



Cashmere Valley Record

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Planning Commission discusses plans for economic growth and development

By Kirk Beckendorf
Special to Ward Media

CASHMERE — Addressing concerns about Cashmere's business development and economic growth, Christina Wollman, Contract Planner for Perteet, Inc., urged the Cashmere Planning Commission to consider grants for a comprehensive economic development study. During a March 4 meeting, Wollman highlighted the town's growth challenges, including a lack of dedicated staff for planning and

economic development, and pointed to the upcoming Comprehensive Plan update as a critical opportunity to define Cashmere's future vision. The discussion also covered the scarcity of land for business and industrial use, high rates charged by the Port, and the need for a more connected network of city pathways.

Wollman added that a challenge for Cashmere, is that the town is a growing community but lacks staff dedicated to leading the planning and economic development processes.

Wollman told the Commissioners that Cashmere will have a good opportunity to really define its vision when the required update to the Comprehensive Plan begins. She expressed her view that the City's current Comprehensive Plan lacks a vision of the future. Citing specific examples, she pointed out that the plan does not include the locations of future road connections or utilities.

Commission Chair, Zak Steigmeyer, reported back to the other Commission members a summary of the joint meeting of the Commission and City

Council. He explained that he made it clear that the CPC was seeking input and direction from the Council. However, Steigmeyer said that at the meeting the Council did not provide a clear direction or set of tasks, although a Council member did suggest that the CPC could develop a plan for additional pathways in the city. Commissioner John Torrence asked about the Council's interests in change. Director of Operations Steve Croci, responded that they are pro-business.

The lack of land that is available for

business and industrial use, was a topic discussed throughout the evening. Torrence suggested asking developers why they are not coming to Cashmere would be a good starting point. He argued that the city's expenses are increasing and additional businesses located in town can help the city increase its revenue to help cover those costs. Croci told the Commissioners that businesses have left Cashmere because they cannot find property on which

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Cashmere Royalty selection night approaches

By Quinn Propst
Ward Media Staff Reporter

CASHMERE — The 2024 Cashmere Royalty will soon be crowned. On the evening of Friday, March 22, candidates will be interviewed by a panel of judges, and the newly selected royalty will be crowned that night.

Val Carney, event organizer and President of the Cashmere Float Association said interested candidates have until March 20 to return their applications, resumes, and letters of recommendation.

Candidates will be scored on their interviews, resume, and application.

Judges are looking for community-minded candidates with a good GPA and good public speaking skills.

"One of the big things that we've really shifted our focus towards is community service," Carney said. "So at Cashmere High School, all of the students are required to do a certain number of community service (hours) and so we're looking for how many of those have you fulfilled?"

"Have you gone above and beyond the expectation in your community service," she said. "Is your community service diverse, like you're not just getting it from volunteering at track meets for the school? Are you actually going out into the community and helping?"

Carney said that judges will also be looking for candidates with good speaking skills and a professional appearance.

"They're going to be looking for, you know, GPA is part of it, simply because that lets us know, these are kids who are dedicated to what they do," she said. "They're also kids who are going to be able to manage their royalty responsibilities and not fall behind in school."

Community service is an important factor that

judges will consider when selecting the new court.

"I think that being a member of the Royal Court is community

service and if you don't have, for one thing, if you don't have a level of dedication to the community already, with community service, then are you really going to be fully dedicated to your role as royalty," she said.

"That's one aspect of it," she said. "But the bigger aspect is, you know, just being a part of the community is so important, especially in you know, these smaller towns, where community service and community involvement really helps run the town."

"I think that that's such an important piece of it," she said. "And because it sets a really great example for the younger kids who are

looking up to these, these kids who are royalty, and if they see them out in the community doing other things besides just wearing a crown, like if they're out, you know, collecting garbage or helping with any event or you know, helping do any event, like put on events for the younger kids I think that that sets such a good example for those younger kids look up to."

The royal court will attend many Cashmere events, such as the Cashmere Chamber Auction, the Rotary Club Auction, and Founders Days. They will also represent Cashmere throughout the state at parades and other events and encourage people to come visit Cashmere and Cashmere businesses.

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COURTESY OF CASHMERE ROYALTY

The 2023 Cashmere Royalty (pictured left to right) Princess Naomi Valle, Queen Reese Westlund and Princess Faith Kert represented Cashmere at local events and throughout the state. On March 22 the 2024 royal court will be selected.



Cashmere Community Concert Series returns with new location



COURTESY OF CASHMERE COMMUNITY CONCERT SERIES

Caleb Klauder and Reeb Willms perform at a Cashmere Community Concert in 2019. The duo are back and will be the first performers when the concert series returns on March 30.

By Quinn Propst
Ward Media Staff Reporter

CASHMERE — After a several year hiatus, the Cashmere Community Concert Series is back with a new location at the Cashmere Community Church.

After the pandemic caused a pause in the tradition, event organizers had a hard time finding a new home for the concerts.

Marie Vecchio is the executive

director of the Cashmere Community Concert Series and the Wenatchee Bluegrass Festival.

Cashmere Community Concerts is a nonprofit organization whose mission is to provide live, affordable, high-quality entertainment to the Wenatchee Valley.

For Vecchio, the location is a good fit for the music and the atmosphere that the group has cultivated over the years. The Cashmere Community Church is a place where everyone is welcome, and Vecchio finds similarities in that atmosphere.

"We're there for the same mission," Vecchio said. "Our concerts are a gift to the community. We are nonprofit, as I mentioned, none of us get paid for what we do. We spend a gazillion hours arranging music for the community and for the festival. So this was perfect."

Vecchio appreciates that the church

See CONCERT SERIES Page A5



Cashmere gears up for St. Patrick's Day Parade with family fun and community spirit



COURTESY OF MELISSA MCCLENDON

Past participants in the Cashmere St. Patrick's Day Parade enjoy the festive atmosphere and tradition in Cashmere. The 2024 Parade is on Sunday, March 17, at 7 p.m. and is hosted by Milepost 111 Brewing Company and the Cashmere Chamber of Commerce.

See STORY AND MORE PICS Page A5

Cashmere student participates in House Page Program



COURTESY OF REP. KEITH GOEHNER

Cashmere Middle School student Liam Hill sits at the desk of his grandfather, 12th District Rep. Keith Goehner, in the House of Representatives chamber in Olympia, during his week of service as a legislative page from Feb. 25 to March 1.

OLYMPIA — Cashmere Middle School student, Liam Hill, took part in the state House of Representatives Page Program from Feb. 25 to March 1, sponsored by 12th District Rep. Keith Goehner.

"I am grateful to have our grandson, Liam, serve as a page this session so he had the opportunity to observe how the Legislature works. He enjoyed his time in Olympia and is excited to share his experience with other students who may be interested in the page program," said Goehner, R-Dryden. "Students should take advantage of the House Page Program. It is informative and provides a good understanding of how our political process and state government function."

Liam, the son of Joshua and Heidi Hill of Cashmere and grandson of Keith and Lisa Goehner, enjoys playing the

See HOUSE PAGE Page A5

Inside The Record this Week

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Cashmere Valley Record Sports



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in celebrating the spirit of athleticism and teamwork as we gear up for an exciting season of spring sports with the Bulldogs!

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Bulldog Schedule



CASHMERE BOYS VARSITY BASEBALL	
Mar. 13:	Liberty Bell; Home at 4:30 p.m.
Mar. 16:	Naches Valley; Home at 11 a.m.
Mar. 16:	Naches Valley; Home at 1 p.m.
CASHMERE GIRLS VARSITY BASEBALL	
Mar. 13:	Liberty Bell; Home at 4:30 p.m.
Mar. 16:	Brewster; Away at 11 a.m.
Mar. 16:	Brewster; Away at 1 p.m.
CASHMERE BOYS VARSITY SOCCER	
Mar. 14:	Selah; Home at 6 p.m.
Mar. 16:	Zillah; Away at 11 a.m.
Mar. 19:	Omak; Home at 6 p.m.
CASHMERE BOYS & GIRLS VARSITY TENNIS	
Mar. 14:	Ephrata; Away at 3 p.m.
Mar. 15:	Manson; Home at 4 p.m.
Mar. 16:	Othello; Home at 10 a.m.
Mar. 19:	Omak; Home at 4 p.m.
SCOREBOARD BOYS VARSITY SOCCER	
Mar 9:	Cashmere 0, Overlake 5; Loss

Cashmere Girls Track Team



COURTESY PHOTO

Front Row: L to R Cali Diaz, Molly Smith, Bri Talley, Quinn Pace, Amelia Flick, Mackenzie Van Bogart, Vansee Wheeler, Brynne Patrick


2nd Row: Claire Appel, Eleyse McDevitt, Karla Tune, Jessica Guerrero, Erin Irelan, Raquel Pedraza, Gabriela Ramirez, Kylie Wheatley

3rd Row: Brianna Castro, Allyson Kitchel, Trinity Guiver, Becxayra Chavez, Mackenzi Hernandez, Paola Hernandez, Sara Andrade, Julianna Mora

4th Row: Brenda Carrillo, Carina Romero, Evelyn Rodriguez, Galilea Santana-Torres, Serena Sandhu

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GO BULLDOGS

Cashmere gears up for St. Patrick's Day Parade with family fun and community spirit



PHOTOS COURTESY OF MELISSA MCCLENDON



By Quinn Propst
Ward Media Staff Reporter

CASHMERE – Milepost 111 Brewing Company and the Cashmere Chamber of Commerce will once again host the annual St. Patrick's Day Parade on Sunday, March 17, at 7 p.m.

Parade organizer Melissa McClendon, owner of Milepost 111 Brewing Company, said the parade is a family-friendly and fun local event.

"It's a local event, it's a Cashmere event, and it's just a great way to see your neighbors and friends, and maybe you'll see them either on the sidewalk, or you see him in the parade, and just it's really fun," she said. "It's really a kid-friendly thing."

Parade participants will gather at Riverside Park around 6:30.

"So it's a very, very short parade," she said. "It's basically one block in Cashmere. So we start at Riverside Center, go up, and then turn right on to

Cottage Ave., and then goes that one particular block, and it's kind of a known thing for Cashmere that's been going on for many years."

The parade will go around the block twice and last about 20-30 minutes.

Parade participants may hand out, but not throw, candy and other items, McClendon said.

Entry forms to walk or drive in the parade are due by Saturday, March 16.

Participants may register by email at milepost111@icloud.com or at the Cashmere Chamber office.

"We have an entry form that they fill out so you can be walking," she said. "You want to do a walking group? You can be a bicycle group. You could be a dog group. We've had horses before."

Drivers must show proof of insurance and a valid driver's license.

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House Page

Continued from page A1

clarinet for his school band and local orchestras. He also participates in leadership and church activities.

The House Page Program annually welcomes students aged 14 to 16 from across the state, contingent upon legislative sponsorship and parental and school approval. Pages receive a daily stipend

of \$65 and may accrue up to 20 hours of community service. Financial assistance is available through the Gina Grant Bull Memorial Legislative Page Scholarship for those needing help with travel and lodging expenses.

Further details about the House Page Program can be found at: <http://www.leg.wa.gov/House/Pages/HousePageProgram.aspx>.

Concert Series

Continued from page A1

has beautiful architecture and great acoustics.

"So the sanctuary is lovely, and that's where we're going to be having our concerts in the sanctuary, and then at intermission, we'll all go into the rec hall and drink coffee and visit," she said.

The group traditionally holds two concerts in the spring and two in the fall.

The first concert in the series is on Saturday, March 30, at 7 p.m. at the Cashmere Community Church at 213 S. Division St., Cashmere.

Caleb Klauder and Reeb Willms will perform at the event. The vocally driven duo's music is subtle, powerful, and compelling. Klauder plays the lyrical mandolin, and Willms plays the guitar. They will perform original songs and tunes as well as their favorite picks from traditional and country repertoires.

Vecchio, a musician herself, is looking forward to resuming the concerts.

"So these concerts not only provide good music but a camaraderie among people, people getting to meet other people or visit with old friends or whatever. But these intermissions were fantastic because they'd sit and drink coffee and eat cookies that were donated by some of the bakers in our membership or whatever, and it's magic."

Not only do the concertgoers build up communities and friendships, but the musicians do as well.

"The thing about the

camaraderie among these folks, like I was mentioning, some of these folks see you travel from festival to festival, which, you know, I do because being the director," she said. "If you see people that you haven't seen since the last Festival, and you know, we're all musicians, so you gather, you start playing music, it's like just where you left off at."

"You pick it right up again and it's family you're looking forward to seeing people from, you know, from festival to festival, and these concerts, you're establishing ties to these people," she said. "And seeing them from concerts to concerts, well it's magic."

"Music is magic," she said.

The venue is a smoke-free and alcohol-free environment. Light refreshments will be provided at intermission. The cost is \$5 at the door. There will be a "Pass the Hat" for musicians, with a suggested donation of \$8 to \$15.

For more information, call (509) 421-0494 or visit cashmereconcerts.com.

"It's priced reasonable for people to be able to bring their families and all the donations that are gathered at the hat pass go to the musicians," Vecchio said.

"I'm hoping we get back into the groove, you know, after not doing it for so long, we're just praying that we have such a good reputation and we're hoping that our followers continue to support us now that we're at a new location," she said.

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



COURTESY OF CASHMERE COMMUNITY CONCERT SERIES
Kathy Kallick Band performs at a past Cashmere Community Concert.

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.



STOCK PHOTO

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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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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
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>.

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.

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

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.



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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Employment
Help Wanted

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Douglas PUD has an opening for:

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Details at www.douglaspu.org or 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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Bridgeport, WA. Joseph Cove Apartments accepting applications for a two-bedroom apartment with central air, wash/dry hook ups, must be income eligible. For more information call Shannon at 509-686-4731

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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://lvnworth_wa.permitrax.com/Citizen/; Search LUA2023-058, the property 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://lvnworth_wa.permitrax.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

NOTICE OF APPLICATION
NOTICE IS HEREBY GIVEN that the City of Leavenworth has received the following application for a Group B Home Occupation Permit. You are invited to review the file and make comment. Comments received by March 27 will be addressed in the City Staff review.

LUA2023-029: A request for a Group B Home Occupation to conduct a massage therapy business, pursuant to LMC 18.36.060. The owner will reside in the primary Single-Family Residence on site. The maximum number of customers permitted to visit the business will not exceed ten, in a twelve-hour period of time. Access to the business will be provided off Titus Road, via an existing driveway. The project is located at 10425 Titus Road #J, Leavenworth, WA, within the Residential Low-Density 6,000 (RL6) Zoning of the City of Leavenworth; parcel number 241701462090. Planner: Amy McCoy Materials may be viewed by appointment only at City Hall, or on the City's Public Portal at <https://bit.ly/2RMadlw>; Search by file number, address, or use the interactive map. Questions may 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. #7403

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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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 Wenatchee, WA 98807 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



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Marie Curie Helping Through Science
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.

A Love of Learning
Marie Skłodowska was born in Poland on November 7, 1867. Her father was a teacher. He taught math and science. Marie loved learning and wanted to study science in college. In those days, Poland's universities did not allow women. Marie headed to Paris, where she could study at a famous university called the Sorbonne.

Help Marie travel from Warsaw to Paris.

Color each matching piece of lab equipment the same color.

What is an X-ray?
Imagine a special flashlight that's so strong, its light can go through almost anything, even your body. Doctors use X-rays to take pictures inside your body to see your bones and other important parts without having to open you up.

Draw a line from each X-ray to the part of the body it shows.

Women in the News
Watch the newspaper for a week or a month for pictures of women who are making a difference. Cut them out and make a collage with everything you find. Can you come up with a name for your collage?

Standards Link: Science: Identify human systems.

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.

Find the two identical medals to see what the Nobel Prize looks like.

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

BODY
BONES
BORN
COLLEGE
CURIE
GO
LIGHT
MATH
PARIS
POLAND
PRIZE
SCIENCE
STUDY
WEEK
WORLD

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

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

FROM THE Kid Scoop 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 wuz a war hero. Her X-ray machines helped doctors save lives. But the X-ray machines were only in large city at that tyme.

Curie inventer the furst "X-ray car" called a "Little Curie." It was a car with an X-ray machine and a darkroom to print the X-ray images. Her car was driven to battlefields, and army surgeon used the X-rays to guide life-saving surgeries.

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• Free homework help
• Britannica Library
• Stream books, comics, movies, & more

Commission
Continued from page A1

to expand. He explained that the Port owns 2 "downtowns" worth of property and that the city needs to find a way to have commercial enterprises built on Port property. Concern was expressed that the Port properties are not bringing in or retaining industry. According to Croci, the rates charged by the Port appear to be high and the Port seems to be difficult to work with; as a

result, he said that businesses frequently inquire but go elsewhere. He acknowledged that environmental clean-up concerns and costs are an issue on some of the Port's properties. Croci added that the city does not receive any property tax from the port property, which are the port-owned buildings. He argued that if buildings on the port's property were privately owned, the city would receive property and sales tax from any businesses in the facilities. Steigmeyer suggested that talking with business

owners who had left or who had decided not to locate at the Port property could be helpful in understanding the problem. Wollman provided additional advice to the CPC for their meetings and as they begin updating the Comprehensive Plan later in the year. She suggested 1) that the Commission have specific actions and tasks to keep the meetings focused. 2) Determine good places for multi-family zoning in the UGA. 3) Investigate the feasibility of expanding the UGA. 4) Investigate and plan

the expansion of the city's pathways. The CPC revisited the topic of city codes and if they are standing in the way of development. Steigmeyer asked the city's Director of Operations, Steve Croci, to request that a city planner from Wenatchee come to the April meeting to describe the lessons learned from a recent major code revision. Wollman agreed that hearing from a Wenatchee city official would be useful, however, she also suggested that since businesses are not

coming to Cashmere and being turned away, the codes may not be preventing businesses from locating to Cashmere. She hypothesized that the issue may be a lack of infrastructure or available land. As an additional action item for their April meeting, Commissioners asked for maps of the city's current trails and pathways so that they could sketch in potential connection points. Croci explained that creating a multi-use pathways plan would help the city apply for grants to create a more

connected network of pathways. Croci announced that a Public Hearing will be held to receive comments regarding the proposed changes to the city's RV Parks and Campground codes.

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