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Winter program introduces skiing and snowboarding to local students

By **TAYLOR CALDWELL**
Ward Media Staff Reporter

LEAVENWORTH - Every Wednesday afternoon, Leavenworth Winter Sports Club (LWSC) hosts over 60 kids at Ski Hill who are a part of Cascade School District's after-school ski and board program for grades 3-8.

"It's really for kids who typically don't get the chance to do this type of thing, so we're looking for kids whose families typically don't ski and snowboard, and this isn't their regular routine. It's all about introducing kids to winter sports and winter activity up here," said program organizer Brett Johnson.

According to Johnson, the program started over twenty years ago but has taken a big shift since the pandemic. Prior to COVID, the students would arrive by bus and receive their gear and day passes on-site every Wednesday. In order to keep the program running during that time, students had to arrive on their own but received gear and a pass for the whole season. Although buses are back, the gear and pass model has stayed the same.

Callie Baker, LWSC's Director of Programs and Memberships, suggested the season pass idea for the kids and even created the Sponsored Skier program, in which LWSC pass holders can put money towards a pass for kids in the community.

According to Baker, the symbolism of wearing a season pass instead of standing out with a bright green day

pass goes a long way in making kids feel included at Ski Hill.

"I think giving them ownership of the season pass has just got to feel good. They get really excited when we hand them out and get really sad when they lose them, which is not infrequent," said Baker.

At the beginning of the season, students gather in the cafeteria at Alpine Lakes Elementary to sign waivers, pick up their passes, and check out gear at no cost. The program relies on community support such as LWSC's passes, volunteers, fundraising from the PTO of Alpine Lakes and Peshastin-Dryden Elementary, and a grant from the Community Foundation of



TAYLOR CALDWELL / WARD MEDIA
Fourth grader Fischer Meyer's favorite thing about the program is "crashing and learning."



TAYLOR CALDWELL / WARD MEDIA
Third grader Liam Rich rides the rope tow on skis checked out from the program. "I like old classic skis," said Rich.



TAYLOR CALDWELL / WARD MEDIA
Cristobal Cortez and his 8-year-old son Cristian, who is in his first year of the after-school program.



TAYLOR CALDWELL / WARD MEDIA
Fourth grader Hayley Helvie high-fives Heidi Swoboda.

City Council meets with planning commission, makes committee appointments, and revises its rules

By **TAYLOR CALDWELL**
Ward Media Staff Reporter

LEAVENWORTH - The City Council discussed planning commission priorities, winter parking fines, committee appointments, and more at its meeting on Jan. 23.

The City Council and Planning Commission joined at the start of the meeting to rank the priorities for the 2024 Planning Commission Docket. The City Council voted to make inclusionary zoning for affordable housing the number one priority, followed by the consideration of condominiums or unit lot subdivisions for residential zoning districts, parking, and then a comprehensive plan for Urban Growth Area (UGA) expansion.

The docket includes nearly fifteen Comprehensive Plan and Development Regulation projects that are reviewed by the Planning Commission every year. The City Council and Planning Commission discussed confusion of expectations surrounding projects such as condominiums in residential areas or evaluating triplexes as distinct land uses, which may translate to public misunderstanding. The meeting considered options for public education and engagement.

"I think it will go a long way if we get ahead of it and engage the community and let them know what we're considering and what our intention is behind it. I think that will help avoid some misunderstandings and potential backlash," said Janessa Ruckle from the Planning Commission.

The City Council approved another amendment to winter parking regulations regarding infraction fees. The previous fee was \$25, the City Council voted unanimously to increase the fee to \$100 per violation.

"I'd like to see it more than \$100," said Council Member Sharon Waters.

The amendment was proposed by Mayor Carl Florea and City Administrator Matthew Selby, with recommendations from Chelan County Sheriff Liaison Officer, who suggested an amount as high as \$200, according to Selby.

The ordinance had been previously approved in Dec. 2023 to change the parking restriction hours in residential neighborhoods to begin at midnight rather than 3 a.m. to account for snow removal operations.

In City Council housekeeping, the Mayor's committee assignments were confirmed. New member Rhona Baron will be on the Parking Advisory Committee and Solid Waste Council. Shane Thayer and Travis McMaster will both be on the Upper Valley Park and Recreation Service Area (PRSA). McMaster will also be on the Festhalle Oversight Committee, Osborn Library Feasibility ad-hoc committee and volunteered for the vacant position on the Leavenworth Area Promotions Committee (LAP) during the meeting.

Mayor Pro-Tempore assignments were also confirmed for the Economic Development and Finance Committees. Travis McMaster, Clint Strand, and Anne Hessburg will serve on the Economic Development Committee. Zeke Reister, Shane Thayer, and Rhona Baron will serve on the Finance Committee.

The City Council also approved the proposed revisions to Council rules. However, Waters voted against the proposed changes, and McMaster abstained. Notable revisions included Zoom formatting, public participation requirements, and attendance regulations.

The decision to switch from meeting to webinar formatting for Zoom attendees was confirmed as a result

CSD grapples with budget woes amid enrollment declines and inflation challenges

By **MARLENE FARRELL**
Special to Ward Media

LEAVENWORTH - Cascade School District is facing a budget constraint, as are most school districts throughout Washington State. Even with district staff scrutinizing budgets last summer and anticipating higher prices for goods and services due to inflation, this has been a school year for some tough financial decisions. Cascade School District Superintendent Tracey Edou, explained it as a perfect storm of factors.

One factor is enrollment. CSD's enrollment has held at nearly 1200 full-time equivalent (FTE) for this and last year, though the pre-COVID high was 1284 FTE. Enrollment decline in the Upper Valley can be attributed to a combination of homeschooling, some families opting to choice into other schools (though there is also some influx in the opposite direction), and departure of some families from the area, possibly in relation to high home prices.

Another factor is inflation, which continued through the fall of 2023; while lower now, its impact on prices is still being felt. "As a concrete example of unanticipated inflation, our school district insurance increased by \$106,192 this year," said Edou. "Unfortunately, we received the final cost of the insurance after

our budget was adopted." Edou and the board expected and included an increase based on insurance company estimates, but the final bill came in at \$85,784 higher than the insurance company had previously indicated. This is an unfortunate but not insurmountable hurdle, budget-wise. Utilities and some contract services represent other categories of higher prices.

The final piece of the financial puzzle is the cost of student support. "Federal COVID money has ended, although student post-COVID needs remain high," said Edou. Those needs span the academic, social-emotional, and behavioral realms.

Edou explained, "We noticed [the budget shortfall] early in the school year, and we took actions early on to address it." Specifically, the school board and superintendent are actively working on strategies to move the district forward in a direction that aligns with the district's mission of continuous student development.

Reduced spending is one strategy, and the school board has held study sessions to analyze and decide where some reductions can occur with the least impact on programming and education. Within staffing, there have been two layoffs, and a few positions have been absorbed through attrition.

See **CSD Page A8**

Chelan PUD Commissioners consider rate options in Peshastin Water District acquisition

By **TAYLOR CALDWELL**
Ward Media Staff Reporter

PESHASTIN - Chelan PUD Commissioners received updates and public comments regarding the Peshastin Water District (PWD) acquisition at the commission meeting on Jan. 22.

Since the community forum, refinements were made to the proposed rate adders after considering declines in market interest rates and the utilization of existing PWD cash that could be applied toward capital projects.

The updated estimated rate adders per month were \$16 for a residential customer, \$30 for a commercial customer, and \$1655 for an industrial customer. The estimates are slightly lower than those presented during the community meeting on Jan. 17, which estimated \$17 a month for a residential customer, \$33 per commercial, and \$1780 per industrial.

PWD General Manager Steve Keene presented to the commission the reasons that led PWD to request Chelan PUD's acquisition.

"We have done a lot to improve our system and the financial status of what we are, but we still need the PUD to help with the depth of our operations," said Keene.

However, Keene requested that PUD reconsider whether a rate adder was necessary and to implement it incrementally if it was.

"We're also part of the PUD already. We're residential, commercial

and industrial electric and sewer customers. We're already part of your system," said Keene. "If it's going to take three years to do any capital improvements, how much more do we have to be a part of your system before the capital improvements we need could be accommodated like it would with any other part of your customer base?"

During the public hearing, Ray Schmitt and Shawn Cox spoke on behalf of the two largest grower co-ops in the area, Blue Bird Inc. and Hi-Up Growers.

"We appreciate the PUD's interest. I think it's important for us to have a healthy water supply, obviously a consistent city water supply, with our history, great fire suppression is important apparently, and of course cost is a great [consideration] and why I'm here today," said Schmitt.

Schmitt agreed with Keene's statement, asking for more considerations. Cox agreed.

"Much like Ray, we're food processors. We need safe, reliable, consistent water for both processing food and fire suppression. With the current times in farming, we're a small co-op, we're made up of about 47 different small growers. We average about 30 acres [per] farms of pears, for our growers. Any type of increase, especially during these economic times is really tough," said Cox.

A third speaker, a Peshastin resident, expressed similar concerns,

See **WATER DISTRICT Page A8**

Inside The Echo this Week

5 Things to do this Week.....	A2	Dr. Louise.....	A3	Sheriff's Report.....	A3
Business Directory.....	A2	Legislative Coverage.....	A9-A10	Sports.....	A5
Community Calendar.....	A3	Outdoors Report.....	A4	Advertising Flyers:	
Classifieds.....	A6	Point of View.....	A2	Safeway, Dan's Food Market	

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Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

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Have an idea for a story? Call the Echo at 509-548-5286 email news@ward.media

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Get your event in the spotlight with Ward Media!

If you have an exciting event to share, email Reporter Quinn Propst at quinn@ward.media. We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss this chance to make your event shine!



5

THINGS TO DO THIS WEEK



Calling all Lego Masters

The Peshastin Library will host a Lego Masters challenge that started on Tuesday, Jan. 30 and runs through Saturday, Feb. 10.

"Show off your lego skills at the library," the event page states. "You'll have 2 weeks to complete your creation during library open hours. We'll have legos available for participants to use. Completed projects will be displayed at the library during the month of February."

The challenge is to create a lego character or scene from a book or movie of your choice

For more information visit ncwlibraries.org.

Nutrition and cooking class

The Peshastin Library will host Every Bite Counts with WSU Extension on Thursdays from Feb. 1 - 22 at 4:15 - 5 p.m.

"Join Jackie Reed, a nutrition educator with WSU Extension SNAP Ed

program, for a four-part series featuring tips for quick and easy meal planning, cooking demonstrations with tastings and recipes, and more," the event page states. "This program is geared towards adults and teens, but a children's activity will be offered during the class. The class will be offered in English and Spanish."

To sign up visit ncwlibraries.org.

Energy Extravaganza

The Rocky Reach Discovery Center in Wenatchee will host Energy Extravaganza on Saturday, Feb. 3 from 10 - 11 a.m.

"Bring the whole family for hands-on science experiments at 10 a.m. every Saturday in February at the Rocky Reach Discovery Center," the event page states. "The Energy Extravaganza is a free, 1-hour exploration of energy transfer. Afterward, be sure to stop by the Discovery Center for four

floors of hands-on fun with exhibits and games."

For more information visit chelanpud.org.

Benevolent Night for Mountain Sprouts

The München Haus will host Benevolent Night for Mountain Sprouts on Tuesday, Feb. 6 from 4 - 8 p.m.

"The München Haus will donate 25% of all sales 4 - 8 p.m. to our fundraising partner," the event page states. "Both takeout and dine-in outdoor seating are available."

"Mountain Sprouts is a non-profit early childhood education program, meeting the diverse needs of each student through creative exploration of the natural world," the event page states.

For more information visit munchenhaus.com.

Benevolent Night for Cascade Medical

Prusik Kitchen & Bar Restaurant in Leavenworth, is hosting a Benevolent Night, from 4 - 10 p.m. on Wednesday, Feb. 7, to benefit Cascade Medical Foundation.

"Enjoy a night out, great food and help a good cause," the event page states. "A portion of the proceeds from the evening will be used for the Foundation's campaign to purchase a new hematology (blood) analyzer for Cascade Medical's lab."

"The lab's current machine needs to be replaced," the event page states. "The machine's importance pushed the project to the top of the Foundation's fundraising list for 2024. The upgraded version also will provide new testing options, making it even more valuable in guiding patient treatment."

Reservations are recommended. For information visit cascademedicalfoundation.org.

POINT OF VIEW

The legislative session is approaching its halfway point

The Washington State Legislature's scheduled 60-day session is progressing smoothly. My colleagues and I are approaching the halfway point of session. Senators will spend the majority of time during the middle days of session in the full Senate chambers, considering bills approved from committees. At this stage in the process, if bills have not been approved by their committees, they are likely unable to advance further. Also, since this is the second year of the biennium, the two-year legislative period, bills that do not advance will not be eligible again unless they are reintroduced next session.

"Floor cutoff" is Feb. 13

February 13 is the "floor cutoff" date, which is the deadline for the Senate to pass bills that were introduced in our chamber, except for budget-related bills. Once the floor cutoff has passed, my Senate colleagues and I will return to committee meetings to focus on bills approved by the House

of Representatives. The House will similarly consider Senate-approved legislation in its committees as well.

Major session topics

This year's session is shorter since the legislature approved the 2023-2025 budgets during last year's long session. Regardless of length, each session inevitably involves many items and key topics. Things have been very busy, with over 3,000 bills initially under consideration for this session. Here are some of the major topics of the session:

- **State Budget Updates:** The legislature meets annually each January but alternates between longer sessions of 105 days when developing the state's two-year budgets and shorter sessions of 60 days when updating those budgets. This year, the Legislature is meeting for a 60-day session with a primary focus of updating the operating, transportation, and capital budgets. Modest updates, rather than major changes, are expected for each of the three budgets.
- **Initiatives to Legislature:** Several initiatives have been filed to the



BY SEN. BRAD HAWKINS

legislature related to the capital gains tax, climate commitment act, police pursuits, long-term care, and other policies. These measures were a result of citizen signatures collected in 2023. The legislature can either approve the initiatives as delivered or propose alternatives. If an alternative is approved, both measures advance to a statewide vote. If no action is taken, the initiative itself advances under consideration for this session. Here are some of the major topics of the session:

- **Special Education Funding:** Washington has a state constitutional obligation to provide ample funding to our educational system. Many school districts struggle with the increasing costs of special education staffing and compliance. The legislature took significant steps during the 2023 session to enhance funding for special education and more measures are being considered this session. Helping schools meet their special education needs continues to be a bipartisan effort.
- **Transportation Cost Escalations:** The legislature approved a 16-year, \$17 billion transportation

investment plan in 2022, known as "Move Ahead Washington." Since its approval, several major transportation projects have experienced significant cost escalations due to recent inflationary factors, staffing shortages, and supply chain issues. Legislators are seeking solutions related to supplemental funding for its transportation plan and how to complete its timeline.

- **Capital Gains Tax Revenues:** A new capital gains tax was approved in 2021, which is subject to repeal this November. The 7% tax applies to gains of more than \$250,000 in stocks, bonds, and certain real estate. The first year of revenues collected totaled nearly \$900 million. Approximately \$400 million was collected in excess of what was anticipated. The additional funds must be spent on school construction projects. Legislators are considering what to do, if anything, with these excess funds this year.
- **Climate Commitment Act:** The legislature approved the Climate Commitment Act in 2021, which is also subject to repeal this November. It established an annual cap on greenhouse

gas emissions and an allowance auction program. Auction revenues exceeded \$1.8 billion in its first year of implementation, far beyond what was forecasted. Analysts estimate Washington gas prices have increased between 25 - 50 cents per gallon as a result of the program. Debate continues about spending the excess auction revenues.

How to follow legislative activities

The Legislature provides resources at leg.wa.gov, which include voting calendars, committee schedules, bill tracking, roll call votes, and official agendas. For more information, you can contact the Legislative Hotline at 1-800-562-6000. Television Washington or TVW.org provides live and on demand access to committee hearings, press conferences, and floor debates. My office is also happy to assist with your questions. My senatorbradhawkins.org website offers contact information and details about my activities on your behalf. Thank you for the opportunity to serve as your state senator.

Brad Hawkins serves as State Senator for Legislative District 12.

Chelan PUD Board approves purchase of nearly 5,000 acres of undeveloped land

Ward Media
The Leavenworth Echo

WENATCHEE — Chelan Public Utility District commissioners have greenlighted the purchase of a substantial parcel of undeveloped land, spanning 4,910 acres, in the foothills above Malaga for \$5.325 million from Ravenwing Ranch, LLC.

The deal, which breaks down to about \$1,100 per acre, is in the middle of a 90-day investigation period to fully assess the land's value. Following this due diligence, the transaction is set to be finalized within two months.

The land is not involved in a current dispute between the state's Department of Fish and Wildlife, Chelan County, and the seller, Ravenwing Ranch LLC.

Plans for the newly acquired acreage are still in the brainstorming phase as Chelan PUD begins a strategic planning process to navigate the district's direction over the next 50 years, focusing on long-term preparation for utility services.

Several commissioners have publicly backed the purchase, pointing to the strategic plan's vision and the land's potential for future energy solutions and environmental conservation.

"It positions this utility for the long-term," said Commissioner Carnan Bergren. "It gives us a tremendous amount of options going forward."

Commissioner Steve McKenna weighed the

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Community Calendar

Wednesday

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.
Alpine Water District, meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.
Senior Center, Lunch, noon, \$8 per meal. RSVP 509-548-6666.
Ukulele Circle, 5:30-6:30 p.m. every Wednesday at the Peshastin Library. Please come 15 minutes early to tune and get sheet music.
Cascade Medical Board, 4th Wednesday of every month (with a couple exceptions), September 27, October 25, November 15, and December 20, 5:30 p.m.

Thursday

Leavenworth Lions Club, For more info. President Steve Alford, 509-548-4505, or email leavenworthlionsclubwa@gmail.com
Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

Friday

Veteran Service Office, For information contact Tony Sandoval, 509-664-6801 or email: tony.sandoval@co.chelan.wa.us
Leavenworth Rotary Club, In person at Kristall's Restaurant at Noon. Call President Mahala Murphy-Martin, 206-227-1576, for more information.
Senior Center: Bingo 6 p.m. Call 509-548-6666. Facebook & website: leavenworthseniors@gmail.com

Monday

Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30 -8:00 p.m. Call UVMEND, 509-548-0408 for more information.
Cascade School board meetings, 7 p.m., Agenda can be found at <https://www.cascadesd.org/Page/166>. (2nd & 4th Mon.)
Chelan Douglas Republican Women, Monthly meeting and luncheon 1st Monday of the month (unless it's a holiday). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Convention Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (1st Mon.)

Tuesday

Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)
Icicle & Peshastin Irrigation Districts Meeting Current meeting time is 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi.net (2nd Tues.)
Cascade Education Foundation, Contact: CEF@cascade.org
LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st Tues.)
Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)
Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.)
The Chelan County Cemetery District #2 (Peshastin) meets monthly at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)
Senior Center, Exercise, 11 a.m.-Noon. Tues & Thurs. 509-548-6666. Facebook & Website: leavenworthseniors@gmail.com
Music, call Steve, 509-548-7048. (1st and 3rd Tues.)
Greater Leavenworth Museum board meeting 5-7 p.m. Everyone is invited as a guest. Contact info@leavenworthmuseum.org for meeting information. (1st Tues.)

NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.
Leavenworth Public Library. Located at 700 Hwy. 2, Call 509-548-7923 or online leavenworth@ncwlibraries.org
 Open on Tues., 10-5, Wed., 11-7, Thurs., 10-7, Fri., 10-5 Sat., 10-2. Closed Sun. and Mon.
Peshastin Public Library. Located at 8396 Main St., Peshastin. Call: 509-548-7821 or peshastin@ncwlibraries.org Open Tues., 10-1:30; and 2:30-7, Wed., 10-2, and 2:30-7, Thurs., and Fri., 1-5:30 and Sat., 10 a.m.- 2 p.m. Closed Sun. and Mon.

Other events

The Greater Leavenworth Museum, is open daily from 11-4, except Thanksgiving and Christmas. Check their Facebook page or website at leavenworthmuseum.org for updates and information.
Leavenworth Fish Hatchery, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho.com or call 509-548-5286. Otherwise we are not responsible for any misinformation.

Meeting Schedules For AA, Alanon, Celebrate Recovery

AA Meetings:
 Call for the Zoom link to Leavenworth AA meetings: 541-480-8946
 Call for the Zoom link to Leavenworth Alanon meetings: 509-548-7939
 509-548-1627, 548-4522, 664-6469, 206-719-3379
 Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.
 Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
 Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
 Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.
 Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.
Alanon Meetings, Call 509-548-7939
Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509-596-1510.

Chelan PUD

Continued from page A2

purchase's significance against several factors: cost, future power requirements, environmental impact, and the potential for energy production. "Are we setting ourselves up for 40 to 50 years into

the future?" McKenna said. "What will it be used for? We don't know that. Just like our forefathers years and years ago, they took a risk but they took local control. As we talk about large entities coming in, we want to make sure we're doing the best we can to promote local control."

Cascade School District seeks new School Board Director for Position 3

Ward Media
 The Leavenworth Echo

LEAVENWORTH - The Cascade School District Board of Directors has announced an opening for School Board Director Position 3 following

the recent departure of Mr. Zachary Miller. Interested candidates are invited to submit their letters of interest by 5 p.m. on Feb. 7, with interviews scheduled for Feb. 12.

The successful applicant will be appointed to serve on the

board until the next scheduled election in November 2024. This opportunity is open to Director District #3 residents, encompassing the Chumstick area, Lake Wenatchee, and Plain.

Candidates should forward

their resume and letter of interest to Dr. Tracey L. Edou, Superintendent, at Cascade School District, 330 Evans St, Leavenworth, WA 98826. For additional details or to request an application, please contact the district office at 548-5885.

Chelan County Sheriff's Report

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



January 19

2:39:14 Assist Agency, Us Hwy 2 Mp 105 Eb, Dryden
 6:12:39 Civil, 359 Whitman St# B
 11:32:51 Accident No Inj, Sunitsch Canyon Rd & Chumstick
 12:46:47 Assist Public, 12735 Prowell St
 13:11:07 911, 500 Pine St; Alpine Lakes
 15:51:19 Hazard, Icicle Rd Mp 1
 16:27:16 Traffic Offense, 263 Mine St; Berg Rose Apa
 18:04:40 Trespass, 12220 Stromberg Canyon Rd
 18:05:04 Extra Patrol, 7250 Deadman Hill Rd, Dryden
 22:38:37 Hazard, Chumstick Hwy Mp 12; Area
 1:58:07 Noise, Chiwawa Loop Rd & Pine Tree

January 20

1:58:07 Noise, Chiwawa Loop Rd & Pine Tree
 12:24:37 Burglary, 2480 Salal Dr. Lake Wenatchee
 16:45:45 Vehicle Prowl, 262 Ski Hill Dr
 17:39:05 Suspicious, 100blk First Creek Rd
 20:26:04 Suspicious, 4530 E Nahahum Canyon Rd
 22:40:29 Noise, 2201 Salal Dr, Lake Wenatchee

January 21

10:12:31 Hazard, 602 Central Ave
 15:10:01 Hazard, Chumstick Hwy Mp 12
 15:45:22 Accident No Inj, 7900blk Eagle Creek Rd
 18:00:24 Parking/Abandon, 7250 Deadman Hill Rd, Dryden
 19:18:03 Traffic Offense, Us Hwy 2 & Sherbourne St
 21:12:35 Parking/Abandon, 100 Ward Strasse
 22:09:22 Welfare Check, 200 Ward Strasse
 22:52:26 Hazard, Beaver Valley Rd Mp 14, Plain

January 22

7:12:23 Hazard, Icicle Rd Mp3; Area
 7:14:03 Accident No Inj, Us Hwy 97a & S Lakeshore
 8:12:12 Assist Public, 100 Ward Strasse # A109
 8:50:01 Parking/Abandon, 11734 Us Hwy 2
 8:58:28 Parking/Abandon, 3522 Hansel Ln, Peshastin
 11:03:32 Accident No Inj, Chumstick Hwy Mp 7
 11:21:41 Parking/Abandon, 9800blk Blewett Cutoff Rd
 11:51:07 Hazard, North Rd & Fox Rd
 12:01:16 Accident No Inj, 10136 Main St, Peshastin

12:11:17 Welfare Check, 1300 Commercial St# 18
 16:04:09 Hazard, 236 Birch St
 16:56:44 Accident No Inj, 1216 Commercial St# 1
 17:18:15 Hazard, Chumstick Hwy Mp 9
 18:41:34 Traffic Offense, 1000blk Commercial St
 20:01:06 Hazard, Chumstick Hwy & Little Chumstick
 21:54:19 Alarm, 829 Front St

January 23

7:56:54 Suspicious, Mountain Home Rd & Duncan
 9:44:31 Welfare Check, 100 Ward Strasse # A109
 11:05:56 Vehicle Prowl, 500 Alpine Pl; Blue Elk Inn
 13:21:06 Welfare Check, 116 River Bend Dr; Safeway
 13:27:47 Suspicious, 16802 Lakeview Dr, Lake Wenatchee
 17:26:11 911, 100 Enchantment Park Way
 17:53:06 Assist Public, Camp 12 Rd & Riata St, Plain

January 24

0:29:47 Suicide Threat, 600 Sherbourne St
 5:30:36 Suspicious, 932 Front St; Starbucks
 6:46:14 Harass/Threat, 917 Commercial St
 8:01:33 Accident No Inj, Us Hwy

2 Mp 95
 9:14:47 Accident No Inj, 11724 River Bend Dr
 9:51:56 Accident No Inj, North Rd & Chumstick Hwy
 11:18:00 Suspicious, 321 9th St; Loge
 11:55:20 Property, 819 Front St# B; Cheesemonger
 16:50:24 Parking/Abandon, 800blk Front St
 18:06:38 Suspicious, 8282 Us Hwy 2, Peshastin
 22:34:32 Welfare Check, 100 Ward Strasse # A109

January 25

2:22:08 Noise, 100 Ward Strasse
 2:41:51 Parking/Abandon, 100 Ward Strasse
 6:40:03 Theft, 100 Ward Strasse # A107
 7:22:41 Malicious Misch, 200 Ward Strasse
 7:50:23 Traffic Offense, 10195 Titus Rd; Icicle River
 8:12:50 Assist Public, 13029 Chumstick Hwy
 10:39:37 Scam, 9301 Derby Canyon Rd, Peshastin
 15:22:04 Trespass, 16100 Chumstick Hwy
 15:36:23 Suspicious, 3003 Us Hwy 97; 97 Rock House
 18:02:21 Assist Public, 22744 Lake Wenatchee Hwy
 21:49:12 Assist Public, 10788 Us Hwy 2, Peshastin

What's the difference between prebiotics and probiotics

Last month, Maria was diagnosed with a bladder infection, and the urgent care physician prescribed an antibiotic. Unfortunately, that didn't fix her burning and urgency, so a second, more powerful antibiotic was prescribed. That cured her but triggered a different problem: cramping and intermittent diarrhea. She came to me for help. "I can't go shopping without making several urgent trips to the nearest bathroom."

I suggested she start taking a probiotic, and she called back a week later to report that her bowels were finally returning to normal.

Probiotics are friendly bacteria, yeast, and parasites that live in our intestines and vagina. More than 400 separate strains of these organisms are vital in helping us break down our food and absorb its nutrients into our bodies.

Probiotics have another important job: discouraging the growth of "bad" bacteria and other organisms that can make us sick. They do this by competing with them for the critical nutrients they need. Some probiotics produce lactic acid and other compounds that discourage the growth of other organisms and keep your intestines in balance.

Taking powerful antibiotics killed off the bacteria in Maria's bladder, relieving her from her urinary urgency and burning. But while doing that, those medications also killed off her "good" intestinal bacteria, leaving room for the "bad" bacteria to take over. This caused her to have diarrhea, called antibiotic-associated diarrhea. Luckily, taking probiotics can decrease the risk of diarrhea by up to 70%.

The three most common probiotics that help

keep our intestines in balance are Lactobacillus, Bifidobacteria, and the fungus Saccharomyces. Some probiotics work by secreting antibacterial compounds like hydrogen peroxide, lactic acid, and acetic acid.

Lactobacillus makes lactic acid, which increases the acidity of vaginal tissue. This helps protect you from both bacterial and yeast vaginal infections. The bacteria Gardnerella is an organism that usually lives in your vagina.

An antibiotic can disrupt that balance and allow overgrowth of certain bacteria, causing inflammation and an infection called bacterial vaginosis. Lactobacillus bacteria secrete hydrogen peroxide inside the vagina, which is deadly to Gardnerella and helps keep it under control.

The helpful fungus Saccharomyces, available without a prescription as Florastor®, has been shown to help prevent antibiotic-associated diarrhea. There is also evidence that combining Lactobacillus and Bifidobacteria bacteria when treating antibiotic-associated diarrhea is more effective than either organism alone.

Some strains of Lactobacillus are better than others at attaching to the lining of your intestine. Other strains are best for re-establishing themselves when the "bad" bacteria are already in place. One of the best at adhering to your gut lining is Lactobacillus GG, available over the counter as Culturelle®.

There is a lot of interest in using prebiotics as well as probiotics to help your intestines and vaginal tissue stay healthy. Prebiotics differ from probiotics because probiotics are actually living organisms, while prebiotics

are carbohydrates.

Prebiotics work as support staff to your probiotics, feeding them and encouraging their growth by the way they change your intestinal environment. Prebiotics work like "Miracle Grow®" to establish and support ideal conditions for beneficial bacteria and fungi growth. Prebiotics are less expensive than probiotics because they don't have to be protected from excess heat and preservatives.

Here Are 5 Tips on Maintaining a Healthy Intestinal Environment:

1. Eat yogurt with live, active cultures.

Eating yogurt can be an excellent way to get Lactobacillus into your intestine, but only if it contains live organisms. Most commercial yogurt brands are processed, which kills off any live bacteria. Check the label before you buy.

2. Avoid taking acid-blocking medicines.

Stomach acid is an essential defense against overgrowth of unfriendly bacteria in your intestine. Acid blockers like omeprazole (Prilosec), lansoprazole (Prevacid®), and pantoprazole (Protonix®) help tame heartburn by decreasing the amount of acid pumped into your stomach, but at a cost. Less acid increases your risk of getting diarrhea when taking antibiotics.

3. Choose probiotics



containing more than one organism.

There is good evidence that using both Lactobacillus and Bifidobacteria bacteria to treat antibiotic-associated diarrhea works better than taking either organism alone.

4. Store probiotics properly.

Probiotics are living organisms and need controlled conditions to stay viable. Whether at room temperature or in the refrigerator, be sure to observe any storage recommendations and avoid extreme heat, like in a parked car in the summer on your way home from the store.

5. Eat fermented foods.

Fermented foods are some of the best and least expensive probiotics. If you like sauerkraut or kimchee, eating it regularly can help support a healthy balance of intestinal bacteria.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2024 Louise Achey

Adult social walking program

Ward Media
 The Leavenworth Echo

LEAVENWORTH - Residents looking for a healthy start to their day can now join the Adult Social Walking Program at the Leavenworth Feshhalle. The program, designed for adults, offers a welcoming and social environment for morning walks.

Participants can enjoy walks from 7:15 to 9 a.m., Monday through Thursday. This initiative not only promotes physical activity but also provides an opportunity for community members to connect and socialize.

For additional details, interested individuals can reach out to Sharon Waters at 509-548-7939.

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Washington Outdoors Report

Looking Ahead To March Fishing

By JOHN KRUSE
Special to Ward Media

It's hard to think of fishing for most of looking at iced-in boat ramps and/or iced-over lakes, but the ice will likely thaw by the beginning of March, and you'll have some great opportunities for fishing when it does. Looking for some early-season trout and walleye ideas? Here's a few for you:

LATE WINTER WALLEYE:

The Columbia River is the place for walleye in February and March as the big females get ready to spawn. In fact, this is the time of year to land a true trophy walleye. Traditionally, the bigger females have been targeted near the Tri-Cities, but quality walleye can be found in The Dalles and John Day pools as well as the Upper Columbia near Hydro Park in East Wenatchee, and in Rufus Woods Reservoir as well as the upper end of Lake Roosevelt.

When it comes to catching late winter walleye, try trolling a small spinner worm harness like a Mack's Lure Slow Death Rig at a very slow speed (around 1 to 1.2 MPH). Once you find a school of fish, you can jig for them. In addition to jigging for walleye with soft plastics on jig heads, you can also use metal blade baits or vertical jigs like a Mack's Sonic Baitfish.

QUINCY LAKES TROUT FISHING:

The Quincy Lakes trout opener on Mar. 1 is either a boom or a bust depending on the amount of ice remaining on this chain of lakes between Quincy and George, which



COURTESY OF THE LAST RESORT RV

A very happy young angler with a big trout from Rainbow Lake

lie in a sizeable state wildlife area. The most popular lakes to fish are Quincy and Burke Lakes, which are both well-stocked with rainbow trout. There are also several small walk-in lakes southwest of these bodies of water that are stocked with smaller numbers of trout but receive less pressure.

The opener often finds crowds of both day anglers

and overnight campers congregated close to the shore of the main two trout lakes, many of them in a festive mood, especially when early spring weather and sunshine is present. That isn't always the case, though, The Quincy Valley Chamber of Commerce, which has hosted an annual trout fishing derby with prizes for kids and adults in the first half of March, is hedging its



COURTESY OF WENDY BOYER

Wendy Boyer, owner of Gorge Outfitters Supply, with a quality Columbia River walleye.

bets this year (as to whether the lakes will be ice-free) and will wait until Mar. 22 and 23 to hold their event at Burke and Quincy Lakes.

TUCANNON LAKES TROUT:

The Tucannon Lakes, nestled in the W.T. Wooten Wildlife Area and the Blue Mountains of Southeastern Washington, offer another March destination. Speaking with Kim Andersen at The Last RV Resort (the closest resort to these lakes), I learned two small lakes (Blue and Spring) are actually open all year and have historically received plants of 24,000 and 15,000 trout, respectively.

Four additional lakes open on Mar. 1 (Deer, Watson, Rainbow, and Big Four), though Andersen says since the area flooded a few years ago, Big Four Lake doesn't really exist as such and should not be considered as a viable option. Asked which lakes fish

best in early March, Andersen said Spring, Deer, Rainbow, and Watson Lakes all fish well when ice-free.

The Last RV Resort near Pomeroy has cabins, RV, and tent sites available, along with a coffee bar. Andersen says they still have openings available for the popular Mar. 1 opening day of trout fishing. www.thelastresortrv.com

SPORTSMAN'S SHOW REMINDERS:

The state's biggest sportsman show is taking place Jan. 31 through Feb. 4 at the State Fair Center in Puyallup. This year's focus will be not only on the hundreds of exhibitors present but also on seminars given by experts, the most impressive ones offered by Randy Newberg, a very well-known DIY, public lands elk hunter from Montana. Additional experts will be giving seminars about hunting, fishing, and survival, and I will also be giving a

seminar about some lesser-known places to go fishing in the Pacific Northwest in 2024. That seminar takes place on Saturday, February 3, in the Blue Adventure Theatre from 11 a.m. to noon.

Having said that, there will be plenty of attractions to draw your attention, including the Wall of Kings big game trophy display, the Head and Horns Competition, where you can see how your trophy measures up, the Mack's Lure Walleye Tank, the Fistful of Cheaters promotion/giveaway by Toyota, a free kid's trout pond and the premiere screening of a new film by Addicted Fishing, "Steelhead Alley." Find out more about the show, including information about show hours and discount coupons, at www.thesportshows.com

John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.com

Small Change, secondhand art supply shop in Cashmere, nears grand opening



COURTESY OF HAILEY GLASS

Hailey Glass is the owner of Small Change, a second hand art supply and craft materials shop in Cashmere.

By TAYLOR CALDWELL
Ward Media Staff Reporter

CASHMERE - Small Change is one of the newest additions to Side Street Cashmere, selling secondhand art supplies and craft materials for every imagination. The store hosted a soft opening on Jan. 20 but will have its official grand opening at 10 a.m. on Feb. 3.

"I feel like it's a combination of all my skills and my passions. I've always been an artist, and I've always been the kind of artist that will try anything once. Then, on the other hand, I majored in merchandising and business, which is like the analytical side of retail, so I've always known like I was going to use that to open some kind of store," said Hailey Glass, the shop's owner.

Makers can find supplies for nearly every occasion in the shop. Painters have access to canvases, paints, and brushes. Knitters have a selection of yarn. Sewers can find thread, fabric scraps, and patterns. Artists of every kind will find their fix of supplies, including scrapbookers, jewelry makers, and embroiderers.

For those with a more abstract vision or looking for inspiration, the shop has a wide variety of random supplies, such as glitter, shells, bottle caps, and vintage postage stamps.

Small Change is self-serve, so shoppers can pick up a basket, pick their supplies, and tally up their total at the self-serve station anytime the building is open. Supplies are donated, which keeps costs low.

"It's to make sure everyone has access to creativity and the magic of art, whether that's trying something new or getting supplies that you regularly need," said Glass.

Glass is an artist and runs her own jewelry business, Lynn Mineral. She was hired to open the mercantile space, Brassbound Goods, in Side Street Cashmere, a community hub owned by Andy and Lana Thomas.

The idea for Small Change came about one day when they were deciding what should be done with the small corridor space near the building entrance, which was at the time dark and full of old scrap wood. With its proximity to the Dispatch Mailroom, the idea of a stationary shop was thrown

See **SMALL CHANGE** Page **A5**



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ATHLETE OF THE WEEK

Tristan Sharpe
Wrestling
Freshman

Despite being a freshman, Tristan is having huge success as a high school wrestler! Tristan is a wrestler we can rely on to regularly earn us team points in duals and make it to the championship round at tournaments. However, what makes Tristan the most special is his work ethic during practice and his desire to always improve. Tristan perfectly represents what it means to be a Cascade Kodiak Wrestler!



Kodiaks Scoreboard

GIRLS BASKETBALL	
Jan. 26:	Jan. 26: Cascade 21, Omak 37; Loss
BOYS BASKETBALL	
Jan. 26:	Jan. 26: Cascade 44, Omak 76; Loss

Kodiaks Schedule

GIRLS BASKETBALL	
Feb. 1:	Cascade vs. Quincy, Home at 5:45 p.m.
BOYS BASKETBALL	
Feb. 1:	Cascade vs. Quincy, Home at 7:15 p.m.
BOYS WRESTLING	
Feb. 3:	Cascade Away Omak, CTL & CWB Tournament at 10 a.m.

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Wild charge ahead early in 7-4 win over Tri-City

Shcherbyna Nets Two as Wenatchee Adds to Impressive Second-Period Haul

By **AUSTIN DRAUDE**
Wenatchee Wild

WENATCHEE. – The Tri-City Americans may have had the stronger finish to last Wednesday’s Western Hockey League game at Town Toyota Center, but the only concern the Wenatchee Wild had in the U.S. Division matchup was finishing the game in front. They did just that, riding a red-hot start to a 7-4 win, their league-best 18th victory on home ice this season. Wenatchee bumped its overall record to 26-15-4-0 for the season, while the Americans fell to 17-24-2-1.

Wenatchee opened the game with all of the first eight shots over the opening four-and-a-half minutes, and all of the evening’s first five goals. Kenta Isogai opened the evening by taking a pass off the wall and rushing it to the net, pitching a forehand shot past Kyle Kelsey just before the halfway mark of the first period. Luka Shcherbyna tallied the first of his two goals with 2:36 remaining, turning around on the right wing

after a pass up the wall, and sneaking a shot past Kelsey to double the lead.

The lead only grew in the second, with three goals in a little over two minutes – Evan Friesen and Sam Ward both banged in second-chance goals at 7:17 and 7:41, respectively, for a 4-0 Wild advantage. Maddix McCagherty slipped a shot through at 9:28 of the period, putting the hosts ahead 5-0. Wenatchee now has 75 second-period goals this season, second only to Medicine Hat’s 80 goals in the middle stanza.

Tri-City did its best to get back into the game, starting with Deagan McMillan’s wraparound goal at 10:10 and Jackson Smith’s back-post wrister with 3:32 on the clock. Miles Cooper rushed a shorthanded chance past Kelsey at 9:30 of the third period, but less than a minute later, Cash Koch collected a rebound off the iron and tossed it in from the slot for a 6-3 game. Parker Bell’s low wrister with 7:49 to play got the Ams back within a couple, but Shcherbyna skidded a long-distance chance into the empty net to seal the win with 2:06 left.

“Right off the start, I thought the guys had good legs and a good jump early,”

said assistant coach Andrew Sarauer. “We told the guys that we’ve had a few too many turnovers the last few games at the blue line, so we told the guys to play a quality 60 minutes and don’t take your foot off the gas. The guys came out flying, and we really drove the pace of the play most of the night, especially off the start.”

Just 72 hours after getting 14 players onto the score sheet, the Wild put a dozen players on it again Wednesday – Shcherbyna led a group of five Wenatchee players with more than one point in the game. No Tri-City players finished with more than one point, but eight found their way to the score sheet in the loss. The game was the sixth in as many meetings between the teams this season in which the home team has come away with the win.

Daniel Hauser became one of just 25 goaltenders in WHL history with 95 career wins, making 36 saves for his 16th victory of the season, while Kelsey made 28 saves in the loss for the Americans. Tri-City finished 1-for-4 on the power play while the Wild were turned away on their only power play of the night, an abbreviated chance in the first period.



Wenatchee Wild forward Luka Shcherbyna displays a grin as he skates by the Wild bench after scoring his second goal in last Wednesday’s 7-4 Western Hockey League win over the Tri-City Americans.

Small Change

Continued from page A4

around. “I immediately, like in the middle of working on something else, just raised my hand. Like, I have an idea!” said Glass.

Glass pitched Small Change, and Andy Thomas was sold on the idea and helped Glass build the walls.

“She’s been integral in making this all work. She’s been my right hand. She’s phenomenal at her job. So, part of it is just making sure that she feels valued and that her ideas can come to fruition as well as not just mine. This is Side Street; it is a collaborative effort,” said Thomas.

The construction of the shop itself is a testament to Side Street’s reign of creativity. Thomas used the various wood already sitting in the corridor

and windows from a previous project to construct the walls.

“That corridor from the Co-op to Gaucho [coffee shop] is kind of the main focal point when people come in, so it’s a nice way to kind of show that we are living our brand, right? Like, it needs to be a creative corridor, if that’s the image that we’re portraying,” said Thomas.

Small Change is intended to not only serve as a low barrier of entry for the community to engage in art and creativity but also to support the artists using the maker space downstairs by providing affordable supplies and showcasing their artwork.

Glass had a vending machine built into the wall, which sells artwork by local artists and playful items such as mystery books covered by paper. The machine accepts \$1 and \$5 bills, which is the typical range for the artwork pricing. Artists

receive 100 percent of the profits.

Once complete, Brassbound Goods will promote artists on a larger scale just down the hall from Small Change. The mercantile will sell curated local goods and rent vendor booths to artists and local businesses.

“You can kind of imagine what Hailey’s done with Small Change exemplified with a 2,000 square foot space with nine vendor spaces, plus tablespaces and wall space... Hopefully, this is just a little teaser to what’s to come for our retail area,” said Thomas.

Small Change is located at 109 Railroad Ave. in Cashmere. Those looking to donate can find a list of accepted items and schedule a donation time at smallchangereuse.com.

Taylor Caldwell: 509-433-7276 or taylor@ward.media

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Wild set new season-best with 9-3 win at Seattle

Eight Players Tally Goals as Wenatchee Dominates for First Win at Thunderbirds

By **AUSTIN DRAUDE**
Wenatchee Wild

WENATCHEE. – With the Wenatchee Wild trying to shake off home losses in their last three games, head coach Roy Sommer had his eye on a total 60-minute team effort in their Western Hockey League game at the Seattle Thunderbirds.

He’s no longer looking for it – he found it in Wenatchee’s 9-3 win at accesso Showare Center that saw eight different Wild players send pucks to the back of the net, starting barely two minutes out of the gate, and covering all four of the team’s forward lines. Wenatchee has now won back-to-back games against Seattle, including a home win on December 31, and heads into the final three games of January with a 25-15-4-0 record for the year. Seattle slipped to 14-23-2-0, continuing their schedule at Town Toyota Center Friday against the Wild. The nine-goal game marks a season-best for the Wild, and a new high-water mark for the WHL club’s brief history in Wenatchee.

Rodgers Bukarts opened the scoring 2:03 into the contest, zipping a shot past Spencer

Michnik after a stop-and-start move in front of the net – two minutes later, Karter Prosofsky set Ty Fraser up for a left-wing one-timer, and Fraser hammered it in to double the lead.

Simon Lovsin sneaked a chance past Daniel Hauser from below the goal line and into the net with 8:09 left in the period to put the Thunderbirds back within one, but it was the last momentum boost Seattle would enjoy. Jonas Woo caught Maddix McCagherty for a redirect on a right-point shot at 1:35 of the second period, bumping the Wild lead back to two goals.

That was only the beginning – Briley Wood hammered home a sharp-angle one-timer from Miles Cooper at 6:47 of the period, followed by a long-range snipe from Dawson Seitz two minutes later. Hayden Moore closed a brief power play for the Wild with 4:58 left in the period by banking in another Woo shot from the point, and Ashton Brown picked up an orphaned puck in the right-wing circle and wired it to the top of the Thunderbirds’ net with nine seconds left in the stanza for a 7-1 lead at intermission.

Seattle changed goaltenders at the break, but Kenta Isogai still beat Scott Ratzlaff with a shot down the slot 7:43 into the third, and another Wood one-

timer at 11:12 briefly made it an eight-goal game. Lovsin scored to break up the run 20 seconds later, and Jeremy Hanzel went coast-to-coast on the power play with 1:06 to go, closing out the scoring for the night.

“From the opening drop of the puck, I thought we had a good compete in our game,” said Wild head coach Roy Sommer. “We went to the net, had some good zone time, and every single line contributed, which was a big part of it. We had one point in a three-game losing streak, but we weren’t scoring any goals, so hopefully that jump-starts us a little bit.”

Wood led the way with two goals Sunday, including the eventual game-winner, and an assist on a night that saw 14 of Wenatchee’s 18 skaters post at least one point – eight would finish with more than one. He also extended his point-scoring streak to eight straight games, while Isogai extended his run to seven in a row. Hauser earned his 16th win of the season, stopping 32 of Seattle’s 35 shots on net.

The two sides were even on special teams, with each posting a power play goal on two chances. Michnik exited the game with 21 saves on 28 Wenatchee shots, while Ratzlaff took the no-decision in relief, going 7-for-9 in net in his 20 minutes of work.



Small Change has everything from beads, yarn, and paint, to seashells, stamps, and corks. Everything is donated and sold at a low price.

COURTESY OF HAILEY GLASS



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Wanted

Leavenworth Mosquito Control District Board member opening
The Leavenworth Mosquito Control District was founded in 2002 with the goal of controlling mosquitoes in the Leavenworth area by using bacterial larvicides. These larvicides are harmful only to mosquito larva and are harmless to other aquatic organisms, mammals, and humans. The five member volunteer board sets a yearly budget, oversees the seasonal district manager who carries out the larvicide applications along with a couple assistants, review and approval of program expenditures, policies and procedures. To be on the board you must:
1) live inside the Leavenworth Mosquito Control District - see the map on our website leavenworthmosquitocontrol.org
2) regularly attend board meetings on the 1st or 3rd Mondays throughout the mosquito control season, March through October, with possibly a few meetings outside of this timeframe. Since 2020 the meetings have been held on Zoom and typically last about an hour or less. If you are interested in joining the board please send a letter of interest to info@leavenworthmosquitocontrol.org, or mail to PO Box 34, Leavenworth WA 98826

Employment

Help Wanted

WSU is hiring a full-time SNAP-Ed Program Assistant.
This position is with the WSU Extension Food \$ense Nutrition Education program in Okanogan County. Bachelor's degree in nutrition or related field or equivalent education and work experience is required. To apply, visit <https://wsu.edu/jobs/> and search position number R-10091. For questions, call Margaret Viebrock, WSU Chelan-Douglas County Director at 509-745-8531. Applications are due February 6. WSU is an EO/AA Educator and Employer.

Real Estate

Rentals

In Chelan: Remodeled 1 bedroom apartment, townhouse style for privacy. New appliances. 1 block to city park. No pets. \$1,050/ month, plus deposits. 509-682-5108.

Leavenworth Cute studio in town. Furnished. All utilities included. No pets. No smoking. \$1,125. per month. References required. \$1,000. Security Deposit 509-860-4564



Boat Slip For Sale

\$152,500

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

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN
JAMES C. GRAY AND DEBORAH L. GRAY, husband and wife, Plaintiff, vs. DUANE P. STEWART AND DEBORAH A. STEWART, husband and wife; and ALL PERSONS OR PARTIES UNKNOWN CLAIMING ANY RIGHT, TITLE, ESTATE, LIEN OR INTEREST IN THE REAL ESTATE DESCRIBED IN THE COMPLAINT HEREIN, Defendants.
NO. 24-2-00037-04
SUMMONS BY PUBLICATION
THE STATE OF WASHINGTON TO: All persons or parties unknown claiming any right, title, estate, lien, or interest in the real estate described in the Complaint herein. YOU ARE HEREBY SUMMONED to appear within sixty (60) days after the date of the first publication of this Summons, to-wit, within sixty (60) days after the 31st day of January, 2024, and defend the above-entitled action in the above-entitled Court, and answer the Complaint of the Plaintiff, James C. Gray and Deborah L. Gray, and serve a copy of your Answer upon the undersigned attorneys of the Plaintiff, James C. Gray and Deborah L. Gray, at their office below stated; and, in case of your failure so to do, judgment will be rendered against you according to the demand of the Complaint, which has been filed with the clerk of said court. The object of this action is to quiet title in Plaintiff to real estate in Chelan County, Washington, described as: The East half of the Northwest quarter of the Northeast quarter of the Southeast quarter, and the Northeast quarter of the Northeast quarter of the Southeast quarter, Section 31, Township 23 North, Range 19 East, Willamette Meridian, Chelan County, Washington, lying westerly of the westerly right-of-way of Mission Creek Road, except Parcel E depicted on Boundary Line Adjustment No. 2587, recorded July 7, 1992, under Chelan County Auditor's File No. 920707006, against the claim of the Defendants and any one of them. DATED this 25th day of January, 2024. DAVIS, ARNEIL LAW FIRM, LLP Attorneys for Plaintiff By STEVE D. SMITH WSBA #16613 Office and Post Office Address: 617 Washington Street Wenatchee, WA 98801 Published in the Cashmere Valley Record/Leavenworth Echo on January 31, February 7, 14, 21, 28, March 6, 2024. #7204

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN
In the Matter of the Estate of GARY DONALD MORSE Deceased.
No. 23-4-00451-04
PROBATE NOTICE TO CREDITORS
RCW 11.40.030
The personal representatives named below have been appointed as personal representatives of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representatives' or the personal representatives' attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of (1) Thirty days after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Dated this 5th day of January, 2024. s/Tracy SchAAF Tracy SchAAF, Administrator Court of Probate Proceedings and Cause No: See Caption Above Date of First Publication: January 17, 2024. Attorney for Administrator: Joshua G. R. Curtis, WSBA No. 42034 Address for Service and Mailing: Beresford Booth PLLC 145 Third Avenue South Edmonds, WA 98020 Published in the Leavenworth Echo/Cashmere Valley Record on January 17, 24, 31, 2024. #7096

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Public Notices

Superior Court of Washington for Chelan County
In the matter of the estate of Lonnie C. Davis, Deceased.
No. 24-4-00008-04
Notice To Creditors (RCW 11.40.030)
The person named below has been appointed as administrator of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the administrator or her attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) thirty days after the administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of this Notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: January 24, 2024. Joy L. Hall, Administrator Attorney for the Administrator: Joseph C. Brown, Jr., WSBA# 17991 Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509) 782-1111 Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 24-4-00008-04 Published in the Cashmere Valley Record and Leavenworth Echo on January 24 January 31, and February 7, 2024. #7146

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF CHELAN
In the Matter of the Estate of GARY DONALD MORSE Deceased.
No. 23-4-00451-04
PROBATE NOTICE TO CREDITORS
RCW 11.40.030
The Administrator named below has been appointed as Administrator of this Estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Administrator or their attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty (30) days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four (4) months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Dated this 5th day of January, 2024. s/Tracy SchAAF Tracy SchAAF, Administrator Court of Probate Proceedings and Cause No: See Caption Above Date of First Publication: January 17, 2024. Attorney for Administrator: Joshua G. R. Curtis, WSBA No. 42034 Address for Service and Mailing: Beresford Booth PLLC 145 Third Avenue South Edmonds, WA 98020 Published in the Leavenworth Echo/Cashmere Valley Record on January 17, 24, 31, 2024. #7096

Public Notices

Superior Court of Washington County of Walla Walla
Juvenile Court
Dependency of: ISRAEL DREW HAMILTON, DOB: 07/20/2017 No: 23-7-00139-03
Notice and Summons by Publication (Dependency) (SMPB)
To: Jacob Besel, Alleged Father To: To Whom It May Concern A Dependency Petition was filed on October 24, 2023. A Uncontested Fact Finding hearing will be held on this matter on: February 16, 2024 at 10:00 a.m. at: Walla Walla County Courthouse, 315 W. Main St., Walla Walla, WA 99362. **You should be present at this hearing. The hearing will determine if your child is dependent as defined in RCW 13.34.030(6). This begins a judicial process, which could result in permanent loss of your parental rights. If you do not appear at the hearing, the court may enter a dependency order in your absence.** To request a copy of the Notice, Summons, and Dependency Petition, call DCYF at (509) 524-4900. To view information about your rights, including right to a lawyer, go to www.atg.wa.gov/DPY.aspx. DATED this 26 day of December, 2023. Crystal Jennings DEPUTY CLERK Published in the Cashmere Valley Record/Leavenworth Echo on January 24, 31, February 7, 2024. #7135

Public Notices

IN THE SUPERIOR COURT OF WASHINGTON FOR KING COUNTY
In re the Estate of: DAVID E. SEVERANCE JR, Deceased.
NO. 24-4-00127-9 SEA
PROBATE NOTICE TO CREDITORS
RCW 11.40
The Administrator named below has been appointed as Administrator of this Estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Administrator or their attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty (30) days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four (4) months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Dated this 5th day of January, 2024. s/Tracy SchAAF Tracy SchAAF, Administrator Court of Probate Proceedings and Cause No: See Caption Above Date of First Publication: January 17, 2024. Attorney for Administrator: Joshua G. R. Curtis, WSBA No. 42034 Address for Service and Mailing: Beresford Booth PLLC 145 Third Avenue South Edmonds, WA 98020 Published in the Leavenworth Echo/Cashmere Valley Record on January 17, 24, 31, 2024. #7096

Public Notices

CITY OF LEAVENWORTH
On the 23th day of January, 2024, the City Council of the City of Leavenworth, Washington passed the following ordinance. A summary of the contents provides as follows:
Ordinance 1688: An ordinance of the City of Leavenworth, WA, adopting amendments to the LMC Chapter 10.08.060 Parking on Any Street Prohibited Certain Hours During Certain Months. A full copy of the ordinance is available at Leavenworth City Hall or will be mailed to you upon your request to Andrea Fischer, City Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826 Published in the Leavenworth Echo/Cashmere Valley Record on January 31, 2024. #7210

Public Notices

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR PIERCE COUNTY
In the matter of the Estate of: KATHLEEN RENEE WILSON, Deceased.
No. 24-4-00069-3
PROBATE NOTICE TO CREDITORS
RCW 11.40.030
The Administrator named below has been appointed and has qualified as Administrator of this estate. Any person having a claim against the decedent must, prior to the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Administrator or the Administrator's attorney at the address stated below, a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) Thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in section 11 of this act and RCW 11.40.060. This bar is effective as to claim against both the decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: January 24, 2024 ADMINISTRATOR: JASON K. WILSON Attorney for the Administrator: Brianne M. Kampbell, WSBA# 34483 KAMPBELL LEGAL PLANNING, PLLC Address for Mailing or Service: 2501 North Alder Street Tacoma, WA 98406 Court of Probate Proceeding and Cause Number: See caption above. Published in the Leavenworth Echo/Cashmere Valley Record on January 24, 31, February 7, 2024. #7151

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Kid Scoop

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Kid Scoop Together

How to Draw a Groundhog

FEBRUARY 2 IS GROUNDHOG DAY

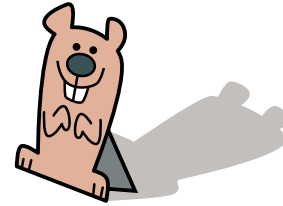
For hundreds of years, people have thought that the groundhog can predict the weather. It's believed that if the groundhog sees its shadow when it leaves its burrow on the second day of February, the winter will last another six weeks.

But, if the sun isn't shining, then there are no shadows to be seen. People say when this happens, spring will arrive soon.



Make a Groundhog Weather Detector

Color and cut out this little groundhog. Glue it onto some heavier paper and cut out the groundhog again. Stand your little groundhog outside and see if it casts a shadow.



-
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The Most Famous Groundhog

In the town of Punxsutawney, Pennsylvania, there is a special groundhog called **Punxsutawney Phil**.

Each year on the morning of February 2nd, people in the town wait patiently for Punxsutawney Phil to come out of his burrow. News shows and newspapers around the country will tell everyone whether or not he sees his shadow.



Do Not Disturb!

Each August the groundhog starts eating a lot. It eats and eats. A layer of fat forms under its skin.

As the weather gets colder in the fall, the fat groundhog goes to its little underground bedroom with its cushion of grass to curl up and sleep.



It falls into such a deep sleep that it appears dead. This is called hibernation.

Is Phil correct?

Punxsutawney Phil is not right about the weather every year. Circle every other letter to see how often Phil is right about the end of winter weather.

A W B G O J U R T N F
L O M R F T H Y J P K
E P R Y C B E L N F T
V O Z F O T W H V E
Y T A I L M R E T

A B

USE THE SECRET CODE: What is another name for a groundhog?

C = <input type="checkbox"/>	N = <input checked="" type="checkbox"/>
D = <input type="checkbox"/>	O = <input checked="" type="checkbox"/>
H = <input checked="" type="checkbox"/>	U = <input type="checkbox"/>
K = <input type="checkbox"/>	W = <input checked="" type="checkbox"/>

How do animals know when to hibernate?

Scientists have found a special chemical in the blood of hibernating animals. The chemical is called **HIT** or **Hibernation Inducement Trigger**. Although scientists do not know what this chemical is, they do know that it appears when one of three things happen:

- The days become shorter and there is less light.**
- There is a big drop in temperature.**
- Food is scarce.**

One summer day, blood with HIT taken from a hibernating groundhog was injected into a lively one. Result: **Hibernation!**

If you were the scientist—what would be your conclusion about this experiment?

Standards Link: Life Science: Understand that humans and animals have structures that aid in survival.

Extra! Extra!

Weather Words

Look outside. What is your weather like today? Look through the newspaper for five words that describe your weather. Circle each word.

Standards Link: Science: Identify different kinds of weather.



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kidscoop.com/activity-pages/

Kid Scoop VOCABULARY BUILDERS

This week's word: **HIBERNATE**

The verb **hibernate** means to sleep through the winter in a den or burrow to save energy.

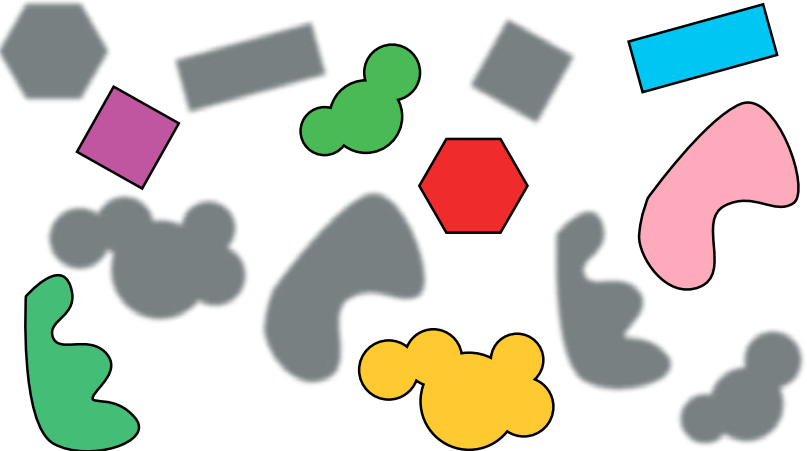
The groundhog **hibernates** about six months a year.

Try to use the word **hibernate** in a sentence today when talking with your friends and family members.

Kid Scoop Puzzler

Light travels in a straight line from its source. When light reaches an opaque (solid) object, the light is prevented from moving through the object, leaving an area of darkness on the other side (a shadow).

Find the shadow for each of these shapes.



Standards Link: Science: Understand physical properties of light.

Double Double Word Search

- AUGUST
- BURROW
- CASTS
- CURL
- EATS
- END
- FOOD
- GROUNDHOG
- LIGHT
- PHIL
- SHADOW
- SLEEP
- SUN
- TOWN
- WINTER

Find the words in the puzzle. How many of them can you find on this page?



Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.



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Chelan County Rodeo Queen coronation and fundraiser set for Feb. 10

By QUINN PROPST
Ward Media Staff Reporter

CASHMERE – The Chelan County Fair and Rodeo will host a Rodeo Queen Fundraiser and Coronation Kickoff Party on Saturday, Feb. 10, at the Mission Creek Community Club Building at 4724 Mission Creek Rd. in Cashmere.

The event will honor Chelan County Rodeo Queen Austyn Robinson. Robinson was crowned the first-ever Chelan County Rodeo Queen in November.

Since November, Robinson has been busy meeting community leaders, supporting other rodeo queens, and representing the Chelan County Fair and Rodeo, fair board member Kristen Mattson said.

“She’s doing great,” Mattson said. “She’s taking the lead on this, and she’s just making the most of every single moment.”

“It’s been going really good,” Robinson said. “I’ve had a couple appearances. I’ve gone to a couple other coronations. I have my first rodeo coming up. So I’ve been staying busy just getting everything prepared for this upcoming year.”

Robinson said her favorite part of being queen so far is meeting people.

“I’m just getting to meet everyone because every year, at the beginning of every year, there’s new queens,” she said. “I’m excited. It’s really nice to get to know everyone I’m gonna be traveling with this year.”

The coronation ceremony will give Robinson a chance to publicly step into her role as queen.

“It’s just kind of giving Austin her moment to officially be named Chelan County Fair Rodeo Queen, even though she has already been given the crown and has been doing

public events,” Mattson said. “So it’s just kind of a time to recognize her.”

Robinson is a 2022 Cashmere High School graduate and the daughter of Nick and Casey Hollenbeck and Ryan and Leslie Robinson.

Robinson, who grew up on a small family farm in Prosser,

often rides her two horses Roany and Cookie. She plans to pursue a degree in Equine Dentistry.

At CHS Robinson was active in the volleyball program, 4-H and FFA. She has been riding horses for as long as she can remember and has competed in barrel racing. She even competed in barrel racing in the Washington State High School Rodeo Association.

The Kickoff party starts with happy hour at 5 p.m. and dinner at 6 p.m.

There will be a 50/50 raffle, silent auction, live auction and

a dessert dash.

Tickets are \$25 each. A table is \$250 and seats six.

Tickets may be purchased at the door or online at ticketleap. The link for ticketleap can be found on the Chelan County Fair Facebook event page.

Robinson was crowned at the Nov. 12 pageant, where prospective queens competed in several segments, including personal interviews, horsemanship skills, modeling presentations, speech delivery, and impromptu questions.

Organizers hope to make the pageant an annual event,

showcasing and honoring local young women with an enthusiasm to compete for the title.

“Our rodeo is now sanctioned with the Professional Rodeo Cowboy Association or PRCA, so we are hopeful that having a rodeo queen out promoting our rodeo at other events will draw more attention to the Chelan County Fair and Rodeo,” Mattson said.

The 2024 Chelan County Fair is scheduled for Sept. 5-8.

Quinn Propst: 509-731-3590 or quinn@ward.media.



PHOTOS COURTESY OF THE CHELAN COUNTY FAIR

Chelan County Rodeo Queen Austyn Robinson attends the 2024 coronation for Omak Stampede Rodeo Queen Eryne Anderson.

Chelan County Rodeo Queen Austyn Robinson attends the 2024 coronation for Last Stand Rodeo Queen Kaylee Stump in Coulee City.

Water District

Continued from page A1

calling the rate adder “inappropriate.”

“What we are giving is a commitment to be there for you and to shore up your capital improvements as they are needed, whether something happens from an emergency perspective, or whether we can plan for it down the road. That partnership I believe serves us and serves Peshastin quite well. The question is, how do we get down to the rate adder?” said PUD Commissioner Kelly Allen.

PUD Treasurer Heather Irelan presented two other

options for rate adder implementation, besides the rate plan as proposed. A second option would adopt the rate adder in increments over the next three years and adjust the term or rate as additional funding comes in. A third option would adopt the rate plan but delay implementation for 36 months. During that delay, PUD would reevaluate funding sources.

PUD Commissioner Garry Arseneault supported the merger, but had concerns with other options possibly affecting his district negatively.

“There are risks associated with the acquisition of any water district,” said Arseneault. PUD Commissioner Carnan

Bergren made a case against the rate adder, claiming a number of similar projects in which PUD had not implemented rate adders to a community.

“One of the things I think would be important for you to consider is who paid for the fiber network when we subsidized 90 to 100 million dollars? Where was the rate adder on that for the people that were taking service?” said Bergren.

A resolution seeking the adoption of the rate plan as well as a resolution seeking approval of internal loan terms is tentatively scheduled for Feb. 5.

Taylor Caldwell: 509-433-7276 or taylor@ward.media

CSD

Continued from page A1

The board has dipped into CSD’s reserve to help weather this phase, with plans to reinvest in the reserve next school year.

CSD is also continuing to pursue grant funding opportunities to increase revenue. Special education services are generally underfunded. The District is applying for Safety Net funding, which reimburses school districts for the multilayers of support for special education students when it goes beyond the threshold of \$40,000 per student per year. Due in March, the grant application to the state is complex in its evidentiary and projected data requirements. Still, assuming reimbursement occurs this year, the District will apply annually more easily after having gone through the process.

Career and Technical Education (CTE) qualifies for extra funding for grades seven to twelve. CTE is the large umbrella defining courses that have explicit career

connections, often work with community partners, and include courses such as child development, digitools, art, culinary, natural resources, fire science, and health sciences. CSD is looking to expand its qualified classes. Travis Blue, the Discovery School teacher, recently became CTE certified in the STEM Technology for the metals/woods class he teaches at Discovery School, located at the Leavenworth National Fish Hatchery. Edou is hopeful that the legislature will approve an extension of CTE supplemental funding to more middle school classes and extend funding down to sixth-grade classes.

District office staff and building leadership are also reviewing systems to look for ways to avoid redundancy and increase efficiency, which will lead to savings. For example, the recording of teacher absences was recently automated by integrating it with the district’s overarching student information system.

Some Washington school districts are facing more dire

financial positions because their communities didn’t pass levies. Cascade School District citizens supported two levies, the Educational Programs and Operations (EP&O) levy and the Technology and Safety levy, which will be up for vote again in 2025. These local levies cover essential programs and services such as facility maintenance, athletics, arts, special education services, technology upgrades, and safety and security equipment. Combined, the two levies provide over 20% of the district’s annual budget. Their continued passage demonstrates how this community values the schools and their benefits to students, families, and life as a whole in the Upper Valley.

“Cascade School District wants to thank the community for the support of our levies,” said Edou. “Although our district is having to tighten the belt, we have great teachers, great opportunities for students, and great communities. We will be able to weather this challenge together.”

City Council

Continued from page A1

of a disruptive intrusion, or Zoom bombing, that occurred at the beginning of the meeting. Webinar formatting allows the host to have more control over audience participation in order to have less disruption during large meetings.

Under the resolution, members of the public who would like to comment must provide their first and last names for the record and turn their cameras on unless it is not possible to do so. For comments made during public hearings, the text was revised to clarify that commenters must state their name and address prior to taking the podium, not during or after.

Waters expressed concern

about public misrepresentation over not requiring the address of people making public comments during a meeting. Mayor Florea said he stopped requiring this after receiving feedback during his first election. Currently, an address is only required during comments at public hearings.

“People outside city limits didn’t feel like they were given the same opportunity to talk and their comments taken seriously. That’s the perception,” said Mayor Florea.

For attendance, Council members are expected to attend all meetings unless excused by the City Council. Per ordinance 1678-2023 and RCW 35A.12.060, a member must forfeit their office if they fail to attend three consecutive meetings in a calendar year without being excused from City

Council. An earlier draft of the rules indicated that members couldn’t attend via Zoom more than three times per calendar year, which was removed after Council Member Hessburg reasoned against it.

“I don’t want to have personal health or family issues be something that reduces our Council members in some sort of way, rather than being able to use that Zoom option as something that will be inclusive,” said Hessburg.

Other members of the City Council were in agreement. The resolution still requires members to use their cameras if they do attend via Zoom.

The next City Council meeting will be held on Tuesday, Feb. 13.

Taylor Caldwell: 509-433-7276 or taylor@ward.media

Winter program

Continued from page A1

North Central Washington.

Then, every Wednesday, Johnson and other volunteers arrive just before 3 p.m. to set up tarps and extra gear. At ten after, the students arrive by bus and swarm the tarps to get ready. Johnson gives them a quick safety briefing before they scatter across the magic carpet and both rope tows. About six to eight volunteers help manage the areas and help kids with their skills.

Ski Hill stays open to the public during the program, so kids are often skiing amongst peers who aren’t in the program.

“Once a week, it levels the playing field... to just open the door and break down that barrier and have all those kids skiing on Wednesdays at the same time,” said Baker.

Fourth grader Catalia Espinoza is in her second year of participating in the program. Last year was the first time she had ever skied.

“I learned a lot more things than I did at the beginning because at first I didn’t learn how to, like, stop and stuff, but now I do. [Tonight] I’m going to work on how to jump,” said Espinoza.

Fourth grader Hayley Helvie is also in her second year of the program.

“It’s really fun...I just like getting to ski and like having a chance to do fun things during the winter,” said Hayley.

Hayley’s dad, Justin Helvie, helped Hayley get her boots on before she headed to the rope tow.

“It’s amazing that kids get a chance to do something like this in a school setting. Not everybody can say that for most kids growing up. We didn’t have it, so it’s nice to see that their generation gets to,” said Justin.

A program designed to get kids on the ski hill has also inadvertently gotten parents on the hill. Many parents like Helvie hang out in the base area, watching their kids learn how to ski and interacting with other parents who also may or

may not ski.

Cristobal Cortez is one of those parents who comes every Wednesday to watch his 8-year-old son Cristian lap the little rope tow.

“Pienso que está muy bien. Les ayuda a que aprendan a esquiar desde temprana edad y pues, mucha ayuda para los niños. Muchas gracias al programa,” said Cortez.

Because kids are able to go skiing on days outside of the program, it’s also encouraged parents to join and learn how to ski themselves.

“We’ve seen parents get into skiing and take Nordic lessons, and I really think it’s been a gateway to get some kids and families who weren’t skiing [before]. It’s really opened the door to their whole family and the things that we offer in our community [during the winter],” said Baker.

Special thanks to Clare Morrison of Peshastin Library, who helped edit the Spanish portion of this article.

Taylor Caldwell: 509-433-7276 or taylor@ward.media

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CASHMERE COMMUNITY CHURCH 213 S. Division • 509-782-3811 In-person Service, Sunday, 11 a.m. until further notice. Pastor Lilia Felicitas-Malana cashmerecommunitychurch@gmail.com	CORNERSTONE CHURCH Leavenworth Grange Hall 621, Front St. info@cornerstoneleavenworth.com Sunday Worship – 10 a.m.
CHRIST CENTER Sunday Worship Service at 10 am Lead Pastor Steve Haney • 5800 Kimber Rd., Cashmere • 509-295-8006 christcentercashmere.com	LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH 418 Evans Street • 509-548-5619 10 a.m. Sunday Service, Pastor Jo Dene Romeijn-Stout leavenworthumc.org
GRACE LUTHERAN CHURCH • 509-860-0736 • 401 Elberta Ave., Morning Prayer or Holy Eucharist. Services, 10 a.m. • Pastor Rob Gohl	CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school). Church: 509-548-7667 Meetings: Sunday - 10 a.m.
ST. JAMES EPISCOPAL CHURCH • 509-860-0736 • 222 Cottage Ave., Morning Prayer or Holy Eucharist. Services, 9:00 a.m. Pastor Rob Gohl	FAITH LUTHERAN CHURCH - ELCA “Reconciling Works Congregation” 224 Benton Street • 509-548-7010 Worship 9:30 a.m. w/coffee following Eva Jensen, Pastor https://www.flcleavenworth.org
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LEGISLATIVE Coverage

End to daylight saving time in the sights of “Ditch the Switch” advocates

By ASPEN ANDERSON
Washington State Journal

OLYMPIA - Washingtonians may lose their cherished ultra-late-night sunsets in the summer if Washington state opts for permanent Pacific

Standard Time (PST). “If Congress had acted, we would not be here with this bill,” remarked Sen. Mike Padden, R-Spokane Valley. The U.S. Senate, in March 2022, passed the Sunshine Protection Act of 2021 that

would have made daylight saving permanent, but it has not been approved by the House. The measure now under consideration in the Legislature would have Washington switch to permanent Pacific

Standard Time with the stipulation that if the United States Congress adopts year-round DST, Washington state would switch.

Tired of waiting for action from the United States Congress on Washington’s 2019 proposal to adopt permanent daylight-saving time (DST), Padden urges the state to “Ditch the switch.”

“Spring forward, fall back. We have done that now, eight times since we were here in 2019 and voted for year-round daylight time,” said Padden. “The house has not acted, and from all indications, has no intention of acting in the foreseeable future.”

Transitioning to full-time PST would mean sacrificing an hour of summer evening sunlight while maintaining the status quo in winter.

Padden argues that Washington’s biannual clock adjustments are detrimental to the health of Washingtonians. Various medical and sleep organizations, including the American Academy of Sleep Medicine, the American Medical Association, the National Sleep Foundation, the Sleep Research Society, and the Society for Research on Biological Rhythms, support the implementation of permanent PST.

Co-sponsor Manka Dhingra (D-Redmond) agrees it is time to stop switching times each year.

Under the Uniform Time Act passed in 1966, federal law prohibits states from observing DST year-round. However, states can opt out of daylight saving and adhere to permanent standard time.

If the bill passes, Washington would join Hawaii and Arizona in adopting permanent standard time.

Horacio de la Iglesia, biology professor at the University of Washington, testified in favor

of the bill, providing expertise on sleep and circadian rhythms. Over the last decade, he researched Seattle residents’ sleep, studying how daylight influences their sleep quality.

“Standard time is our natural solar time,” said de la Iglesia. “That is very beneficial for us because humans still use daylight to align their sleep and daily activities. Particularly for Washingtonians, it’s highly beneficial to be in PST.”

Jay Pea, grandson of farmers and president of the nonprofit Save Standard Time, urges the Legislature to pass this bill.

“Standard time is the real-time, defined as the sun’s position in the sky. Some call it God’s clock for its connection to nature,” Pea said. “It’s the best clock for our mental health, our physical health, our safety, our well-being, our productivity, the economy, and our children’s education. There is broad bipartisan consensus for this.”

Steve Calandrillo, a law professor at the University of Washington, passionately pleaded for the Legislature not to pass this bill. Calandrillo studied DST for the past 20 years and testified in front of the U.S. Congress against permanent standard time.

“Right now, we have eight months of the year on DST and four months of the year on standard time,” Calandrillo said. While he agrees with sleep specialists that living by the sun would be ideal, he said the reality is different with modern technology and home lighting.

“If you pass this bill, the sun is going to rise at 4 a.m. in June in Seattle. I don’t know very many people who wake up at 4 a.m. Right now in January, some of the darkest days of the year, the sun is setting at 4:30 p.m., and the hour right after that sunset, from 4:30 to 5:30,



ASPEN ANDERSON / WASHINGTON STATE JOURNAL
A late-night summer sun sets over Puget Sound in West Seattle at 8:44 p.m.

is now two to three times as fatal for bicyclists, pedestrians, and drivers as it was before we went to the switch. Darkness kills, and darkness is two to three times more fatal at 5 p.m. than it is at 5 a.m.”

After Washington passed its original bill in 2019, California and Oregon have taken steps to align with Washington’s standard. Godlewski claims that if Washington switches to Pacific Standard Time, California and Oregon will likely follow.

Since 2019, 19 states have passed legislation in an attempt to adopt permanent daylight time, but Congress has not allowed the change.

“My preference and the preference of the Legislature would be to have year-round daylight time,” Padden said. “Unfortunately, that does not appear to be our choice because it requires Congress to act, and they have had four years.”

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Students push bill to bring overdose-reversal drug to all schools



ASPEN ANDERSON / WASHINGTON STATE JOURNAL
Students pushing for an anti-overdose drug for schools are, from left, Theodore Meek, Joanna Lymberis, Olivia Milstein, Sofia Lymberis, and Reilly Jones. Lake Washington High School is a public school in Kirkland and is home to the kangaroos.

By ASPEN ANDERSON
Washington State Journal

OLYMPIA - Concerned about drug overdoses among teenagers, Lake Washington High School seniors Theodore Meek, Joanna Lymberis, Olivia Milstein, Sofia Lymberis, and Reilly Jones transformed a school assignment into a bill aimed at making opioid-reversal medication available in high schools.

“The first conversation we had was, we’re gonna get this passed,” Sofia Lymberis said.

Narcan, the commercial name for naloxone, is already available in Washington schools with student populations of 2,000 or more. The new legislation spearheaded by the students, Senate Bill 5804, extends the drug availability to include all K-12 public and charter schools across the state.

The bill requires all school districts to obtain and maintain at least one dose of opioid-overdose-reversal medication. Schools also are directed to develop an overdose policy.

The Lake Washington students were placed together as a group based on their shared interest.

“We really just wanted to make a change, to make an effect within the state and save kids’ lives rather than just trying to get an A,” Jones said.

Narcan saved 42 lives in schools in Washington during the 2022-23 school year. When an overdose occurs, minutes matter.

“In the time that it takes for an ambulance to get somewhere, a drug overdose can take someone’s life in anywhere from 3 to 5 minutes,” said Sofia Lymberis.

Joanna Lymberis said the legislation wouldn’t directly impact Lake Washington High School. She knows exactly where the drug, which is administered as a nasal spray, is kept in her school.

“We are a more progressive district. We tend to have the money for something like this,” Joanna Lymberis said. “Naloxone is only \$50 for a bag per school, meaning it is incredibly affordable.”

Milstein’s parents posed a question that resonates with many concerned parents: Does the availability of Narcan lead to an increase in drug use?

According to a 2023 study from the University of Cincinnati, Narcan availability does not increase drug use. “I think everyone feels like a life-saving drug is important to have everywhere,” Milstein said. “Once people realize it does not increase drug use, I have yet to hear any other concerns.”

The students’ passion for the bill led them to present it to Sen. Patty Kuderer, D-Bellevue, who became the prime sponsor.

“This is a smart, strategic and needed bill during this time in our state’s history. The fiscal note will be negligible,” Kuderer said.

Milstein said the group was anxiously passing around a pen before they testified, deleting sentences in an attempt to trim down their testimonies.

“As a state it is inexcusable that we have the resources to give children another chance at life, but do not yet have the legislation to ensure that our students, my classmates, are protected,” Lymberis told the committee members.

“We know this topic so well,” Joanna Lymberis said. “When you are testifying about something you believe in deeply and worked so hard on, it’s just exciting.”

Meek’s mother, a school nurse, helped brainstorm ideas to advance the bill, popping into his room late at night to share thoughts.

“We want to make sure something we started gets carried all the way through,” Milstein said.

Sofia Lymberis intends to pursue a career in law.

“You feel so powerless,” she said. “I’m 15, I’m 16, what can I do? How can I make a difference? I feel like all I can do is doom-scroll through Instagram and complain about the state of the world to my parents.”

Sofia Lymberis, currently in her local youth council, encourages other students to engage in civic activities. The experience of influencing legislation made the students realize that they can effect change without being eligible to vote.

“As a woman, as a female, it is really special to go up there and share your voice and feel so supported by the people around you,” Sofia Lymberis said. “To be aware of your place in the world is something that can be really self-actualizing and give you a lot of personal empowerment.”

The committee greenlighted the bill. It now heads to the Senate Rules Committee.

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Proposal allows deadly force cases to be handled by AG’s office

By MARY MURPHY
Washington State Journal

OLYMPIA - Following the concerns over police brutality in 2020, Gov. Jay Inslee directed the Attorney General’s office to form an Office of Independent Investigations to take on cases of death by law enforcement officers.

Now Rep. Monica Stonier, D-Vancouver, is building on that effort with HB 1579, which gives the Attorney General’s Office authority to handle the prosecution of police officers in addition to ordering investigations.

The primary goal is to avoid conflicts of interest at the county prosecutor level. Local prosecutors often have close connections to law enforcement agencies and their employees, and if conflicts are found, the Attorney General’s office can step in.

“Transparency and process is really important for families to heal and for law enforcement officers to have confidence in that decision so it’s not a question that is hanging over them as they leave the room after that decision,” Stonier said.

Many Republicans oppose the bill, claiming it discounts

the credibility of county prosecutors. They also argue the bill is unconstitutional and conflicts are too infrequent to create a budget for the program.

“I don’t think it sends the right message that we don’t believe our county prosecutors can be impartial in prosecuting these cases,” said Rep. Chris Corry, R-Yakima. “When we look at the numbers, they are so low, which not only speaks to the actions of our first responders, our police officers, but also the county prosecutors in handling these appropriately.”

In response to Republican concerns, spending for the bill was trimmed to \$9 million for the years 2024-2027.

Twenty-three people were killed in Washington State by police officers in 2023, according to Mapping Police Violence, a non-profit research group founded in 2013. It is not clear how many cases might have conflicts and be forwarded to the Attorney General’s office.

Stonier said constitutional worries by Republicans are addressed by a provision that says if no conflict of interest is found, county prosecutors can

still handle the case.

The Washington Coalition for Police Accountability, as well as families of victims of police violence, strongly support the bill.

“A young man was killed at the hands of law enforcement in Vancouver, just blocks from my house,” Stonier said. “The county prosecutor at the time came to me and said: ‘I think there could be a conflict of interest here, and prosecutors would be pressured by their local law enforcement.’ I took that to heart, the fact that a county prosecutor is saying, ‘we need to look more closely at who is doing these cases.’”

Stonier also said small counties often choose not to handle these cases and transfer them to larger counties with broader expertise and resources.

“Unfortunately, what that means is there is not an opportunity for the state to help spread the cost, and that has huge implications for a county budget,” Stonier said.

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FEBRUARY 2024	
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VS EVERETT	FRI 2/16 7 PM
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LEGISLATIVE Coverage

Genocide education bill sparks high emotions in hearing

Some say Holocaust education bill falls short

By MARY MURPHY
Washington State Journal

OLYMPIA - As they waited to tell the stories of loved ones lost to genocide, people waiting to testify held hands between armrests. Few showed smiles.

Almost every seat in the hearing room was filled, and 67 people were scheduled to speak. Prime sponsor Sen. John Braun, R-Centralia, and co-sponsor Sen. Jesse Solomon, D-Shoreline, approached the podium to introduce the bill.

"For me and many in the Jewish community, this is not just an academic matter. This is an intimate and deeply personal matter that has affected our families," Solomon said, pausing to gather his emotions. "I was hoping to avoid the tearjerker moments."

Solomon then recounted his family's story of escaping the Holocaust. "The legacy of discrimination continues

today, and following the attacks on Oct. 7, I perceived a rise in antisemitism not just from the right but also from the left on campuses and in our streets," Solomon said.

Solomon spoke in favor of the bill, which would designate April as "International Genocide Prevention and Awareness Month" and make a Holocaust curriculum mandatory in public schools. A bill passed unanimously in 2019 encouraging adoption but did not require it. The 2019 bill also did not explicitly name "other genocides."

Paul Regelbrugge, Director of Education for the Holocaust Center for Humanity, said it is time to require the teaching of the Holocaust. "We've only gotten so far, however, with strong encouragement," Regelbrugge said. "Passage of this bill will send a clear signal that the state of Washington has zero tolerance for hatred and that the best way to recognize humanity in all of

us and confront hatred born of ignorance is through proven quality education about the consequences of unchecked hatred."

Braun and Solomon said the generational gap in knowledge is wide. Braun cited a 50-state survey which found 63% of millennials and Gen Zs were not aware that "six million Jews were killed in the Holocaust."

While few opposed educating people on the horrors of genocide, many pointed out the Jewish people are not the only ones to have suffered atrocities.

"I propose an amendment that explicitly names other genocides worldwide that should be taught in our schools without giving priority to one over another," Selma Porca, a survivor of the Bosnian genocide, said. "This amendment is not meant to reduce the significance of teaching about the Holocaust by any means. It just aims

for representation and inclusiveness in our education approach, acknowledging all communities impacted by genocide."

Other genocides mentioned by people were the Bosnian genocide, Darfur genocide, Cambodian genocide, Rohingya genocide, Rwandan genocide, as well as current ongoing wars.

"I'm particularly concerned about this bill because it only talks about the Holocaust, and as a Jew, I am concerned that never again is now," said Rebeca Arev, a former public school teacher. "What is happening in Palestine, the Israeli genocide of Palestinians, is what we always said would never happen again."

In light of recent movements away from "Eurocentric" ideas, other people asked not to label this curriculum as 'ethnic studies,' given the Holocaust happened in Europe. Others asked that the bill mention U.S. history when teaching of

genocide.

"If anything should be called out, it should be the genocide of the Indigenous people of the Americas committed by the U.S. government," Dr. Tracy Castro-Gill of Washington Ethnic Studies Now, said.

A South Seattle Jewish parent, Hanna Lidman, also recalled her own experience with antisemitism. She remembers a Holocaust survivor coming to speak at her high school.

Lidman noted that only after this educational experience did her peers stop asking if her Star of David necklace meant "she worshiped Satan" and stopped drawing swastikas on her locker.

Others suggested asking other community stakeholders to help develop a curriculum since the Holocaust Center for Humanity was the only organization involved in building the curriculum in 2019.

Also testifying was Cindy

Corrie, mother of Rachel Corrie, a former Olympia resident and activist for Palestinians who was tragically killed by a bulldozer in 2003 while protesting the destruction of Palestinian homes.

"In principle, I'm very supportive of an education bill that brings genocide and what that is all about to students at appropriate age levels," Correy said. "I thought it was important to emphasize that there are multiple ones, Bosnian, Cambodian, Rohingya, and currently Palestinian, so I just want to make sure that as we go forward, we have a curriculum for our students that really addresses all of the genocides."

At the end of the hearing, one person yelled "Free Palestine" as they left the room.

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Demand for affordable homes near transit hubs faces hurdles, critics say

By MARY MURPHY
Washington State Journal

OLYMPIA - Washington cities could soon be required to block off zones near public transit for multifamily housing if new regulations are approved by the state Legislature.

Some regulation is necessary, backers say if cities want to provide affordable housing and make it easy for people to get to work.

"I ran for office because of the enormous challenges that people of my generation, people in their 30s and 40s, face in finding a home in this state," Rep. Julia Reed, D-Seattle, said.

As Reed spoke, city planners and real estate representatives in the audience grimaced and

whispered to their counterparts. When they testified, they made their objections clear.

"Our concerns with the bill include the fact that the zone density levels are lower than what a number of cities already have, and the affordability requirements are much higher," Bill Clark of the Washington Realtors said.

The proposed law requires builders to make room for more people and keep rents on 10% of the housing units for the next 50 years affordable for lower-income wage earners through complex formulas that consider incomes and housing density.

Rep. Jake Fey, D-Tacoma, co-sponsor of HB 2160, said

many public transit users are low to middle-income demographic earners. By clustering affordable housing near transit centers it gives people a chance to build a life instead of being priced out of the market or forced to make long commutes.

The measure also reduces greenhouse gasses by making public transit convenient and cars unnecessary to get to work. The bill was requested by the governor's office and is a high priority this session.

"This bill ensures that newly upzoned areas are truly building mixed-income communities so that transit and walkable communities are not limited to the preserves of the rich," Reed added.

"It's hard to hear 10% is too hard a number when we know how much farther we need

to go," said Noha Mahgoub, senior policy advisor for Housing and Homelessness from the Governor's office.



MARY MURPHY / WASHINGTON STATE JOURNAL

Pedestrians wait to board an Intercity transit bus in downtown Olympia. State officials say that affordable homes near transit hubs are needed, but regulations might cause developers to back away, critics say.

City administrators and planners agree there is a need for affordable housing and easy options for transit, but many said builders will balk at the long-term affordability requirements and not all cities have the same level of public transportation.

"We support the contention that there needs to be an affordability requirement," said Carl Schroeder, of the Washington Association of Cities. "We would like to see a goal of 50% of the units and we know we need 500,000 units, but we don't think that is realistic for the private market to fulfill all of that."

Redmond Mayor, Angela Birney, said her key issue was the need for flexibility from city to city. Development Director for City of Sumner, Ryan Windish, added that he

feels this bill "does not take into consideration smaller cities" that have limited public transportation.

"Some of us live in a rural area where we don't have a robust transit system, so it's really hard to gauge, and for us, it's not a one size fits all," Sen. Nikki Torres, R-Pasco, said.

Other development experts said the requirement of 10% affordability would stop construction altogether.

"The 10% requirement in my experience in working with developers, they won't build, is what you're going to find," Dan Bertolet, from Sightline Institute, said.

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