

The Leavenworth Echo

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Legislative Session Recap | Climate Commitment Act needs accountability
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Alphorn Beginner's Circle is a lesson in listening

COURTESY OF JANET MANO

Young alphorn students with Rico, short for Ricola, the Leavenworth Alphorn Association's goat mascot.

By TAYLOR CALDWELL
Ward Media Staff Reporter

LEAVENWORTH – On Mar. 23, participants of all ages can attend the Alphorn Beginner's Circle, sponsored by the Leavenworth Alphorn Association. Beginners will learn and practice the basics of the alphorn, hear alpine lore, and hear a demonstration by experienced players.

A background in brass instruments is helpful, but no musical experience is required to learn. Like modern brass instruments, alphorns rely on the same buzzing produced by blowing between the lips into a mouthpiece.

"If you have basic buzzing skills, then we can go from there. It's just all about buzz, and then that beautiful instrument just amplifies the sound. So in a way, they're a

really good beginner instrument," said Janet Mano, of Leavenworth Alphorn Association.

Participants will not only learn buzzing skills, but will also receive a lesson in listening carefully. While modern brass instruments rely on valves to change notes, the alphorn solely relies on changing the airflow and lip tension, which musicians have to recognize by ear. Alphorn players must listen carefully in

order to get it right, but they must also learn to stop and listen to the reverberations to fully appreciate the instrument.

"It's an outdoor instrument and so you play, hopefully, beautiful melodies and you stop and listen to the sound. When you hike with them, you hear the echo. On quiet water, like on the shore of Lake Wenatchee,

See **ALPHORN** Page **A4**

Leavenworth Library hires new branch librarian



TAYLOR CALDWELL / WARD MEDIA
Hannah Kwon was hired as the Leavenworth Branch Librarian in February of this year.

By TAYLOR CALDWELL
Ward Media Staff Reporter

LEAVENWORTH—NCW Libraries hired Hannah Kwon as Leavenworth's newest Branch Librarian, following Amy Massey's retirement earlier this year. Kwon hopes to continue growing the library's outreach by expanding programming and using her research background to discover and meet the community's needs.

"One of the things that I would love to do in this library is to just help people realize it's more than just like a place to get a book...I really want it to be kind of like the intellectual, cultural center of the community, where you can come not only to find the resources you need, but to get help learning how to use those things to connect with other people," said Kwon.

Kwon is a librarian by training, with master's and doctoral degrees in Library and Information Science from Rutgers University. She

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Prey's Fruit Barn to expand offerings with coffee bar and fiber arts space

By TAYLOR CALDWELL
Ward Media Staff Reporter

LEAVENWORTH – For over 40 years, Prey's Fruit Barn has done what it was zoned to do: grow and sell fruit. Yet, the year-round fruit stand has much more to offer in terms of goods, with plans to add a coffee bar and fiber arts space in the late spring.



TAYLOR CALDWELL / WARD MEDIA
Manager Karin Jorgensen stocks the new coffee and fibers arts shop, which is slated to open later this spring.

"I feel like people don't realize what all we have in here, and the ones that do, know they can come in here and they know what to find. But I know there's still a lot of people that come in and will say, 'Oh my gosh, I didn't even know this was here,'" said Karin Jorgensen, Prey's Fruit Barn Manager.

See **FRUIT BARN** Page **A4**



TAYLOR CALDWELL / WARD MEDIA
The shop still sells locally grown fruit this time of year, including Prey's very own pears.

Benevolent Day for Cascade Medical's critical equipment needs

The Leavenworth Echo
/Ward Media

LEAVENWORTH - The Pub at the Club, located at the Leavenworth Golf Course, will host a Benevolent Day on Thursday, March 14, from 11 a.m. to 8 p.m., with proceeds benefiting the Cascade Medical Foundation.

"This will be our first event at The Pub at the Club, so we're looking forward to

it and hope it might lead to other events there in the future," Nevonne McDaniels with the Cascade Medical Foundation said.

Attendees can enjoy great food, a wonderful view, and contribute to a worthy cause.

"Our Benevolent Events are so fun, knowing you're helping a good cause removes any guilt over taking the family out to dinner, and inviting the

neighbors along," she said.

A portion of the proceeds from the event will be donated to Cascade Medical Foundation's campaign to purchase a new hematology (blood) analyzer for Cascade Medical's lab.

This vital piece of equipment is used 20 to 30 times a day at Cascade Medical. It provides a complete blood count, which is a first step in screening

patient health and the most-requested lab test at Cascade.

This "blood cell" detective provides 18 numeric results, identifying infection, anemia and other serious conditions that warrant follow up for both clinic and hospital patients.

The lab's current machine needs to be replaced. 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.

For information on the Foundation's current fundraising campaign and other upcoming Benevolent Events, visit cascade-medicalfoundation.org.

Wildfire Risks main concern in community meeting with County leadership

By TAYLOR CALDWELL
Ward Media Staff Reporter

LEAVENWORTH—The community meeting hosted by Chelan County Commissioner Shon Smith and other county representatives had a high turnout at the Leavenworth Fire Hall on Mar. 6. The Q&A meeting's key takeaways were fire danger, law enforcement, and development.

Fire danger was a hot topic during the meeting, with concerns of prevention and emergency response. A number of different residents raised concerns of a catastrophic fire event occurring in the Upper Valley this year, similar to last year's fires in Spokane and Maui, which Chelan County Natural Resources Director Mike Kaputa validated.

"In Upper Chumstick and then up into Plain, there's a higher risk level for a catastrophic fire event than most of the areas that you see in California. This is ground zero for wildfire risk, we know that. And kind of looking at the season, the way it's unfolding here, there's potential for that kind of event to happen this year," said Kaputa.

Kaputa referred to the Upper Wenatchee Pilot Project Implementation, in which the Forest Service, county, and other agencies are burning and thinning 75,000 acres in the Plain and Lake Wenatchee area. According to Kaputa, the groups are also planning preventative efforts in the Leavenworth, Lower Peshastin and Nason Creek areas, such as wildfire checks, landscape treatments, and homeowner programs.

With the Peshastin bridge project scheduled for 4 weeks starting June 17, one Peshastin resident raised concerns of the North Road detour delaying Dryden firefighters in responding to a Peshastin emergency, and suggested one responder be stationed in Peshastin. Commissioner Smith said he would look into it, but stations county wide were experiencing volunteer shortages.

Law enforcement also received a large share of questions, such as speed enforcement and behavioral health calls. In mental health crisis calls, behavioral health experts attend alongside officers to deescalate the situation. Officers also receive crisis intervention training. In response to speed enforcement, Undersheriff Dan Ozment said the department was only able to deploy three deputies over the entire county, and calls like domestic violence and stealing often take priority.

"Also with speeding, you're talking about time-specific enforcement. It's very hard for us to narrow that down on when we can be there because we could be there for an hour and nobody speeds," said Ozment.

Short-term rental (STR) compliance and enforcement were key points of discussion in development matters. Prior to contracting out monitoring services, the county struggled to enforce code compliance with STRs due to the fact that most bookings take place on weekends, outside of office hours. According to Community Development Director Deanna Walter, Deckard Technologies will answer complaints and enforce code 24/7, and also track bookings for unpermitted STRs.

"I'm sure you all are aware there's plenty of unpermitted STRs out there. Lots of them. They don't realize that when somebody books on AirBnB, it actually shows us through our contract with Deckard," said Walter.

Walter reported one rental having already accrued \$183,000 in fines, but the county's legal team was taking precautionary measures before taking further action.

County Commissioners Tiffany Gering and Kevin Overby will host similar meetings in Chelan and Wenatchee. More community meetings are slated for September. Chelan County information and contacts can be found at co.chelan.wa.us.

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

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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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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!

Women's History Month program

The Upper Valley Historical Society and Greater Leavenworth Museum will host a Dessert Theater showing of "Women of Substance" on Saturday, March 16 from 2-5 p.m. at the Leavenworth United Church. "Women of Substance" depicts the first 14 of 38 women recognized as having an impact on Leavenworth's formation and what it is today. Desserts will be served during intermission. Doors open at 1:30 p.m.

Tickets are \$15 or two for \$25.

A Celtic St. Patrick's Day

The Icicle Creek Center for the Arts will host The Gothard Sisters: A Celtic St. Patrick's Day on Saturday, March 16 from 7:30-9:30 p.m.

"Celebrate St. Patrick's Day with the Gothard Sisters, as they bring the joy of festive contemporary Celtic folk music and dance to the stage," the event page states.

For more information visit icicle.org.

Author talk at WRI

The Wenatchee River Institute and Mountaineers Books will host author Bernadette McDonald on Monday, March 18 from 7-8 p.m. at the WRI Red Barn. Doors open at 6:30pm for a community social with beer and wine available for purchase. The presentation will start at 7:00pm.

"Join WRI and Mountaineers Books author Bernadette McDonald as she tells the rarely mentioned accounts of the local climbers to the

world's tallest and most challenging peaks," the event page states.

This is a free event with a donation basket at the door.

For more information visit wenatcheeriverinstitute.org.

St. Patrick's Day dinner

The Leavenworth Community Methodist Church will host a St. Patrick's Day dinner on Tuesday, March 19 from 5-7 p.m.

"This dinner is for all our neighbors, friends and family," the event page states. "Come join your neighbors for a delicious meal and some lively conversation. All are welcome: seniors, singles, families and children."



5 THINGS TO DO THIS WEEK

No RSVP is required.

Community seed swap

The Wenatchee River Institute will host a free Community Seed Swap on Tuesday, March 19 from 6-7:30 p.m.

"It's time to start planning a garden and planting seeds

indoors," the event page states. "If you have seeds to share and trade, great. If you don't have seeds but are interested in gardening and getting seeds to get you started, great. Let's kick off the spring season by gathering together."

For more information visit wenatcheeriverinstitute.org

POINT OF VIEW

Legislative Session Recap

Budget updates and initiatives highlight a fast-paced 60-day session

The Legislature adjourned its 60-day session on March 7 as scheduled. The session was a busy time as I continued as the Senate Early Learning and K-12 Education Committee's Ranking Member. This session was fast paced for all matters, especially for education issues.

The Legislature approved all three budget updates for the 2023-25 biennium, which ends June 30, 2025. The updated operating, transportation, and capital budgets were finalized in the final days of the session after much negotiation. I voted against the updated operating budget but for the transportation and capital budget updates. Here are some noteworthy items:

Operating Budget (\$71.9 billion)

The operating budget funds the day-to-day operations of the state, including early learning, K-12 education, higher education, health and human services, criminal justice, natural resources, courts, and other areas. State revenues have remained slightly positive, although less growth is anticipated in the coming years. The updated operating budget is now projected to spend \$71.9 billion during the 2023-25 biennium. I voted against the budget

update because I have concerns about its sustainability if future revenues slow down or decrease.



SEN. BRAD HAWKINS

Transportation Budget (\$14.6 billion)

The transportation budget funds the construction and maintenance of the state's transportation system, including the preservation of roads, bridges, and ferries. This budget also funds state agencies and commissions that serve our transportation system, including the Washington State Patrol, Department of Licensing, and Department of Transportation. Numerous previously approved road projects are funded based on construction schedules. I voted for the budget update because it essentially continues current projects.

Capital Budget (\$10.5 billion)

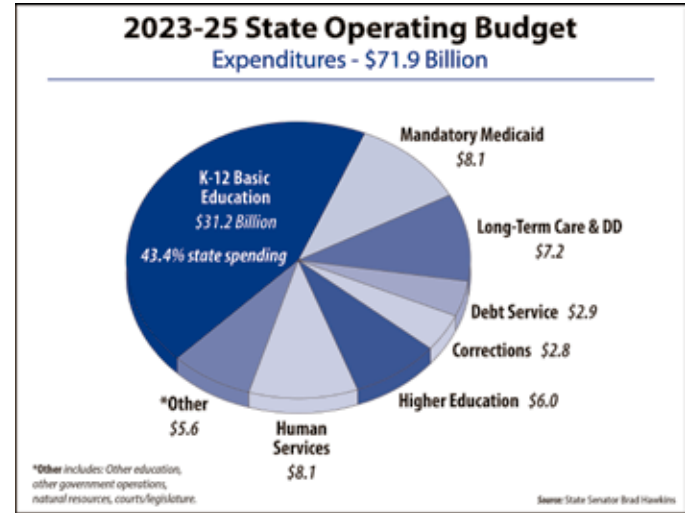
The capital budget funds improvements to state buildings, public schools, higher education facilities, public lands, state parks, and other assets. This year's budget update was helpful to our region and placed a focus on K-12 school facilities. It includes \$14.5 million for the Wenatchee Valley Technical Skills Center, \$1.3 million for affordable housing in Leavenworth, \$300,000 for Regional Sports Complex Site Evaluation, and other projects. I voted for the budget update.

My Senate Bill 5670 approved

Running Start is a "dual credit" program, first created in the 1990s, to allow students to earn tuition-free college credits while in high school. My Senate Bill 5670 expands Running Start by allowing students who have completed 10th grade but haven't yet started 11th grade to earn up to 10 credits during the summer. This option will ease students into their Running Start experience and help them gain familiarity with their college campus. I call my bill a "Walking Start to Running Start."

Initiatives to the Legislature: Lawmakers received six initiatives to the Legislature from signatures gathered in 2023, related to the capital gains tax, climate commitment act, long-term care, police pursuits, income tax, and parental rights in education. The legislature approved the police pursuits, income tax, and parental rights initiatives. The remaining initiatives (repealing the capital gains tax, climate commitment act, and long-term care program) were not considered and will advance directly to a statewide vote this November.

K-12 Education Funding: Many school districts have struggled with increasing insurance, utilities, and special education costs. Last year, the legislature enhanced special education funding. We took another step forward this session. We also provided



support for Materials Supplies and Operating Costs (MSOC) and paraeducator staffing. The Legislature also expanded school bond grant funding for school facilities within its bipartisan capital budget, which could benefit Eastmont School District. Transportation Cost Escalations: The legislature approved a 16-year, \$17 billion transportation investment plan in 2022 called "Move Ahead Washington." Since its approval, several major transportation projects have experienced cost escalations due to recent inflation. Legislators approved steps this session to resolve some funding shortfalls and is deferring other decisions until next session. Continuing with the projects now will result in significant savings later.

Apple Blossom Royalty and WHS Volleyball

I was honored to host the Apple Blossom Royalty and State Champion Wenatchee High School Girls Volleyball Team at the State Capitol this

session. The Royalty were excellent ambassadors for our festival, which is scheduled for April 25 - May 5. Last fall, the WHS Volleyball Team won its first state championship in 40 years. They visited Governor Inslee, Reps. Steele and Goehner, and were honored in the Senate.

Looking ahead to next session

The state Legislature meets annually every January. With the three budgets approved and updated for the 2023-2025 biennium, lawmakers will not likely meet again in session until January 2025. The Legislature's makeup could be different depending on new members taking office.

If you have any questions, please contact me at senatorbradhawkins.org or call our Legislative Hotline at 1-800-562-6000. Thank you for the opportunity to serve as your state senator.

Brad Hawkins serves as State Senator for the 12th District.

Climate Commitment Act needs accountability, not scare tactics

Washington state's Climate Commitment Act (CCA) was passed in 2021 with the goal of reducing and phasing out carbon emissions.

Unfortunately, there have been several problems with its passage. With that, more than 465,000 Washington citizens signed Initiative 2117 that would repeal the CCA and its cap-and-trade system. With the initiative verified and certified, it was forwarded to the Legislature for consideration. The majority party in Olympia has indicated they do not plan on taking any action on I-2117. If not, the people will get to weigh in when it is on the general election ballot in November.

However, the scare tactics being used in Olympia associated with I-2117 have resulted in false information being circulated about the CCA



REP. MIKE STEELE



REP. KEITH GOEHNER

monies and how they relate to the transportation budget.

Some are stating that if I-2117 is repealed, CCA money for transportation projects would go away. This is not accurate. The CCA funding does not go toward roads, bridges, and ferries. You already pay for these projects through the state's gas tax. It is imperative our citizens are aware of these intimidating and deceptive tactics. A repeal would not impact critical infrastructure. That is not the only concern

with the CCA. The cap-and-trade program was enacted with the understanding the agricultural industry would be exempt from the increased costs created by the carbon emissions market. However, the way the money is collected with its implementation, the responsibility is resting with the farm-fuel users to pursue a refund. If the CCA is repealed, there is no provision for farmers to be refunded the amount they paid unnecessarily for the past year. There could be \$30 million in the final operating budget to reimburse farmers, but some estimates show that number should be in the \$150 million to \$200 million range. The agricultural industry would be getting a small fraction of what it is owed.

The cap-and-trade program, or carbon credit fee, is supposed to address climate change by requiring

polluters to pay for and steadily reduce their carbon pollution. Yet, according to the Environmental Protection Agency, Washington was one of only four states that saw CO2 emissions increase in 2023 from power generation.

The citizens of Washington should be able to observe the changes that have been made to climate policy and understand our return on investment. That is not happening.

Finally, our state has an affordability crisis. The regressive carbon credit fee has directly increased the cost of gas, food, energy, and indirectly increased the cost of other goods and services in Washington. Road users are paying about 50 cents more at the fuel pump since the CCA went into effect.

The CCA certainly has not materialized as proponents expected. This includes the governor who said, "This is going to have a minimal impact, if any. Pennies. We are talking about pennies" at the pump.

We all care about the environment, but there clearly needs to be transparency with the actual costs on families, farmers, and all Washingtonians. It is also important you know that no matter what happens with I-2117, the road projects so critical to our strained transportation system are not in jeopardy. Our state agencies and elected officials must be honest with the taxpayers on I-2117 and the CCA. The government is entrusted to spend taxpayer dollars in a responsible manner. After all, our state government can only spend what the taxpayers are providing.

Rep. Keith Goehner is the ranking Republican on the House Local Government Committee and serves on the Environment and Energy, and Transportation committees. Rep. Mike Steele is the Deputy Minority Leader and serves on the House Capital Budget and Education committees.

Correction

Incorrect Date for Next Downtown Steering

In the article titled "Downtown Steering Committee deliberates member representation amid business complaints," published on March 6, an error was reported concerning the scheduled date of the next Downtown Steering Committee

meeting. The article mistakenly stated the meeting was set for April 23. The correct date is March 26. We apologize for the oversight and are pleased to set the record straight.

The Leavenworth Echo remains committed to accurate and responsible reporting. We thank our readers for their attention and support in these endeavors.

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 BUSINESS, REAL ESTATE,
 ESTATE PLANNING, AND PROBATE

Police given more leeway to pursue suspects

Rollbacks on police pursuits win bipartisan support after intense deliberations

By MARY MURPHY
Washington State Journal

OLYMPIA—The Legislature approved new rules that give police more leeway to engage in high-speed pursuits, which will become law on June 5, 2024.

“As you know, the people of the state are suffering, increasing rates of crime, property, crime, violent crime,” said Rep. Jim Walsh, R-Aberdeen. “When I talked to cops and sheriff’s deputies, they told me the one thing more than anything else that we need is the ability to chase bad people.”

In 2021, the Legislature approved a measure that restricted police. Under that standard, vehicular pursuits were limited to when officers had “probable cause” that a person in a vehicle committed a violent offense, a sex offense, domestic violence-related offenses, driving under the influence of alcohol or trying to escape arrest. The standard was changed back to “reasonable suspicion” in 2022.

This year, in an effort to relax these standards even more, less violent crimes such as theft were added to the list of crimes that can result in a chase.

“We have become the nation’s leader in car theft,” said Brian Heywood, prime funder of Let’s Go Washington, which promoted the initiatives. “We’ve had skyrocketing increases in our car insurance rates. This is a direct result of an increased car theft caused by the inability of the police to pursue.”

Some opposed the change because they believe vehicular pursuits can actually put more people in danger. James McMahan of the Washington Association of Sheriffs and

Police Chiefs explained that the law does not change the fact that officers must engage in “the balancing test.”

For example, if an officer saw someone in a school zone with expired tabs, they likely would not begin a chase because it poses more harm to chase than it does to not.

Still, experts on the issue argued that vehicular pursuits are not effective and are too harmful.

Dr. Jeffrey Albert, who has been studying police pursuit nationally for 30 years, cited a case from 2018 when Milwaukee, Wisconsin, took away restrictions on police pursuit.

“Our data showed that pursuits increased 100%, 98%, something like that, and it was basically signing a death sentence to people on the road, because the police started chasing everything,” Albert said. “The deaths, the crashes, the destruction, was horrible, and that’s been seen in other cities around the country.”

Josh Parker, Senior Counsel at the policing project at NYU School of Law, cited similar studies arguing against the bill, but also drew attention to how it can put officers at risk.

“Not surprisingly, these pursuits result in officer injuries and deaths at alarming rates,” Parker said. “A recent study found that pursuits account for more than 5% of all line of duty officer deaths.”

Ryan Spurling, Mason County Sheriff, explained how officers see pursuits.

“I don’t think any of us like pursuits,” Spurling said. “I’ve been doing this 36 years and pursuits are dangerous. We need to find other alternatives. We don’t choose to pursue; the person chooses to flee.”

Spurling went on to explain that oftentimes when people choose to flee, they have committed multiple crimes, and this is where “the balancing test,” comes in.

“My family drives in the

community,” Spurling said. “I don’t want officers pursuing somebody for a taillight out and hitting my family head on and killing them, but that’s the balancing test. There’s no question we have to balance that out every day.”

While the initiative passed with bipartisan support, some lawmakers still voted no.

Rep. Debra Entenman, D-Kent, said she worked very hard with community stakeholders in changing the law in 2021, as well as the Coalition for Police Accountability. As a Black woman, Entenman emphasized that she feels this initiative is silencing voices and urged a no.

“We were trying to ensure that there was less contact in communities of color with police,” Entenman said. “Because statistics have proven that when there is that contact, Black and brown young men especially do not get to go home to their families.”

Sen. Manka Dhingra, D-Redmond, also cited that her own district’s standards do not align with this standard of pursuit, as they are more restrictive. Other lawmakers echoed this explaining they believe this discretion should be left to individual jurisdictions.

Walsh and others who have closely worked on the initiatives explained individual jurisdictions still have the power to impose more restrictions if they want to, but that this sets the standard.

“An agency can always be more restrictive. The problem is the baseline in state law is already too restrictive,” Walsh explained. “2113 restores it to a rational standard by which the law can be enforced.”

The Washington State Journal is a non-profit news website funded by the Washington Newspaper Publishers Association Foundation.

Washington State takes steps to reduce ballot rejection with new signature verification law

By ASPEN ANDERSON
Washington State Journal

OLYMPIA - Washington State is recognized for its effective voting processes, but officials say too many ballots are rejected because signatures don’t match.

“I think we can do a lot better in Washington State,” Thurston County Auditor Mary Hall said. “Updating how our offices reach out to voters is a simple step to ensuring both integrity and voter access.”

Signature verification is done to prove the mailed ballot was filled out by the person it was sent to, but too often, people change the way they sign their names or don’t sign their ballot at all, which results in the ballot being rejected.

Senator Javier Valdez (D-Seattle) introduced SB 5890 after reviewing statistics on ballot rejection rates in the state. The bill received unanimous approval in the House and Senate and now awaits the Governor’s signature.

The report, conducted by the University of Washington, showed people of color and younger voters are the demographics most likely to have their ballots rejected. Ballot rejection rates among Black voters are 50% higher than white voters. Latino or Asian voters are also much more likely than white voters to have their ballots rejected.

“If you are a younger voter between 18 and 25, in 2022 there was a 5% chance that your ballot had been rejected... when you compare it to, if you are 46 to 65 years old, your percentage was .8%,” Valdez said.

Hispanic and Asian voters are also more likely to have their ballots rejected, potentially due to language barriers or complex names. Voters of color, according to the study, were less likely to sign their envelope when

compared to white voters, which they argue could point further to a language barrier.

To improve outcomes, the bill mandates materials be available in English, Spanish, and any other language required by the federal Voting Rights Act.

It also requires county auditors to contact voters by phone or email if their ballot still needs to be signed or if the signature doesn’t match the one on file. Currently, they are required to use first-class mail to contact voters.

“Removing the requirement of first-class mail, will result in a few things: tremendous savings, but it will also allow us to reach voters where they are, via phone or via email because that’s what people use these days,” Hall said.

King County provides an online form for updating a signature if your signature has changed. Election officials advise people to submit a current signature before the next election, with the form due eight days before election day unless submitted in person.

Hall supports most aspects of this bill but is concerned that notifying people after every election could cause fatigue.

“We contact them a lot,” Hall said. “But if we were to contact them after every election, that would be five times this year, and we don’t want voters to get fatigued with us reaching out.”

The bill also instructs the Secretary of State to create consistent rules for verifying signatures across the state, and to develop a manual to train people on how to apply the rules so everyone follows the rules correctly.

“This bill creates an opportunity for every Washington voter to gain increased education and understand the importance of their ballot signature,” said Calista Jahn from the University of Washington



COURTESY OF SENATE DEMOCRATS

Sen. Javier Valdez has introduced various bills this session to try and improve our state election process.

Evans School of Public Policy and Governance.

Under the new law, auditors also must create an outreach plan to educate communities about signature verification.

In addition, the bill creates a work group with the Secretary of State, at least two county auditors, and a representative from the University of Washington Evans School of Public Policy and Governance to design a uniform envelope statewide to be implemented in the 2026 primary.

While some concerns about voter fatigue were raised, overall, there was strong support for updating outreach methods to ensure integrity and voting access.

After the Governor signs the bill, it will take effect 90 days after the end of the session.

The Washington State Journal is a non-profit news website funded by the Washington Newspaper Publishers Association Foundation.



TAYLOR CALDWELL / WARD MEDIA

The new gathering space will have a full espresso machine and plenty of seating.



TAYLOR CALDWELL / WARD MEDIA

Prey's Fruit Barn is open year round, and sells local food, art and housewares.

Fruit Barn

Continued from page A1

Prey’s d’anjou pears grown just behind the barn are still for sale, as well as a variety of apples grown across the valley. However, fruit isn’t the only locally sourced offering in the stand. The shop sells honey made from beehives just across the river, salmon smoked by a family business in Cashmere, ice cream from Leavenworth, and landjaegers from Winthrop. Soon, the shop will also offer local lamb, beef, and fish.

The shop inventory looks slightly different than it did a few years ago, pivoting from Prey’s branded items to showcasing local businesses. Almost every item, from handmade pasta to peanut butter, comes from Washington state. Items sourced elsewhere haven’t traveled far either, typically coming from Oregon, Idaho, and Montana. The fruit stand also features a variety of local artisanry, such as jewelry and pottery, but other items,

such as refillable dog spray and laundry soap, may be more surprising.

While Jorgensen has spearheaded the shop’s new inventory, her focus has been on creating a community gathering space.

“I want the whole farm to feel like a community space, just some place to come where you can meet people and get off your cell phone. I mean, you could bring your laptop if you have to do some work,” said Jorgensen.

Jorgensen has plans to revive the picnic area and add outside seating out front this spring, but her biggest project is remodeling the barn’s vacant interior space. Jorgensen hopes to reopen the space as a coffee shop that will have a full espresso machine and light bites, with spacious seating for meeting friends or getting some work done.

Yet unlike other coffee shops, it will also be a space where fiber arts hobbyists can buy locally dyed yarn and

other supplies, spin their yarn, and gather for activities and workshops.

Since the yarn shop that previously occupied the space closed a couple of years ago, Jorgensen has continued to stock yarn in the main shop, but yearned to bring back a space for Stitch Circles, where people of all ages and abilities can socialize with each other while they knit, crochet, or embroider.

“There’s not a lot of places or opportunities where you could have a seven year-old and a 90 year-old totally hanging out together,” said Jorgensen.

Jorgensen hopes to restart the Stitch Circles later this spring, when she opens the coffee and fiber arts shop. A date has yet to be set for the opening. However, Prey’s Fruit Barn will continue to sell fruit, yarn, and other goods every day from 9 a.m. to 4 p.m. at 11007 Highway 2.

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

Alphorn

Continued from page A1

the sound just explodes, and you hear the echo two miles away. It’s the weirdest feeling, it’s so cool,” said Mano.

The event is for anyone who is interested in the alphorn, but Mano sees it as an excellent way to get younger generations involved. For younger kids, Mano will have them put their hand on the alphorn as she plays it to hear the vibration, as a way to introduce sound. For older kids, it lays a solid music foundation that they can build upon with additional instruments.

“With this beginner circle, you never know who’s going to come out of the woodwork. It could spark an interest in a kid. I love to think that our

kids...they’ll arrive at high school ready for band, because they’ve played by ear, this wonderful horn,” said Mano.



















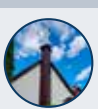

The Alphorn Beginner’s Circle will be held at Icicle Village Resort at 2 p.m. on Mar. 23. The event is free, but reservations are required.

Those interested can email Mano at jbmano@comcast.net. More information about Leavenworth Alphorn Association can be found at leavenworthalphorns.org.

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

Upper Valley Church Guide

To Place Information In The Church Guide Call 509-548-5286

Cashmere	Leavenworth
 <p>CASHMERE PRESBYTERIAN CHURCH 303 Maple Street • 509-782-2431 Sunday Morning Worship 10:30 a.m. Call for activities: Pastor Charles Clarke • www.cashmerepres.org</p>	 <p>CASCADE MOUNTAIN BIBLE CHURCH Office: 509-548-4331 11025 Chumstick Hwy. Please join us Sunday mornings 9 a.m., Sunday School, 10:30 a.m., Worship Service</p>
 <p>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</p>	 <p>CORNERSTONE CHURCH Leavenworth Grange Hall 621, Front St. info@cornerstoneleavenworth.com Sunday Worship – 10 a.m.</p>
 <p>CHRIST CENTER Sunday Worship Service at 10 am Lead Pastor Steve Haney • 5800 Kimber Rd., Cashmere • 509-295-8006 christcentercashmere.com</p>	 <p>LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH 418 Evans Street • 509-548-5619 10 a.m. Sunday Service, Pastor Jo Dene Romeijn-Stout leavenworthumc.org</p>
 <p>GRACE LUTHERAN CHURCH • 509-860-0736 • 401 Elberta Ave., Morning Prayer or Holy Eucharist. Services, 10 a.m. • Pastor Rob Gohl</p>	 <p>CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS 10170 Titus Rd. (across from middle school). Church: 509-548-7667 Meetings: Sunday - 10 a.m.</p>
 <p>ST. JAMES EPISCOPAL CHURCH • 509-860-0736 • 222 Cottage Ave., Morning Prayer or Holy Eucharist. Services, 9:00 a.m. Pastor Rob Gohl</p>	 <p>FAITH LUTHERAN CHURCH - ELCA “Reconciling in Christ Congregation” 224 Benton Street • 509-548-7010 Worship 9:30 a.m. w/coffee following Eva Jensen, Pastor https://www.flcleavenworth.com</p>
Dryden	 <p>FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC 429 Evans Street, 509- 470-7745 Sunday Worship: 11 a.m. www.leavenworthbaptist.com Email: info@leavenworthbaptist.com</p>
 <p>DRYDEN COMMUNITY CHURCH Hwy 2 at Dryden Ave. 509-782-2935 Sunday Worship at 11 am. Prayer Meeting Wed. at 6 pm. Pastor Bill Clem</p>	 <p>LEAVENWORTH CHURCH OF THE NAZARENE 111 Ski Hill Drive • 509-548-5292 Sunday Worship 9 a.m. Lead Pastor: Greg Appleby Youth Pastor Paige Derossset Worship Pastor-Jacob Mitchell www.LCN.org</p>
 <p>MID-VALLEY BAPTIST CHURCH 8345 Stine Hill Rd. • 509-782-2616 Worship Service, 10 a.m., • Sunday School, 9 a.m. • Pastor Mike Moore www.midvalleybaptist.org</p>	 <p>SEVENTH DAY ADVENTIST CHURCH 10600 Ski Hill Drive • 509-548-4345 Saturday Services • Bible Study 9:30 a.m. • Worship 11 a.m. Fred Smith • 509-860-3997</p>
Monitor	 <p>SPIRIT LIFE CENTER 210 Benton Street • 509-548-7138 Sunday Worship 10 a.m., Prayer 6 p.m. • Wednesday Bible Study 6:30 p.m. • Pastor Russell Esparza</p>
 <p>MONITOR UNITED METHODIST CHURCH 3799 Fairview Canyon 509-782-2601 In-person service, Sunday, 9 a.m. Pastor Lilia Felicitas-Malana</p>	 <p>PLAIN COMMUNITY CHURCH Serving Our Valley Since 1941 12565 Chapel Dr. 509-763-3621 Looking for you at 10:30 this Sunday! plaincommunitychurch.org facebook.com/plaincommunitychurch office@plaincommunitychurch.org</p>
Peshastin	 <p>LIGHT IN THE VALLEY COMMUNITY CHURCH 8455 Main Street Sunday Worship 10 a.m. Pastor John Romine www.lightinthevalley.org</p>
 <p>NEW LIFE FOURSQUARE CHURCH 7591 Hwy. 97 • 509-548-4222 Sunday Worship, 10 a.m. Pastors, Darryl and Mindy Wall newlifeleavenworth@gmail.com FB page: newlifeleavenworth www.newlifeleavenworth.com</p>	

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ATHLETE OF THE WEEK

Natalie Sanchez
Softball
Senior

Kodiak Softball Coach, Lauren Hecker, nominated Natalie Sanchez this week. Natalie is one of two seniors on the girls' softball team this season. She has taken on a new position this season as the pitcher. Natalie stepped out of her comfort zone and is learning how to pitch so she can lead our team in a successful season. Natalie



is a natural-born leader who every player looks up to. "I wish I had a million Natalies!" said Coach Hecker



Kodiaks Schedule

BOYS BASEBALL	
Mar. 21	Waterville-Mansfield, Home, 4:30 pm
BOYS SOCCER	
Mar. 14	Ellensburg, Away, 4 pm
Mar. 16	Brewster, Away, 11 am
BOYS & GIRLS GOLF	
Mar. 14	Naches Valley, Highland, Away @ Suntides Golf Course at 11 am
BOYS & GIRLS TENNIS	
Mar. 13	Okanogan, Away, 4 pm
Mar. 14	Ellensburg, Home, 4 pm
Mar. 16	Royal, Away, 3 pm
BOYS & GIRLS TRACK	
Mar. 23	48th Ray Cross Invitational, Away at Ephrata, 10 am



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ATHLETE OF THE WEEK

Ryan Denega
Soccer
Senior

Ryan has worked really hard all week. Last week the team practiced twice a day. At each practice, he leads by example, setting the tone for every drill. He was chosen as one of our Team Captains by the team. Way to go Ryan



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Cascade Kodiaks make their mark at State Wrestling Championships



Mya Herrera stands proudly on the podium, earning a hard-fought 3rd place in the 105-pound category at the state wrestling championship.



Damian Sandoval, representing the Cascade Kodiaks, garners 5th place in the 126-pound weight class at the state wrestling championships



Tristan Sharpe earns 6th place in the 132-pound weight class, taking a spot on the podium among the state's best at the wrestling championships.

STATE WRESTLING RESULTS

105	3rd Place	Mya Herrera
126	5th Place	Damian Sandoval
132	6th Place	Tristan Sharpe
120	Angel Sandoval	Participated
190	Axel Pacheco	Participated

Cascade School District honors exceptional employees in annual Excellence in Education Awards

The Leavenworth Echo
Ward Media

LEAVENWORTH - Cascade School District announced its Certified and Classified Employees of the Year, part of the Excellence in Education Awards. Initiated in 1985 by the North Central Educational Service District, the program honors remarkable individuals contributing unselfishly to student growth in schools.

Shelley Vandel, a 34-year teaching veteran, primarily in fourth grade within the district for 31 years, is this year's certified recipient. Holding a master's in educational administration and a bachelor's

in elementary education, Vandel's teaching philosophy is influenced by Theodore Roosevelt: "People don't care how much you know until they know how much you care." A Leavenworth native, Vandel emphasizes the importance of students feeling loved and believes in the holistic development of a child. She has an extensive involvement in local performing arts, significantly contributing to students' confidence through directing numerous school productions.

Jenni Bunkelman, awarded the Classified Employee of the Year, has served as a PE paraeducator at Icicle River

Middle School since 2021. With a bachelor's in PE and athletic training, Bunkelman has notably enhanced school spirit through organizing pep assemblies and field day activities, along with reviving the ASB student government. Her initiatives include the creation of a "glam room" for dance events and securing over \$2,100 in grants for sports equipment, benefiting life skills special needs students. Bunkelman's community involvement extends to coordinating a major holiday food drive and supporting the PTSA's events. Residing in Plain with her husband, she enjoys various outdoor activities and community engagement.



Shelley Vandel



Jenni Bunkelman

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Women's HEALTH

5 common health conditions that affect women

HEAR TO THRIVE

Millions neglect hearing loss signs, risking safety and well-being

MENTAL HEALTH

Did you know?

Advocating for equal treatment and comprehensive care

It isn't every day that a woman goes to her primary care provider's office for medical care. Most of us are living busy lives, and healthcare, frequently, is not priority one. So, when we do find time to see our PCP, we hope the visit is efficient and effective. We hope our preventative care screenings, like pap smears and mammograms and bone scans, all come back with negative and normal results. And we really hope – yes, this is a big one – that our concerns are heard and addressed.



LAUREN KENDALL, MD
Family Physician,
Clinic Medical Director
Cascade Medical Center

It is true that women are frequently treated differently than men in medical settings. Studies have shown that, for pain of the same severity, women wait significantly longer for pain treatments than men. Women are prescribed less and weaker pain medications than men after similar major surgeries such as coronary artery bypass, even after accounting for weight differences. Women are more likely to be prescribed sedatives rather than pain medications. In fact, a well-known study from 2000 showed that women are seven times more likely than men to be misdiagnosed and discharged while having a heart attack. (N Engl J Med, 2000) A more recent study showed that middle-aged women with chest pain and other heart disease symptoms were twice as likely to be diagnosed with mental illness compared to men with the same symptoms. (J Women's Health, 2008)

Treatment disparities are not limited to pain management, or to women. Medical conditions involved include everything from mental health diagnoses to chronic disease management to substance use disorder

treatment to hormone therapy and beyond. People who are Black, Asian, Indigenous, Latinx, ethnically diverse, and gender diverse encounter more unequal treatment. Discrimination of women within these groups is further magnified.

Feeling a little defensive? This is not an article intended to demonize medical professionals or men, or to stress the women who worry they don't seek or explain their issues effectively. We are all living and working within a complex culture and medical system, and we're doing what we can to succeed. The vast majority of medical professionals, women, and men I know would never intentionally treat people differently based on gender. Instead, I want to take this opportunity to let women know that the issue of treatment inequality is well-known. If you feel unheard, you are probably not imagining it. If you feel misunderstood, you are not alone. We want to hear you, we want to see and understand you. In the medical world, we absolutely want to work with you to address your concerns. The honest truth is, sometimes we need your help to hear and to truly listen.

So, I encourage you to come to your medical provider's office and tell us how you feel. Tell us how you REALLY feel. Please don't worry about things you might think are too embarrassing, or too personal, or too emotional – we must know your true experiences to match them with support and/or solutions. It's ok to be nervous. It's ok to be frank. It's ok to bring a friend or family for emotional support if that is helpful, and it's ok to ask them to step out for a moment (or

even the whole appointment). If you feel something is off but you can't pinpoint what, say that. And, if you feel what we are doing to help is not working, say that too.

When a medical professional offers a solution, it's almost universally based on information presented, experience, and many years of training. If, however, that solution does not address the problem, say something. So often, people get discouraged or frustrated and just give up. Please don't! Come back to the clinic and tell us what is going on, as solutions and treatment often come in a step-wise pattern and we very likely have another step of the plan in mind. It's ok to take notes or make bullet points for yourself – bring your thoughts, your questions, your theories and we can work together to keep moving forward in the interest of your health.

An ounce of prevention is worth a pound of cure, and

prevention thrives in family medicine clinics such as ours. Here are preventative medicine screenings most women should be sure to address with their primary care provider. (* denotes available at Cascade Medical)

- **Pap smear*** – screening for cervical cancer; most women between the ages of 21 and 65, usually every 3-5 years.
- **Mammogram*** - screening for breast cancer; most women over 40, every 1-3 years
- **ColoGuard*** (take home test) or **Colonoscopy*** - screening for colon cancer; starting at age 45, every few years depending on results
- **DEXA scan*** – screening for osteoporosis (bone thinning); some women over 50 and most women over 65, as often as every 2 years
- **Low-dose CT scan*** - screening for lung cancer; certain women with a

history of smoking who are also between 50 and 80, every 1 year

- **Bloodwork including cholesterol*** – screening for blood disorders; most women 25 and older, every 1-3 years
- **HIV screening*** - recommended for all at least once between 13 and 64 years old
- **Hepatitis C screening*** - recommended for all at least once at 18 years and older, recommended for women with each pregnancy
- **Screening for depression and anxiety*** - all people 13 and over, every 1 year

Yes, all of these preventative care tests are available at Cascade Medical. We firmly believe in knowledge and in prevention when possible.

When prevention is not possible and further studies or treatments are needed, please be aware that Cascade Medical also offers many other tools like physical and occupational therapy, cardiac testing,

Xrays, diagnostic CT scans, and so much more. We now have a cardiac rehabilitation center. We can provide hormone therapy for perimenopausal and menopausal women. We also have a new LGBTQIA+ resource page (<https://cascademical.org/lgbtqia>), and we can discuss and provide hormone therapy for gender-affirming care. We'll soon have colposcopy services for women with abnormal pap smears. We always have dietitian and counseling services.

This Women's History Month, I want all women, girls, people assigned female at birth and people who identify as female to know that we in medicine realize the world isn't perfect, nor are any of the folks in it (including ourselves!). But, you as a patient can prepare, trust others, and advocate for yourself and each other when you see your PCP. You deserve to be fully heard and we want to listen.



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Women's HEALTH

8 things women should know about stress

Stress can be paradoxical. A certain amount of stress can motivate people to get things done. But having too much can cause a person to resist doing anything at all. The Cleveland Clinic says stress is the body's response to daily events that occur in life. When stress becomes chronic, it can be negative and destructive, making it hard to adapt and cope.



Chronic stress is a concern for many women. The Office on Women's Health says women are more likely than men to report symptoms of stress, including headaches and upset stomach. They're also more likely to have mental health conditions that are exacerbated by stress, including anxiety and depression.

Learning the facts about stress can help women care for their mental well-being. Here are eight things to know.

1. Stress can manifest in emotional, cognitive or physical symptoms. Notable physical symptoms

include muscle tension and headaches as well as fatigue and low energy. Emotional symptoms may include increased worry, mood swings or irritability.

2. Stress can lead to unhealthy habits. Women have higher risk of overeating due to stress, and may become inactive or smoke to cope with stress, says the American Heart Association.

3. Common causes of long-term stress include poverty and financial

worries. Women in poverty who care for children or other family members may develop more severe stress, says the Office of Assistant Secretary for Health.

4. Women respond to stress differently. Healthline indicates women have a higher percentage of perception of stress than men, and also are more apt to realize they must manage it. Seventy percent of women have tried to reduce stress over the past five years.

5. Research reported on by the American Psychological Association says women are more likely to internalize stress, leading more readily to both physical and mental disorders. Men tend to be better at disassociating from stress.

6. Women are more likely to cancel plans due to stress than men, despite realizing they could use more social support.

7. Stress can disrupt hormonal balance in women, leading to menstrual irregularities.

8. Stress can trigger increased pain sensitivity, making women more prone to tension headaches and migraine attacks.

Stress can take its toll on anyone, including women. Recognizing help is needed, setting measurable targets and being realistic about managing stress can help women feel better.

Family Health Centers Brings Personalized Care to Our Pregnant Patients

Here's How...
BY FAMILY HEALTH CENTERS

The establishment of the Women's Health Care Coordinator position in 2021, funded by a CHPW grant, aims to enhance the quality of care provided to our OB patients. This role takes an inclusive approach to serve as a pivotal point of contact, enabling patients to communicate their individual needs and preferences for personalized care.

Upon confirmation of a positive pregnancy test, we initiate comprehensive patient tracking to ensure the availability of all pregnancy-related benefits. Through proactive discussions that feature cultural humility and active listening, we introduce available resources and programs to support our patients at every stage of their pregnancy journey.

Our support extends to facilitating internal referrals and services such as WIC benefits, dental examinations, assistance with insurance enrollment, childbirth classes, facilitation of insurance rewards where applicable, access to child safety technician

services, distribution of newborn care packages, coordination of breast pump requests, assistance with FMLA paperwork, provision of postpartum birth control options, and referral to specialists as needed.

The Women's Health Care Coordinator role also streamlines the exchange of obstetric records between our clinic and delivery hospitals, ensuring seamless transfer of essential information. By overseeing the entire medical chart, laboratory tests, and imaging during pregnancy, we maintain a centralized record of each patient's prenatal and postpartum care, enhancing efficiency and coordination.

Collaboration with external organizations is a cornerstone of our approach, as we actively engage with partners to optimize care delivery for our patients and the wider community.

Family Health Centers is committed to providing excellent, inclusive and relevant care to growing families in our community that demonstrates respect for their individual needs, preferences and culture."

5 common health conditions that affect women



can recognize that various conditions and diseases are more common than others. The following are five common and notable health issues affecting women today.

- **Heart disease:** Heart disease affects more than 60 million women in the United States and is the leading cause of death for women. Heart disease can affect women of all ages. Despite this, the Centers for Disease Control and Prevention says only 56 percent of women recognize the prevalence of heart disease. In addition, it's important to note that most women between the ages of 40 and 60 have at least one or more risk factors for heart disease and likely do not even realize it.
- **Breast cancer:** Routine mammograms and other

breast cancer screenings can help women detect breast cancer at its earliest stage when it is most treatable.

- **Cervical and ovarian cancer:** Cervical cancer originates in the cervix, which is part of the lower uterus, while ovarian cancer begins in the fallopian tubes and ovaries. Pap smears can detect cervical cancer, but currently there is no screening test for ovarian cancer. A pelvic exam and ultrasound or other imaging may be recommended if doctors suspect the presence of ovarian cancer.
- **Reproductive health issues:** The Orlando Clinical Research Center says that reproductive issues can have a major affect on women's

quality of life and overall health. Some common issues include uterine fibroids, gynecological cancers, interstitial cystitis, endometriosis, and polycystic ovary syndrome. Pain, heavy or irregular periods and other discharge may be symptoms of these types of conditions.

- **Mental health concerns:** Rates of anxiety and depression are higher among women than men. The Anxiety Disorders Association of America reports that, from the time a girl reaches puberty until about the age of 50, she is twice as likely to have an anxiety disorder as a man. Recognition of the most common health issues to affect women can help them get the care they need to live long, healthy lives.

Men and women share various health concerns. However, certain health issues affect women differently and more frequently than men. In addition, certain health conditions, such as cervical cancer, are exclusive to women.

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Empowering Women Through Literacy Health

Unlock the power of knowledge with Ward Media, your trusted source for enriching and insightful content.

In today's world, literacy health is not just about reading and writing—it's about understanding, empowerment, and making informed decisions that impact our lives and well-being.

At Ward Media, we believe in the strength and potential of every woman. That's why our community newspapers and the Wenatchee Business Journal are dedicated to delivering content that informs, inspires, and ignites change. From the latest in health trends and wellness tips to empowering stories of women making a difference, our publications are crafted to support your journey towards a healthier, more informed life.

Whether you're looking to enhance your knowledge, stay abreast of the latest health news, or find inspiration in the stories of others, Ward Media is here for you. Our commitment to promoting literacy health among women is unwavering because we know that when women are informed, they are unstoppable.

Join us at Ward Media as we champion the cause of literacy health. Together, let's build a community where every woman has the information she needs to thrive. Ward Media: Where literacy meets health, and women meet their potential.

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Women's HEALTH

Millions neglect hearing loss signs, risking safety and well-being

"What's that?" My friend leans over the table. I try to keep a smile on my face and to not sound as frustrated as I feel. I repeat myself again. "I said 'Maybe we should go camping at Beebe this summer, last year was fun'" and mutter under my breath "Why do I always have to repeat myself?" My friend smiles at me and nods, but I know she still didn't understand what I said. I sigh and stand up, move closer and tell her earnestly "Have you noticed that you don't hear me very well?" She blushes and shakes her head at me, "I'm fine, it's just that you've got to speak up a bit."

My friend is not alone. There are an estimated 48 million

Americans experiencing some degree of hearing loss. On average, people wait seven years from the time they first notice trouble hearing to getting their hearing tested. Many people feel like they're getting by with their hearing loss, or that having it is a natural part of aging. But ignoring hearing loss can have substantial consequences. These consequences include negative impacts on academic and career success, social relationships, physical safety (e.g., increasing the risk of falls and/or not heeding warning signals such as smoke alarms), and even



MEGAN CARTER, AuD, DOCTOR OF AUDIOLOGY, OWNER, BETTER HEARING

cognition as one ages (including earlier onset of dementia).

Hearing plays a crucial role in alerting us to potential dangers in our environment, such as approaching vehicles, alarms, or emergency sirens. Protecting your hearing ensures that you can remain vigilant and react appropriately to potential safety hazards. Have you ever noticed how noisy our world is? Loud noises like power tools, heavy equipment, fireworks, and live music can be hazardous to our hearing. Exposure to loud noise is the

most common cause of hearing loss, and it is preventable with some simple steps.

- **Protect yourself from excessive noise.** Wear hearing protection (well-fitting earmuffs for young children and earplugs for older children and adults) when you're in noisy environments. Take a listening break and leave noisy areas at least once per hour to give your ears a rest and be mindful of the volume on your personal devices such as smartphones and tablets. This is especially important when you use earbuds and headphones. Keep the device volume to

half or less. Hearing loss can often be overlooked or dismissed as a temporary inconvenience. Understanding and recognizing the signs of hearing loss is crucial for early intervention and effective management.

- **Learn the signs of hearing loss.** Signs include ringing, buzzing, or pain in the ear; having difficulty following a conversation when more than one person is talking; having trouble hearing in noisy places like a restaurant or on the phone; and frequently perceiving that sounds seem muffled or people seem to be mumbling. In children, signs of hearing loss can also include pulling or tugging at their ears, displaying delays in speech and language development, or seeming unhappy or socially isolated. Learn more at <http://IdentifytheSigns.org>.

If you suspect you have a hearing loss, it's important to take proactive steps to address the issue. Schedule a hearing test with an audiologist, a

professional who specializes in the prevention, diagnosis, and treatment of hearing loss. Not sure where to start? Talk to your primary care provider about your concerns and they can lead you in the right direction.

It took my friend a while, but she eventually heeded my advice and got her hearing checked. Her hearing loss was treatable through the use of hearing aids. She is amazed at the things she can hear now, even things she didn't know she was missing. She often tells me she wished she didn't wait so long to do something about her hearing. As for me, I'm glad I don't have to repeat myself as much as I used to.

For more information about hearing loss, visit the American Speech Language Hearing Association's website at www.asha.org/public and the Hearing Loss Association of America website at www.hearingloss.org.

Megan Carter, AuD, is an audiologist and the owner of Better Hearing in Wenatchee and Omak.

Warning signs of developing mental health issues

Various mental illnesses are more common among women than men, including depression and anxiety. The Mayo Clinic says it's common to have mental health concerns from time to time, but when one of those concerns becomes frequent or affects one's ability to function, it becomes an illness.



According to Clearview Treatment Programs, women often live with mental illness for months, even years before seeking treatment. Individuals may not realize the severity of their conditions, or they may mistake mental illness for stress or feeling overwhelmed. Even though the stigma surrounding mental health issues has decreased considerably in recent years, women still face societal barriers, says McLean Mass General Brigham Hospital. Women may not be inclined to discuss their issues and, in turn, fail to receive prompt

care.

Signs of mental illness vary, depending on the disorder and additional variables. A condition may affect a person's emotions, behaviors and thoughts. Some signs of a burgeoning mental illness include:

- Significant changes in sleep habits, which may include sleeping more or not at all.
- Changes in eating behaviors, which may

include binge eating or going without food.

- Women tend to internalize mental illness, and symptoms can include ruminating, withdrawal from activities and generally retreating from life.
- Physical conditions that cannot be explained, such as headaches, stomach aches, chronic pain, and even high blood pressure.
- Emotional lability, which

means rapid mood swings from happiness to anger and sadness.

- Confused thinking or a reduced ability to concentrate.
- Excessive fears or worries.
- Detachment from reality, resulting in delusions.
- Trouble relating to situations and people.
- Changes to sex drive.
- Excessive anger or hostility.
- Suicidal thoughts or attempts.

Mental illness can affect anyone. According to research, women may have a higher propensity to develop certain mental health conditions and thus need to be aware of the symptoms of those disorders. Anyone in crisis should call 911 or their local emergency number immediately. In the United States and Canada, women can call or text 988 to reach suicide and crisis support.



Women should pay careful attention to their physical health, but it's worth noting the importance of tending to one's mental well-being as well. Data concerning women and mental health highlights some eye-opening disparities between women and men. The American Psychiatric Association says each year one in five women in the

United States experiences a mental health problem. Twice as many women as men experiences depression. In addition, compared with men, women are twice as likely to experience post traumatic stress disorder or anxiety (both generalized anxiety disorder or panic disorder). Women also are more likely to attempt suicide than men, but men are four times more likely to die by suicide. Women exhibit higher rates of various mental health disorders than men (rates of impulse control disorders and substance abuse disorders are higher among men than women). It is important to note that many mental health issues can be successfully treated and women should seek the assistance of a mental health professional if they need help.

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Announcements

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Employment

Help Wanted



Douglas PUD has an opening for:

Student Trainee – Natural Resources

Details at www.douglaspu.org or <http://www.douglaspu.org>

Help Wanted

Utility Maintenance Worker (Full-Time, Weekends Required)

The City of Leavenworth, an equal opportunity employer, is now accepting applications for the position of Utility Maintenance Worker.

This position is full-time/permanent, union covered, and requires weekends. Salary range is \$5,073 - \$5,713 per month.

Requirements:
Minimum 18 years of age and Washington State driver's license with record acceptable to the City. Position will require a pre employment drug/alcohol screening and physical evaluation. This position requires a CDL which means individuals will be subject to applicable federal regulations, including random drug testing.

Individuals must be able to work weekends, holidays, and required overtime. Duties involve assistance in basic maintenance and repair of, which includes but is not limited to, garbage and cardboard collection, streets and roadways, sidewalks, ROW maintenance, buildings and structures, municipal water distribution system, sewer and stormwater collection system, cemetery grounds, headstones, restrooms, and which includes but is not limited to the scope of functions and duties listed. The typical schedule is five days per week; although, schedules may vary to support requested needs of the City. Weekend work will be required to accommodate the work demands and service requirements of the City in order to ensure safety, cleanliness, and aesthetic appeal, as well as to meet public needs and standards. The full job description, job application, and instructions on how to apply are available at City Hall, 700 US Hwy. 2, from 9:00 AM to 5:00 PM, online at www.cityofleavenworth.com, or by contacting us at (509) 548-5275. First review date for submitted application(s) is Friday, March 22, 2024. Position will remain open until filled.

Help Wanted



The City of Chelan's Public Works Department is accepting applications for the position of Sanitation Truck Driver.

The monthly income range for this position is between \$4,911 and \$5,970. (\$28.33-\$34.44 per hour)

Benefits include PERS retirement, medical, dental, vision insurance, paid vacation, holidays, and sick leave. Application materials are located on the City's website: <https://cityofchelan.us/Jo> bs. First review of applications will be Monday March 25th, 2024. Position is open until filled.

PUD No. 1 of Okanogan County is seeking to fill a public information officer position.
Please see www.okanoganpud.org for job description and requirements; and submit application with resume. Okanogan PUD is an equal opportunity provider and employer.

HELP WANTED
Responsible Animal Lover to occasionally feed 2 mini donkeys and 1 outside cat. Lower Brender Canyon area Cashmere. For more information please text or call 509-860-4665.

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Real Estate

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Legals

Public Notices

NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that the City of Leavenworth has scheduled a public hearing with the Leavenworth Hearing Examiner to consider amendment to the Leavenworth Adventure Park Conditional Use Permit, file number LUA2023-058, located at 9342 Icicle Road, Leavenworth, WA. You are invited to review the file, make comment, and attend the public hearing. The Public Hearing will be held at 9:00am Friday March 29, 2024 at City Hall, 700 Hwy 2, Leavenworth, WA and via Zoom Meeting ID: 971 6918 4615; Passcode: 961696; Or the call-in phone number: 1-253-215-8782. You are encouraged to attend or provide written comment. Written comments need to be submitted to the city staff one day prior to the hearing, to be added to the file of record. Additionally, public comment will be taken at the hearing. The file materials can be viewed online on the City's Public Portal at https://lwnworth_wa.permittax.com/Citizen/; Search by file number, address, or use the interactive map feature to access the file. Additionally, you may request to view the file at City Hall, 700 Highway 2, Leavenworth, during normal business hours or be directed to Lilith Vespier, Community Development Director, phone 509-548-5275 or email lvespier@cityofleavenworth.com. Published in the Leavenworth Echo/Cashmere Valley Record on March 13, 2024 #7443

Public Notices

NOTICE OF APPLICATION AND PUBLIC HEARING
NOTICE IS HEREBY GIVEN that the City of Leavenworth has received the following applications and has scheduled a public hearing with the Leavenworth Hearing Examiner. You are invited to review the files and make comments. Comments received by March 27, 2024, will be addressed in the City staff review; other comments may be addressed at the public hearing. The Public Hearing will be held at 1:00 pm on Monday, April 8, 2024, online via Zoom, Meeting ID: 935 7208 2207, Passcode: 555371; Or the call-in phone number: 1-253-215-8782. If you cannot attend via Zoom, please contact us, at least one day prior to the hearing, for special arrangements.

LUA2024-015: Application submitted by the City of Leavenworth, requesting a variance to reduce the front yard setback to zero (0) feet from the front property line adjacent to US Hwy 2, for construction of a new pedestrian pavilion structure located above the Front Street restroom facility. The project is located at 820 Front Street, within the Central Commercial Zoning district; Assessor's parcel number 241712210500.
LUA2024-016: Application submitted by the City of Leavenworth, requesting a variance to reduce the front yard setback to five (5) feet from the front property line adjacent to US Hwy 2, for construction of a public restroom at the Glacier Parking lot. The project is located at 170 US Hwy 2, Leavenworth, Washington, within the Tourist Commercial zoning district; Assessor's parcel number 241711140755. The public is encouraged to attend via zoom and to submit written comments prior to the hearing. Materials may be viewed by appointment only at City Hall, or on the City's Public Portal at https://lwnworth_wa.permittax.com/Citizen/; Search by file number, address, or use the interactive map. Questions may be directed to Maggie Boles, Senior Planner, phone 509-548- 5275 or email mboles@cityofleavenworth.com. Published in the Leavenworth Echo/Cashmere Valley Record on March 13, 2024. #7434

Public Notices

CITY OF CASHMERE DETERMINATION OF NON-SIGNIFICANCE (DNS) AND NOTICE OF PUBLIC HEARING
PROJECT NAME: City of Cashmere Recreational Vehicle Park Regulations Update (CMC 17.52)
PROJECT DESCRIPTION: The City of Cashmere is proposing to update CMC 17.52 Recreational Vehicle Park and 17.18 District Use Chart. The updates are intended to change the permitting process for a recreational vehicle park from a PUD to a CUP, remove the use from residential zoning districts, and make minor modifications to the code to clarify code provisions, update terminology and standards, and reflect the changed permitting process.
DETERMINATION OF NON-SIGNIFICANCE: As the Lead Agency, the City of Cashmere has determined that significant environmental impacts are unlikely to occur as a result from the proposed non-project action. An environmental impact statement is not required under RCW 43.21C.030(2)(c). Therefore, as permitted under WAC 197-11-340(2), the City of Cashmere is issuing a Determination of Non-significance. The City will not act on this proposal for 14 days from the date of issuance.
PLANNING COMMISSION PUBLIC HEARING: The Cashmere Planning Commission will hold a public hearing on April 1, 2024 at 6:00 pm. The hybrid meeting will be held in-person at Cashmere City Hall and virtual using Zoom. After the public hearing, the Planning Commission will forward their recommendation to City Council. The City Council will hold a public meeting before adopting the proposed code updates.
To attend the Planning Commission using Zoom, go to: <https://zoom.us> and enter meeting ID: 882 719 9871 and passcode: 788276
For audio only, call: 1-253-215-8782
REVIEW: All documents are available at for review at Cashmere City Hall, 101 Woodring Ave., Cashmere, WA 98815.
COMMENT DEADLINE: If you wish to comment on this SEPA determination, comments must be received by 5:00 pm on Wednesday, March 27, 2024. Comments on the proposed code updates City of Cashmere 101 Woodring Street Cashmere, WA 98815 Ph (509) 782-3513 Fax (509) 782-2840 Website www.cityofcashmere.org must be submitted prior to the close of the Planning Commission Public Hearing on April 1, 2024. You are encouraged to submit written comments on the proposed code updates prior to the Planning Commission public hearing. You may submit comments on the proposed code updates using the following methods:
W submitted by mailing to Cashmere City Hall at 101 Woodring Street Cashmere, WA 98815 or by emailing Steve Croci at steve@cityofcashmere.org.
I provided during the public hearing at Cashmere City Hall.
V provided during the public hearing by attending the meeting through Zoom.
CONTACT PERSON: Steve Croci, steve@cityofcashmere.org, 509-782-3513
RESPONSIBLE OFFICIAL: Tammy Miller, SEPA Official February 21, 2024
Signature Date
APPEAL PERIOD: This administrative decision may be appealed to the Hearing Examiner within 14 calendar days after the date of the decision, pursuant to EMC 14.10.030. Contact the City Planner to learn more about the SEPA appeal process. Published in the Cashmere Valley Record/Leavenworth Echo on March 13, 2024. # 7382

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www.cashmerevalleyrecord.com

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of KIM M. FENNER, Deceased. No. 24-4-00070-04 PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this

Public Notices

time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: Wednesday, March 13, 2024 Personal Representative: Kyle A. Fenner Attorney for the Personal Representative: Russell J. Speidel Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 24-4-00070-04 KYLE A. FENNER Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: RUSSELL J. SPEIDEL WSBA No. 12838 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in the Leavenworth Echo/Cashmere Valley Record on March 13, 20, 27, 2024. #7402

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of M. TERESA PUYEAR, Deceased. No. 24-4-00057-04 AMENDED PROBATE NOTICE TO CREDITORS RCW 11.40.030

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever

Public Notices

barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: March 13, 2024 Personal Representative: Patrick S. Puyear Attorney for the Personal Representative: Russell J. Speidel Address for Mailing or Service: Speidel Bentsen LLP 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807-0881 Court of Probate Proceedings and Cause Number: Chelan County Superior Court Cause No. 24-4-00057-04 /s/ Patrick S. Puyear PATRICK S. PUYEAR Personal Representative Attorneys for Personal Representative: SPEIDEL BENTSEN LLP By: /s/ David J. Bentsen RUSSELL J. SPEIDEL WSBA No. 12838 DAVID J. BENTSEN WSBA No. 42107 7 North Wenatchee Avenue, Suite 600 P.O. Box 881 Wenatchee, WA 98807 Published in the Leavenworth Echo/Cashmere Valley Record on March 13, 20, 27, 2024. #7445

Public Notices

Superior Court of Washington for Chelan County In the matter of the estate of DIANN ARLENE LOYA, Deceased. No. 24-4-00058-04 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

Public Notices

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: February 28, 2024. Deborah A. Jorgensen, 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: 24-4-00058-04 Published in the Cashmere Valley Record and Leavenworth Echo on February 28, March 6, and March 13, 2024. #7331



Discover the heart of North Central Washington with NCW News - your premier source for local stories, insights, and community updates. Stay informed, stay connected. https://ncw.news/

Kid Scoop puzzle and activity page featuring Marie Curie. Includes a maze titled 'A Love of Learning', a coloring page of lab equipment, an X-ray activity, and a 'Women in the News' section. Text includes: 'Marie Curie was a scientist in a time when few women had a chance to study science. She won two Nobel Prizes for her discoveries. She also is the only person - man or woman - to win the Nobel Prize in two different sciences.' and 'In 1895, Marie married Pierre Curie. He was also a scientist. They discovered two new elements, the tiniest pieces of chemicals. They called one polonium after the country where Marie was born. They called the other radium. They won a Nobel Prize for this work, making Marie the first woman to win a Nobel Prize.'

Kid Scoop Puzzler: What is a Nobel Prize? The Nobel Prize is one of the most important awards in the world. Nobel Prizes are given in physics, chemistry, medicine, literature, peace and economics. The prizes honor people who have done outstanding work that makes the world better. Includes a puzzle with six identical medals to identify.

Double Double Word Search: Find the words in the puzzle. How many of them can you find on this page? WORDS: BODY, BONES, BORN, COLLEGE, CURIE, GO, LIGHT, MATH, PARIS, POLAND, PRIZE, SCIENCE, STUDY, WEEK, WORLD.

FROM THE LESSON LIBRARY: Science Helping. Look through the newspaper for a picture of or an article about a kind of technology you use in your life. If this didn't exist, what would you do instead? Standards Link: Write to express an opinion.

Write On! A Woman I Admire. Who is a woman you admire? Explain what you admire about her. Standards Link: Language Arts: Write using descriptive details.

Kid Scoop Together Proof It: Are you an eagle-eyed reader? Circle the eight mistakes in the article below. (The first one is done for you.) Then, rewrite the article correctly. Little Curies Saved Millions. During World War I, Marie Curie was a war hero. Her X-ray machines helped doctors save lives. But the X-ray machines were only in large city at that time.

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EXPLORE THE WORLD WITH YOUR LOCAL LIBRARY. AT YOUR LIBRARY: Storytimes, After school events & activities, Check out books, comics, movies, & more. NCW LIBRARIES.ORG: Free homework help, Britannica Library, Stream books, comics, movies, & more.

Librarian Continued from page A1 previously worked as a Reference Librarian at Newark Public Library in New Jersey, and has been a lecturer at Rutgers since 2016. Although a majority of her background is based in New Jersey, Kwon has lived in Leavenworth since 2020. Kwon, her husband, and three kids relocated across the country in order to be closer to family. When they moved, Kwon immediately fell in love with the small town, but knew job openings for a librarian would be slim to none. In the meantime, she continued part-time work lecturing and doing research

for a tech company, as well as serving on the Mountain Sprouts Children's Community Board and Peshastin Dryden-Alpine Lakes PTO. She focused on raising her three sons, but as her youngest entered school full-time, she started to consider full-time work again. "Then, one of my neighbors, who is on the Friends of the Library, let me know that Amy was retiring. So I just kept my eyes out, and when I saw the position open, tried to grab it as soon as I could. I was so excited, and they hired me. One of my friends is just like, 'What are the chances in our tiny town that you would actually get to be the librarian?'" said Kwon. The opportunity felt

serendipitous, and for Kwon, it was a way to reignite her lifelong passion. Kwon described herself as a shy, introverted child, who read voraciously. As the child of immigrants, Kwon said books helped her learn about the world, about America, and how to exist in it. "Books practically raised me," said Kwon. After college, Kwon landed a job with Asian American Legal Defense and Education Fund (AALDEF) in New York, educating people on their rights and how to access community resources. "So much of the work they were doing was about equal access to information...After 9/11 when there was a lot

of money being poured into downtown to rebuild, a lot of the Chinatown businesses didn't get a piece of that because they just didn't know. They didn't know those were there, they didn't know how to navigate the system, they didn't know if there were translated materials," said Kwon. For so much of her childhood, Kwon consumed information for her own enrichment and enjoyment. Yet her work at AALDEF showed her that access to information was the cornerstone to equal rights, prompting her to pursue a graduate degree in library studies. "The public library is really that one democratic institution

where it's meant to be for everyone, so that became really, really important for me," said Kwon. "Libraries are actually pretty radical, you know? The principles of our profession are all about equal access to information and patrons' rights to read whatever they want. Our job is just to foster that and to be here for everyone and whatever they need," said Kwon. Now, as the Leavenworth Librarian, Kwon plans to use her research experience to find the pockets of the community that may not know about the library or its resources, but may need them. As outreach brings people in, Kwon wants the library space to serve as the "community's living

room," where kids and adults can gather, meet, and engage with each other. Her biggest goal is to create a media/maker space for kids and teens to create and put things out in the world, such as podcasts, zines, or newspapers. Through the NCW Libraries system, the Leavenworth Library is able to access over 600,000 items, such as books, digital media, mobile internet hotspots, museum passes and more. The library also hosts community events, and provides computer access, WiFi, and printing. More information can be found at ncwlibraries.org. Taylor Caldwell: 509-433-7276 or taylor@ward.media