along waterways, estuaries and near-shore areas hosted restoration projects.

“There is a lot of incredible work being done to recover salmon across the state,” Neatherlin said. “To get abundant salmon populations will require us to remove barriers, discard outdated preconceptions, listen to each other, and elevate our shared values.

I am confident Washingtonians will rise to the challenge.”



File photo

Take Command of Your 2023: 10 Ways to Compel the Career & Life You Want

Tactical strategies for defining your purpose, value, and vision to unlock your full potential and create the life you desire



By Joe Hart

Ask anyone what “personal development” means to them and you’ll surely receive a vast array of differing answers. On the whole, some popular definitions regard personal development to be interchangeable with self-improvement, consisting of activities that advance a person’s capabilities and potential, build human capital, facilitate employability and enhance quality of life and the realization of dreams and aspirations. Sounds pretty good in theory.

In tactical practice, however, those overarching outcomes can seem lofty. Indeed, not intended to be a short-term endeavor, the quest for personal development is a lifelong one to be pursued throughout one’s entire human experience. Inherent in the personal development process is self-reflection, with a myriad of questions to be asked through those recurring assessments.

This includes exploring mindsets and skillsets that you currently have, and that you aspire toward, in order to achieve fulfillment both personally and professionally. In order to achieve better and different results, it’s important to consider both your capabilities and capacity with intentionality.

What’s certain is that there’s always a better way to respond to your current challenges and circumstances. Of course, this often requires a change in approach.

Whether you want to form closer, more rewarding relationships built on trust and respect; gain ways to project an upbeat and contagious attitude; discover ways to manage stress and minimize worry; encourage positive thinking; and other representative aspirations, continuous improvement is yours to be had... though with the right amount of intention, effort, and consistency.

Every change begins with the self. Deepening our understanding of our natural tendencies as humans helps clarify why it takes active work by each of us to change. Gaining insight into our attitudes, opinions and thoughts helps us identify and confront our fears.

Building our resilience and self-confidence enables us to engage in honest exchanges – both with ourselves and others.

Here are key strategies that

will help you “do the work” to find your inner strength, build enduring relationships, unlock your full potential, and ultimately create the life you want.

#1 Find Your Inner Strength

One key to living a happy and successful life is finding your inner strength. This means understanding and managing your thoughts and emotions and developing habits and practices that help you cultivate a strong, optimistic mindset. Here are a few ways to do this:

Pay Attention to Your Thoughts: How often do you think about what you think? Most of us go through our days reacting to things that happen to us, without taking the time to really consider our thoughts.

But the thoughts we have can have a big impact on our emotions and actions. It’s important to take a step back and ask yourself if you’re really thinking about something the right way.

Are you seeing things clearly? Challenge negative thoughts and try to see things in a more positive light.

Handle Stress: Stress is a normal part of life, but it’s important to learn how to manage it.

When we’re stressed, it can be tempting to turn to unhealthy coping mechanisms like overeating, procrastinating, or relying on drugs or alcohol. But these behaviors can actually make things worse in the long run.

Instead, try healthy stress management techniques like exercise, meditation, or talking to a trusted friend or family member.

Build Courage and Confidence:

Another key to inner strength is courage and confidence. When we feel confident, we’re more likely to take on new challenges and persevere when things get tough. But confidence doesn’t always come naturally. It’s something we need to work on and build over time.

One way to do this is by setting small, achievable goals for ourselves and then celebrating our successes. As we accomplish more and more, our confidence will grow.

Deal with Change: Change is a fact of life, and it can be hard to deal with at times. But it’s also an opportunity for growth and development. When faced with change, try to focus on the positives and see it as a chance to learn and adapt. Change can be scary, but it can also be exciting. Embrace it and see where it takes you.

Move Past Regret: It’s natural to have regrets from time to time, but it’s important not to let them hold us back. Instead of dwelling on the past, try to learn from your mistakes and move on. Don’t let



Stock photo

regret keep you from pursuing your goals and living the life you want.

#2 Building Enduring Relationships

Having strong connections with the people around us is an essential part of a fulfilling life. Whether you’re an introvert or an extrovert, it’s important to be able to connect with people authentically and respectfully.

Here are a few ways to build great relationships:

Be Warm: Showing warmth is an important part of building relationships. Being open and friendly with body language, facial expressions, and tone of voice helps others feel emotionally safe and trustworthy. Research shows that 55% of communication is non-verbal, so the way you present yourself is almost more important than what you say.

Listen: Effective listening involves more than simply not talking while someone else speaks. It means opening your mind to truly hear what the other person is saying and asking follow-up questions to gain a deeper understanding. It also means being patient and showing that you’re truly listening. Dale Carnegie wrote that “intent and focused listening is one of the

highest compliments we can pay someone.”

Find Common Ground and Show Genuine Interest: Connecting with others through common interests, hobbies, professions, and values can help build strong relationships.

This is especially important in the early stages of getting to know someone, but it can also be used to reconnect with relationships that have faded or to strengthen relationships that are going through a rough patch. Showing genuine interest in others helps build connections.

#3 Taking Command of Your Future

Set Clear Goals: Pursuing your purpose and creating a vision for your life are important steps in living an intentional life. This means knowing your “why”: what drives you and what you want to accomplish. It’s about taking control of your life and making conscious decisions about the kind of life you want to live and the contribution you want to make.

To live an intentional life, it’s important to step back and think about your values, goals, and priorities. In the end, living an intentional life is about making conscious choices that align with your values and goals.

By taking control of your future and defining your purpose, you can create a life that is meaningful and fulfilling.

Seek Fellowship-Based Inspiration: Developing a vision for your life can be exhilarating, as it allows you to see the possibilities for your future. It can also be eye-opening, as it may reveal areas of your life that you’re not fully satisfied with or that you’re not giving the attention they deserve. For example, you may realize that you’ve been focusing too much on work and not enough on your relationships with friends and family. To create a vision for your life, it can be helpful to seek guidance from inspiring leaders who are pursuing their dreams and making a lasting difference.

These individuals can provide valuable insight on how to pursue your own passions and make a positive impact on the world. It’s important to remember that each of us has inherent greatness within us, no matter one’s background or circumstances.

By developing and leveraging this greatness, you have the potential to achieve anything for yourself and make a positive impact on the lives of others.

The strategies outlined above require ongoing attention and proactive application in order to achieve success. By focusing on your thoughts, emotions, relationships, and passions with regularity, you can better control your future and live life to its fullest.

Joe Hart is the President & Chief Executive Officer of Dale Carnegie – a global training and development company with operations in over 75 countries and a worldwide leader in professional development, performance improvement, leadership training and employee engagement. Participants can build skills through in-person, live online, and hybrid programs. Also, author of the book “Take Command: Find Your Inner Strength, Build Enduring Relationships, and Live the Life You Want,” Joe has a unique understanding of how leaders can inspire trust, create an environment of psychological safety, drive employee engagement and instill a culture of creativity and resilience toward change.

Blue Bird President and GM Retires

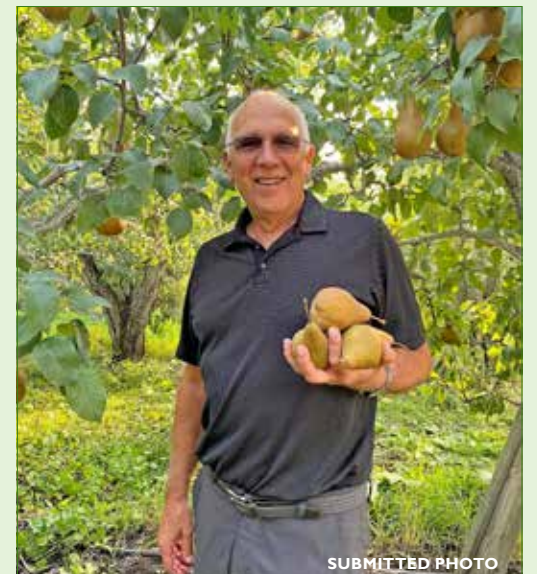
Submitted by Rachel Darlington

Blue Bird, Inc. Board of Directors announces the retirement of our esteemed President and General Manager, Ron Gonsalves. His last working day with the company was February 28, 2023.

“Ron has been integral to our company for the last 24 years. His numerous accomplishments and contributions will always be valued and remembered. Blue Bird’s Board of Directors, Growers, and Industry honor his hard work, commitment, and dedication.

“Ron will be greatly missed. We appreciate his long tenure as the head of this organization as an esteemed leader and a wonderful person.

“On behalf of your Board of Directors and everyone within the Blue Bird Organization, I wish him, Laura, and their family the best of luck in their new adventures.” **Richard Smithson, Chairman of the Board of Directors Blue Bird, Inc.**



SUBMITTED PHOTO

Ron Gonsalves



Tsillan Cellars wines win Best of Class honors in California

By Dr. Bob Jankelson

CHELAN – Tsillan Cellars again established the ability of Lake Chelan Southshore vineyards to produce world-class wines that compete with the best in the world.

With 1,000 wineries and 5,500 wines entered in the recent San Francisco Chronicle Wine Competition, Tsillan Cellars 2020 Estate Malbec and the 2020 Estate Dolcetto both won Best of Class honors.

Owner, Bob Jankelson, credits his former winemaker Ray Sandidge for convincing him that Dolcetto, an Italian grape varietal from the Northwestern area of Italy, had great promise if planted on his south shore vineyards.

The first Dolcetto vineyard planted in the Lake Chelan AVA only six years later produced the 2020 Tsillan Cellars

Estate Dolcetto honored as the Best Dolcetto in the prestigious 2023 San Francisco Competition.

Dolcetto means little sweet one in Italian. It is known as a soft, fruity wine that can be enjoyed shortly after bottling.

Mike Dunne, noted wine critic commenting upon the Tsillan Cellars Best of Class Dolcetto: Éthis is an exceptionally charming interpretation of the variety sweet, light hearted fruit suggestive of plums and cherries, a thread of caramel, electricity enough to light up a small town, and surprisingly perky acidity for a grape not exactly known to possess lot.

Bob acknowledges that Ray must have been convinced of the success of Dolcetto on this site since he talked Bob into planting an additional Dolcetto vineyard after seeing the

promise of the initial planting. Lots of little sweet ones in the future for Tsillan Cellars and those enjoying Tsillan Cellars wines.

While the Best of Class honor for the Dolcetto was a first for Tsillan Cellars and the Lake Chelan AVA, the Best of Class honor for Tsillan Cellars 2020 Estate Malbec was no surprise.

In the past 15 years, Tsillan Cellars Estate grown Malbec is almost expected to win Best of Class honors in the most prestigious national and international wine competitions.

Winning the Best Malbec Award in the 2013 San Francisco International Wine Competition was followed by eight more Best of Class awards in international competitions.

The Lake Chelan AVA and Tsillan Cellars continue to shower honors on Lake Chelan wine.



Courtesy Tsillan Cellars

Tsillan Cellars 2020 Estate Malbec and the 2020 Estate Dolcetto both won Best of Class honors at the recent San Francisco Chronicle Wine Competition.

Brewster Chamber reviews 2023 advertising and scheduled events

By Mike Maltais
Staff writer

BREWSTER – The Brewster Chamber of Commerce discussed its Downtown Strategic Vision, advertising plans and upcoming events at its regular monthly meeting held at the Pateros-Brewster-Bridgeport Senior Center at their February meeting.

Downtown Strategies update

President Mike Mauk handed out information from the Downtown Strategic Vision's five-year year plan, with highlighted pictures and information on what was recommended for Brewster.

Chamber members discussed three low-cost items that can be achieved in the next couple of years to move the community ahead. The Board has formed a committee to start the process.

“Right now, it is just the Chamber board of directors, but open to others that want to help,” Mauk said.

Downtown Strategies will present its report to the April city council meeting.

“The Chamber has given the report to the council in hopes they will look it over and understand what is going on with it and will be ready when Downtown Strategies meets with them,” Mauk said.

Upcoming events

The 4th of July celebration and August Salmon Derby were both approved by the city as applied for. Booths have been reserved for the Big Horn Sportsman Show in Spokane, March 16-19.

“The idea is to bring visitors and tourists to our area, and to sell Derby tickets and Chamber and Derby T-shirts,” said Mauk.

“We are trying to get brochures and business cards from our members to have on our table at the show.

Mauk said the Chamber will share the Spokane booth with Simple Derby - who



handles ticket sales for the Derby – plus Lure Safe and LEOS Flashers, both Derby sponsors.

Advertising and LTAC Funds

The Chamber is splitting up its advertising out of the area this year to get the most out of the limited LTAC (Lodging Tax Advisory Committee) dollars collected from the city. Mauk apologized for any business missing and will update the listing again at the end of the year. The membership report counts 43 chamber members so far in 2023.

Mother's Day Festival (Dia de la Madre)

Manny Hurtado and Esteban Camacho presented what they have been working on for the El dia de las madres” Mother's Day Festival this year. They are working on a date and will submit an event application to the city for approval.

The Chamber will host the event with the understanding that the Brewster Business Association will handle all the plans, volunteers, and work.

The chamber will cover the insurance, form filing and help with advertising and sponsors and manage the funds for the event.

“We hope to make it into the No. 1 big annual festival for Brewster,” said Mauk, “and make it big like in past years.”

To view YouTube videos of past years check the website: <https://youtube.com/S0yWxOdWCBY>.

Community Programs

Submitted by WRI Place

An Introduction to Lichens,

Tuesday, March 14, 6 - 7:30 p.m.

In this hands-on workshop, you will create your own lichen ID chart using local specimens. With your chart, you will get better acquainted with lichens and you will learn what to look for when using lichen identification guides.

Introduction to Wildlife Tracking Class, Saturday, March 25 and Sunday, March 26

WRI invites you to a weekend introduction to the language of wildlife tracking with Adam Martin. Throughout the weekend, you'll gain a basic understanding of how to identify and interpret the commonly left tracks and sign of the birds, mammals, and insects of our region.

Trashion Show Team Registration, Due Friday, April 7 at 5 p.m.

The 2d annual Trashion Show is on Friday, April 21. It's a fashion show featuring garments made from recycled materials and repurposed clothing. It's time to start planning your outfit and collecting materials to create your own trashion masterpiece to model down the runway! Create a team and register online, there is limited space in each category! Find rules and registration at the link below.

Thank you to our Community Education volunteers for helping out at the last couple Red Barn Events and Snowshoe Strolls so far: Virginia Kraft, Pam DeGrenier, Karen Haire, Diane Hansen, Beth Beck, and Betsy Steele.

Youth Camp News & Updates

Planning for youth camps is in full swing. Read below for important news on upcoming youth camps this year.

Spring Break Camp (K-3): April 3-7; Summer Camps (entering grades 1-9): July & August. WRI is planning to pilot a lottery system for summer camp registration in 2023. Our hope in using a lottery system is to offer more equitable access to WRI Summer Camps and to alleviate stress



around registration.

Campers can enroll in one week of camp through the lottery system. If there are spots in camp after the lottery, those will be open to everyone through general registration. Entering the lottery does not guarantee a camper a spot in summer camp.

Kids in the Snow Program

WRI had the opportunity to work on a partnered program with Wenatchee School District (WSD), Cascadia Conservation District (CCD), and the Department of Transportation at Squilchuck State Park. This program served students in 7th grade in WSD.

WRI Field Educators assisted CCD with their outdoor portion of the Kids in the Snow program. Students used snow pits to measure the total depth of snow and found out how many centimeters of water was in the pit.

They collected and weighed snow samples from the snow pit to find the snow water equivalency (SWE).

We are hiring Summer Camp Educator Interns

Join WRI's summer camp team! The Summer Camp Educator Intern position is an opportunity to learn under the supervision and guidance of experienced environmental educators.

In this role, interns will assist with the planning and delivery of WRI Youth Summer Camps from mid-June through mid-August. This position is responsible for the safety, enjoyment, and education of summer camp participants, primarily in grades 1-6. WRI Summer Camps are structured to spend their days outdoors.

The Summer Camp Educator Intern will work 32-40 hours/week. Specific start and end dates will be determined based on intern availability and school calendar.

To learn more about the position, visit our website to read the full job description and qualifications.