



COVID - Beyond the Mask



How you can be proactive

By Bill Forhan
Publisher

There is no doubt that our hospitals are being overrun with COVID patients. Hospital staff and resources are being challenged making it increasingly difficult to provide care to those most in need.

Politicians are using this crisis to push for mass vaccinations in an effort to stem the growing tide of cases. But many medical professionals, like Dr. Robert Malone a virologist and immunologist, is critical of the push to vaccinate everybody.

Dr. Malone is considered one of the inventors of the Moderna Vaccine and says he is not an anti-vaxxer he simply points out that there are legitimate reasons for not forcing everyone to take this vaccine.

Dr. Malone, points out that this vaccine in like most flu vaccines. They are not always effective with the latest mutation of the virus.

The best we can hope for with vaccines of this nature is to slow the spread of the virus while we find ways to treat and cure patients that have contracted the disease.

We already have evidence that the vaccine is not completely effective. The Center for Disease Control admits that there will be breakthrough cases.

In other words, cases that occur in fully vaccinated patients. Some of these can be severe and some people may even die.

According to NBC news, as of the end of July 125,000 fully vaccinated people have tested positive for Covid and 1,400 have died.

As a percentage of the fully

vaccinated population that number is miniscule at .08%. NBC notes that their data is incomplete because 11 states did not provide them with information and the Center for Disease Control stopped reporting in May.

The other problem when discussing vaccines is that they are not a cure. Vaccines are a prophylactic. They are meant to prevent getting the virus in the first place.

Once someone contracts the disease, doctors are primarily concerned about treating it. There is widespread disagreement over protocols for treatment of COVID.

According to the Washington Department of Health, just over 52% of the population in Chelan, Douglas and Okanogan County are fully vaccinated. That means half of the residents in our area are still at risk for contracting the virus.

Central Washington Hospital is the primary hospital serving North Central Washington.

There are other community hospitals serving the region including Cascade Medical Center in Leavenworth, Lake Chelan Health in Chelan, Three Rivers in Brewster.

These hospitals all work together to address patient needs in our three county area of Chelan, Douglas and Okanogan County.

Central Washington has 198 beds. They currently have 60 COVID patients undergoing treatment. Cascade has no COVID patients in their 9 beds and Chelan has two COVID patients in their 22 beds.

SEE COVID - BEYOND THE MASK, PAGE 4



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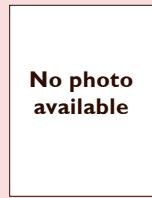


Jay Jerome

Covid, Treatments, and Trust – A Message From Your Health Care Community



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By: Kelly Boeing, PA-C, Tony Butruille, MD, Lucca Criminale, PA-C, Kathy Fosnaugh, DO, Roselynn Gentles, MD, Jay Jerome, MD, Mara Merritt, DO, Alexander Pelman, PA-C, Miranda Raiche, MD, Geoff Richardson, MD, Corey Rubinfeld, PA-C and Eric Stirling, MD, with Clint Strand

Two issues ago, the Leavenworth Echo devoted its front page exclusively to coverage of the Covid epidemic, how regional health care organizations are teaming up in response to the challenges we're facing, and information on how to talk to your provider to best find options for treatment.

First, we appreciate efforts taken by the Echo to articulate the teamwork regional health care providers exhibit in treating our community members suffering from Covid, and the strains those efforts place on our health care system. For that, we are grateful.

It is in this spirit of togetherness that all Physicians and providers at Cascade Medical have crafted this response to information presented in that issue that were at times inaccurate, lacked context, and presented guidance that is not consistent with accepted medical consensus regarding what we know about Covid, how to prevent contracting it, and how to treat it.

Of most concern to us were statements in the Echo indicating to the reader that Ivermectin and hydroxychloroquine are acceptable therapies to treat Covid. Those assertions came from a group called the "Association of American Physicians and Surgeons." Please note only 0.5% of all U.S. physicians belong to this group. They reflect a minority opinion, one that is not typically informed by evidence-based medicine.

Two weeks ago, the American Medical Association, the American Pharmacists Association, and the American Society of Health-System Pharmacists released a joint statement strongly opposing the ordering, prescribing, or dispensing of Ivermectin to prevent or treat COVID-19 outside of a clinical trial. Cascade Medical informed the Echo of this joint statement last week

prior to the article's publication. The author chose not to include that information to his readers.

So, let's talk about Ivermectin. What really is it? Ivermectin is indeed approved by the U.S. Food and Drug Administration (FDA) for human use... to treat infections caused by internal and external parasites. It is not approved to prevent or treat COVID-19. Ivermectin is also available to treat certain veterinary conditions; medications formulated or intended for use in animals should not be used by humans.

Cascade Medical practices evidence-based medicine, and here's what the evidence tells us: although Ivermectin in vitro (in a test tube in the laboratory) exhibits very weak anti-viral activity at drug concentrations far above safe levels, subsequent clinical trials have failed to show a benefit in either prevention or treatment of COVID-19, and most importantly, this medicine can be potentially harmful. We will continue to practice medicine that is consistent with consensus medical guidelines from reputable sources in order to provide you the very best care.

What about monoclonal antibody therapeutic treatments? Monoclonal antibody treatment provides a short-term, passive immune protection that can buy time for your body to fight against a COVID-19 infection. If given before severe symptoms set in, it can reduce the risk of severe illness in high-risk individuals. Monoclonal antibody treatment is administered through shots or intravenous (IV) infusions and can take up to 90 minutes to complete.

In comparison, it takes less than 30 minutes on average to get vaccinated, which produces a long term active immune response and reduces the risk of COVID-19 hospitalization by 71% (Johnson and Johnson), 88% (Pfizer), and 93% (Moderna) in individuals who are not immunocompromised.

Due to the demand of monoclonal antibodies, allocations in Washington are now distributed

SEE COVID, TREATMENTS, AND TRUST, PAGE 4

IN THIS ISSUE

Publisher's Page.....	2	Top properties.....	17-18
Business News.....	3, 5, 6, 10	Wenatchee Labor Market	
BCA pages.....	8-9	Reports.....	21-22
BNCW Section.....	11-14	Entertainment.....	23
Keeping Up With People.....	15	Cashmere FFA.....	24



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NEWSSTAND LOCATIONS

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 Safeway, 501 N. Miller St.

East Wenatchee

Safeway, 510 Grant Road

Cashmere

Martin's 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
 310 E. Johnson Ave.

Brewster

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 26048 U.S. Highway 97

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Publisher's Page

Allow me to whine a little

By Bill Forhan

I have had a couple of cancellations in the last few months because the paper has "become too political." I'm sorry if you want to bury your head in the sand while government bureaucrats put you out of business.

In the last 20 years government has grown increasingly anti-business. Primarily that assault has fallen on small business. Nothing is more telling than the current "crisis" that has gone on for two years.

More specifically, politicians and government bureaucrats have failed to solve theirself-proclaimed crisis. They are not doctors, and most of their advisors depend on their continued government positions by supporting the politicians they advise.

Restaurants and bars have been closed. Gyms and Theaters have had mandates making it nearly impossible to operate. And

now employees are being told they will be fired if they aren't vaccinated.

This includes a number of health care workers who have declined to be vaccinated. Career military have been told they will be dishonorably discharged if they don't get the vaccine.

Let's be honest here. There is growing disagreement in the medical community about the virus, effectiveness of the vaccines and proper treatment protocols. Those who disagree with the official state position are minimized. Regardless of their scientific background their views are dismissed. The message is—don't question our authority.

We are told we need to comply in order to save lives. Recently, a writer complained that 667,000 Americans have died of Covid. "That's more deaths than in all of America's wars," they say. Problem is that is not exactly accurate or compa-

rable. It totally ignores the Civil War and it ignores the fact that most of our population was not exposed to risking their life in war. It's just more fake news from the left.

It is unfortunate that 667,000 Americans died from COVID. That is 2/10 of 1 percent of the U.S. population. It is bad but it is far from a national catastrophe. There is growing evidence that many of the COVID deaths were only marginally connected to the Pandemic.

Yet refusing to wear a mask as a symbol of our refusal to submit to tyrannical control labels us as anti-social. If you're at risk and you're wearing a mask to protect yourself then why is my refusal to wear one putting you at further risk. Could it be that the mask you are wearing doesn't work?

It seems to me that wearing a mask is a symbol

of my acquiescence to the power of the state. A test to see who will follow the mandates of the Mayor, Governor or President. The message now is if you don't comply you will not be able to work. You may not be eligible for government social programs. You will not be able to go out to dinner or a sporting event. What's next – deportation, imprisonment or death by firing squad?

This is not the American Way. This is not the country I fought to protect.

Did you know that 99 percent of businesses in this country are small businesses? Did you know that 48 percent of employees work for those small businesses. Historically, small business has been the engine of a growing economy. But the political power being wielded to save lives has fallen too hard on small businesses.

If you are a small busi-



Bill Forhan

ness owner who is not interested in politics and how they are effecting your business, then you are part of the problem.

Too much of our media today has surrendered their responsibility to be a watchdog on political abuse. I refuse to do that. I will continue to bring you information that is critical of our government when I feel they are abusing their authority.

Shutting down businesses is an abuse of our freedom in a free society.

I will continue to bring you information that may be unpleasant to read but is intended to give you the tools to navigate the challenges we all face from would be dictators who just can't let a good crisis go to waste.

So far, the politicians have focused their efforts on vaccines as a preventive measure. They've spent little time focusing on treatments and cures to avoid those deaths.

12 Tribes Colville Casinos Launches New Names and Player Changes

OMAK – 12 Tribes Colville Casinos announced new names for their properties in Omak and Manson.

12 Tribes Omak Casino Hotel, formally known as 12 Tribes Resort Casino, and 12 Tribes Lake Chelan Casino, formally known as 12 Tribes Mill Bay Casino, will now honor their locations in their name changes. Along with the name changes, launched their new Players Advantage Club repositioning.

"It was important for us to incorporate the location into each property's name for consistency and tourism purposes," said Kary Nichols, Colville Tribal Federal Corporation (CTFC) Chief Executive Officer (CEO).

"We look forward to paying tribute to our Colville Confederated Tribe and the beautiful area in which we live and work through the names of our casino properties."

In a phased transition, the new

name changes come as one of the final stages in the year-long refresh project, which included updating our players advantage club artwork and refreshed benefits for our loyal players, interior and exterior building designs, a new RV Park at 12 Tribes Lake Chelan Casino, and more to come behind the scenes.

"It's important that we continuously look for ways to improve, and we had some very exciting changes that happened to en-

courage tourism to our area and support the loyalty of our locals," said Tony Posey, Colville Gaming LLC Interim Chief Operating Officer (COO).

"We will only continue to evaluate our community's needs to encourage growth."

"We hope our friends and neighbors in our communities will join us in celebrating this huge milestone for 12 Tribes Colville Casinos," said Posey.

For more information, visit: colvillecasinos.com



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The Hotel Group Announces the Opening of the Residence Inn by Marriott Wenatchee, WA

WENATCHEE – The Hotel Group (THG), a prominent hotel ownership and development company, an affiliate of Hotel Equities (HE), along with Stream Real Estate, announced the opening of the Residence Inn by Marriott Wenatchee, located in Wenatchee. As a co-investment project between Stream Real Estate of Seattle, owner and developer, and THG, this hotel is the first and only extended stay hotel in the Wenatchee hotel market. The property offers the best in hospitality, including stunning views of the Cascade Mountains while nestled on the banks of Washington's renowned Columbia River.

At the new Residence Inn by Marriott Wenatchee, guests will be treated to the natural beauty of Central Washington while discovering the heart of Wenatchee. As the "Apple Capital of the World," guests can experience the local lush valleys filled with rows of fruit trees, which are shipped all over the world. Enjoy a locally inspired meal at the on-site Orchard Bar + Bites Restaurant, where the spectacular views are sure to delight. Close to entertainment, shopping and mul-

tiple restaurants, the newly opened hotel offers an indoor swimming pool with industrial doors opening to an outside hot tub and 10,000 square feet of patio space, perfect for relaxing and enjoying a beverage or hot meal after a long day.

"THG and Stream Real Estate saw the immediate need for a quality extended-stay hotel in Wenatchee and we are thrilled to bring this to fruition in the local market through Marriott's well known Residence Inn brand," stated Douglas Dreher, CEO of The Hotel Group.

"Our recent partnership with Hotel Equities reinforces our proven hospitality centric approach, which has brought continued success. The Residence Inn Wenatchee is our ninth property in Washington state and will be another successful hospitality statement. We look forward to welcoming each guest with our Inspired Hospitality Greatness via serving, inspiring and delivering." Marc Angelillo, Managing Member of Stream Real Estate added "When we acquired the riverfront parcel, we felt it had great potential. With the opening of the Resi-



Courtesy Photo

dence Inn by Marriott Wenatchee, several years of planning and visioning are coming to completion. We are excited to be expanding our presence in the Wenatchee market and believe the hotel will be a great addition to the community."

Guests can unwind in one of the spacious studios or one-bedroom suites which includes a fully equipped kitchen, separate living area and peaceful sleeping space with luxurious linens. Each room additionally features free Wi-Fi, a 50-inch HDTV, ergonomic chair

with writing desk and pull-out sofa bed. Start the day with a complimentary hot breakfast or cook up a meal in the comfort of a private room. With over 1,100 square feet of meeting and boardroom space, a well-proportioned fitness center, indoor pool with outdoor hot tub, expansive patio with firepits and free grocery delivery service provided with Marriott's exceptional hospitality, guests will have everything they need for business or leisure travel at their fingertips. In addition to welcoming guests, the

hotel looks forward to receiving furry friends in one of the most active outdoor cities in Washington state.

Enjoy the Apple Capital Loop Trail and Walla Walla Point Park, just steps from the property. Guests are also moments away from Pybus Market, Wenatchee National Forest Trails, Town Toyota Center, Ohme Gardens and Mission Ridge Ski Resort - just to name a few. The hotel provides guests a welcoming and unique oasis in their discovery of the essence of Wenatchee.





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How you can be proactive

Jamie Minnock, Chief Nursing Officer at Chelan Health, says they communicate almost daily with Central Washington and the other regional hospitals to co-ordinate and support each other in caring for patients.

When patients come to their hospital with symptoms they cannot treat they are transported to Central Washington for acute care.

If Central Washington gets overloaded then they send patients with milder symptoms out to other area hospitals like Chelan, Cascade or even Yakima.

There is significant disagreement among physicians about the proper treatment protocols for a person who is infected with the COVID-19 virus.

Primarily, the disagreement is over the use of Ivermectin in the early stages of the virus. It is true that Ivermectin is a drug used to deworm horses.

It is also true that Ivermectin is available for humans and has been used around the world since 1975. In most countries it is available over the counter. It is inexpensive and considered a miracle drug in many countries. It has not been approved by the FDA for use in treating COVID.

Recently, the Chelan-Douglas Health District has come out in opposition to the use of this drug.

But Ivermectin is

being used by some physicians in the U.S. and has been endorsed for use in other countries that have found it to be effective when used early.

I included a link to a pamphlet with the CDHD press release that offered advice from the American Association of Physicians and Surgeons (AAPR) a few weeks ago. That pamphlet titled, "A Guide to Home-Based COVID Treatment", provides advice about what you should do to prepare in case you do get COVID.

With the exception of the recommendation to consider using Ivermectin in the early stage of treatment; It seems to follow local protocols for treatment options.

The pamphlet includes a recommendation that you have a consultation with your local doctor about what you should do if you are diagnosed as having COVID.

The first step of course is to get tested if you think you are experiencing symptoms.

There is a chart of the most common symptoms attached to this article. It takes 24 to 48 hours to get the results of your test.

Our local hospitals do testing if you have symptoms. They ask that you not just walk in. Call and make an appointment. They will ask about your symptoms and schedule you for a test.

Guide to Home-Based COVID Treatment

Excerpt from AAPR

Typical Symptoms of COVID

Keep in mind, not everyone has all of them

- Runny nose, sneezing
- Sudden onset of marked fatigue
- Loss of energy, malaise
- Body aches, muscle aches, headaches
- Cough, though in COVID it is usually a dry cough. You may not produce mucus (sputum).
 - Color of sputum is not necessarily a reliable indicator of severity or type of illness.
 - If your cough is causing you to have increased shortness of breath or interfering with your sleep pattern, this could mean the disease is worsening.
 - Feeling "feverish," even if fever (defined as temperature >101 degrees) is not present.
 - Chills at night
 - Sudden onset of sweats during the day that are unrelated to exercise
 - Loss of taste or smell (tends to occur after the other symptoms have been there 1-3 days, but can occur earlier or later)
 - Loss of appetite, nausea, GI upset
 - Diarrhea may occur, though is not common. It can quickly lead to dehydration and electrolyte imbalances when it does happen.
 - After about day 5, when the inflammation gets worse, there is often chest heaviness or tightness, difficulty breathing, shortness of breath.
 - Drop in blood oxygen concentration (measured with a finger oximeter you can purchase at your local pharmacy) indicates serious respiratory problems
 - Rapid heart rate, palpitations
 - Loss of focus, difficulty with concentration and memory

The Association of American Physicians and Surgeons suggest the following treatment protocol for those that have been diagnosed with COVID.

You can find their complete 26 page pamphlet on Home Based Covid Treatments at <https://aapsonline.org/>

covidpatientguide/

The basic groups of prescription medicines and other therapies used in COVID-19:

- Combination anti-viral medicines started as soon as symptoms occur
- Medicines to decrease inflammation, such as corticosteroids (called immunomodulators)
- Anticoagulant therapy to prevent blood-clots that can cause strokes, heart attacks, kidney shutdown, and death.
- Non-prescription supportive treatments with zinc, vitamin D, vitamin C, electrolyte drinks such as Pedialyte, and others.
- Home-based oxygen support, such as with an oxygen concentrator. These machines are available by physician prescription from home health medical supply businesses and are covered on most medical insurance plans.

Antiviral Agents: These must be started quickly at STAGE I (Days 1-5): Symptoms include sore throat, nasal stuffiness, fatigue, headaches, body aches, loss of taste and/or smell, loss of appetite, nausea, diarrhea, fever.

These medicines stop the virus from (1) entering the cells and (2) from multiplying once inside the cells, and they reduce bacterial invasion in the sinuses and lung:

- *Hydroxychloroquine (HCQ) with azithromycin (AZM) or doxycycline, OR
- Ivermectin with azithromycin (AZM) or doxycycline.

Either combination above must also include zinc sulfate or gluconate, plus supplemental vitamin D, and vitamin C. Some doctors also recommend adding a B complex vitamin. Zinc is critical. It helps block the virus from multiplying.

**Hydroxychloroquine is the carrier taking zinc INTO the cells to do its job.*

Anti-inflammatory Agents - Corticosteroids ("steroids"): Oral and Nebulized. These are started at STAGE II (Days 3-14) to reduce inflammation, the cause of added damage to the lungs and critical organs.

Symptoms include worsening cough, difficulty breathing, chest heaviness/tightness or chest pain. As inflamma-

tion damages the airways interfering with normal oxygen-carbon dioxide exchange, blood oxygen levels drop and people experience loss of focus, drowsiness, confusion, difficulty concentrating, low energy and severe fatigue. The exaggerated Inflammation response in COVID further increases the risk of blood clots.

Prescription medicines and other support added now to Stage I medicines are:

- nebulized budesonide to help penetrate the lungs and reduce inflammation
- oral prednisone, methylprednisolone, dexamethasone
- colchicine – may also be added to reduce inflammation
- full strength adult aspirin 325 mg to reduce inflammation and risk of blood clots
- home oxygen concentrator may be needed to improve oxygen levels (requires physician prescription)

Prescription Anticoagulants ("blood thinners") STAGE III (Day 7 and beyond): Symptoms seen in Stage II intensify. Difficulty breathing becomes extreme, oxygen levels drop sharply, risk of heart attack or stroke increases. At this point, people are critically ill. The medicines to be added to Stage I and II medicines now include:

- Aspirin 325 mg unless told not to take by your doctors
- And/or low molecular weight heparin injections (e.g. enoxaparin [Lovenox]), OR
- apixaban (Eliquis), or rivaroxaban (Xarelto), or dabigatran (Pradaxa) or IV. Vitamins, Supplements, and Oxygen.
- edoxaban (Savaysa) in standard doses for 5 to 30 days

If these added steps do not lead to improvement, or the patient becomes unstable, a 911 call is warranted for ER evaluation and hospital admission so that more aggressive Stage IV medications (such as remdesivir, Regeneron, and others) may be considered, and more intensive ventilation regimens are possible in ICU settings.

CONTINUED FROM PAGE 1

Covid, Treatments, and Trust – A Message From Your Health Care Community

through the State Department of Health (DOH).

What's more, monoclonal antibody treatment supplies are extremely limited and specific criteria must be met for patients seeking this treatment, such as pregnancy, obesity, diabetes, chronic kidney disease, high blood pressure, and asthma.

Again, due to limited supplies, it is important to note local healthcare providers will not be able to accommodate every high-risk individual who technically qualifies for monoclonal antibody treatment.

We know you want choice in how you receive your care. Ideally, those choices would include therapies after you get sick. And, as with the case of monoclonal

antibodies, we are seeing some limited therapeutic options for those we serve.

However - we cannot stress this enough - prevention is the best treatment of an RNA respiratory virus like COVID-19, and we consider the currently authorized vaccines to be your best chance to reduce your risk of severe COVID-19, hospitalization, and death.

We know, though, as much as some of your questions revolve around the vaccine... scratch the surface, and these questions are really about trust. Trust in your government, trust in experts, and trust in institutions.

During the past almost two years, various experts and public figures have changed positions with new

findings, made good faith errors, politicized the virus, spread misinformation, and had disagreements across institutions.

Every possible narrative on these occurrences have been amplified by the media, and especially on social media.

The path to restore trust must be shared between experts and the public alike. The effort won't be easy. Many naturally distrust power.

Trained experts have more knowledge on their specific area of expertise than those who don't. Polarization, fear, and otherizing sell. The market for misinformation knows no limits. Bearing all of this in mind, please remember that shortcomings or skepticism

in experts or institutions do not make fringe sources equally credible or trustworthy. If a doctor gets something wrong, you ask another doctor, not a carpenter. If a study gets something wrong, we don't rely on anecdotes for truth, we update our studies with improved information.

It is possible to exhibit a healthy amount of skepticism while also gaining trust when earned by empirical evidence and expertise. Your primary care provider's expertise is informed by knowledge of empirical evidence and forged through the scientific method. You receive care from your provider, no matter whether they are with Cascade Medical or another organization, because he or she is someone you trust.

Please, ask questions. But when you do, trust we are answering with your best health in mind.

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Premera Blue Cross, Confluence Health Reach New Multi-Year Agreement

by Andrew Canning – Confluence Health

WENATCHEE – Premera Blue Cross and Confluence Health announced today they reached a new multi-year agreement. The new contract allows Premera members to retain in-network access at Confluence Health, which has facilities located throughout North Central Washington.

Premera and Confluence Health began negotiations with the goal of reaching an agreement that provides Premera-insured patients with access to affordable, quality healthcare. This agreement ensures there is no disruption for Premera members who receive care at Confluence Health.

“The Premera team is grateful for the patience of our customers as we worked hard with the team at Confluence Health to reach an agreement,” said Lee McGrath, Executive Vice President of Healthcare Services, Premera Blue Cross. “Our goal is always to improve our customers’ lives by making healthcare work better, and this new agreement allows our members to have peace of mind, particularly in the midst of a public health crisis, when they seek care at Confluence Health.”

The new contract represents collaboration between the two organizations that provides stability, lower costs, and the opportunity to improve patient outcomes. It also builds in hospital quality metrics, which are aligned with Washington state and national healthcare performance measures.

“We are pleased to have reached a successful resolution with Premera and remain committed to ensuring that patients and families have access to high-quality, affordable healthcare, close to home,” said Dr. Doug Wilson, CEO-elect, Confluence Health. “The new contract provides long-term stability allowing us to serve the people of North Central Washington for many years to come. Both Confluence Health and Premera are committed to meeting the healthcare needs of North Central Washington.”

Tiny Apples to be featured on The Tiny Chef

By Julie DeJarnatt

CHELAN – Rokit™ Apple, the original miniature-sized apple grown for on-the-go snacking, is partnering with Instagram sensation, The Tiny Chef, a 6.5 in. tall herbivore that creates tiny dishes. Together they are helping to spread the word about the world’s first tiny apple.

Tiny Chef became fast friends with notable celebrities like Kristen Bell and boasts an international Instagram following of more than 600,000 fans.

As a winner of two 2021 Webby Awards, The Tiny Chef has won the hearts of people around the world with his endearing voice and tiny culinary creations.

The Tiny Chef is making the exciting journey along the Pacific Crest Trail from Portland, Ore. to Southern California on a quest to fulfill his dreams of hosting his very own cooking show on television.

To help support Tiny Chef’s adventurous trek to Hollywood, Rokit™ Apple is sponsoring The Tiny Chef’s journey to help fuel his energy every step of the way.

“We have been fans of the Tiny Chef for a long time and are honored to sponsor Cheffy’s adventure to Hollywood,” says Julie DeJarnatt, director of retail strategy for Chelan Fresh.

“Both our apples and Tiny Chef are so unique and tiny – this was a natural partnership that we had to take part in.”

Rokit™, a healthy and sweet miniature apple that is perfect for on-the-go



snacking, will be featured on The Tiny Chef Show channels on September 14 as Tiny Chef treks down the Pacific Crest Trail with Rokit™ apples to power his journey. Watch on the @tinychefshow Instagram page and learn more about Rokit™ apples at www.rokitapple.us.

About Rokit™ Apples

Rokit™ apples are the world’s first miniaturized apples. They naturally grow in the perfect snack-size, are very sweet and deliver a big crunch. Packed with essential vitamins, minerals and fiber to support everyday health

for active kids and adults. Rokit™ apples are grown by select premium Chelan Fresh apple growers in Central Washington.

About Chelan Fresh

Chelan Fresh™ growers take pride in growing premium apples, pears, cherries and stone fruit. Our fresh fruit is all handpicked on 3rd and 4th generation family farms in the mountains of Washington state where ample sunshine, gentle mountain slopes, fertile valleys and cool crisp air combine with the mighty waters of the Columbia River for ideal growing conditions.

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Los Tres Pueblos Opens a Second Store in Cashmere

The Owners Introduce a Bakery in their New Store

By Megan Sokol

Brenda Leon and her husband Aaron Vizcaino have recently opened a second Los Tres Pueblos shop in Cashmere.

The grocery store specializes in Mexican goods, along with a bakery.

It started when Leon and Vizcaino began looking for a new home in Cashmere, looking to reconnect Vizcaino to his hometown in the Peshastin-Dryden area.

"It made sense to feel closer to home because we live in lower East Wenatchee."

As the couple were apartment hunting in Cashmere, the pair spotted a market

with their name on it.

"One day we just stopped by to see the market, and then we noticed that the restaurant was closed and we asked the owner if he was renting the space for the restaurant, and he said yes."

The previous owner, Javier Calvillo, wanted to sell the store and retire.

"We looked at each other and we came home, we talked about it, we talked to my parents, and then we decided that instead of doing apartments, we wanted to invest in another store," Leon said.

Brenda Leon's parents, Raul Villegas and Maria Cardenas, are the owners of

the first Los Tres Pueblos in East Wenatchee.

The original store has a similar grocery store layout, however, instead of a bakery they have the family restaurant El Fogon.

As of now, both Leon and Vizcaino have full-time jobs outside of the store.

However, Leon is considering looking into working at the store full-time in the future.

"We're just going day-by-day, because it really just started," Leon said. "The name is getting out there."

Their biggest draw to their store is their prime Angus, their baked goods, and their weekend carnitas.



Photo by Megan Sokol

Los Tres Pueblos Family: (Left to right) Married co-owners Aaron Vizcaino and Brenda Leon stand with Leon's parents and East Wenatchee Los Tres Pueblos owners Maria Cardenas and Javier Calvillo, pose in front of the new Los Tres Pueblos store in Cashmere.

"We're there all the time, seeing what is going on, getting to know our customers, building that relationship with them," Leon commented.

It has been two months since they bought the store and they have been making swift progress on hiring and building local connections.

Leon hopes to attract a family-friendly environment for her store.

"Have like the main gro-

ceries that a household needs, the basics," Leon explained. She hopes to have a grand opening sometime in the future, but the date has not been decided.

The store can be located at 5655 Sunset Hwy and can be contacted at (509) 782-1418.



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CDHD on Ivermectin

By Veronica Farrias,
Exec. Chelan-Douglas Health District

Thank you for contacting Chelan-Douglas Health District.

CDHD follows guidance from the FDA and CDC regarding COVID-19 treatment and prevention.

At this time, there are no sufficiently powered studies that clearly demonstrate Ivermectin is more effective at treating COVID-19 than placebo.

Here is FDA's official statement on what you need to know about Ivermectin: <https://www.fda.gov/consumers/consumer-updates/why-you-should-not-use-ivermectin-treat-or-prevent-covid-19>

Here's What You Need to Know about Ivermectin

- The FDA has not authorized or approved ivermectin for use in preventing or treating COVID-19 in humans or animals. Ivermectin is approved for human use to treat infections caused by some parasitic worms and head lice and skin conditions like rosacea.
- Currently available data do not show ivermectin is effective against COVID-19. Clinical trials assessing ivermectin tablets for the prevention or treatment of COVID-19 in people are ongoing.
- Taking large doses of ivermectin is dangerous.
- If your health care provider writes you an ivermectin prescription, fill it through a legitimate source such as a pharmacy, and take it exactly as prescribed.
- Never use medications intended for animals on yourself or other people. Animal ivermectin products are very different from those approved for humans. Use of animal ivermectin for the prevention or treatment of COVID-19 in humans is dangerous.





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BREAST CANCER AWARENESS MONTH

BREAST CANCER FACTS 2021

Compiled by
Carol L. Forhan,
31 year survivor

The two main risk factors for breast cancer are: Being female and Aging.

Statistics

Breast cancer is the second most common cause of cancer for American women except skin cancer, and the overall cause of cancer death in women between the ages of 20 and 39. In the United States, one in 8 women will develop breast cancer in her lifetime.

An estimated 276,480 new cases of invasive breast cancer are expected to occur in women in 2020, with an estimated 48,530 additional cases of in-situ (non-invasive) breast cancer. 64% of breast cancer cases are diagnosed at localized stage for which the 5-year survival is 99%. There

are more than 2.4 million women in the United States with a history of breast cancer. 42,170 or 1 in 39 women (3%) will die. But there are 3.8 million survivors in the USA. In the United States, breast cancer is expected to be newly diagnosed every three minutes, and a woman will die from breast cancer every 13 minutes.

Breast cancer in men

Though rare, 2,620 new cases of invasive breast cancer are expected to be diagnosed, in men in 2020. 520 will die. Black men have the highest breast cancer incidence over all, Hispanic men have the lowest. Median age of diagnosis for men in the U.S. is 68 years old.

Breast cancer in ethnic groups

African American women have a higher breast cancer death rate than women of any other racial or ethnic population. American Indian/Alaska Native females

have the lowest breast cancer incidence rates.

Breast cancer and age

The risk of breast cancer increases with age: About 18 percent of diagnoses are among women in their 40's and 77 percent of women with breast cancer are older than 50 when they are diagnosed.

White women have a higher incidence of breast cancer than African American women after age 40, while African American women have a slightly higher incidence rate before age 40.

Risk and recurrence of breast cancer

Postmenopausal women with early breast cancer are at their greatest risk of disease recurrence during the first five years after diagnosis.

The absolute number and percentage of recurrences in the first five years after surgery is much

highest than the following five to 10 years. Treatment received during these first five years is paramount in combating the disease.

Early Detection

One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast, abnormal thickening of the breast, or a change in the shape or color of the breast. Finding a lump or change in your breast does not necessarily mean you have breast cancer.

Additional changes that may also be signs of breast cancer include:

Any new, hard lump or thickening in any part of the breast/and armpit.

- Change in size or shape.

- Dimpling or puckering of the skin.
- Swelling, redness or warmth that does not go away.
- Pain in one spot that does not vary with your monthly cycle.
- Pulling in of the nipple, nipple discharge that starts suddenly and appears only in one breast.
- An itchy, sore or scaling area on one nipple.

It is important for women to practice the elements of good breast health. It is suggested women obtain regular mammography screening starting at the age of 45, or earlier if you have a family history.

Obtain annual clinical breast exams, perform monthly breast-self exams and obtain a risk assessment from a physician.

This information was acquired from the American Cancer Society, 1-800-ACS-2345. Or www.cancer.org. and The Susan G. Komen organization.

Breast Cancer Glossary

Compiled by
Carol Forhan

Educate yourself on these terms when your doctor talks to you about breast cancer

Adjuvant therapy: Treatment such as chemotherapy, hormonal therapy, or radiation used following surgery to cure, reduce, or control cancer.

Aspiration: The use of a hollow needle and syringe to suction out fluid or cells from a cyst or tumor.

Atypical lobular hyper-

plasia: Abnormally shaped cells multiplying excessively in the normal tissue of a breast lobule.

Axillary: In the armpit.

Benign: Not cancerous.

Biopsy: Tissue or cells removed from the body and examined microscopically to determine whether cancer is present.

Calcifications: Small calcium deposits in breast tissue that can be seen by mammography.

Chemo-prevention: The use of drugs or chemicals

to prevent cancer.

Chemotherapy: Treatment of cancer with powerful drugs that destroy cancer cells.

Core needle biopsy: Use of a hollow needle to extract a sample of a lump or other suspicious tissue for examination.

Cyst: A lump or swelling filled with fluid or semifluid material.

Duct: A channel in the breast that carries milk from the lobule to the nipple during lactation.

Estrogen: A female sex hormone produced chiefly by the ovaries.

Estrogen receptor: A site on the surface of some cells to which estrogen molecules attach.

False negative: Test results that incorrectly indicate that the tested disease or substance is not present.

Fibroadenoma: A benign, fibrous tumor commonly found in the breast.

Free radicals: Toxic atoms produced by chemical reactions within a cell.

Hematoma: A swelling formed of blood. Infrequently occurs at the

site of surgery, such as in a biopsy cavity after a lumpectomy.

Hyperplasia: Excessive cell growth.

Infiltrating cancer: A cancer that has spread from its site of origin into surrounding tissue.

In situ: Latin for "in place." As part of the term "ductal carcinoma in situ," it means that cancer cells exist and are still contained within the ducts of the milk-producing gland.

Lobules: Milk-producing glands of the breast.

Lymphedema: An accumulation of lymph fluid in the arm, hand, or breast that may develop when lymphatic vessels or nodes have been removed or blocked by surgery, or after radiation therapy. It can appear immediately after treatment or many years later.

Lymph nodes: Small,

bean-shaped organs linked by lymphatic vessels. As part of the immune system, they filter out germs and foreign matter. Also called lymph glands.

Malignant: Cancerous.

Metastasis: The spread of cancer cells from the site of origin to another part of the body.

Metastases: Secondary cancers that form after cancer cells spread to other parts of the body.

Neoadjuvant therapy: Therapy with anticancer drugs or radiation given before surgery in order to shrink a tumor.

Palpable: Able to be felt.

Progesterone: A hormone produced by the ovaries and adrenal glands; essential for healthy functioning of the female reproductive system.

Radiation therapy: The use of x-rays at very high

How to Make an Impact This National Breast Cancer Awareness Month

(StatePoint) October is National Breast Cancer Awareness Month, an annual opportunity to spend your dollars on products and services that benefit breast cancer advocacy, research and patient care services. However, experts say that the clutter of pink products on store shelves and online can make savvy shopping a challenge.

"Determining if a given product sold during October actually benefits a breast cancer charity, is not always easy," says Sarah Rosales, vice president of Corporate Partnerships at Susan G. Komen, the world's leading breast cancer organization.

One way to ensure that your purchases are making the impact you think they will is by shopping with Komen's Annual Live Pink program. This year, Komen has partnered with more than 25 com-

panies, and the lineup of products and services available includes everything from specially designed clothing and skin care products, to bagels and bikes. By shopping with the brands in the Live Pink portfolio during October, you can help fund research and care services that support people through their breast cancer diagnosis, treatment and beyond. Program details are transparent on the Live Pink site. To learn more and to shop, visit, komen.org/livepink.

For other purchases you make this National Breast Cancer Awareness Month that make charitable claims, Susan G. Komen recommends asking the following questions:

1. What charity is the program supporting? Do promotional materials about the product or service clearly and conspicuously state this information?

2. How will the benefitting charity use the donation? You should be made aware where your money is going and what charitable programs your purchase will support. Funds raised to benefit Komen, for example, go to support the organization's advocacy for breast cancer patients, investments in research and a number of direct patient care services.

3. How is the program structured? What percentage or exact amount of the proceeds will go to the charity? Will the company be making a minimum or maximum donation to the charity? Shop only with companies that offer transparency with regards to program details and how donations are structured.

By shopping savvy this October, you can support the fight against breast cancer and ensure your purchases are making the biggest impact possible.



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BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month

By Carol L. Forhan, *Survivor*

Pink Ribbons, Pink Shirts, walks, runs, fundraisers, and now in 2021 because of the COVID-19 and the Delta Variant we return to virtual auctions, benefits, and other events that we hope will continue to help raise more AWARENESS and funds in our communities.

What is so special about this month of October?

It is like other months that bring awareness of a special need. Every disease or affliction now has a colored ribbon to commemorate their cause, whether it is Heart Month, Diabetes Month, Alzheimer's Month, and so on. October 1-31 is a campaign month intended to educate people about the importance of early screening and detection of Breast Cancer. This month is personal for me. It was my personal fight with breast cancer at a young age with unknown causes.

At the age of 43 I had my first mammogram, I had just learned how to do breast self-exam by watching CBS Journalist, Connie Chung on a TV program she presented on breast self-exam. I also had a close friend at the age of 39 years old diagnosed with breast cancer and she encouraged me to get a mammogram after I felt a lump in my armpit. I am so thankful for both of them and the encouragement of my friend I am sure she saved my life. I was then diagnosed with Stage 2B-breast cancer with all of my lymph nodes involved on the same side.

Breast cancer affects 1 in 8 women who will get diagnosed with cancer in her lifetime, and some men actually get breast cancer as well. Many years of research has been done on this disease, and breast cancer comes in many forms and stages. We know about the BRAC genes and HER-2, but not all cancer is inherited. Great strides have been made in research to find the cause,



Carol L. Forhan

different treatments and therapies then are developed to kill the cancer cells. Some treatments like surgery can make one lose a breast(s), some treatments will cause you to lose your hair, self-esteem and dignity, and unfortunately some will die.

We can replace a breast with a prosthesis or with reconstructive surgery or do nothing, our hair will grow back as well as our self-esteem and dignity. Many women work through the process day by day, whether at a job or career and/or keeping up a home, children, spouse, daily chores and just day to day living.

Many friendships develop in this cancer club, help and encouragement from another survivor, like the American Cancer Society's Reach to Recovery program.

Support groups may become a part of your life for now, (if you choose too). We move on, some tell others of their survivorship some tell no one. When we do the survivors' page, in our NCW Media newspapers the first week of October, we are happy to show our smiling faces that we are surviving and thriving and showing others that life goes on. If you know of someone that didn't tell her story, then that is a personal choice and is respected.

Though it is scary, cancer does not have to be a death sentence, and

cancer is not a one person disease, it affects the whole family.

A few things that are very important to remember and you will be reminded especially in October Awareness Month.

Get a mammogram. Know your family history, Learn to do breast self-exam. If a relative like, mom, grandmother, or aunt have or had breast cancer, depending on your age, the current recommendation for a mammogram is 45 years old or earlier. Schedule a consultation with your doctor or health provider. Call the American Cancer Society for free information, 1-800-ACS, or www.cancer.org

When or if you are diagnosed, you have the right to get a second or even a third opinion. Surgery is not always the answer, talk to your team of doctors and nurses, and other caregivers. BE an advocate for yourself, or take someone with you to be an advocate. Ask questions, do your research, but do not just rely on internet information, it can be misleading.

There are also some great books and magazines you can read. One of the best books about the breast anatomy therapies and other information, is Dr. Susan Love's Breast Book. There are different therapies and opinions out there. 31 years ago I was not expected to live "5" years; and years ago I heard the phrase

"I want to see Breast Cancer eradicated in my life time!" and it still hasn't been eradicated. I still have Hope and Faith that it will happen before my 4 granddaughters have to deal with it. I thank God everyday that I have another day to enjoy, by continuing my faith career as an ordained deacon in my church, a business owner, community leader and supporter of many causes. Have Faith my friend, I will support you as well.

Sincerely, Carol Forhan, 31 years, Surviving and Thriving!

Breast Cancer Resource Guide

LOCAL SUPPORT

* **Cancer Care of NCW, Inc. Our House, Wenatchee:** 663-6964 or Email: cancare@nwi.net

* **Wellness Place, Wenatchee,** 888-9933. Support groups, and other resources.

* **Confluence Health/ Wenatchee Valley Medical,** 663-8711 x 64100.

* **Confluence Health, Breast, Cervical and Colon Cancer Health Program**

* **EASE Cancer Foundation, Cashmere,** 860-1322 or www.easecancer.org

* **Cascade Medical, Leavenworth,** 548-5815.

* **Lake Chelan Community Hospital,** Chelan, 682-3300

* **Columbia Valley Community Health,** 662-6000

* **Three Rivers Hospital, Brewster,** 689-2517

* **Family Health Center, Brewster,** 509-422-7629, 800-660-2129

* **Seattle Cancer Alliance,** 800-804-8824, www.seattlecca.org

NATIONAL SUPPORT

* **American Cancer Society, (ACS)** 800-ACS-2345, www.cancer.org.

Programs include:

I Can Cope, Look Good, Feel Better, LookGoodFeelBetter.org, 800-395-LOOK

Reach to Recovery, a one to one survivors' help program.

New Birthday Campaign: Less Cancer, More Birthdays. MoreBirthdays.com,

Facebook and blog OfficialBirthdayBlog.com or Cancer.org/circleofsharing.

* **American Society for Therapeutic Radiology and Oncology,** 703-502-1550, www.astro.org.

* **American Society of Plastic Surgeons,** 800-514-4340, www.plasticsurgery.org.

* **AVON Foundation**

www.avonfoundation.org

* **Blood & Marrow Transplant Information Network - Seattle**

www.seattlecca.org/bmt,

bmtinfoNet

* **Dr. Susan Love Foundation for Breast Cancer Research**

1-310-828-0060 x 157

* **Living Beyond Breast Cancer,** 855-807-6386,

www.lbbc.org.

* **National Breast Cancer Foundation,** 1-972-248-9200,

NationalBreastCancer.org

* **National Coalition for Cancer Survivorship**

Cancerversary.org

* **Susan G. Komen For the Cure,** www.komen.org

* **The Breast Cancer Alliance,**

www.breastcanceralliance.org

* **National Lymphedema Network,** 1-510-809-1660,

www.lymphet.org.

* **SHARE (Breast Cancer Hotline),** 1-866-830-4576,

844-ASK-SHARE, or

www.sharecancersupport.org

* **Vital Options International,**

1-800-477-7666,

www.vitaloptions.org

* **Zero Breast Cancer:**

1-415-507-1949,

www.zerobreastcancer.org

* **Free Cancer magazine:**

print and online: CancerToday,

American Association for

Cancer Research, 615 Chestnut

St. 17th floor, Philadelphia, PA

19106

doses to treat or control disease.

Seroma: An accumulation of lymphatic fluid under an incision.

Content provided by MammoSite Breast Cancer Information.

www.mammosite.com

Screening saves lives by helping find breast cancer early. Finding cancer early may give you more treatment options, including Breast Conserving Therapy instead of a mastectomy.

Get your mammogram. Tell your friends, mothers, sisters, aunts and daughters to do the same. Be a Friend. Tell a Friend. Get Your Mammogram.

Information from American Cancer Society

Early Detection is the Best Protection.

Breast Cancer

AWARENESS MONTH

confluencehealth.org





Hawkins receives “Legislator of the Year” honor from state tow-truck association

OLYMPIA – Sen. Brad Hawkins has been honored for his efforts to help the state’s tow-truck industry.

The Towing and Recovery Association of Washington recently announced that Hawkins was selected for its 2021 Lawmaker of the Year award.

“I’m very grateful that the towing association has recognized me as their Legislator of the Year,” said Hawkins.

During the 2021 legislative session, Hawkins prime-sponsored Senate Bill

5406, a measure requested by Randy Houston, who owns Randy’s Auto Parts and Towing and provides towing services throughout the 12th District, which Hawkins represents. The bill would help tow-truck operators gain payment if called out by the Washington State Patrol or local law-enforcement agencies to clear a vehicle due to negligence.

“Tow-truck operators are small-business owners who are being called on by law-enforcement officials to do

important work to help keep our roadways clear, but they sometimes get stuck absorbing all the costs if drivers or insurance companies don’t pay them,” said Hawkins.

The bill would authorize a registered tow-truck operator, dispatched by law enforcement or another state or local agency, to bring a civil action to recover unpaid charges for vehicle recovery, impound and storage from a person who was operating a motor vehicle on a public highway in an illegal or negligent manner.

SB 5406 was approved almost unanimously by the Senate and by the House Transportation Committee but did not gain a vote in time by the full House of Representatives. Hawkins is optimistic that the bill will be approved by the Legislature and become law in 2022.

“We did important work on Senate Bill 5406 this year, and I think we can get that bill across the finish line next session,” said Hawkins. Visit us online at src.wastateleg.org and follow on Twitter @WashingtonSRC



Colville Tribes approved to begin sports betting

Submitted by Jonnie Crossland
12 Tribes Casinos

OMAK – On September 10, 2021, the Confederated Tribes of the Colville Reservation received final approval to begin offering sports betting at its casinos.

This endorsement came from the Federal Department of Interior, which reviewed and approved the sports betting amendment to the Tribes’ gaming compact.

The sports betting amendment is comprehensive and covers topics ranging from money laundering to sports integrity, while respecting tribal sovereignty and preserving opportunities and flexibility for the Colville Tribes to effectively operate sports betting.

The amendment applies to the Tribes’ three casinos in Omak, Lake Chelan, and Coulee Dam, as well as any future venues operated by the Tribes.

The Colville Tribal Federal Corporation (“CTFC”) is still finalizing the details of its sports betting operations, but this amendment will allow sports betting to begin as soon as practicable.

“It is important to us that before entering into any new business venture we fully analyze our options and opportunities, and properly vet any proposed vendors or partners,” stated CTFC CEO Kary Nichols. “Our team is working hard to create a first-class experience for all our future sports betting patrons.”

Colville Tribal Chairman Andy Joseph stated, “This approval marks an important economic milestone for our casinos. This new kind of gaming will help attract visitors from around the country and allow us to further support the economy of our region. We look forward to opening our doors for sports betting in the near future and welcoming everyone to come watch and enjoy all kinds of games and events with us.”

About 12 Tribes Colville Casinos:

The 12 Tribes Colville Casinos include 12 Tribes Omak Casino Hotel in Omak, 12 Tribes Lake Chelan Casino, 12 Tribes Lake Chelan Casino’s Amphitheater near Lake Chelan in Manson, and 12 Tribes Coulee Dam Casino in Coulee Dam. All three Washington State casinos are owned and operated by the Confederated Tribes of the Colville Reservation.

As casino operators, we provide authentic connections through memorable experiences and individual player recognition by delivering more than expected.

For more information, visit www.colvillecasinos.com.

2022 Lodging Tax Funding Increase to \$280k Budget

Deadline for Applications are Oct. 27, 2021

Chelan County is offering a total of \$280,000 for grants utilizing the Lodging Tax fund. This year, Chelan County is adding an additional requirement this year. On Nov. 3rd, applicants must present a 10-minute presentation to the Lodging Tax Advisory Committee.

The presentation should represent a timeline on how the Lodging Tax funds will be spent for the event within the year 2022.

Grants financed by the Chelan County Lodging cannot be allocated towards administrative costs. Applicants must include Washington’s Playground website (<https://www.visitchelancounty.com/>) in their marketing materials.

According to Chelan County Lodging Tax application, “a follow-up report must be given within 90 days of the conclusion of the project or event to the Lodging Tax Advisory Committee showing the impact of the funding on the community.”

Applications are due on Oct. 27, 4 p.m.

For more information, contact Chelan County Commissioner Tiffany Gering at (509)-667-6215 or email her at tiffany.gering@co.chelan.wa.us.

Link to original application: <https://www.co.chelan.wa.us/news/article/2022-lodging-tax-funding-requests-are-now-open>



Colville Tribes Files Lawsuit Against United States for Wildfire Damages

Submitted by
Neeka Somday

NESPELEM – The Confederated Tribes of the Colville Reservation filed a lawsuit against the United States seeking damages related to the massive wildfires that burned more than 240,000 acres on the Colville Reservation in 2015.

The Tribes alleged that the United States failed to maintain adequate forest health, through measures such as prescribed burning, which led to fires of unprecedented size and intensity.

The North Star and Tunk Block fires began in August 2015 and ultimately burned more than 590 square miles and 800,000,000 board feet of the Tribes’ commercial timber over a two-month period.

The lost timber represented approximately 20 percent of the commercial timber on the Colville Reservation and

remains the largest loss of board feet of timber of any fire event on any Indian reservation in recorded history.

Colville Business Council Chairman Andrew Joseph, Jr., said that apart from the loss of timber, the fires caused long term damage to cultural resources on the Reservation.

“Tribal members hunt, fish, and gather food and medicine throughout the Colville Reservation,” Joseph said. “In many areas the fires burned so hot that they sterilized the soil and created a moonscape. It will take decades for our resources to completely recover in those areas.”

The United States owes a variety of fiduciary duties to the Colville Tribes under Federal law.

The lawsuit alleges that the United States breached these duties, including duties to adequately manage fuels and maintain forest health on the

Colville Reservation.

The Tribes also allege that the United States failed to provide adequate firefighting resources for the Colville Reservation by prioritizing off-reservation, non-trust property over the Tribes’ trust forests.

Joseph said the deficiencies in the United States’ preparation for and response to the North Star and Tunk Block fires in 2015 have not been addressed and the Colville Tribes remains gravely concerned about ongoing and future wildfires on the Colville Reservation.

Two fires that are currently active on the Colville Reservation have destroyed multiple homes and burned more than 60,000 acres.

“We hope this lawsuit will result in the Department of the Interior finally living up to its trust responsibilities to the Colville Tribes,” Joseph said.

Building! MEMBER MESSENGER

North Central Washington "Driven to Promote and Protect Small Business"

OCTOBER 2021 ASSOCIATION NEWSLETTER

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MEMBER HIGHLIGHTS

Renewing Members This Month

Thank You to the following valued renewing members this month. We're extremely grateful to each of you for your continued membership, involvement and support!

- Anytime Restoration LLC – 6 years
- Berry Construction – 7 years
- CW Painting LLC – 3 years
- Douglas Co. Transportation & Land Services – 1 year
- Gatens Green Weidenback PLLC – 1 year
- Love Leavenworth Vacation Rentals – 2 years
- NCW Economic Development District – 6 years
- NCW Tech Alliance – 5 years



- Stucco by Alex –
- Trinity Inflatables – 12 years
- WV Chamber of Commerce – 15 years

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WELCOME NEW BNCW MEMBERS!

To view each of our valued member company's complete profile, we invite you to visit BNCW's website at www.BuildingNCW.org and click on the membership directory tab. Thank you!

■ **Columbia Electrical LLC**
Ryan Puckett
509-470-5765

For more information about becoming a BNCW member, please contact Membership Development Specialist Sarah Daggett at (509) 293-5840. We look forward to sharing with you the benefits of membership!

Building! North Central Washington
"Driven to Promote and Protect Small Business"

Building North Central Washington is a nonprofit trade association dedicated to promoting and protecting the North Central Washington building industry for the preservation and growth of the local economy, small business and quality of life.

LOCATED AT:
2201 N. Wenatchee Ave. Wenatchee, WA 98801
PHONE: (509) 293-5840
FAX: (509) 665-6669

Email us for more information:
Info@BuildingNCW.org
Visit us online at:
www.BuildingNCW.org



MEMBER MESSENGER

“Driven to Promote and Protect Small Business”

OCTOBER 2021 ASSOCIATION NEWSLETTER

PAGE 2

BNCW's:

FROM A DIFFERENT PERSPECTIVE

Your Yawns

“While there is great debate about why yawning occurs, it appears that brain weight and yawn duration are highly correlated and the number of cortical neurons, a measure of brain complexity and yawn duration are spectacularly correlated. For example, a mouse yawn takes about 0.8 seconds, cat yawns last for 2.0 seconds, dogs for 2.4 seconds, camels for 4.8 seconds.”

Elliot F. Eisenberg, Ph.D.

GraphsandLaughs LLC, elliott@graphsandlaughs.net
Cell: 202.306.2731, www.econ70.com



2021 Home Tour Wrap-Up

Trending design features included whole home audio, feature tile or wood accents, vaulted ceilings and even waterfalls!

Five of the homes were in the Wenatchee vicinity, others were located in Leavenworth and in Entiat. Considering that drive, hundreds of people made their way to view those spectacular homes. Every year, by seeing all of the tour homes, individuals are entered in to win \$500 cash!

Every person that went on the tour this year was able to vote for their favorite home for People's Choice.

This year's People's Choice was **KTS Development!** Congratulations to all the builders and their amazing homes.

We would like to express our gratitude to every one of the following

individuals who served on this year's event planning committee – without their involvement and contribution this event would not happen: Tess Goulet, Complete Design Inc.; Robert Guerin, Wenatchee Valley Glass; Ed Gardner, E.D.Y. Construction Corp.; Patrick Davidson, Caliber Home Loans; Randy Wessman, Wessman Construction; Gregory Olson, Numerica Credit Union; Sherrie Harlow, The Wenatchee World; Jennifer Henderson, Express Employment Professionals; Joanna Avila, Alpine Group-Keller Williams; Billie Bohannon, Alpine Group-Keller Williams; Monica Simmons, Banner Bank; and Victor Borjas, Builders FirstSource. Thank You!

There was a lot to celebrate this year and we hope that you enjoyed the 2021 tour!

Thank you for all of your support and we look forward to seeing you again next year!

This year was the 27th Annual Banner Bank and BNCW Home Tour and Remodeling Expo. Every year the tour offers the most current building trends, designs and features. This year was no exception.

Seven different homes were featured by six member builders. Homes from cottage style living to modern design to sizable custom homes impressed patrons of this year's tour.

27th Annual Banner Bank & BNCW Home Tour & Remodeling Expo a Success!

The 2021 Banner Bank & BNCW Home Tour & Remodeling Expo was a great success! Once again, we wish to recognize this

year's participating Tour builders for their dedication to excellence!

These builders worked diligently to keep their projects on schedule and to have their homes ready so that a few thousand attendees could enjoy this annual event!

Again, this year's participating builders were:

- DC Custom Construction Inc.

- Lexar Homes
 - KTS Development
 - Carlisle Classic Homes
 - Wessman Construction (2 Homes)
 - Roberts Construction
- Congratulations** to the following builder for winning the **People's Choice Award: KTS Development!**

For more award information, please visit www.BuildingNCW.org.

Once again, we wish to

recognize and thank each of our valued member sponsors; advertisers; and our valued volunteers – including the Wenatchee Wild Hockey & Development Teams – for making this year's event possible. We're sincerely grateful!

If you missed this year's Tour, be sure to go online at www.BuildingNCW.org for a virtual slideshow tour of this year's homes!

Nothing But Networking
.....Grow Your Business Face-to-Face

NOTHING BUT NETWORKING IS BACK!!

**Thursday: October 21st
5:00 PM-7:00 PM**

Your Host for the Evening:



Fabulous Food and Friendly Faces! Mark your Calendars!
More information to follow!

Don't Miss Out! And remember this event is FREE!

**WENATCHEE VALLEY BREWING
108 E. ISLAND VIEW ST. WENATCHEE, WA 98801**

Complete form and email back to Danielle@BuildingNCW.org.

Company _____
Name _____
Name _____
Name _____
Name _____

Please RSVP by October 14th

This assists our hosts in preparing for the event.

Call 293-5840 to RSVP or scan and email this back to Danielle@BuildingNCW.org We look forward to seeing you there!



one of the many ways that this event needs. WE APPRECIATE YOU!

THANK YOU, THANK YOU to our FABULOUS volunteers for the 2021 Banner Bank and BNCW Home Tour and Remodeling Expo!

Whether it was helping with setting up at the Kick-Off Party and for Chefs on Tour or volunteering at one of the homes over the weekend for selling tickets or helping out in

- Joanna Avila
- Billie Bohannon
- Tiffany Schnelle
- Shon Smith
- Denise Gann
- Hannah Kniery
- Marc & Juli Straub
- Richard & Jan Kelso
- Ryan Kelso
- Greg Olson
- Megan Kramer
- Coreena LaRayne
- Chase Cooper
- Sue & Al Vernon
- Trish Fitzgerald

- Carrie Sanger
- Steve Lord
- Mark Diede
- Sherrie Harlow
- Lisa Turner
- Kevin & Lynn Newell
- Wenatchee Wild Hockey & Development Teams

Thank you again for your support of this very fun event! (we apologize if we missed any of you, but we are so appreciative).

Building! MEMBER MESSENGER

North Central Washington "Driven to Promote and Protect Small Business"

OCTOBER 2021 ASSOCIATION NEWSLETTER

PAGE 3

2021 Home Tour Builder Awards



5 Star Interior Appeal

- Carlisle Classic Homes
- Lexar Homes
- DC Custom Homes
- KTS Development



5 Star Kitchen

- Lexar Homes
- Carlisle Classic Homes
- Wessman Construction- Wenatchee
- DC Custom Homes
- KTS Development



5 Star Master Suite

- Carlisle Classic Homes
- Lexar Homes
- Roberts Construction
- DC Custom Homes
- KTS Development



5 Star Exterior Appeal

- Lexar Homes



5 Star Overall Show

- Carlisle Classic Homes
- Lexar Homes
- KTS Development



People's Choice

- KTS Development



Builders Choice

- Lexar Homes

Your Vote is Crucial!

The 2021 general election is an extremely important one not only nationally but locally! Make sure your voice is heard by voting!

BNCW members, please be certain to complete your due diligence by taking a little bit of time to learn more about each of the candidates. *We strongly encourage our members to consider supporting the BNCW-endorsed candidates noted below*, as well as asking that your friends, family and others within your circles do the same!

Remember, the General Election is November 2. Ballots should be in mailboxes around mid-October! Keep an eye on your mailbox and be sure to mail it back or drop it in a drop-box before Election Day!



2021 GENERAL ELECTION

The Washington Small Business Council (WSBC) serves as **Building North Central Washington's** Political Action Committee (PAC). As such, one of the WSBC's more important purposes is to evaluate and understand the philosophies and records of elected office holders and candidates for such offices, for the purposes of advancing endorsements of those candidates and initiatives believed to best promote the beliefs, ideals and interests of not only the building industry, but small business in general – including a commitment to the free enterprise system; the protection of private property rights and a strong belief in government regulatory accountability.

The WSBC/BNCW endorsed candidates for the 2021 General Election are:

- | | |
|-------------------------------------|--------------------------------------|
| Wenatchee School Board, Position #2 | Cascade School District, Position #5 |
| • Matt Van Bogart | • Marty Young |
| Wenatchee School Board, Position #4 | Leavenworth City Council Member #2 |
| • Katherine Thomas | • Max Kyllonen |
| Wenatchee School Board, Position #5 | Leavenworth City Council Member #6 |
| • Julie Norton | • Michelle Logan |
| Eastmont School Board, Position #3 | Leavenworth City Council Member #7 |
| • Jason Heinz | • Scott Bradshaw |
| Eastmont School Board, Position #4 | Lake Chelan School Board, Dist. #1 |
| • Joy Dawe | • Stephanie Fuller |

Sponsored by: WSBC, P.O. Box 3556, Wenatchee, WA 98807

INTERESTED IN BECOMING A VENDOR? CALL THE BNCW OFFICE TODAY...THIS SHOW ALWAYS SELLS OUT FAST! 509-293-5840



TOWN TOYOTA CENTER

MARK YOUR CALENDARS FOR THE 2022 HOME SHOW

FEBRUARY 10TH, 11TH & 12TH

Building! MEMBER MESSENGER

North Central Washington “Driven to Promote and Protect Small Business”

OCTOBER 2021 ASSOCIATION NEWSLETTER

PAGE 4



2021 Chefs on Tour Wrap-Up



Our 8th Annual Chefs on Tour event, sponsored by **E.D.Y. Construction Corp.**, was one for the books!

Four of the tour homes featured a local chef and wine/beer/cider.

Lexar Homes featured Mai Lee Thai paired with 2019 Best Beverage winner Bad Granny Cider.

KTS Development had

two homes: one featured Clearwater Saloon with Iron Horse Brewery.

KTS Development's second home featured Badger Mountain Food paired with Rancho La Gloria Margarita.

Last but certainly not least, DC Custom Construction's home featured Caribbean Snaps paired with Townshend Cellar.

We would also like to thank **Caliber Home Loans** for sponsoring water bottles for the event attendees.

The competition was fantastic! Every Chef came with their best menu items and the attendees were hard pressed to decide a favorite.

In the end though there can only be one best chef and one best beverage.

This year's winner for

best chef was **Clearwater Saloon** and this year's winner for best beverage was **Bad Granny Cider!**

Congratulations to both winners and thank you to everyone who attended and enjoyed this fun event within an event!

Driving Safety – School is in Session!



It is always good to remind your employees, when it's time for school to begin, the importance of sharing the roads with buses and school aged children. Know the proper laws and procedures for sharing the road safely with **school buses and school aged children.**

School Buses

All 50 states have a law that makes it illegal to pass a school bus that is stopped to load or unload children.

Yellow flashing lights on school buses are alerting the motorists that they are preparing to stop to load or unload children.

Red flashing lights and an extended stop sign arm tells motorist that the bus is stopped, and children are getting on or off

the school bus.

All 50 states require that traffic in both directions stop on undivided roads when children are entering or exiting a school bus (Red lights flashing and stop sign arm is extended).

Stop your vehicle far enough from the school bus to allow the children enough space to safely enter and exit the school bus. The area 10 feet around a school bus is where children are in the most danger of being hit.

Children can be unpredictable. They can take risks, ignore hazards, or fail to look both ways when crossing the street so be alert and aware of your surroundings.

NEVER pass a school bus on the right. It is ILLEGAL and can have tragic consequences.

Do not text and drive or have other distractions that can cause a tragedy.

Pedestrians

Drivers should never block crosswalks or portions of the crosswalk when stopped at a red light or waiting to make a turn.

When warning flashers are blinking in a school zone, you must stop to yield the right-of-way to a pedestrian crossing the road in a marked crosswalk or at an intersection with no marked crosswalk.

Be on alert and follow directions given by school patrol signs, school patrol officers or designated crossing guards.

Take extra care during school times to watch out for

children not only in school zones, but also in residential areas, playgrounds and parks.

Do not honk your horn, rev your engine, or scream at them to make the children go faster. As drivers we must simply use common sense, be courteous and stay within the law.

When you see a school bus, think caution!

Employers should ensure that driving safety is a part of an overall Accident Prevention Program (APP).

You are your employer's most asset! The way that you drive says everything about you and your company. Make a positive statement by following these safe driving practices.

BNCW EVENTS

BNCW's October Board of Directors Meeting

Wednesday, October 6, 2021

7:00am to 9:00am

at Building North Central Washington
2201 N. Wenatchee Ave, Wenatchee

Chairman: Jeff Story

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 October CPR & First Aid Training

October 20, 2021 from 4:00pm to 6:00pm and October 28, 2021 from 4:00pm to 6:00pm
Held at Building North Central Washington,
2201 N. Wenatchee Avenue, Wenatchee

Class size is limited to 15 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 12 and fill-up quickly, so reserve your spots early!

You may also register online at BuildingNCW.org.

BNCW Members SAVE on your cell and health insurance costs!
CALL 293-5840 TO LEARN HOW

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WENATCHEE BUSINESS JOURNAL

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Chelan Valley Housing Trust Hires New Executive Director

CHELAN – Chelan Valley Housing Trust (CVHT) announced the hiring of new Executive Director Steven Wilkinson to lead Lake Chelan's active community housing trust.

Wilkinson will succeed outgoing Executive Director and founder Mike Cooney who served the attainable housing nonprofit organization since its inception in 2018.

"I am very excited to be a part of this outstanding organization," says Wilkinson. "Getting to know Mike Cooney and the board has shown me how absolutely passionate they are about providing housing that is affordable to families who work in the Lake Chelan valley."

CVHT Board President Tim Hollingsworth says the hiring of Wilkinson is a function of scaling the organization for larger and more complex projects.

"Steve's background in banking, housing and fundraising is going to help our organization grow to the next level. With the potential of developing 100

homes in the next 5 to 7 years, his expertise going forward will be invaluable."

Wilkinson was a commercial banker for many years in Whatcom County WA providing crucial capital to local businesses.

Most recently Mr. Wilkinson was the Executive Director of the South Central Kansas Economic Development District (SCKEDD) a mission-oriented nonprofit established to enhance the economic vitality, community infrastructure, and housing quality in south central Kansas.

"We financed new innovative business ventures, assisted local communities in attaining crucial economic development grants, renovated residential properties and provided weatherization assistance to low-income households located in 41 southern Kansas counties," says Wilkinson.

Wilkinson will assume the Executive Director position beginning October 1, 2021.

The Chelan Valley Housing Trust's Mission is to develop stable and secure housing that is affordable to Manson and Chelan area residents.



Steven Wilkinson



Chelan PUD Names Kirk Hudson as New General Manager

Energy Industry Veteran Brings 24 Years of Public Power Experience

Submitted by Neil Neroutsos
Chelan PUD

WENATCHEE – After an extensive national search, the Chelan County PUD Commission today unanimously selected Kirk Hudson, a recognized public power leader in the Pacific Northwest, as its new general manager.

Hudson, who will assume the role on Jan. 1, 2022, has served in several positions for Chelan PUD in the past 24 years, most recently as its managing director of generation and transmission. He replaces Steve Wright who has served as general manager since 2013.

"During our community outreach this spring, we received hundreds of comments from customers and employees about the qualities they wanted to see in a new general manager," said Randy Smith, president of the PUD's Board of Commissioners.

"This input was vital to our recruitment process and our selection of Kirk Hudson. He was the clear choice to advance the PUD's mission and continue our work to enhance the quality of life for our customer-owners."

"We heard several consistent themes from the community and employees," Commissioner Steve McKenna stated. "There was interest in recruiting a candidate with strong leadership skills, business management acumen, integrity, background with Pacific Northwest issues, solid communications skills and understanding of renewable energy. We also heard numerous comments about considering candidates internally and within our region."

"Kirk is keenly focused on customers and meeting their changing interests," said Commissioner Ann

Congdon. "He shares our interest in creating the best value for customers and continuing to offer new ways for them to do business with us and make choices about energy use."

Commissioners also reinforced Hudson's commitment to implementing the PUD's 2020-2024 Strategic Plan.

"As part of our five-year plan, we're making multiple investments on behalf of customers," said Commis-

manager," Hudson said.

"I'm looking forward to serving our communities in this new capacity. The Commission and Steve Wright have developed a solid five-year strategic plan that we are two years into, and I'm excited to work more closely with the board and our extremely talented employees who are essential to successfully implement that plan."

In addition to his experience at Chelan PUD, in 2018 Hudson led the formation of the Hydropower Research Institute, a data-driven collaborative aimed at driving the digital transformation of hydropower. He also worked in the consulting industry for seven years prior to joining the PUD.

Hudson graduated from the University of Washington with a degree in civil engineering. He and his wife, Andrea, have three children, ages 25, 22 and 20.

Hudson is the 13th general manager since Chelan PUD was formed in 1936. The PUD offers some of the lowest electric rates in the country, as well as providing water, wastewater and wholesale broadband internet services.

The PUD reinvests a portion of its revenues back into the community through the Public Power Benefit program, which supports community projects such as expanded fiber internet, day use parking passes to state parks, electric vehicle charging stations, public art and more.



Kirk Hudson

Experienced educator and leader who will expand program offerings to serve more people throughout the region

Ingalls Creek Enrichment Center welcomes Dr. Steven Hostetter as Program Development Director

PESHASTIN – As Program Development Director, Dr. Steven Hostetter will develop and implement creative new programs in line with the mission of Ingalls Creek, oversee annual retreat schedules, program budgeting, promotion, volunteer and paid staff, and grow the Summer Internship Program.

Doug Waltar, Executive Director, says, "Steve brings creative energy and proven leadership experience to significantly advance our mission. We are very excited about the new opportunities this position adds to Ingalls Creek."

Dr. Hostetter brings over 30 years of experience in educational and nonprofit leadership.

Previously he served as president of Pacific Rim Christian University in Honolulu, HI, Oak Hills Fellowship and Christian



Dr. Steven Hostetter

a Strategic Program Grant received through the M.J. Murdock Charitable Trust located in Vancouver, Washington.

About Ingalls Creek Enrichment Center

Situated at the confluence of two mountain streams, Ingalls Creek Enrichment Center (ICEC) offers a wonderful natural setting just 12 miles southeast of Leavenworth, Washington.

The site and facilities serve guest groups with year-round lodging, walking paths, outdoor meeting spaces, and nearby recreational opportunities.

ICEC develops and offers a growing variety of programs through its Center for Faith, Calling, and Community, with special focus on retreats and conferences for people in transition points of life.

For more information – www.ingalls creek.org.

College in Bemidji, MN, and Alaska Bible College in Glennallen, AK.

Steve holds a B.S. in Bible and Youth Ministry from Lancaster Bible College, PA, a M.A. in Christian Ministry from Wheaton College, IL and a Ph.D. in Educational Studies from Trinity International University, IL.

Funding for the new position is in partnership with

Workplace Giving Alive and Well in NCW

By Denise Sorom
Director of
Community Philanthropy

On a Thursday morning last winter, we opened our database system here at the Community Foundation of North Central Washington to discover that one generous soul had made gifts to no less than 26 different funds over our online system.

The donor supported 12 local non-profits, 10 scholarships, three of our competitive grant programs as well as our Partners in Giving program.

That donor, Sarah, is an employee with Confluence Health who had used her Workplace Giving Card to make her donations. All year Sarah had been deducting a modest amount from her paycheck to load onto her charitable giving card and Confluence had matched those deductions dollar for dollar. When it came time to spend her giving card, she used our system to find a variety of causes that were important to her. She told us: "I try to give to programs that provide opportunities

for people that may not be able to afford them otherwise. I look at programs that are helping to elevate and support our youth – CASA, Alatheia, YMCA, etc. I feel strongly that when kids get



Denise Sorom

to experience teams and connection, they grow up to be better people."

Sarah's generosity of spirit was exactly what we were hoping to preserve when we took on Workplace Giving as a service offering a few years ago. At the time, the closure of the United Way of Chelan and Douglas County meant their Workplace Giving program was no longer available to scores

of employees who were supporting local charities.

The deductions that local employees made from their paychecks every month amounted to hundreds of thousands of dollars of charitable giving to good causes throughout our region. Here at CFNCW, we did not want to see that loss of the charitable goodwill that those dollars represented.

When leaders of both Confluence Health and the Chelan County PUD asked if there was any way that we could step up and take over this program for their employees, we didn't hesitate to say yes. Thanks to the trust of the community and relationships with the dozens of nonprofits that make up our charitable landscape in North Central Washington, we created the program to make it happen.

Workplace Giving – as an option for supporting these nonprofits – continues to be a charitable giving option for donors in our community. As of today, the numbers are inspiring:

■ **Over 200 employees** from Confluence Health and



the Chelan County PUD participate in Workplace Giving.

■ Since 2017, they have donated \$423,676, every penny of which has gone out to charitable causes throughout our region.

This is a remarkable difference from most Workplace Giving programs, where the intermediary organization takes a percent-

age to cover their costs.

■ The Workplace Giving Card that we developed gives the donors great flexibility. Donors can choose from more than 70 local nonprofits, over 100 scholarships, and several grant programs. Donors can also use their cards on Give NCW and Give Methow.

As Sarah told us: "Thanks for the cool process with our

Giving Cards. It was fun!" Making philanthropy fun and accessible is what gets us up every morning. Thank you to Sarah and thank you to all our Workplace Giving donors for caring for this place we call home.

For more information about Workplace Giving, visit cfncw.org/workplacegiving or give us a call at 509-663-7716.

Pybus Market's Transitional Executive Director Leslie Freytag Retires

By Megan Sokol

The Board of Directors for Pybus Market are searching for a new General Manager/Foundation Director, in lieu of current Executive Director Leslie Freytag, as she retires for the final time.

Freytag took the position of Transitional Executive Director after her former Wenatchee World colleague Steve Robinson stepped down as Executive Director back in 2019.

She states that her goal has always been to stay for a couple years to strengthen Pybus Market, and then leave.

"Picked up where Steve Robinson left off, working on policies and procedures and best staffing models, really how do we continue to successfully manage the market and also run our event side of the business," Freytag said. "Part of the

work that I've done over the last few years is to really scope out what the position is about."



Leslie Freytag

The new position has been re-named to General Manager/Foundation Director, Freytag said that the reason for the new name change was to better encapsulate the dual nature of the role.

Pybus Market's Press Release elaborates: "In this

dual capacity, the position implements policies set by the Board of Directors, collaborates with the Board of Directors to achieve goals and objectives, and creates a work culture supportive of organizational integrity, leadership, and cooperation. This position reports to the Board of Directors and directly supervises the staff, manages fundraising and donor development activities and oversees tenant relations and development."

According to the aforementioned press release, the search committee was made in July of this year and consists of Leslie Freytag herself, Ron Berschauer (Chair), JoAnn Walker (Founder), Steve Lee and Allison Foreman.

Freytag is hoping to retire by the end of the year once her replacement is found.

"I've retired several times in my life, this is my final retirement and I'm looking forward to travel and time with a granddaughter who lives in San Francisco," Freytag said.

You can visit Pybus Market at 3 N Worthen St, Wenatchee and contact them at pybuspublicmarket.org or (509) 888-3900.

Chelan County Fair Results Wenatchee, East Wenatchee, Eastmont FFA

Submitted by Karen Welch, CC Fair Director

FFA Market Sheep:		
Grand Champion:	Zach Bock	Wenatchee FFA
Reserve Champion:	Noah Bergstrom	Wenatchee FFA
FFA Breeding Ewe:		
Grand Champion:	Zack Bock	Wenatchee FFA
FFA Novelty Class Sheep:		
Grand Champion:	Ryder Reiman	Wenatchee FFA
Reserve Champion:	Ryder Reiman	Wenatchee FFA
FFA Novelty Goats:		
Grand Champion:	Emma Rivera	Wenatchee FFA
Reserve Champion:	Emma Rivera	Wenatchee FFA
FFA Market Steer:		
Grand Champion:	Ana Mora	Wenatchee FFA
FFA Fitting & Showing Poultry:		
Grand Champion:	Sara Peterson	Eastmont FFA
Reserve Champion:	Kameron Hinderer	Eastmont FFA
FFA Fitting & Showing Market Steer:		
Grand Champion:	Ana Mora	Wenatchee FFA
FFA Fitting & Showing Market Sheep:		
Grand Champion:	Zack Bock	Wenatchee FFA
FFA Fitting & Showing Market Goats:		
Grand Champion:	Zack Bock	Wenatchee FFA
FFA Fitting & Showing Novelty Goats:		
Grand Champion:	Emma Rivera	Wenatchee FFA
Reserve Champion:	Ryder Reiman	Wenatchee FFA
FFA Fitting & Showing Poultry:		
Grand Champion:	Sara Peterson	Eastmont FFA
Reserve Champion:	Kameron Hinderer	Eastmont FFA
Open Class Rabbit Fitting & Showing:		
Grand Champion:	Ally Sheldon	East Wenatchee
Grange Booths:		
1st Place	Beehive Grange	Wenatchee

KEEPING UP WITH PEOPLE

New hires, promotions, special training, awards? Share your company's news with other businesses through the Wenatchee Business Journal

REAL ESTATE

PAGE 17

WENATCHEE BUSINESS JOURNAL / NCWBUSINESS.COM

OCTOBER 2021

TOP PROPERTIES – August 2021

Buyer	Seller	Sale Price	Street	City	Legal acreage	Living area	Year Built	Bed-rooms	Bath-rooms	Pool	Fire-place
CHELAN RIDGE LANDHOLDINGS LLC	MUNNEKE HENRY J	\$4,701,250	UNASSIGNED	MANSON	6.5900	0	0			N	N
TUMWATER LEAVENWORTH LLC	ENCHANTMENTS LLC	\$3,500,000	213 9TH ST	LEAVENWORTH	0.2200	8400	1913			N	N
LYNCH BRENDON C & KIRSTIN	COLD WATER CABIN LLC	\$3,000,000	18115 N SHORE DR	LAKE WENATCHEE	0.2700	3341	2007	5	4.5	N	N
WANDERLUST HOTEL LLC	1100 LLC	\$2,050,000	1100 FRONT ST	LEAVENWORTH	0.1200	0	0			N	N
ALMON BRIAN C & LISA	BLAND KAREN S	\$1,946,000	1869 LAKESHORE DR	MANSON	0.3300	1485	2000	3	1	N	N
SLESK TIMOTHY D & JILL N	NOBLE ARTHUR L & AMY M	\$1,835,000	725 MAJESTIC VIEW DR	WENATCHEE	5.0600	4297	2004	5	4	Y	Y
MEGLATHERY DAVID G & CAROLINE S	LANE LORNA L	\$1,780,213	15916 CEDAR BRAE RD	LAKE WENATCHEE	0.4800	1534	2006			N	N
HOUSERMAN LYNNE & JOHN	EGG N US LLC	\$1,630,000	162 PORCUPINE LN	CHELAN	0.1900	1966	2015	4	3.5	N	Y
VANN JAMES R & ANDREA J	HOOPER THOMAS M & VIRGINIA A	\$1,450,000	298 BOBCAT LN	CHELAN	0.1000	2058	2018	3	3	N	Y
WARNER NICHOLAS M & CARRIE G	ECKERT FAMILY LLC	\$1,350,000	3750 CAMAS CREEK RD	PESHASTIN	20.5900	4008	1998	3	2	N	N
JONES TROY H & JANA	PAPASEDERO DANA F & JANET	\$1,300,000	113 RIVIERA PL	CHELAN	0.2900	2703	1986	5	2.75	N	Y
FOX FRANK G JR & MARY F	HOWELL JEREMY & MARIA B CO-TRUSTEES	\$1,290,000	12595 MAPLE ST	LEAVENWORTH	1.0000	1820	1999	4	2.5	N	Y
ADAMS SUZANNE M & JEFFERY R	BROWN NANCY M BY PASS TRUST	\$1,225,000	18289 RIVER RD	PLAIN	1.9000	2205	2002	3	2	N	Y
LEHMAN TOM C & HOPE A	HESS EMORY & JOAN	\$1,200,000	9922 SAUNDERS RD	PESHASTIN	1.0000	1840	2005	3	3	N	Y
SMITH CRYSTAL M & HECKENDORF MICHAEL L	HENDRICK TRAVIS R & ASHLEY E	\$1,130,000	8054 BAYNE RD	LEAVENWORTH	2.2700	3731	1987	1	3.5	N	N
SHERMAN TYLER & JENNIFER	LIEDTKE ERIC E & SHANNON L	\$1,100,000	100 E MOUNTAIN BROOK LN	WENATCHEE	0.5500	2222	2005	4	4	Y	Y
HYSOM CHRISTOPHER C & LISA E	BUCHANAN DOUG L & NANCY A	\$1,000,000	2076 BROADCREST CT	WENATCHEE	0.4700	3442	2002		3.5	N	Y
STRICKER RICK & GAY	DAVIS STEPHEN L & CHRISSEY L	\$985,000	4044 HAMLIN RD	MALAGA	0.8700	1968	2010	4	3	N	N
PALUMBO GUY F & RENA J	PETERSON PLACE LLC	\$975,000	523 PETERSON PL	CHELAN	0.2100	1358	1965	3	2	Y	N
JACOBSEN JAMES R & JANA	KONAREK DARIN J & AMANDA B	\$974,000	89 DIEDE HILLS LN	WENATCHEE	1.1000	1779	2019	4	3.5	N	N
HAWKINS MICHAEL & KAREN	ELLISON ADAM & GRETCHEN JACOBS	\$953,000	12430 PLAIN RANCHES RD	PLAIN	2.6600	1997	2009	4	3	N	Y
MCDONALD TYLER M & KATHRYN M	SEHORN DOUGLAS B & JUDY P	\$950,000	3700 BURCHVALE RD	WENATCHEE	10.0400	0	0			N	N
POWERS THOMAS & LAURA	AILTS GERRITT M	\$950,000	1905 BROADWAY PL	WENATCHEE	0.2800	2352	1993	4	2.5	N	Y
KNOX JORDAN & CAITLIN	SIMPSON WARREN & CHARLENE	\$950,000	8157 WILLIAMS CANYON RD	DRYDEN	16.1200	1674	2013	5	3	N	Y
MCDONALD TYLER M & KATHRYN M	SEHORN DOUGLAS B & JUDY P	\$950,000	BURCHVALE RD	WENATCHEE	1.0000	0	0			N	N
EICH DANA L & CASSOU KATHLEEN D	BROWN RICHARD G & JAN DARE	\$935,000	301 CHATHAM HILL RD	WENATCHEE	0.4200	2361	1965	4	3	N	Y
DOLSEN JOANIE REV LIV TRUST	MC TAGGART GARY & SARA	\$875,000	22540 ALPINE DR	LAKE WENATCHEE	0.7000	2000	1942	4	2	N	Y
JEFFERY MICHAEL & GERI	SEXTON GEORGE & SOVANNY	\$875,000	225 PINEGRASS ST	LEAVENWORTH	0.1500	3566	2021	5	4	N	Y
LAVALLE RUSSELL & PIRRONG M ELIZABETH	ESTES JOSEPH M	\$850,000	25219 SADDLE ST	PLAIN	0.2600	1800	2017			N	N
GBCCG LLC	CENTRAL WASHINGTON HEALTH SERVICES ASSOC	\$826,500	UNASSIGNED	WENATCHEE	0.1000	0	0			N	N
HERMANN STEPHEN	FOSTER LIVING TRUST	\$770,000	3910 SUNRIDGE LN	WENATCHEE	1.2000	2605	2002	3	2.5	N	Y
GUINER JONATHAN H	TAYLOR BERNICE E	\$770,000	11770 PEAR TREE CT	LEAVENWORTH	0.6600	2000	2004	4	2	N	Y
KARNES KIMBERLY A	EVANS ROBERT H	\$760,000	109 CASCADE PL	CASHMERE	0.3000	1896	2004	5	2.5	N	Y
8253 PINE LLC	NELSON DAREN L & CHRISTINA C	\$750,000	274 SCHOLZE ST	LEAVENWORTH	0.2600	1053	1957	3	2.5	N	N
DAZ WILLIAM & DEJESUS KATIE ETAL	RIEDEL MATTHEW L & KELLY J	\$750,000	2645 SQUILCHUCK RD	WENATCHEE	10.0000	2296	2010	3	2	N	N
SATON ENTERPRISES LLC	EWING INVESTMENTS LLC	\$743,770	1 S CHELAN AVE	WENATCHEE	0.2800	3812	1920			N	N
TRUSCOTT BENJAMIN L & JODI L	LOMBARD LOUISE A REVOCABLE TRUST	\$729,500	327 LOMBARD LN	WENATCHEE	0.5400	1805	1973	5	2.5	N	Y
GROSS MARLA L & ALLEN	BUSTOS ANTONIO NUNEZ & ALEJANDRINA CABRERA DE NUNEZ	\$725,000	527 VILLAGE DR	MANSON	0.0900	1253	2021	3	2	N	N
DONAHUE PATRICK J ETAL	FREESE NANCY K	\$720,000	110 CASCADE PL	CASHMERE	0.3700	1876	2006	3	2.5	N	Y
NELSON KURT & TERI	WILLAND DOUGLAS	\$705,000	210 PARKWAY DR	MANSON	0.0700	2242	1997	4	3	N	Y
KURPUS AUSTIN J & MARIAH T	ROBERTS CONSTRUCTION LLC	\$704,340	1014 RACINE SPRINGS DR	WENATCHEE	0.1700	2511	2021	3	2.5	N	Y
PRINCE JEDEDIAH M	ORDWAY SANDRA L	\$699,000	4650 NAVARRE COULEE RD	CHELAN	5.3500	1762	1998	2	2	N	N
MEYER PAMELA R	CAMP PAMELA A	\$697,500	1014 WESTMORLAND DR	WENATCHEE	0.3000	1272	1978	4	2	N	Y
PATE KEVIN W & FERNANDEZ REBECCA D	BATY RODNEY K	\$676,000	22407 SHETLAND RD	PLAIN	0.3600	2698	1969	2		N	Y
REDELL JESSE & KATE	SWEENEY KENNETH L	\$675,000	760 N BRADLEY ST	CHELAN	4.0100	2100	1958	2	1	Y	Y
MITCHELL MARSHALL P & CHESTNUT JACQUELYN N	MAYO STEPHEN M & NORIKO	\$662,250	1002 SPRING MOUNTAIN DR	WENATCHEE	0.1600	2598	2020			N	Y
HANSCH CHRISTOPHER B & SUSAN M	MITCHELL JOHN & RANDY I	\$650,000	4180 W EAGLE ROCK DR	WENATCHEE	2.6400	1517	1995	3	2.5	N	N
MERCER MICHAEL D & MELISSA L	STENZEL ROGER D & STENZEL MARTA A	\$630,000	604 EISENHOWER LN	WENATCHEE	0.3200	1878	2003	3	3	Y	N

TOP PROPERTIES – August 2021 - SEE PAGE 18

TOP PROPERTIES – August 2021 – continued from page 17

Buyer	Seller	Sale Price	Street	City	Legal acreage	Living area	Year Built	Bed-rooms	Bath-rooms	Pool	Fire-place
HEER ALLAN L & ERIKA D	SCHMIDT STEVEN	\$627,000	20701 CLUB HOUSE DR	LAKE WENATCHEE	0.0000	1840	0			N	N
WEISS LOUIE H & SARAH	CUNNINGHAM LESLIE C & CORSON A	\$620,000	624 EASY ST	WENATCHEE	0.3400	2415	1912	3	2	N	N
PLOTZ JOHN W & MOIRA	HARGROVE JERRY	\$609,000	1550 MISSION CREEK RD	CASHMERE	14.1800	1230	1981	4	2	N	N
HABEK WENDY L & FRITTS MILTON R	BEAN JAMES & RACHEL	\$607,000	132 N FRANKLIN AVE	WENATCHEE	0.1800	1445	1946	3	1.5	Y	N
MOSER MATTHEW A & CAROLINE	TEIGEN MONS P & LISA C BUCKLEY TEIGEN	\$600,000	162 W WHITMAN ST	LEAVENWORTH	0.1400	1242	1908	3	1.75	N	N
ASHLOCK DENA & GIEROK DAVID	LOUNSBURY LLOYD J	\$600,000	1983 SUMMIT BLVD	MANSON	1.5400	1360	1940	3	1	N	Y
LONGMIRE JARROD W & VIENN M	REDELL JESSE & KATE	\$580,000	2430 HALVORSON CANYON RD	WENATCHEE	3.1900	1156	1945	2	1	N	N
VALLEY LAKE PROPERTIES LLC	FLORES JAIME & KRISTY	\$580,000	330 ROOSEVELT AVE	WENATCHEE	0.1500	3184	1913	1	1	N	Y
CARNEY DYLAN R & PREYAPONGPISAN GRACE S	KARNES KIMBERLY A	\$579,000	2691 KINNIKINNICK DR	LAKE WENATCHEE	0.8300	720	1980	3	2	N	N
SHERWOOD HILLS LLC	MOTT DOUGLAS S & LEE ANN	\$575,000	2934 MISSION CREEK RD	CASHMERE	21.8200	2982	1995			N	N
MOLLOHAN STEVEN D & LEAH A	BARBOZA CHISTIAN F & CASSANDRA M RIOS	\$575,000	1403 DOGWOOD LN	WENATCHEE	0.2200	2241	2005	4	2.5	N	N
MAYFIELD TAYLOR W & SUE E	ROSEBAUGH DAVID & DEBORAH	\$570,000	8975 ICICLE RD	LEAVENWORTH	0.0000	1512	0			N	N
MARSHALL WHITENER DENTAL OFFICE LLC	GAVIN CHARLES R	\$565,000	111 E CHELAN AVE	CHELAN	0.1200	2040	2007			N	N
BROUSSARD NORBERT H & PATSY K	MIALOVICH RICHARD M	\$550,000	100 LAKE CHELAN SHORES DR	CHELAN	0.0000	1020	0			N	N
DAVIDSON BRIAN & IZUMI TAEMI M	OPEL CAROLL L	\$550,000	2020 WESTHAVEN	WENATCHEE	0.1700	1663	2018	3	2	N	N
WILLIAMS ROSS	HOYT YVETTE	\$545,000	22922 LAKE WENATCHEE HWY	LAKE WENATCHEE	0.7500	1480	1900	2	1.5	N	Y
HANNER JEFFREY D & JULIE A	DEHAAN GREGORY E	\$545,000	2461 TAMARACK CRST	LAKE WENATCHEE	0.8100	796	1990	1	1	N	N
REPPAS CHARLES B & LYNN R	FICKER MATTHEW & LAURA	\$543,000	6038 HAZEL PL	CASHMERE	0.2400	1196	1967	3	2	N	Y
D B & D REALTY LLC	GEORGE STEVE W	\$525,000	UNASSIGNED	LAKE WENATCHEE	0.1500	0	0			N	N
DUHAMEL LINDSEY & GRIMM JAMIE R	KELLY THOMAS M	\$517,300	203 PEAR LN	WENATCHEE	0.2000	1912	1969	4	2	N	Y
BATY CONRAD & SARAH	PLOTZ MOIRA	\$515,000	304 RIVERSIDE DR	CASHMERE	0.1100	2016	2009	4	3	N	Y
MC CLANAHAN ROY E & KRISTY	ROTH RONALD TRAVIS	\$510,500	91 GRADE CREEK RD	MANSON	2.2600	1696	1933	2	1	N	Y
LEONHARD MEGAN & ALLISON	WHITE ROBERT E JR & PAULA R	\$502,000	6055 WEBSTER WAY	CASHMERE	1.0200	1836	2004			N	N
ROSSER MARK & BRIANA F	HOUSTON LANI	\$502,000	4647 UNION VALLEY RD	CHELAN	19.1200	925	1980	2	1	N	N
MILLARD DAVID & VELDA	MERIWETHER JOHN D ETAL	\$495,000	19425 BUTCHER CREEK FS 6910 RD	LAKE WENATCHEE	4.6500	1080	1996			N	N
MILLER ORCHARDS PARTNERSHIP	DAY MARTIN R	\$490,000	8250 WILLIAMS CANYON RD	DRYDEN	1.0000	1594	1916	4	1	N	N
FITZSIMMONS CINDY D & TIMOTHY L	METCALFE LINDSEY & HOOPER SAM	\$485,000	1519 WILLOW PL	WENATCHEE	0.2400	1655	2002	3	3	N	N
BRIGGS JEFFREY K & LEWIS ROBIN N	UPFRONT CONSTRUCTION LLC	\$482,000	9976 SASKA WAY	ENTIAT	0.2400	1660	2021	3	2	N	N
KASSIS MASON & WIDNESS HALEY	FUNK DOUGLAS R & MARTHA A	\$480,153	3427 ALPINE CT	WENATCHEE	0.4100	1807	1971	3	1.75	N	Y
HOUGH MATTHEW J & COURTNEY T	WILLIAMS NATALIE S & TRAVIS D	\$480,000	906 N ELLIOTT AVE	WENATCHEE	0.1800	1514	1979	3	1.75	N	Y
MICHAEL CORY & WITTMAN SARAH	VAN DORIE GLENNA M & CHARLES T BROWN	\$475,000	229 N EMERSON AVE	WENATCHEE	0.1400	2244	1930	1	1	N	Y
TAPIA KARINA & NOE	CRC VENTURES LLC	\$475,000	520 ORONDO AVE	WENATCHEE	0.1000	2660	1920	2	1	N	N
MCILMOIL NEIL W II	NILLES TRICIA M	\$473,333	3284 HANSEL LN	PESHASTIN	0.1800	1464	2009	3	2	N	N
SMITH JASON R & TODD JULIET A	KRAUS JENNIFER	\$472,500	480 ALPINE PL	LEAVENWORTH	0.0000	958	0			N	N
MATULEVICIUS MATT	SNYDER GORDON A & ELIZABETH M	\$469,000	410 NORMAN AVE	CASHMERE	0.1700	1079	1962	5	1.5	N	Y
SUMMERS TREVOR & NATASHYA J	SMITH LEE W & DARLENE G REV LIVTRT	\$467,500	224 N WESTERN AVE	WENATCHEE	0.2900	1917	1968	3	1.75	N	Y
PRESTON FAMILY TRUST	PRESTON DAVID E & TAMARA L	\$463,855	131 WHEELER ST	LEAVENWORTH	0.2300	1784	1978	2	1	N	N
HART MARY A & JEREMY T	GUERRA ADRIAN A	\$463,400	1020 GLENWOOD AVE	WENATCHEE	0.1900	1642	1966	4	3	N	Y
FICKER MATTHEW & LAURA	FICKER ELLEN L & KENNETH E	\$450,000	5409 N CASHMERE RD	CASHMERE	6.3500	1552	1945	3	1	Y	Y
LOCKETT BRIAN J & SHILO M	FLYNN DANIEL J	\$450,000	304 SR 150	CHELAN	0.0000	970	0			N	N
SWEET KELSEY & DANNY ETAL	PETERSON B JEAN	\$450,000	UNASSIGNED	STEHEKIN	6.7000	0	0			N	N
BECKER RYAN L & HUNTER SILEZIA N	KNIGHT WILLIAM E & LORI L	\$449,900	135 S COVE AVE	WENATCHEE	0.1700	1618	2012	3	3	N	N
DE CHAND CODY AND ASHLEY	TERRY RICHARD & SANDRA TRUSTEES SANDRA K TERRY REV TRUST	\$440,000	5634 STEMILT LOOP RD	WENATCHEE	0.9100	1156	1943	3	1	N	N
WHITE EARL M & DELORES	GRAHAM JEFFEREY A & TIFFANNEY M	\$440,000	811 LAMBERT ST	WENATCHEE	0.2200	1244	1980	4	2.25	N	Y
HERNANDEZ SOCRATES & AZUCENA	TRANLUM BARBARA A	\$440,000	621 KAYLA WAY	WENATCHEE	0.2400	1776	2006	3	2	N	N
CARLSON ERIC A	TUCKER LAWERENCE L	\$435,000	719 GRANDVIEW AVE	WENATCHEE	0.2500	1350	1957	3	1	N	Y
PIESTRUP PHELAN S & NATALI A	RYAN-KELZENBERG MATHEW & SHELLEY ETAL	\$425,000	422 COTTAGE AVE	CASHMERE	0.1100	1584	1916	5	2	N	Y
PIKE ZEBULEN	MC DONALD KAREN	\$425,000	14419 US HWY 97A	ENTIAT	0.6600	1968	1957			N	N
JASPERS KODI J & RUSHING SAMUEL	ACKER DAVID S	\$420,000	10185 BEECHER HILL RD	PESHASTIN	1.2300	1768	1998			N	N
MERIWETHER JOHN D & SMITH SARAH M C	QUESNELL NICOLAS R & CHERYL	\$420,000	19475 EVERGREEN AVE	LAKE WENATCHEE	4.6500	1632	1997	2	1	N	Y
DE LUNA JACOB & LINNEA H	WALTER JOHN B ETAL	\$420,000	1605 PACIFIC LN	WENATCHEE	0.1800	1764	1965	3	2	N	Y

Senator Brad Hawkins speaks out on redistricting

By X

In accordance with state laws, the independent and bipartisan Washington State Redistricting Commission redraws state legislative and congressional district maps every 10 years.

Earlier this week, the commission released four proposed options for state legislative districts and is expected to release federal congressional district proposals in the coming weeks.

The 12th District and Washington's 48 other legislative districts have had specific boundaries since 2012.

The borders for these districts, as well as Washington's congressional districts, will change in 2022 after the state's redistricting process is completed by the commission by November 15.

The Legislature is expected to provide final approval of the maps during the 2022 legislative session.

The Redistricting Commission will be rebalancing the state legislative districts to ensure each district represents approximately the same population.

Our current 12th District is one of the largest districts in our state geographically and includes Chelan and Douglas counties and portions of Grant and Okanogan counties.

How Washington's redistricting process works

The redistricting process occurs after the completion of the national census, which is taken every 10 years, most recently in 2020.

Congressional district

lines have been drawn by the Redistricting Commission since 1983 and legislative district boundaries since 1991.

This commission comprises five members. Four are appointed by the leaders of each of the four major caucuses.

The four appointed commissioners then appoint a fifth, nonvoting, chairperson. Enactment of new redistricting maps for Washington requires bipartisan approval.

If at least three of the four Redistricting Commission members cannot agree on a map that is fair to all, responsibility for drawing the lines is turned over to the Washington Supreme Court. Our state's bipartisan redistricting system requires cooperation.

It isn't surprising that Washington's redistricting process is admired by other states seeking to move away from an approach in which one party controls the final result.

Voters created state's Redistricting Commission

For many years, the Legislature was in charge of redistricting, but many had grown angry and frustrated with how partisan and time-consuming this approach had become.

By the 1980s, Washingtonians sought change. In 1983, Washington voters passed Senate Joint Resolution 103, an amendment to our state constitution that created our state's independent Redistricting Commission.

Over the past decade, several other states have revamped their redistrict-

ing process to reduce the chance of partisan politics and "gerrymandering," a term describing districts with bizarrely drawn boundaries. I'm encouraged to know other states have followed our state's lead in creating independent commissions to draw up legislative and congressional district maps, with just minimal political manipulation involved.

Proposed state legislative district maps

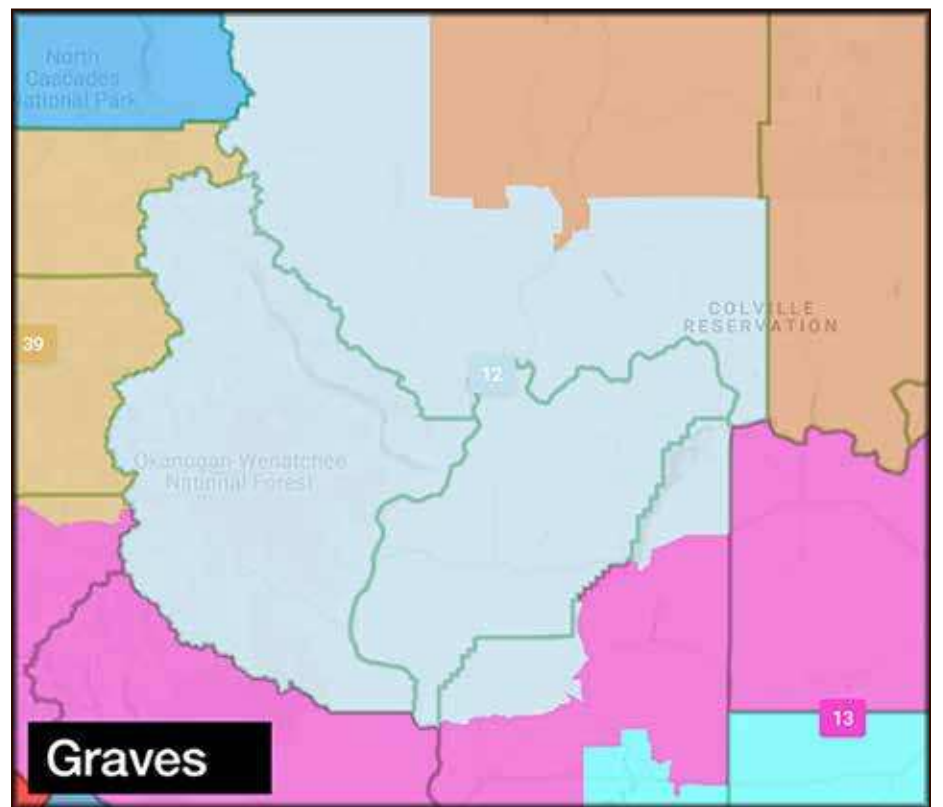
Redistricting Commissioners Joe Fain, Brady Pinero Walkinshaw, April Sims, and Paul Graves have each proposed new state legislative and congressional maps.

The nonvoting chair of the commission is Sarah Augustine. Approval of final maps requires at least three votes of the four voting members.

While it is possible that one of these proposals could be adopted, it is likely that the final approved maps will be a new variation based on public comments received. Below is my analysis of each proposal.

• Commissioner Fain's proposal: I support this proposal. It includes Chelan and Douglas counties and portions of Okanogan and Grant counties. This plan keeps Chelan and Douglas counties together while expanding some of Okanogan County, a county with an important history within the 12th District.

• Commissioner Graves' proposal: I also support this proposal, which is similar to our current district. It includes much of the same boundaries proposed by Commissioner Fain. This



plan keeps Chelan and Douglas counties together while expanding to some areas of Okanogan County, a county I am familiar with through my service. These longstanding relationships with key communities and stakeholders – including a collection of historical knowledge – is important to these areas as they are impacted by many state policies.

• Commissioner Walkinshaw's proposal: While not a preferred choice, this map is reasonable and the boundaries proposed are accessible. It keeps Chelan and Douglas counties together but would transition from a North Central Washington district to more of a Central Washington district, adding Lincoln County.

While it contemplates the unfortunate loss of many key Okanogan County communities and stakeholders, the characteristics of the proposed area are consis-

tent with many existing areas in the 12th.

• Commissioner Sims' proposal: I do not support

the 12th District boundaries in this proposal. The district would be oddly shaped, difficult to access, eliminates

SEE SEN. HAWKINS SPEAKS OUT ON REDISTRICTING, PAGE 20

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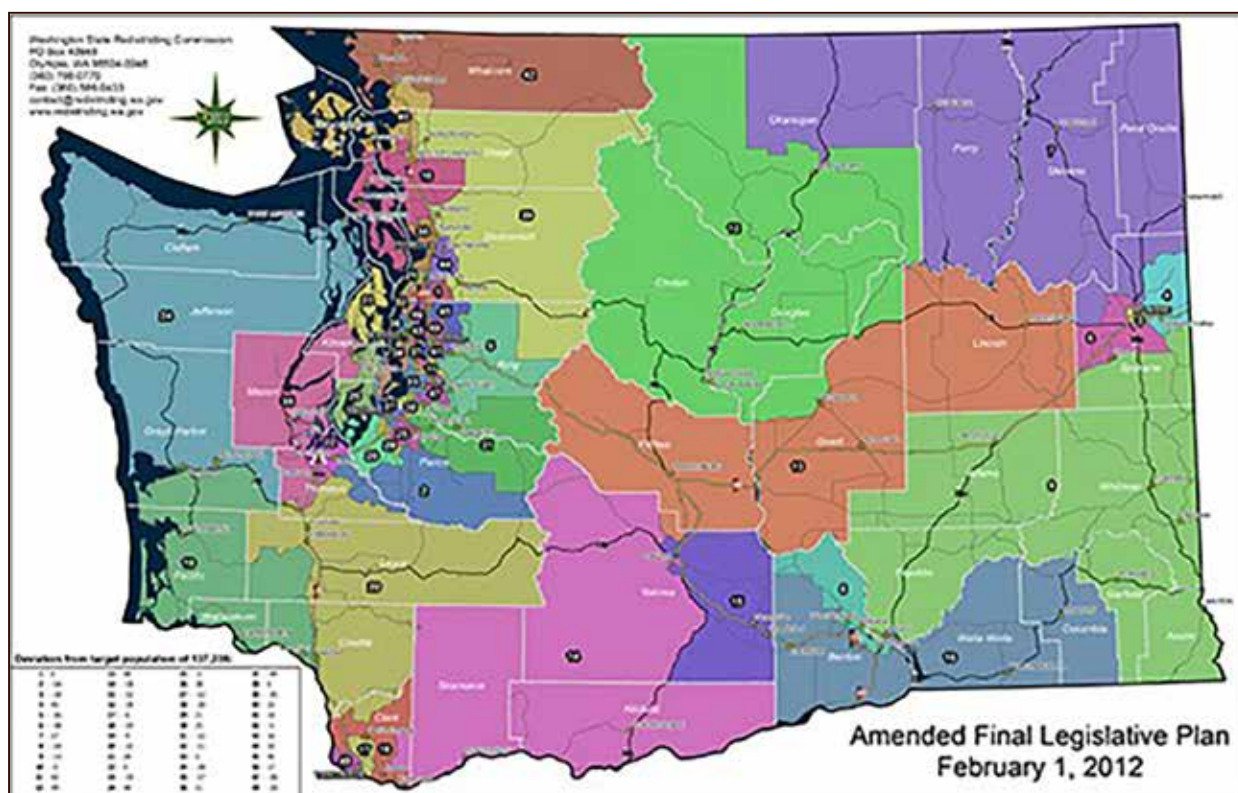
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CONTINUED FROM PAGE 19

Sen. Brad Hawkins speaks out on redistricting

Okanogan County, and splinters Chelan and Douglas counties. The western portion of the proposed 12th District would be difficult to access and likely limit interactions with many constituents. These boundaries do not seem realistic or workable.

Please comment on state legislative district maps

The fortunate part of Washington's redistricting process is that it includes ample opportunity for public comment. I strongly encourage you to offer individual comments as well as formal comments on official letterhead. (Please be respectful and thoughtful in your comments.)

Keep Chelan and Douglas counties together: One of the most important considerations for state legislative maps is to keep Chelan and Douglas counties together given our "communities of interest," which is key for the commission. This seems particularly true in consideration of the Chelan-Douglas Health District, Chelan-Douglas Regional Port Authority, Chelan-Douglas Transportation Council, Chelan-Douglas Land Trust, Wenatchee Valley Chamber of Commerce, Link Transit, and many other agencies that partner within Chelan and Douglas counties.

Maintain Okanogan County communities: Another important consideration is maintaining key communities and stakeholders with longstanding relationships within the 12th District. The Okanogan County portion of the district involves many key communities and stakeholders with unique interests. The 12th District legislators have built up an appreciation and historical knowledge of these areas that are impacted by

many state policies. Having continuity of service to these communities – rather than a less familiar, new legislator – is important to those areas. Two of the proposals (Walkinshaw and Sims) would eliminate these communities from the 12th District, if one of those proposals was approved.

To offer your comments to the Washington State Redistricting Commission, click Submit Letters and Public Comment or send comments directly to Comment@redistricting.wa.gov.

History of 12th District borders

In the early 1930s, the 12th District was moved from southeastern Washington to its present location in North Central Washington. All of Chelan County has been within the 12th District since then. In 1965, the 12th District included all of Chelan and Douglas counties. By 1972, the western half of Okanogan County, including Winthrop and Brewster, was added to the 12th District, as was the northern part of Grant County. The northern portion of Kittitas County was part of the 12th for 30 years until the present boundaries were redrawn in 2012 – a shift that also picked up more of the southeastern portion of Okanogan County and part of Grant County. Regardless of any shifting boundaries for the next 10 years, my hope is that Chelan and Douglas counties and many Okanogan County communities can remain together in one district.

State Senator Brad Hawkins
12th Legislative District E-mail: brad.hawkins@leg.wa.gov
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107 Newhouse Building - P.O. Box 40412 | Olympia, WA 98504-0412 (360) 786-7622 or Toll-free: (800) 562-6000



PHOTO BY XX

xx

The Seattle-based Brewery has added another location in Wenatchee

Pybus Welcomes Taproom by Hellbent Brewery

By Megan Sokol

In 2013, three men in Seattle crafted an idea to open their own brewery.

Now eight years later, with decades worth of restaurant experience and award-winning IPAs, Randy and Stephanie Embernate are expanding the Hellbent Brewery Company to Pybus Market.

The Embernate family moved from Seattle to Wenatchee last October. After multiple trips back and forth visiting family, they decided to permanently settle down here, bringing a piece of the brewery with them.

The Taproom will have 20 taps on hand, varying between IPAs, ales, rums, german beer, and more. The drink



menu features the Hellbent Brewery Company's signature IPAs such as DANG! CITRA IPA, Just Another IPA, and Status: Unclear Hazy IPA. They also feature ales such as the most popular Seattle Sunshine Hazy Pale and Funky Red Patina.

"It's more of a[n] older, more pinier flavor than it is the citrusy brighter

flavors," Randy Embernate explained. "They are very well balanced between hops and malts."

In contrast to the Seattle location, this Taproom will be open to all ages, with a full menu of asian-fusion fare. Born and raised Hawaiian Randy Embernate will feature what Pybus Market's press release as

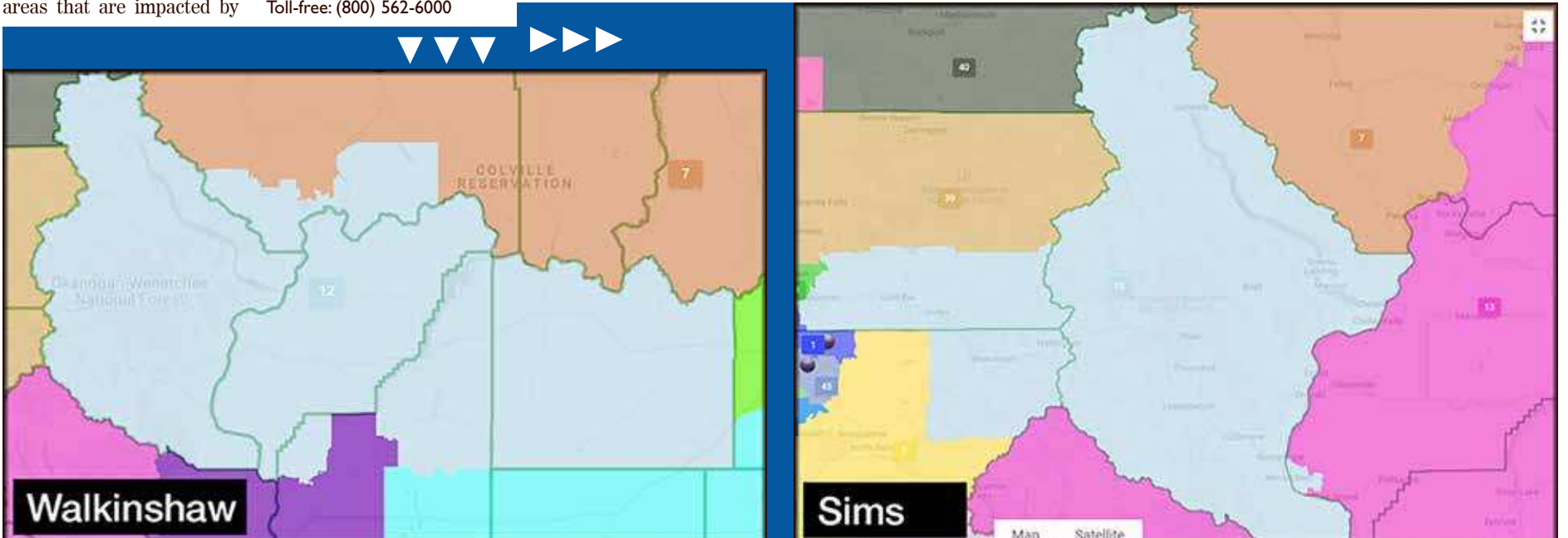
a "gastro-pub type menu will feature sandwiches, salads, and rice bowls, all showcasing local ingredients."

They officially got the Pybus location back in August and are currently constructing furnishings off-site.

Randy Embernate hopes to have the Taproom open before Thanksgiving, but the official opening date has yet to be determined.

"The equipment from what I hear is what might determine when we open," Robert Embernate said.

You can meet the owners of the Taproom at Pybus Market's Taste of Pybus event on Oct. 6, from 5-7 p.m. at 3 N Worthen St, Wenatchee.





The Big Chill - Hard Ciders Pour From The Apple Capital of the World



The Big Chill Cider & Harvestfest
 40 local flavors, games, music, cider store, food & fall fun
 Tickets \$46/Pair

OCTOBER 9, 1-6pm. OUTDOORS @ PYBUS savorcentralwa.com

SCAN QR CODE FOR INFO AND TIX!

by Rhona Baron
 Exec. Director/Events,
 Savor Central WA

On October 9, 2021, virtually all of Central Washington's hard cider makers will gather to pour at the third annual Big Chill Cider and HarvestFest, staged this year for the first time at Pybus Public Market.

The event runs from 1-6 p.m. on Saturday. Tickets start at \$25 when you bring a friend and VIP tickets include a curated charcuterie plate from Cured by Visconti. Embrace the season with over 40 choices of cider from 14 local labels along with displays, games, music, snacks, and a free kids' harvest play area for ticket holders.

Discover the intricacies

of cider and what to serve with it while visiting with the makers behind the flavors. The Big Chill also hosts the biggest, annual cider pop-up store in Eastern Washington, offering an astonishing variety of Central WA hard cider! Purchase from Chelan Craft, Archibald James, Union Hill, Bad Granny, Phillippi, Ole Swede, Snowdrift, Pear Up, Rootwood, Manchester Road, Steelhead, Barns Etc, Centre Ring, and new entry Watercore.

The cider story has been unfolding over the past decade in Central Washington. Early adaptors include Kevin Van Reenan, owner of Pear Up, located in East Wenatchee. Van Reenan's "perrys" helped establish

the category in America and are now in Asia and Europe. Rootwood Cider in Manson started grafting cider apples into their fourth generation family orchard around 9 years ago. Today, they're pouring from a tasting room nestled on their property. All through the region, portions of family orchards are being repurposed to enable craft ciders to flow. Some

labels, like Manchester Road, a consistent crowd favorite, are inspired by classic British beverages, others like Union Hill are innovating new territory. The awards and results speak for themselves.

From dry to sweet, from pear to apple, explore the newest and finest entries onto the beverage scene in the Apple Capital of the World.

Experience The Big Chill Cider and Harvestfest with an emphasis on COVID safety precautions that include an outdoor setting, adherence to current masking guidelines, distancing and single servings for food and ciders.

Learn more and get your Big Chill Cider and Harvestfest tickets at: <https://savorcentralwa.com/events> or purchase at the door.

Contact: rhonabaron@icloud.com
 509-264-4060

Savor Central Washington (formerly Cascade Farmlands) is a non-profit association dedicated to fostering a sustainable future for wineries, cideries and related local enterprises. SCW magnifies and respects the connection between people, place and local bounty by offering outstanding events, marketing and education.

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Cashmere FFA thanks supporters




Photos by Rusty Finch

Cashmere FFA winners with their hogs smile for the camera at the Chelan County Fair.



Esmeralda Martinez with her market goat that was purchased by Pearmont Orchards.



Alayna Groce with her Grand Champion Hog purchased by J & J Meats.



Jordan Holladay with her Reserve Champion hog purchased by Cashmere Mini Storage.

By Rusty Finch

Cashmere High School Agriculture / FFA Advisor

30 Cashmere FFA students had a great fair earning several call-back ribbons and champion rosettes. Here are a few of the highlights.

- Grand Champion Market Hog - Alayna Groce
- Reserve Champion Market Hog - Jordan Holladay
- 10 of the 12 Market Hog Call-Backs
- Grand Champion Market Goat - Esmeralda Martinez
- Reserve Champion Goat Showmanship - Esmeralda Martinez
- Reserve Champion Sheep Showmanship - Isabel Fadenrecht
- Grand Champion Rabbit Showmanship & Round Robin Champion - Zoe Brown
- Grand Champion Ag Mechanics Project - Maddie Hammond
- Livestock Judging - 1st
- Produce Judging - 1st
- Poultry Judging - 1st & 3rd

Cashmere FFA and the Cashmere Area Youth Support Fund would like to thank the following Sponsors and Purchasers of this year's animals:

Market Hogs

- Alayna Groce - Grand Champion Hog - J & J Meats
- Jordan Holladay - Reserve Champion Hog - Cashmere Mini Storage
- Cameron Phillips - Wok About Grill
- Zoe Brown - Cashmere American Legion
- Jonah Groce - Mission Creek Community Club
- Lily-Ann Geren - Oden Properties
- Kira Potter - Martin's Market
- Carsen Kenoyer - Northwest Wholesale, Dave & Darla Kenoyer
- Gunner Simmons - Blue Star Growers
- Bella Fox - Les Schwab Wenatchee
- Greg Worley - Lone Pine Orchards
- Alia Kenoyer - Jarhead Orchards
- Brayden Stoffel - Jeff Kenoyer, Bethlehem Construction
- Maison Sims - Prescott Orchards
- Aidan Thiess - Stubbs Excavation
- Micah Guerin - Camie & Hannah Lynch Properties
- Dru Heyen - Lindsey & Coby Weidenbach
- Bella Potter - J & J Meats

Market Lambs

- Ivette Alvarado - Camie & Hannah Lynch Properties
- Kimmy Dodson - Camie & Hannah Lynch Properties
- Isabel Fadenrecht - Camie & Hannah Lynch Properties
- Ralene Wheatley - Harnden Orchards
- Rylie Harnden - Wilbur Ellis of Cashmere
- Faith Kert - Camie & Hannah Lynch Properties
- Molly Smith - DEK Orchards
- Sydney Young - Camie & Hannah Lynch Properties
- Kayley Lopez - Smith Excavation

Market Goats

- Esmeralda Martinez - Pearmont Orchards
- Gillian Darnell - Smith Excavation



Ivette Alvarado with her market lamb that was purchased by Camie and Hannah Lynch Properties, and Rylie Harnden with her lamb purchased by Wilbur Ellis, Cashmere.



Isabel Fadenrecht Reserve Champion Sheep Showmanship.