

**Legislative Session Recap** | Climate Commitment Act needs accountability

Point of View | A2



# **Cashmere Valley Record**

A Ward Media Publication

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### March 13, 2024

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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

See COMMISSION Page A10

# **Cashmere Royalty selection night approaches**

#### **By OUINN 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 communityminded 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

fall behind in school." Community service is an important factor that

responsibilities and not

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 important an 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 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.

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

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



### Cashmere student participates in House Page Program



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

#### **Cashmere Community** Concerts

When: Saturday, March 30, at 7 p.m. Where: Cashmere Community Church 213 S Division St, Cashmere Who: Caleb Klauder & Reeb Willms Cost: \$5 at the door cashmereconcerts.com

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

### **Inside The Record this Week**

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				Business Directory
Advertising FlyersSafeway	A6	Sports	A4	Church Guide



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



www.cashmerevalleyrecord.com

### 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!

#### **Feen 3D Printing** Workshop

The Wenatchee Library will host a Teen 3D Printing Workshop on Saturday, March 16 from 2-4 p.m.

"Teens, come join us for a 3D printing workshop," the event page states. "Learn how to use free software to design projects, troubleshoot design problems, and more. Projects will be printed following the workshops for free. This event is intended for ages 10+ and we ask that our 10-12 year olds are accompanied by an adult to provide support."

For more information visit ncwlibraries.org.

#### 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.

#### **Upper Valley** Seafood Fest

The Knights of Columbus will host the first annual Upper Valley Seafood Fest on Friday, March 15 from 6:30-8:30 at the Mission Creek Community Club.

"Come join us at the Mission Creek Community Club on Mission Creek Rd. in Cashmere for a day filled with delicious seafood, music, and great company," the event page states.

Food will be prepared by Chef Ben Herreird of Larch Restaurant. Proceeds will go to support

the many programs and services the local KofC council provides including: Financial

volunteer and support of the winter Special Olympics, The Dwelling Place, KC Helps, KofC Scholarship Program, Coats for Kids and much more.

#### St. Patrick's benefit dinner

The Cashmere Wacoka Kiwanis will hold their annual St. Patrick's benefit dinner for Paelyn Lueondee on Sunday, March 17, from 4-6 p.m. in the Vale Elementary School Cafeteria.

Lueondee is a 5th grader at Cashmere Middle School. She was born with a blood disorder called Thalassemia. She is currently at Seattle Children's Hospital for a month while she begins the initial stage of gene therapy to treat the blood disorder.

The menu includes corned beef and cabbage, Irish beef

POINT OF VIEW

stew, a salad, rolls, and desserts.

Admission is by donation. The suggested donation is \$9 per person or \$32 for a family of four.

#### **Cashmere Chat and** Laugh Book Club

The Cashmere Library will host the Chat and Laugh Book Club on Tuesday, March 19 from 2-3 p.m.

"The Chat and Laugh Book Club is run by the staff at the Cashmere Library," the event page states. "We meet every 3rd Tuesday of the month at 2 p.m. For questions on openings in the club, or questions about what we're currently reading, please contact the Cashmere Library

For more information visit ncwlibraries.org.

Mandatory Medicaid

\$8.1

Long-Term Care & DD

\$7.2

Debt Service \$2.9

Corrections \$2.8

Higher Education \$6.0

K-12 Basic Education

\$31.2 Billion

Human

Services

\$8.1

43.4% state spendin

2023-25 State Operating Budget

Expenditures - \$71.9 Billion

## **Legislative Session Recap**

509-293-6780 Deadlines

Calendar Listings Noon, Fridav News Submissions: Noon, Friday Noon, Friday Letters to the Editor: **Display Advertising:** 5:00 p.m., Thur. Legal Notices: Noon Friday Noon Friday Classified Ads:

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The Cashmere Valley Record welcomes



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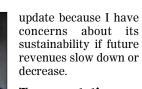
Legislature adjourned its 60-day Sen. session on March 7 as **B**RAD HAWKINS scheduled. The session

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



revenues slow down or 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 (\$10.3 billion)

The capital budget funds improvements state to

#### 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

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

Start.'

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.

\*Other

\$5.6

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 to recent inflation. due 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.

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.

Cashmere

Valley Record

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WARD MEDIA

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The Cashmere Valley Record 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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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

Washington state's Climate

Commitment Act (CCA) was

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.

(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

#### 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

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

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 consideration. The for 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 monies and how they relate to the transportation budget.



Rep Rep. **MIKE STEELE** Keith Goehner

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-andtrade 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.

cap-and-trade The 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.

### For the latest local news and advertising see the Ward Media websites

leavenworthecho.com

gcherald.com

cashmerevalleyrecord.com

lakechelanmirror.com

#### Community

### **Community Calendar**

#### Wednesday

- Cashmere Rotary Club, meets at Cashmere Presbyterian Church hall, noon. President Mark Shorb. 509-885-0676.
- Mission Creek Community Club, meets every month, 7 p.m. (1st and 3rd Wed.).
- Cashmere Food Bank, open 2nd and 4th Wednesday from 3-4 p.m. Cashmere Food Distribution Center, 316 River St.,
- for more information, call Pam, 509-245-6464 Ukulele Circle, Join the Ukulele Circle, 5:30 6:30 p.m. every Wednesday, at the Peshastin Library. Please come 15 minutes early to tune and get the sheet music.

#### Thursday

- Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)
- Cashmere Sportsman Assoc., (Cashmere Gun Club), open to the public for trapshooting 7-10 p.m. Private rentals by appointment. Call Brian James, 509-782-3099.
- Cashmere American Legion Post #64, 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 509-782-4973. (1st Thurs. of every month, August - June).
- Cashmere American Legion Auxiliary #64, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 509-679-0243. (Ist Thurs. of every month, August - June).

#### Sunday

CHURCH: See the church page for local service times and events.

#### Monday

- Cashmere Wacoka Kiwanis Club, 6:30 p.m., American Legion Hall, lower level. 6:30 p.m. Call Pam Leighton, 509-669-3159. (4th Mon.)
- Tillicum Riders, 7 p.m. Chelan County Fairgrounds. Call Cindy, 509-662-5984. (Ist Mon.)

Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.).

- Planning Committee Meeting, 5 p.m. at City Hall (Ist Mon. of each month unless a holiday, then Tues.).
- Cashmere Fire Department, Business management, 7 p.m.,
- above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.) Cashmere Fire Department, meeting, 8 p.m., above City Hall.
- Call Chief Cy, 509-782-3513. (3rd Mon.) Cashmere School Board Work Session, Board work sessions are typically held towards the beginning of the month at 6:30 a.m. with no action taken. For updated info. Visit www. cashmere.wednet.edu
- Cashmere School Regular Board Meetings, are typically held towards the end of the month at 7 p.m. with action taken. The schedule for meetings is subject to change to accommodate conflicts in schedule or special circumstances. Visit www.cashmere.wednet.edu for the most up to date info.
- Chelan Douglas Republican Women, Monthly meeting and luncheon 1st Monday of the month (unless it's a holiday). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Convention Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (lst Mon.)

#### Tuesday

- Icicle & Peshastin Irrigation Districts, Current meeting time 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi.net (2nd Tues.)
- Peshastin Water District, meets at 4:30 p.m. Contact: Steve Keene for meeting location. 509-548-5266. (2nd Tues.)
- Cashmere Chamber of Commerce, Noon, everyone is invited to attend as a guest. Call Executive Director, for meeting location. 509-782-7404. (3rd Tues.)
- The Chelan County Cemetery District #2, (Peshastin) meets at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)

#### **NCW Libraries**

#### Cashmere Public Library: 509-782-3314

- You can order your books online at ncwlibraries org or call 1-800-426-READ (7323).
- Mon., Tues., Thurs., and Fri., 9-6, Wed. 1-6 and Sat., 10-2. Closed Sun. 300 Woodring Street. Call 782-3314, or online at

### **Chelan County Sheriff's Report**

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

#### March 1

- 5:05:49 Trespass, 5530 Tigner 9:12:22 Welfare Check, 917 Pioneer 11:29:17 Assist Agency, 4772
- Mission Creek Rd 13:50:03 Assist Agency, 301
- Chapel St 14:51:09 Miscellaneous, 3898
- Old Monitor Rd; Anjou 16:53:22 Assist Public, 917
- Pioneer Ave# A204
- 17:24:28 Runaway, 4990
- Yaksum Canyon Rd 18:15:43 Civil, 917 Pioneer Ave# A204

#### March 2

4:09:01 Suspicious, 3717 Bridge

St, Monitor 12:14:39 Runaway, 4870 Mission Creek Rd 20:05:18 911, 5777 Evergreen Dr; Area

#### March 3

10:48:59 Traffic Offense, Pioneer Ave & Evergreen Dr 20:29:06 Property, 115 E Pleasant Ave# 3

#### March 4

9:58:49 Trespass, 455 Skyhaven Ln 12:05:20 Theft, 3613 Richared Dr. Monitor

- 12:11:39 Theft, 100 Apple Annie Ave; Apple 12:28:53 Trespass, 8500 Main
- St; Independent 16:25:17 Welfare Check, 208
- Cottage Ave# 2 19:17:24 Domestic Distur, 91 S
- Douglas St 21:45:50 Suspicious, 101
- Freedom Hills

#### March 6

- 8:42:59 Miscellaneous, Nahahum Canyon Rd Mp 1 12:15:02 Civil, 6030 Sunburst Ln
- 12:40:16 Welfare Check, Cottage Ave & Aplets Way

20:17:26 Animal Problem, 3757 Strutzel Rd, Monitor 21:20:41 Welfare Check, 5736 Vale Rd; Happy Crops 23:42:58 Assist Agency, 104

Julie Ann Ct

#### March 7

0:24:56 Weapons Violati, River St & Aplets Way 10:32:59 Miscellaneous, 329 Tigner Rd 22:59:53 Weapons Violati, Parkhill St & S Douglas St

### Same-day report required for stolen guns

**By Mary Murphy** 

Washington State Journal

OLYMPIA - When a student at Seattle's Ingraham High School was shot and killed two years ago, an investigation revealed the gun used in the crime was stolen.

Now, advocates from that community are speaking out and asking that more be done to curb the use of stolen firearms.

"It was not safely stored, and its theft was reported three weeks late by the owner," said Carol Butterfield, former Parent Teacher Association President for Ingraham High School."

Butterfield said authorities discovered the gun passed between "at least four pairs of teenage hands," before it was used at Ingraham.

Rep. Liz Berry, D-Queen Anne, introduced a bill this on reporting lost or stolen firearms. Berry herself is a victim of gun violence and has passed similar legislation in the past.

This bill is on its way to the governor's desk and will now mandate that gun owners across Washington State report a stolen firearm within 24 hours, or a civil infraction can be applied. This includes a fine of up to \$1,000.

The bill also stipulates that law enforcement must enter reports of stolen firearms into the National Crime Information Center Database, and firearm dealers are instructed to educate their customers on the penalties for noncompliance.

Gun owners, as well as gun distributors, took issue with the bill for a number of reasons. "This bill misplaces the liability for criminal actions

the criminal," Aoibheann Cline, State Director for the National Rifle Association, said. "Imagine getting robbed and then slapped with the bewildering \$1,000 fine."

Cline argued that state law already requires owners to report within five days, and the change to 24 hours is "not fair," unrealistic, and unnecessary. Cline cited a Bureau of Alcohol, Tobacco, and Firearms (ATF) study that found in Washington State, the average time between the time a gun is stolen and when it is used in a crime is 8.34 years. Nationally, this figure is 6.3.

Cline also argued that owners may not even know a gun is stolen within 24 hours and that with theft, "accounting for other goods, trauma, assessing damages, or not knowing where to report," must be considered.

Liz Hjelmseth, a victim of gun violence and a current gun owner, said knowing how guns are stored and whether they are missing is the first

to immediately call the police because I would never want my weapon to be in the hands of a criminal."

Hielmseth and other advocates explained they would rather work with police to track down the gun early than work with police after it has been used for a crime.

Karyn Brownson, of King County Public Health said a 2023 ÅTF study found more than half of traced crime guns in Washington were linked to known purchasers but used in a crime by someone else. The ATF also found the average time from when a firearm is reported missing to when it is returned to the owner is over

four years. "There are many, many opportunities for a stolen firearm to be misused over this period of time," Brownson said.

A recent KOUW report showed that of the 54 open King County cases involving kids having guns, 20 of them were stolen.

DEPARTMENT **Returned lost or** stolen firearms recovered by the Everett Police Department are laid out in a parking lot. The department started a program to get guns off the street called "guns for giftcards."

COURTESY

POLICE

OF EVERETT

"When law enforcement encounters a person with a stolen gun, the only person who knows the gun is stolen is the bad guy putting law enforcement at a greater risk," Ferguson said. "Law enforcement needs this information. Currently, if a person is caught stealing a firearm, it may take weeks to identify it as stolen."

Some opposed to the bill also suggested longer sentences for people who steal firearms to prevent the crime in the first place, arguing the onus should be on the criminal, not the owner.

Two other bills winning approval in this year's Legislature regulate the disposal of forfeited and antique firearms and firearm buy-back programs.

The buyback bill focuses on background checks for dealer employees, security measures for firearm dealers, prompt responses to trace requests and maintaining sales records.



Α3



cashmere@ncwlibraries.ord

**Cashmere Museum and Pioneer Village** 

Call for more information 509-782-3230 Chelan County Historical Society Board meets, 7 p.m.,

- Cashmere Museum, 600 Cotlets Way. Call Nicky 509-782-3230. (3rd Thurs.)
- Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

### Correction

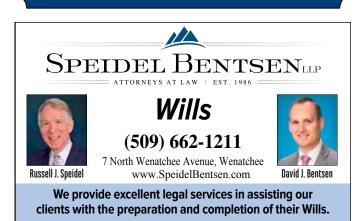
#### **Cashmere student spreads joy with Happy** Letters, book drive for cancer patients

In an article published on March 6, regarding the Happy Letters campaign, an error was made concerning the school affiliation of Paelyn Lueondee. Contrary to what was reported, Paelyn Lueondee is not a 5th grader at Vale Elementary School. She is a student at Cashmere Middle School. We apologize for the mistake and are happy to correct the record.

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

JOE BROWN J.C. BROWN LAW OFFICE 200 APLETS WAY, CASHMERE 782-1111

BUSINESS, REAL ESTATE, ESTATE PLANNING, AND PROBATE



responsibility of a gun owner.

"But I know that if someone has enough will, they could steal my gun," Hjelmseth said.

Jordan Ferguson, retired sergeant from Spokane police department, expressed how this legislation positively

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



#### Community

# 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 violencerelated 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 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 а 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

Cashmere

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.

try and improve our state election process.

"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 every for Washington voter to gain increased education and understand the importance of their ballot signature," said Calista Jahn from the University of Washington 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.

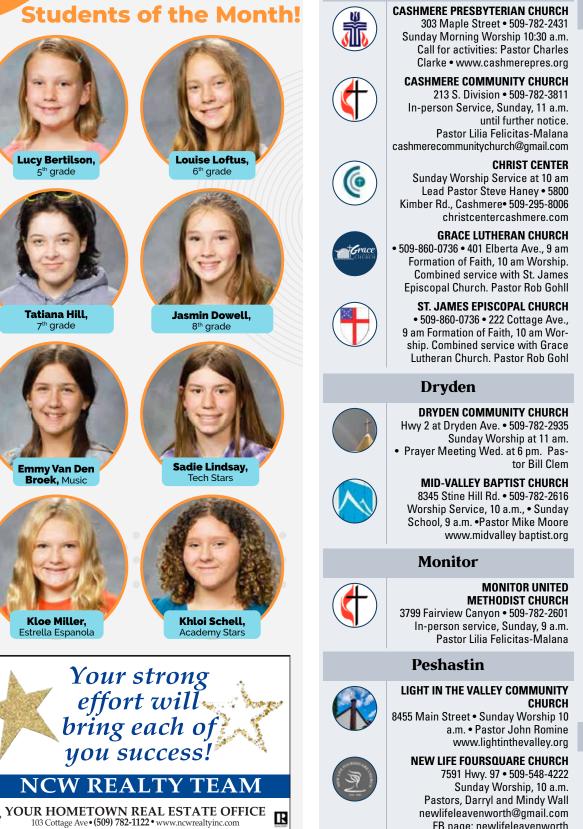


Sen. Javier Valdez has introduced various bills this session to

COURTESY OF SENATE DEMOCRATS



#### Cashmere



Leavenworth

CASCADE MOUNTA

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."

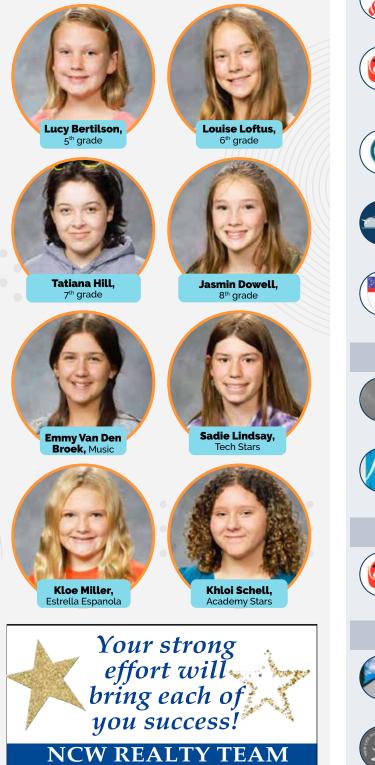
Ryan Spurling, Mason County Sheriff, explained how officers see pursuits.

"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

囼



#### **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

#### **CORNERSTONE CHURCH**

Leavenworth Grange Hall 621, Front St. info@cornerstoneleavenworth.com Sunday Worship – 10 a.m.

#### **LEAVENWORTH COMMUNITY** UNITED METHODIST CHURCH

418 Evans Street • 509-548-5619 10 a.m.Sunday Service, Pastor Jo Dene Romeijn-Stout Leavenworthumc.org leavenworthumc@outlook.com

#### **FAITH LUTHERAN CHURCH - ELCA**

"Reconciling in Christ Congregation" 224 Benton Street • 509-548-7010 Worship 9:30 a.m. w/coffee following Eva Jenson, Pastor https://www.flcleavenworth.com

#### **FIRST BAPTIST CHURCH** OF LEAVENWORTH, SBC

429 Evans Street, 509- 470-7745 Sunday Worship: 11 a.m. www.leavenworthbaptist.com Email: info@leavenworthbaptist.com

#### LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 509-548-5292 Sunday Worship 9 a.m. Lead Pastor: Greg Appleby Youth Pastor Paige Derossett Worship Pastor-Jacob Mitchell www.LCN.org

#### 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

#### **SPIRIT LIFE CENTER**

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Cashmere Valley Record March 13, 2024

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Record



Bruce Cheadle,

(509) 782-1659



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, Elsey 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, Evelvn Rodriguez, Galilea Santana-Torres, Serena Sandhu

CASHMER	E BOYS VARSITY BASEBAL
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.
CASHMERI	E GIRLS VARSITY BASEBAI
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.
CASHME	RE BOYS VARSITY SOCCEP
Mar. 14:	Selah; Home at 6 p.m.
Mar. 16:	Zillah; Away at 11 a.m.
Mar. 19:	Omak; Home at 6 p.m.
SHMERE B	OYS & GIRLS VARSITY TE
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.
SCOREBO/	ARD BOYS VARSITY SOCCI
Mar 9:	Cashmere 0, Overlake 5; Loss
lldoo's St	oorts Sponsor of the Y
~ *	-
roud to s	support THE BULLDO
	and
	shmere Physical Therapy

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





#### **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

#### **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.

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.

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."

up, and then turn right on to

quinn@ward.media.

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

"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

common bealth conditions that affect women

## **HEAR TO THRIVE**

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

### 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

Did you know?

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.

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 wellknown 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) disparities Treatment 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



LAUREN

Director

Center

MENTAL HEALTH

diverse, and gender diverse encounter more unequal treatment. Discrimination of KENDALL, MD women within these Family Physician, groups is further Clinic Medical magnified.

little Feeling а Cascade Medical 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 medical а 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 - bringyour 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 vears 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://cascademedical.org/



lgbtgia), 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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 Blood pressure check Glucose check

Is it muscle, water, or body fat?



Get personal results

Join us once a month for Health Connections. Visit LakeChelanHealth org for dates.

Inbody Body Composition Scan and report

### Women's HEALTH

### Things women should know about stres

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

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 who want to

take charge of their health

women.



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 longterm 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.

### 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.

### 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 pregnancyrelated 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."



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- Employee Benefits

### **Empowering Women Through Literacy Health**

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- Medicare Planning
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   Insurance Plans



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### Celebrate Women's Month: Take care of YOU!



### enriching and insightful content.

W

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.

Explore our publications today and take the first step towards a more informed and empowered you.

#### Women's HEALTH

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

"What's that?" My friend Americans experiencing 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 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



AuD Better Hearing

(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

cognition as one ages loss, and it is preventable with some simple steps.

> Protect yourself from excessive noise. Wear hearing protection (wellfitting earmuffs for young children and earplugs for older children and adults) when you're in environments. noisy 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.

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

Hearing loss can often be

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

**Mental health** 

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

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.

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.

## 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 activities and from 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

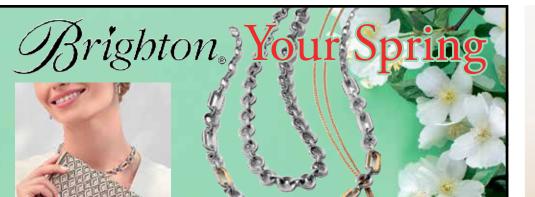
means rapid mood swings from happiness to anger and sadness.

- Confused thinking or a reduced ability to concentrate.
- Excessive fears or worries. • Detachment from reality,

to

- resulting in delusions. Trouble relating
- situations and people.
- Changes to sex drive.
- Excessive anger or hostility. Suicidal or
- thoughts 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.









### Collins Women's Fashions 2 S Wenatchee Ave (509) 665-7600 FB

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Our Women's Health & OB providers offer specialized care to meet your healthcare needs.



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#### Cashmere Valley Record March 13, 2024

#### **Classifieds/Community**

Email your Classifieds & Legal Notices to: classifieds@ward.media or call 509-293-6780

Leavenworth Echo Cashmere Valley Record Lake Chelan Mirror Quad City Herald

PUBLISHER'S NOTICE All real estate advertis-ing in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimina-tion based on race color religion tion based on race, color, religion, sex, handicap, familial status or na-tional origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimi-nation call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

WARD MEDIA

CORRECTIONS: Ward Media LLC shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for the corrections made thereafter. Ward Media LLC shall not be responsible for slight changes or typographical errors that do no lessen the value of the advertisement. Ward Media LLC's liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisements in any subsequent issue. No monetary refunds will be given. For more information call 509-548-5286.



#### **General Interest**

**ADVERTISE** STATEWIDE with a \$325 classified listing or \$1600 for a display ad. Call this newspaper or 360-344-2938 for details.

STOP OVERPAYING FOR HEALTH **INSURANCE!** A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-877-765-1117. You will need to have your zip code to connect to the right provider.

ELIMINATE GUTTER **CLEANING FOREVER!** LeafFilter. the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & amp; Military Discounts. Call 1-888-360-1582.

**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

**Help Wanted** 

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



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. Ökanogan 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.

**BUS DRIVER MAY-NOV BRIDGEPORT EARLY** LEARNING CTR \$25.35HR BENEFITS CDL PASSENGER & SCHOOL BUS MERIT/DCYF BACKGROUND APPLY ON LINE ESD105.ORG CONTACT MELINDA CLARKE 509-823-0799

Windermere Real Estate/NCW < Windermere Leavenworth/Lake Wenatchee Specialists REAL ESTATE Robyn Bodajla - 617-462-3402 Looking for real estate Momi Palmieri - 509-433-2211 in the Upper Valley? Geordie Romer - 509-679-8958 Give us a call today! Allyson Romer - 509-630-9898 See all available properties at windermereleavenworth.com Rentals **Public Notices** NOTICE OF APPLICATION AND For Rent Pateros PUBLIC HEARING Mobile Home NOTICE IS HEREBY GIVEN that Partially Furnished the City of Leavenworth has 2 Bedroom & 2 Bath received the following applications and has scheduled a public Water & Garbage Paid hearing with the Leavenworth Available March 2024 Hearing Examiner. You are invited No Dogs to review the files and make \$1,000 a Month comments. Comments received First, Last & \$500 by March 27, 2024, will be addressed in the City staff review; Deposit comments Call (509) 881-7075 other may be addressed at the public hearing. The Public Hearing will be held at In Chelan: Remodeled 1 1:00 pm on Monday, April 8, bedroom apartment. 2024, online via Zoom. townhouse

style

privacy. New appliances

1 block to city park. No

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references required.

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with showers, lounge with

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members use. Lanai

seating with fire pit and

barbecue. Slip B10 is

deposits. 509-682-5108.

fo

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 dav prior to the hearing, for special arrangements.

LUA2024-015: Application submitted by the City of Leavenworth, requesting а 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.

Application LUA2024-016: the submitted by City of Leavenworth, requesting а 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.permittrax.co passcode: 788276 m/Citizen/; Search by file number, address, or use the interactive call: 1-253-215-8782 map. Questions may be directed

#### **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 а Determination of Non-significance. The City will not act on this proposal for 14 days

from the date of issuance COMMISSION PLANNING 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. the attend Planning То

Commission using Zoom, go to: https://zoom.us and enter meeting ID: 882 719 9871 and

For audio only.

**REVIEW:** All documents are

A9

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### Employment



Douglas PUD has an opening for:

Student Trainee -Natural Resources

Details at www.douglaspud.org<htt p://www.douglaspud.org

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.

requested needs of the

#### **Real Estate**

#### **Rentals**

#### 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

MMER

best location. Secure parking. 808-298-1031 Seller is licensed

Realtor Maui, HI

#### Legals

#### **Public Notices**

NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN that the City of Leavenworth has scheduled a public hearing with Leavenworth Hearing the 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, 20224 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.permittrax.co m/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

to Maggie Boles, Senior Planner, phone 509-548- 5275 or email mboles@cityofleavenworth.com. Leavenworth Published in the 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 the primary Single-Family in 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 at Cashmere City Hall. 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

www.leavenworthecho.com www. cashmerevalleyrecord.com 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.

provided during the public hearing

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

#### Public Notices

A10

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 Any person having a estate. 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 RCW provided under 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 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 Personal Attorneys for Representative: SPEIDEL BENTSEN LLP Βv 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** 

#### **Classifieds/Kid Scoop**

Public Notices

WASHINGTON

of

M. TERESA PUYEAR,

Deceased.

No. 24-4-00057-04

AMENDED PROBATE

RCW 11.40.030

any

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time frame, the claim is forever

11.40.020(1)(c); or

under

The

of

provided

barred by

**Public Notices** barred, except as otherwise SUPERIOR COURT OF provided in RCW 11.40.051 and FOR CHELAN COUNTY RCW 11 40.060. This bar is effective as to claims against both In the Matter of the Estate the decedent's probate nonprobate assets. Date of First Publication: March 13, 2024 Personal Representative: NOTICE TO CREDITORS Patrick S. Puyear Attorney for the personal representative Representative: named below has been appointed Russell J. Speidel as personal representative of this Address for Mailing or Service: estate. Any person having a claim Speidel Bentsen LLP against the decedent must, before 7 North Wenatchee Avenue, the time the claim would be Suite 600 P.O. Box 881 otherwise Wenatchee, WA 98807-0881 applicable statute of limitations, Court of Probate Proceedings present the claim in the manner and Cause Number: as provided in RCW 11.40.070 by Chelan County Superior Court serving on or mailing to the Cause No. 24-4-00057-04 personal representative or the /s/ Patrick S. Puyear personal representative's attorney PATRICK S. PUYEAR at the address stated below a Personal Representative copy of the claim and filing the Attorneys for original of the claim with the Court Representative: in which the probate proceedings SPEIDEL BENTSEN LLP were commenced. The claim Bv: /s/ David J. Bentsen must be presented within the later RUSSELL J. SPEIDEL WSBA No. 12838 (1) Thirty days after the personal DAVID J. BENTSEN representative served or mailed WSBA No. 42107 7 North Wenatchee Avenue, RCW Suite 600 P.O. Box 881 (2) four Wenatchee, WA 98807 months after the date of first Published in the

Cashmere Valley Record March 13, 2024

#### **Public Notices Public Notices** Superior Court of Washington of first publication of this Notice. If for Chelan County the claim is not presented within In the matter of the estate of this time frame, the claim is Diann Arlene Loya, forever barred, except as and Deceased. otherwise provided in RCW No. 24-4-00058-04 11.40.051 and 11.40.060. This **Notice To Creditors** bar is effective as to claims (RCW 11.40.030) against both the decedent's The person named below has probate and nonprobate assets. been appointed as administrator Date of First Publication: of this estate. Any person having Personal February 28, 2024 a claim against the decedent Deborah A. Jorgensen, must, before the time the claim Administrator would be barred by any otherwise Attorney for the Administrator: applicable statute of limitations, Joseph C. Brown, Jr., present the claim in the manner WSBA# 17991 as provided in RCW 11.40.070 by Address for Mailing or Service: serving on or mailing to the J.C. Brown Law Office, PLLC administrator or her attorney at 200 Aplets Way, P.O. Box 384 the address stated below a copy Cashmere, WA 98815 of the claim and filing the original (509) 782-1111 of the claim with the court in Court of probate proceeding and which the probate proceedings cause number: were commenced. The claim Chelan County Superior Court, must be presented within the later Cause Number: 24-4-00058-04 Personal of: (1) thirty days after the Published in the Cashmere Valley administrator served or mailed the Record and Leavenworth Echo on notice to the creditor as provided February 28, March 6, and March 13, 2024. #7331 under RCW 11.40.020(1)(c); or (2) four months after the date Discover the heart of North Central Washington with NCW News your premier source for local stories, insights, and Leavenworth community updates. publication of the notice. If the Echo/Cashmere Valley Record on Stay informed, stay connected. claim is not presented within this March 13, 20, 27, 2024. #7445 https://ncw.news/ THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE Kid Scoop Together Get puzzle answers, recipes and more at Kid Scoop Puzzier www.kidscoop.com © 2024 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 40, No. 15

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

Word Search

Find the words in the puzzle.

How many of them can you

find on this page?

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RBIETLRWDE

ITOZSMNKJY

SWYAEVMATH

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

STUDYZGXS

Find the

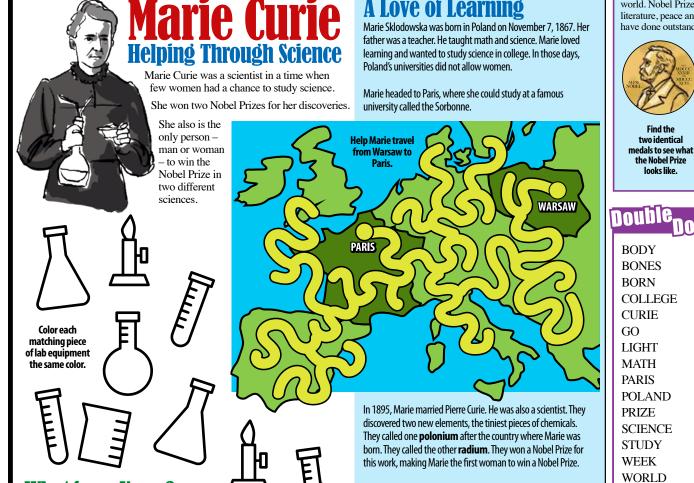
two identical

looks like.

Double

During World War I, Marie Curie wuz a war hero. 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 surgeeries.



Marie's studies of radium led her to make X-rays better so that

### article correctly. Little Curies

Are you an eagle-eved reader? Circle the eight mistakes in the article below. (The first one is done for you.) Then, rewrite the

Saved Millions

Her X-ray machines helped doctors save lived. But the X-ray machines were only in



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#### 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 pathwavs.

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.

